

# Migizy Odenaw Mazinaigan

www.evfn.ca



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Eagle Village Police Department  
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Eagle Village Fire Department  
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## Upcoming Events In Eagle Village First Nation

### Eagle Village First Nation's Annual Snowmobile Rally



Saturday February 17th, 2007  
Registration from 10:00 am - 1:00 pm  
\$10.00 Entry Fee (1 per person)  
Must be 18 years of age or older.

100% Payout & Prizes

Supper at 5:00 pm  
(Menu to be determined)

Bar  
5:00 pm - 2:30 am

Music starting at 9:00 pm  
DJ - Perry Davidson

**Planning your estate or writing a Will is not something to do at the last moment or when you are sick. It is something to do when you are healthy and of sound mind.**

#### WHAT IS ESTATE PLANNING?

It is simply making arrangements now, while you are alive, to ensure that when you die, your debts are paid and your remaining property is passed on in an orderly manner according to your wishes. A Will is the best way to make your wishes known to your family and friends.

**We need 20 people registered, in advance, before a representative from Indian and Northern Affairs Canada will come to our community to provide general information about the importance and advantages of estate planning and Wills. There will be an afternoon and evening session. Please call me at the office at (819) 627-3455 or leave your name with our receptionist Roxane. Tentative date is Wednesday, March 14, 2007. Call now to register !!**



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## Eagle Village Education Department

**SECOND REMINDER**

**Post secondary students are reminded that their term marks are due for their last semester**

Post Secondary Applications for the academic year 2007-2008 will be mailed out to present students in mid- February. High School Students who will be graduating this June are asked to contact the education office and request an application. You can call 819-627-9789 or 1-888-229-3224 and I will be happy to mail the application and policy to you.

To follow up on my activities for the high school students. I had a meeting on January 29, 2007 with the representative from Nipissing University and Principal Ms. Jawbone to plan our next steps of our Career Symposium. This activity is to have our students become aware of the college and university program available to them once they finish high school. The second step was to have our students go and shadow college students in their classes. Unfortunately, my office was informed that Canadore will not be able to participate in the second step of our activity because of legal and safety regulations. Nipissing will be offering the shadowing to our students who are interested in the University programs. We will require a maximum of ten (10) students to make this activity work. If we do not have the maximum number of students we will have to cancel step two completely. If we have the ten students we will re-visit Nipissing for a day of shadowing before continuing on to the final day of the activity.

We are in the planning stage of the final step which is the Career Symposium Day. The actual date has not been decided yet but we do have the month, April. Ms. Jawbone, G. Theberge School and I will keep the students and parents updated on this activity.

## February 15th is National Flag of Canada Day

February 15th is National Flag of Canada Day. On this very day 42 years ago in 1965, the National Flag of Canada was raised with pride on Parliament Hill for the very first time.

Perhaps the most distinctive element of our flag is the bold, bright maple leaf. The maple leaf has been an enduring symbol of all Canadians. In 1914, many Canadian soldiers wore the maple leaf on their military badges and it was the dominant symbol used by many Canadian regiments serving in the First World War.

This year marks the 90th anniversary of one of the most famous battles of the Great War, the Battle of Vimy Ridge. This battle constituted the first time that Canadian troops from all existing

provinces worked together toward a common goal - with the maple leaf on their shoulders.

Today, our distinctive red and white maple leaf flag is cherished by all Canadians and admired by people in every corner of the world. There are so many reasons for joining together to celebrate this cherished symbol. National Flag of Canada Day is a perfect opportunity to recognize and reflect on our shared heritage and embrace our collective identity.

The National Flag of Canada is a symbol that embodies Canada's well-deserved reputation as a beacon of freedom, human rights and democracy. It is a symbol that evokes our history and celebrates our reality.

## Preserving Our History and Culture

***Announcing an independent film documentary now in production:***

## **“Voices of a Nation”**

**Help us preserve Eagle Village First Nation's history!  
First Nations family seeks Elders of Eagle Village to share  
your memories and experiences on film.  
Help us preserve our culture and history for future generations!**

Call or email today to schedule a filmed interview for yourself or a



From the Desk of Local First Nation Human Resources

**NEW NEWS**

My office has received an information package concerning, “Careers In Ironwork”, if you are interested in learning about this trade please feel free to come in and go through it, or to take it home to browse through. There are 3 copies available and it includes a CD of the Aboriginal Ironworking Website, the off-line version. You can also visit the site on-line at [www.aboriginalconstructioncareers.ca](http://www.aboriginalconstructioncareers.ca).

**REMINDER**

Please feel free to come and see me if you would like assistance with your job search using the Internet. The online employment services website: [www.emploiquebec/anglais](http://www.emploiquebec/anglais) is an excellent tool to assist in your job search, it doesn't matter where you want to work you can go online at this website and search for employment opportunities in any given area, province, career field, etc. With businesses and major companies cutting jobs more and more people are considering relocation to where they can find employment, this site will allow you to look at the jobs available giving all pertinent information in any given area/region. There is more than one method of searching depending on your needs, for example you may want a specific salary range, you can search using this method and it will produce results as specified or you may feel the area you want to work in is more important and use this method to bring up results only for that area regardless of salary range etc., as well you may want a specific salary range in a specific area/region, this can also be done. I would be more than happy to assist you with your job search using this tool, do not worry if you do not know how to use a computer, I can walk you through it. You can print out job opportunities you are interested in, send your c.v. (resumé) to potential employers by fax, etc. I can assist in updating an old c.v. or creating a new one.

As well, if you need assistance registering with “epass” to access “MY EI Information On-line” services with HRSDC it is very simple and does not take long, if you are receiving EI benefits and would like to look at your claim, or review any other claim you may have had previously with HRSDC, you can come to the office for assistance. I am encouraging EI clients to do this as HRSDC is initiating giving their clients more and more responsibilities when receiving benefits, they will come to expect their clients to be able to open their files using this service to see what is happening with their claims, especially if problems occur.

If you don't have Internet access you are also more than welcome to utilize the available computers at the Youth Center during our regular office hours 8:30 to 4:30. In the meantime, I am still available to assist anyone who may be experiencing difficulties, have questions or just need information, and if I cannot assist you I will be more than happy to direct you to someone

the corresponding pamphlets etc., I can provide one for you, if you are currently unemployed and interested in starting your job search this information will also pertain to you.

**Employment Insurance Rate**  
**Economic Region 18 (Nord-ouest du Quebec)**

\*If you are in the work force for the first time, you are consid-

Communi- city	Unemploy- ment Rate of the Community  Stats Can 1996	Unemploy- ment Rate of the Community  Stats Can 2001	Unemploy- ment Rate for the period of Dec. 6th 2006 to Jan. 6th 2007	Minimum # of f Hours	Minimum # of Weeks
EVFN	16.9%	21.7%	11.3%	490	28

Communi- city	Unemploy- ment Rate of the Community  Stats Can 1996	Unemploy- ment Rate of the Community  Stats Can 2001	Unemploy- ment Rate for the period of Jan. 7th 2007 to Feb. 10th 2007	Minimum # of f Hours	Minimum # of Weeks
EVFN	16.9%	21.7%	11.2%	490	28

ered 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.

Please note that if you have had difficulties with a previous claim or current claim the number of hours you may need to qualify for benefits can be increased.

Arlene Chevrier, LFNHR Manger  
Phone: 819-627-1980  
Fax: 819-627-9428  
[humanresources@evfn.ca](mailto:humanresources@evfn.ca)

**Lion's Club  
Spring Fair**

**April  
27th, 28th & 29th**

**Watch for more  
information !!**

**Mark  
your  
calendar !!**

## Eagle Village Police Department

**On the Road, Take it Easy**

With the demands of work, family life, studies, new technology, quick meals... everything is happening so fast! Could it be that your impatience and the stress brought on by today's hectic pace carry over when you get at the controls of a vehicle? If so, your driving could be influenced and take you over the speed limit.

**“Even if I drive 10 km/h above the speed limit, I really cannot say that I'm part of the problem”**

For most of us, driving at 10 km/h over the speed limit does not appear to be a serious problem or danger. However, even a “little bit” over the limit can have devastating consequences. Town travel at 10 km/h over the speed limit quadruples the risk of having an accident.

**“Speeding does not really concern me, because I just use my car in town.”**

That's a comforting, but faulty illusion because so many accidents due to speeding happen in urban areas, close to home or work, in zones of 50 to 70 km/h. More precisely, the greatest number of injury causing accidents, occur in speed zones of 50 km/h, where there is interaction of vehicles with other road users (pedestrians, cyclist etc.).

**“Speed limits have been the same for many years, but now with today's cars, I can go faster and still stop on a dime...safely.”**

Even a skilled driver at the wheel of a very good vehicle cannot escape the laws of physics.

The higher the speed of travel:

- The zone of possible ways out narrows;
- The more a driver's field of vision shrinks;
- The stronger the distance needed to stop
- The stronger centrifugal force pushes to the edge;
- The greater the violence at impact.

Speeding drivers run a great risk of becoming involved in an accident and one where injuries are more serious due to the violence on impact. Despite vehicle improvements during the last thirty years (seat belts, airbags, etc.), the one aspect not improved is the human body's shock-absorbing capability.

Each year on Quebec roads, 150 people are killed and more than 7,000 others are injured in accidents linked to speeding.

**“Travel at 10 km/h over the speed limit helps me gain precious minutes”**

Some people think that they can “save” time by driving fast and the faster they travel, the more time saved. Reality check: taking other vehicles and the 5 bullets of higher the speed travel, the

**“It's youngsters who speed”**

Statistics show that drivers of all ages are involved in accidents due to speeding, even if drivers age 45 and over have a smaller share of speeding related mishaps. The figures for speeding male or female drivers bear no discrimination there.

**“Speeding? Not me”**

Speeding is an issue that everyone can act upon. If, for instance, drivers reduced their average speed by a mere 5 km/h, the drop would be 15% in the number of fatalities and injured accident victims on Quebec roads.

*Slowing down is a collective responsibility.*

**THE HOUSTON POLICE DEPARTMENT HAS  
TWELVE RULES FOR RAISING DELINQUENT CHILDREN**  
(By Paul Lee Tan)

1. Begin with infancy by giving the children everything he wants; in this way he will believe the world owes him a living.
2. When he picks up that vulgar word, laugh at him, this will make him think he's cute.
3. Never give him spiritual training. Wait until he is twenty-one and then let him decide for himself.
4. Always avoid the use of the word “wrong”, it may develop a guilt complex. This will condition him to believe later, when he is arrested, that society is against him and he's being persecuted.
5. Pick up everything he leaves around the house. Do everything for him so that he will be experienced in throwing all responsibility on others.
6. Let him read any printed material he can get his hands on. Be careful that the silverware and drinking glasses are sterilized, but let his mind feed on filth.
7. Quarrel frequently in the presence of your children; way they won't be shocked when the home is broken up later on.
8. Give the child all the spending money he wants, never make him earn his own.
9. Satisfy his every craving for food, drink and comfort. See that every sensual desire is gratified; hold back nothing.
10. Take his part against neighbours and officers of the law and teachers. They're all prejudiced against your child.
11. When he gets into trouble, apologize for yourself by say-

## Eagle Village Police Department

## Snowmobiling, Play it Safe

For nearly 10 years, the reports of the Office of the Chief Coroner clearly indicate that Speeding, Alcohol abuse and Carelessness are the main causes of fatal snowmobile accidents, both on public roads and on off road trails.

Quebec has 33,500 km of trails and not to forget people who uses the lakes. Too many accidents resulting in serious or fatal injuries, during the 2003-2004 season, for example, 29 snowmobilers died as a result of accidents.

The law provides that:

- The minimum age to drive a snowmobile is 16 years. A certificate of competence is compulsory for the 16 years old drivers. This certificate is issued by the Federation Snowmobile Clubs of Quebec (translated) after a training course.
- Wearing a safety helmet is compulsory, no matter where you are snowmobiling.
- Your snowmobile must have the compulsory safety equipment. It is forbidden to remove or modify this equipment.
- Except in the special cases stipulated in the Act respecting off-highway vehicles, it is forbidden to operate a snowmobile on public roads.
- You may only cross or drive on a public road at the authorized locations indicated by traffic signs.
- Only the manager of the public road network (Ministere des Transports or Municipalities) may grant an authorization to use a public road.
- To use a public road, according to the conditions of the Act, you must hold a valid driver's permit.
- In 2003-2004, nearly one quarter of fatal snowmobile accidents occurred on public roads.
- Federation Snowmobile Clubs must develop, maintain and mark their trails to ensure better safety for you. These trails therefore form a vast safe network. Before driving on a today of water, make sure that the ice cover has frozen enough. In 2003-2004, nearly one quarter of snowmobile death were caused by drowning.
- It is forbidden to drive within 30 meters of a dwelling, a health establishment or an area reserved for Cultural, Educational or Sports activities. However, the Act provides for some exceptions. As you approach one of these locations, slow down. Be careful not to make noise, especially at night!

- Every snowmobile owner must take out a minimum of \$500,000 in third party liability insurance. Under the Automobile Insurance Act, the SAAQ (Societe de l'assurance automobile du Quebec) does not compensate snowmobilers who have suffered an accident, except if a moving automobile is involved. It is recommended that snowmobile owners take out personal insurance covering bodily injury and property damage. Con tact your insurance broker for more information about this matter.

## Fines for Offences

### Did you know that, under the Act respecting off-highway vehicles:

- The minimum age for operating a snowmobile in Quebec is 16 unless they hold a certificate attesting that he or she has the skills and knowledge required to operate such a vehicle? .....\$500.00 fine is payable to the person who authorizes a child to operate the vehicle.
- Anyone 14 or 15 operating a snowmobile must hold a certificate attesting that he or she has the skills and knowledge required to operate such a vehicle? ..... \$100 fine.
- Operating a snowmobile on a public highway is prohibited, except in the cases provided by the Act? .....\$100 fine.
- In order to operate a snowmobile on a public highway, under the conditions provided for in the Act, the operator must hold a permit authorizing him or her, under the Highway Safety Code, to drive a road vehicle on such a highway? ..... \$250 fine.
- The owner of a snowmobile must hold civil liability insurance with at least \$500,000 coverage? ..... \$250 fine.
- It is prohibited to consume alcoholic beverages while on a snowmobile or in a sleigh towed by a snowmobile? ..... \$100 fine.

Should you require additional information, the Ministry of Transportation of Quebec as the following website; [www.mtq.qc.ca](http://www.mtq.qc.ca) The website for the Federation of Snowmobile Clubs of Quebec is; [www.fcmq.ca](http://www.fcmq.ca)

Hoping that the above information is helpful and that you will take the necessary precaution to drive safely whether you are using your snowmobile or vehicle. We are aware that some community members were involved in snowmobile accidents, the local SQ police detachment did not receive any complaints but when speaking an Insurance broker, it is recommended that the injured people do report their accident especially when injuries has occurred. The way it is explained, for example two

## Eagle Village Fire Department

## Babysitter's Fire Safety You're It !!

**As the babysitter, you are responsible for caring for the children and handling emergencies. Here are some important points you need to know if there's a fire emergency in the home where you babysit.**

### Before the Parents Leave

- Write down the complete address and phone number of the place where you are babysitting, and phone numbers for:
  - Fire, Police, Ambulance and Emergency Services - often one number - 911
  - Where the parents can be reached
  - Neighbour(s)
- Keep this information in your pocket so that it's with you at all times and handy in case of emergency.

### Plan Your Escape

**If there's a fire while you are in charge, you must know what to do:**

- Is there a fire escape plan?
- If not, develop a fire escape plan
- Identify all escape routes inside and out
- Plan at least two ways out (door and window) from each room
- Plan how you and the children will escape safely
- Decide on an outside meeting place
- Ask for a demonstration of the smoke alarm
- Review escape plans for children unable to do this on their own.

### Guide To Fire Safety

**The best way to keep fire safe is by being watchful of and careful**

**with the children in your charge:**

- Never leave children unsupervised
- Check sleeping children regularly
- Keep matches and lighters out of reach
- Do not light candles while babysitting
- Don't smoke on the job
- Keep children away from the stove, hot liquids, electric lamps, and space heaters
- Keep space heaters at least 1 metre (40 inches) from drapes, furniture or bedding
- Cook safely and only if you have permission
- Turn pot handles in to avoid children knocking them or pulling them down

## Fire Safety Tips For The Office

An office fire can be devastating resulting in business interruption or permanent closure, loss of lives, jobs, property and information. Offices are loaded with combustible contents including carpeting, draperies, papers, books, wood and upholstered furniture, plastic laminate, vinyl and fabric covered furniture, wood and plastic office equipment - as well as electrically powered toasters, microwave ovens, kettles, coffee pots, computers and other appliances. Combine these with the human element and the stage is set for a potentially devastating fire.

- Keep the combustible load - carpeting, upholstered furniture - to a minimum.
- Keep exits clear of combustibles e.g. wastepaper, empty cartons that could fuel a fire.
- Make the office/building a non-smoking area or smoking only in designated safe areas. Where smoking is permitted, provide safe ashtrays and ensure proper disposal of smoking materials.
- Provide adequate clearance for circulation of air between all the combustible materials and hot surfaces or heat sources such as copy machines, word processors and computers.
- Unplug electrical appliances - coffee makers, space heaters and hot plates - when not in use.
- Restrict and monitor use of heaters and hot plates.
- To ensure they meet code requirements, all electrical distribution systems should be checked by a professional/certified electrician.
- Perform regularly a scheduled and recorded maintenance check of electrical equipment.
- Prevent access to the office by unauthorized personnel and keep flammables properly stored and secured. Provide the adequate security (exterior/interior lighting, intrusion alarms, guard service, well-secured access openings.)
- Provide automatic sprinkler protection and/or heat, smoke and fire alarm systems. Good sprinkler coverage is the key to providing the most effective fire protection in buildings.
- Strategically locate the portable fire extinguishers suitable for the particular fire hazard and train all key employees on the proper operation.
- Establish an Emergency Team and train each member on how to respond to fire emergencies.
- Develop a fire emergency evacuation plan and conduct at least two fire drills per year in order to familiarize office personnel to respond to fire emergencies.

# ABORIGINAL WOMEN FOR TOMORROW WORK- SHOPS

In partnership with the Native Women's Association of Canada (NWAC) and Quebec Native Women (QNW), the Canadian Executive Service Organization (CESO) is proud to offer the Aboriginal Women for Tomorrow Workshop (AWFT) series.

"Aboriginal Women for Tomorrow" is a series of workshops, designed to provide Aboriginal women with practical knowledge for personal success and skills necessary to take leadership in councils and committees and in economic development.

The object of "Aboriginal Women for Tomorrow" is to help participants improve their communication skills, discover and develop their personal skills, to explain what's involved in finding a job or starting a business, to show how to participate effectively in local government and to take the mystery out of personal, business and band finances.

Exercises, discussions and role-playing are important parts of each session.

The "Aboriginal Women for Tomorrow" workshop series will provide Aboriginal women with practical knowledge and skills such as:

- public speaking/written communication skills
- governance skills: roles and responsibilities of a board/council member
- business operational and financial knowledge
- management/ownership skills
- human resource management planning

The 8-day series is divided into 5 workshops:

1. Building Personal Skills
2. Communication Skills
3. How to Start Your Own Business
4. Skill Development for Boards
5. Budgeting/Financial Management

Experienced CESO volunteer advisors will deliver the workshops in our community. We will need a minimum of 10 participants and the workshops will be scheduled to start and end before March 31, 2007.

## Eagle Village Elder's Club

We would like to thank Vicky Young who has fulfilled her term for the Elder's Club as our president. Thanks for the great jib you have done during the last year.

A new president was elected .... and our leadership is as follows:

**President: Dora Baptiste**  
**Secretary: Ghislaine Mongrain**  
**Treasurer: Pauline Gautier**

Membership Fees are

In order to participate in any trips, you must be an active member for 1 complete year. Example you must participate in:

- 3 activities out of 4
- 4 activities out of 6
- 6 activities out of 8 etc.

A member that cannot participate because of health problem, must ask a family member to participate in his/her place. Ways to participate in activities:

- Selling Tickets
- Peeling potatoes
- Working in kitchen
- Washing dishes
- Deliveries
- Attending meetings
- Etc



The presence of active members will be taken at every event. This will give you the opportunity to come on the trips, shows and other outings.

Those who want to come to our activities and are not an active member are welcome, but you will also be responsible for your own expenses.

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

**Monday March 5th, 2007**  
**at the**  
**Elders/Forestry Center**  
**7:00 pm**

**The more the merrier !!**

Community Birthday Wishes

Happy 28th Birthday to my sister Kim who will be celebrating her birthday along with me on February 17th !!  
Have fun !!

Birthday Wishes from  
Tiddalow & Jason XOXO



Happy "21st" Birthday  
Lynn  
Wishing you a great day !!

Love  
Mom, Dad, Ray & Shelly

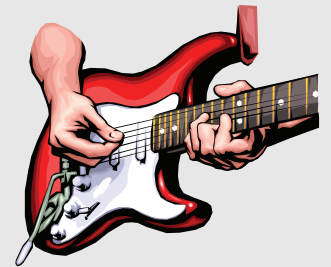


Happy Birthday  
to my  
Auntie Kim  
She will be celebrating on  
February 17th !!

Love your nephew Trent McLaughlin  
XOXO

Happy Belated Birthday  
wishes to Billy McKenzie.  
He celebrated his birthday on  
January 9th, 2007

From:  
Roxane & Billy  
Jamie-Lee, Dylan, Meghan



A special "Valentine's Day Wish"  
for my Granddaughter Megan  
in Lethbridge, Alberta

Miss You and Love You  
Gran  
Hugs and Kisses from Kipawa



Happy Valentine's Day  
to our  
Granddaughter Samara !!

We love you lots !!  
Nanny & Poppa  
Hugs and Kisses



Happy Birthday Wishes  
to our Mom (Roxane McKenzie)  
who celebrated her birthday on  
February 2nd and to our  
Dad (Billy Fleury) who celebrated  
his birthday on February 4th !!

Love Jamie-Lee, Dylan & Meghan

Happy Valentine's Day  
to my  
Family !!

Love Roxane  
XOXO

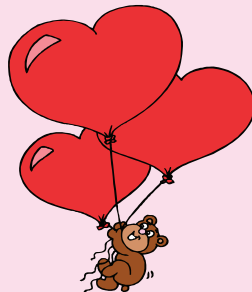


Happy Birthday to my  
God-Daughter Trysta !!

Happy Valentine's Day too !!

Wishing you a wonderful day !!

Love from Bully



Happy 7th Birthday Boo !!  
She will be celebrating on  
February 28th !!

We love you ...

Mom, Dad & Kendra

**SALVAGE FOR SCRAP**

**If you want to sell salvage for scrap in working or non-working condition such as old snowmobiles, cars, trucks ... please call Frank Dorval at 705-497-4594 !!**

*I want to thank everyone near and far, family and friends, who came out to Mr. Regis Lariviere's "90th" Birthday Party. It was a great turn out. Quote from Regis ... "This was quite a surprise, a day I will never forget."*

*Also many thanks to everyone that helped in the kitchen, all the delicious food that was donated, and the beautiful cake made by Carolyn Pariseau.*

*Many thanks for the beautiful cards and gifts, Regis is enjoying them immensely, 90 years of love.*

*Last but not least "Megwetch" to Chief and Council and Gail Constant at the Band Office for the use of the hall. It was greatly appreciated, and so comfortable for our elders to visit and socialize together.*

*Thanks so much, Steve Lariviere and Family and Marilyn Joly*



*Regis cutting his delicious cake which was made by Carolyn Pariseau.*



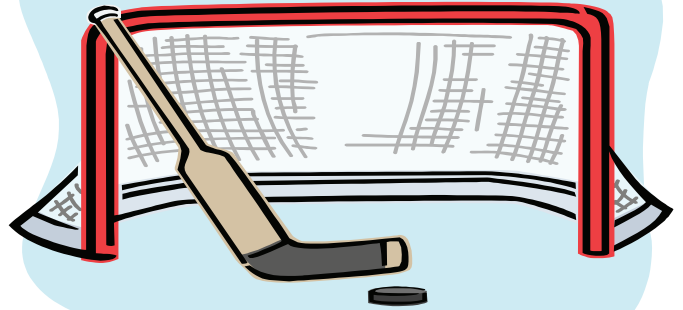
*This little girl came all the way from Val d'Or to sing for Regis.*

**Thank You**

*We would like to extend our heartfelt thanks to everyone who kept our son Brandon in their thoughts and prayers after his snowmobile accident on February 1st, 2007.*

*Special thanks to Brenda and David McLaren who went to the hospital in Montreal to meet Brandon upon his arrival by Air Ambulance. It was a great comfort knowing you were there while we travelled to Montreal by vehicle. Thank you to everyone else who in their own special way helped us out during our time of crisis.*

*Forever Grateful,  
Jennifer Chevrier and Conrad Pariseau*



**Eagle Village Little Chief's Youth Street Hockey Tournament**  
**Saturday March 31st, 2007**  
**at the Eagle Village Community Hall**

**2 Divisions**

**Ages 12 yrs - 14 yrs**

**Ages 15 yrs - 17 yrs**

**4 teams per division**

**Minimum of 8 players per team (including goalie)**

**Prizes to be won!!**  
**Canteen open all day!!**

**Teen Dance to follow at the Community Hall**  
**8:00 pm - 1:00 am**

**Must be between the ages of 12 yrs - 17 yrs !!**

**\$2.00 Entry Fee ... Free for Hockey Players**

**Bus pick-up and drop-off down town.**  
**(Dance sponsored by NNADAP)**

**Registration / Information**

**During the day 819-627-9060 (Virginia)**

**During the evening 819-627-1639 (Verna)**



**Handicraft For Sale !!**

**Handmade by Sylvia Joly**

**65 Wagosh Crescent**  
**Eagle Village Reserve**  
**Kipawa QC**

**819-627-3780**

## An Update from the Health Director

**Meetings Attended in January**

Several conference calls were held in regards to my work as vice-president for the Board of Directors of the First Nations of Quebec and Labrador Health and Social Services Commission. One of the subjects discussed was the Maternal Child Health Program and how national directorate of Health Canada is moving ahead with this program without our consultation. This issue was brought to the attention of the Quebec Chiefs for political support.

I also met with an agent from Non-Insured Health Benefits to further investigate the list of non-accepted medications that you have drop off at the Health Centre. The next step for me will be to compare these medications with other source providers, for example RAMQ or other Federal Departments. It is very difficult to obtain a logical reason as to why some medications are refused, or on the exception list or simply accepted without problems. I will also be meeting with the owner of the Pharmacy in Temiscaming in order to voice some issues that were brought forward in view of improving the services we are receiving.

On a Council note, we had conference calls and meetings concerning our joint project for hydro development. We have clearly struck some major hurdles and we will require community input and

guidance as to the next steps to put forward.

Our Tribal Council provided several of our managers with some training titled Project management. It was a good training that actually gave a recap of elements we learned in previous sessions.

**Youth Centre**

I would like to inform you that the Health Centre team will be more active within the service delivery of programs and the operation of the Youth Centre.

Our responsibilities as a Council or service provider goes beyond the written agreements we have with different stakeholders in government. We are also conscientious to the fact that we are often entrusted with your children and we take this role very seriously. With that, we will try to instill in these youth both the sense of responsibility and respect, tools that they will need when they reach the real work world. Whether our youth are employed as a student or as a Youth Centre worker, we hope that we can foster the environment that will permit them to strive and become our role models of the future.

Because of the potential for improper internet / computer use at the Youth Centre, we will be installing a monitoring program that may be used to validate certain identified problems. This system is not to spy on the users of the C.A.P.

program, but it will enable us to validate certain behaviors (flagged) that are deemed unacceptable. Cyber bullying, pornography and adults posing as kids in the chat rooms just to name a few, are far too serious problems to ignore. In your home, you may have only one youth to monitor when on the net, in our CAP room, we can have up to ten, so we can't expect our worker to cover everything all at once.

Another initiative we are implementing so to protect our children's health is to prohibit smoking on the Youth Centre property so we can avoid exposure to second hand smoke and limit influences brought on by peer pressure. Kicking the smoking habit as an adult is very challenging, therefore, let's try to avoid them from starting in the first place.

**General Notes**

Mr. Darwin L. Robinson is hired to take care of the skating rink for the 10 weeks. Darwin looks forward to keeping our facilities clean and operable as much as the weather will permit. A second area next to the rink will be prepared for those who just want to skate. We will now hold a register at the rink so we can evaluate the time and frequencies of utilization so we can do better planning for future use.

**I wish to take this time to thank Con-**

## Abitibi-Temiscamingue Is Up To The Challenge



Hundreds of people in the region are committing again this year to quit smoking through the 8th edition of the "Quit To Win Challenge" that will take place from March 1st to April 11th, 2007. Anyone who wants to quit can pair up with a supporter. This year, a new formula is proposed: two people can enrol together to help and support each other as a team. The goal of the 2007 regional edition is: 800 people enrolling, an increased participation of young women and an increased participation of youth under the age of 24. "For six years, Abitibi-Temiscamingue has come in among the first three regions in Quebec for its participation rate. According to the 2006 Evaluation Report, two people out of three take up the challenge and 25% of the participants remain non-smoking after a year.

**To enrol just fill out the registration form by March 1st, 2007 either online at [www.defisante530.ca](http://www.defisante530.ca) or at the CSSS in your region. Feel free to**

## Obesity ... An Important Health Concern

### The Issue

**The number of Canadians who are overweight or obese has increased dramatically over the past 25 years. Obesity is a risk factor in a number of chronic diseases. Achieving and maintaining a healthy weight is important to reduce the risk of those diseases and improve overall health.**

### Background

Although smoking remains the greatest threat to public health in Canada, poor eating habits, physical inactivity and their contribution to obesity are also critical public health challenges. Statistics Canada reports that two out of every three adults in Canada are overweight or obese.

The proportion of obese children has nearly tripled in the last 25 years. The increases were seen for both boys and girls and across all age groups except pre-schoolers. As well, more than half of Canadian children and youth are not active enough for optimal growth and development.

Many factors have contributed to the increasing rates of overweight and obesity. Changes in society, work and leisure have affected activity and eating patterns, leading to a rise in overweight and obesity. There has been a shift towards less physically demanding work, as well as an increased use of automated transport and passive leisure activities, such as television viewing and playing video games. Many children and youth have fewer opportunities to be physically active at school as physical education classes and time spent being physically active at school have been reduced. There are also fewer children and youth walking to and from school. Statistics Canada found a direct correlation between the amount of time youth spent watching TV and playing video games, and their likelihood of being overweight or obese.

Changes in our food environment, including consuming larger portion sizes and the availability of a wide variety of inexpensive food, have also made it challenging to maintain a healthy weight.

### Health Risks of Obesity

If you are overweight or obese, you may be at risk for a wide range of serious diseases and conditions including:

- hypertension or high blood pressure
- coronary heart disease
- Type 2 diabetes
- stroke

- gallbladder disease
- osteoarthritis
- sleep apnea and other breathing problems
- some cancers such as breast, colon and endometrial cancer
- mental health problems, such as low self-esteem and depression.

Obesity is one of the leading factors in heart disease and stroke, as well as in Type 2 diabetes, which affects an estimated 1.8 million Canadians. If you are overweight, you are at high risk of becoming obese, which can more seriously affect your health.

### Minimizing Your Risk

- You can achieve and maintain a healthy body weight by moderating the amount of food that you eat and by building physical activity into your daily life.
- Get some regular physical activity that fits easily into your routine, such as a walk at lunch time. This recommended physical activity can be split up over several shorter sessions, if that suits you better (i.e., start with 10 minutes of activity, 3 times a day).
- Portion sizes affect the number of calories you consume. You may be eating more than you realize. Serve smaller portions and offer seconds to those who want more and avoid eating out in places where very large servings or "all you can eat" are offered. Alcoholic beverages and other sweetened beverages are also high in calories.
- Use the Nutrition Facts table on pre-packaged foods to make informed food choices.
- If you are concerned about your weight, consult your doctor or another health care professional for a more complete assessment of your weight and health risk. Discuss what your BMI and WC measurement mean for you as an individual.
- Avoid fad diets. Although some may help you lose weight

**If you are interested in meeting with the Dietician here at the Health Centre please call and leave your name with Cecile 819-627-9060. If we have enough people interested we will invite the Dietician to come to our Health Centre for appointments. Thank You**

**STEPS TO TAKE FOR TREATMENT**

All are welcome to this service:

- Registered Band Members
- Non-Band Members
- Non-Natives

Below is an explanation of the steps that need to be taken for an individual who would like to apply for treatment:

1. Once the individual has decided that he or she wants help for their addiction whether it be drugs and/or alcohol or both they can first contact the NNADAP worker either by telephone: (819) 627-9060, email: nnadap@evfn.ca or by dropping by the NNADAP office at the Health Centre to see what their options are in terms of a which treatment center they would like to attend. There are both Native and Non-Native treatment centers available.
2. The NNADAP worker will then let them know which treatment centers are available by their treatment cycle dates. Depending on the cycle date and the treatment center he/she wishes to attend he/she may have wait until the next available cycle date to begin.
3. You have 2 options when deciding to apply for treatment:  
You have the choice of picking up the application at the NNADAP office and doing a 'Self-Referral' where you would complete it on your own  
*OR*  
Have the NNADAP worker complete it with you either at the office or in your own home, this is your choice.
4. Once every section of the application is completed in full including a 'Medical' section by the doctor, it is then faxed to the treatment center and then it is assessed by the clinical team to determine whether or not you will be accepted. This process usually takes about a week. \* Depending on the severity of the addiction the individual may be asked to attend 'Withdrawal Management' before their treatment begins at the center. This too can also be arranged by the NNADAP worker or by the individuals themselves.
5. After the assessment has been done by the treatment center they will call or fax a letter of confirmation that they have been accepted into such cycle date.
6. The travel arrangements to treatment can then arranged for the individual here at the Health Centre depending on how

**THIS INFORMATION IS ALL KEPT  
CONFIDENTIAL**

**THANK YOU FROM  
NNADAP**

I would like to thank the following people for helping me with the Youth Dance held in January:

Buffy Hunter - Working in the canteen  
Debbie Miness - Clean up after dance  
Lois Tepiscum - Admission at the door

All of your help was greatly appreciated.  
Thanks a lot !!

**WHAT IS ALCOHOL POISONING**

Alcohol poisoning is a serious - sometimes deadly - result of drinking excessive amounts of alcohol (ethanol). Binge drinking can lead to alcohol poisoning. The effects of alcohol depend on the concentration of alcohol in your blood (blood alcohol level). Factors that affect your blood alcohol level include:

- How strong the alcohol is
- How quickly you drink it
- How much food is in your stomach at the time you drink it

**Signs and symptoms of alcohol poisoning can include:**

- Confusion
- Vomiting
- Seizures
- Slow irregular breathing
- Blue-tinged skin or pale skin
- Unconsciousness (passing out)
- How much food is in your stomach at the time you drink it

Alcohol is a stomach irritant and may cause vomiting. It also affects your central nervous system - slowing your breathing, heart rate and gag reflex. This increases the risk of choking on vomit if you're passed out from excessive drinking. If you suspect that someone has alcohol poisoning, seek immediate medical care. Blood alcohol level continues to rise even after the person has passed out.

**Alcohol can also be harmful in smaller amounts if you use it in combination with:**

- Sedatives
- Tranquilizers
- Narcotic pain medications

*For people living with Diabetes only ...*

## ***“Diabetes Clinic and Breakfast”***

*Thursday February 22nd, 2007  
Eagle Village Health Centre  
8:00 am - 10:00 am*

*The purpose of this clinic is for people living with diabetes to come in and have their blood work done (HgbA1c and lipid profile) and then stay to enjoy a healthy breakfast.*

*Please remember to fast for 12 hours.*

*Menu  
Fresh Fruit  
Cereal  
Oatmeal  
Yogurt  
English Muffins  
Assorted Juices  
Tea and Coffee*

*For more information please call the Health Centre  
819-627-9060  
Hope to see you there !!*

## **Is Diabetes Serious**

**Diabetes is a leading cause of death by disease. If it is left untreated and improperly managed, the high levels of blood sugar associated with diabetes can slowly damage both the small and large blood vessels in the body, thus resulting in a variety of complications:**

- Heart disease is two to four times more common in people with diabetes than without;
- Diabetes is the leading cause of adult blindness;
- Worldwide, half or more of all non-traumatic limb amputations are due to diabetes,
- Diabetes is a leading cause of serious kidney disease; and
- Diabetes is a major cause of erectile dysfunction.

## **Smoking and Diabetes**

Some Aboriginal people in Canada use tobacco in ceremonies and in prayer. Smoking cigarettes, however, is not a traditional use of tobacco.

Cigarette smoking causes many health problems. These problems can even be more serious for people with diabetes.

Most people know that smoking causes cancer and breathing problems. But it can also cause other problems especially if you have diabetes. Because smoking decreases the way blood flows through your body, it increases the chance of long term complications of diabetes including heart disease and amputation.

### **Here are the facts:**

- When you smoke, less oxygen flows inside your body. This can cause a heart attack or a stroke.
- Smoking damages your blood vessels, which makes it harder for your body to heal. This can lead to infections in your legs and feet.
- If you smoke and you have diabetes, you are more likely to get nerve damage and kidney disease.
- Smokers are more likely to get colds and respiratory infections.
- Smoking can lead to impotence.
- Children are more likely to start smoking if their parents smoke.

The good news is that no matter how long you've smoked, your

## **How do I know if I have diabetes?**

There are several types of diabetes, but type 2 diabetes is the most common among Aboriginal peoples. You might have type 2 diabetes if:

- you are often thirsty
- you go to the bathroom a lot (urinate)
- you lose weight without knowing why
- you do not have much energy
- you can't see well (blurred vision)
- you get more infections than usual
- you have cuts and bruises that heal slowly
- you feel tingling or numbness in your hands or feet.

On the other hand, many people who have type 2 diabetes may not have any of these signs. This is why it is important to be tested regularly for diabetes if you are an Aboriginal adult, or if you have any of the signs listed above.

It is important to know if you have diabetes. The sooner you know, the sooner you can take steps to help you live well with diabetes. People with diabetes can live long, healthy, happy

## What Is Heart Disease ...

Your heart is a muscle that gets energy from blood carrying oxygen and nutrients. Having a constant supply of blood keeps your heart working properly. Most people think of heart disease as one condition. But in fact, heart disease is a group of conditions affecting the structure and functions of the heart and has many root causes. Coronary artery disease, for example, develops when a combination of fatty materials, calcium and scar tissue (called plaque) builds up in the arteries that supply blood to your heart (coronary arteries). The plaque build up narrows the arteries and prevents the heart from getting enough blood.

**HEART ATTACK WARNING SIGNALS**

Thousands of Canadians die from heart attacks every year because they don't get medical treatment quickly enough. Learn to recognize the signals of a heart attack, so you can react quickly – to save a life.

**Pain**

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

**Shortness of Breath**

- difficulty breathing

**Nausea**

- indigestion and/or vomiting

**Sweating**

- cool, clammy skin

**Fear**

- anxiety and/or denial

**If you are experiencing any of these signals, you should:**

- **CALL 9-1-1** or your local emergency number immediately, or have someone call for you. Keep a list of emergency numbers near the phone at all times.
- Stop all activity and sit or lie down, in whatever position is most comfortable.
- If you take nitroglycerin, take your normal dosage.
- If you are experiencing chest pain, chew and swallow one adult 325 mg ASA tablet (acetylsalicylic acid, commonly referred to as Aspirin®) or two 80 mg tablets. Pain medi-

**Are the warning signals of heart attack the same for women?**

In the past, it was believed that women had different warning signals than men. This may not be the case. Both women and men may experience typical or non-typical symptoms such as nausea, sweating, pain in the arm, throat, jaw or pain that is unusual. However, women may describe their pain differently than men. Nevertheless, the most common symptom in women is still chest pain.

Heart disease is the leading cause of death in women. Women tend to be safeguarded from heart disease prior to menopause because of the protective effect of estrogen, but not always. For example, pre-menopausal women with diabetes have similar risk to men of the same age because diabetes cancels out the protective effect that estrogen provides to pre-menopausal women.

**Cardiac Arrest**

Heart attacks may sometimes lead to cardiac arrest. This is a condition in which a person stops breathing and has no heartbeat. Calling 9-1-1 or your local emergency number immediately brings emergency medical services to the scene.

Cardiopulmonary resuscitation (CPR) – a skill that involves pushing hard and fast on the chest and giving rescue breaths – has the power to restore blood flow in those suffering cardiac arrest, keeping them alive until an ambulance arrives on the scene. CPR, combined with the use of an automated external defibrillator (AED) – a machine that is used to correct an irregular heart rhythm – can improve survival from cardiac arrest.

A cardiac arrest can have a variety of causes – heart attack, drowning, stroke, electrocution, suffocation, drug overdose, motor vehicle accident or other trauma. If you find an adult, child or infant who is not breathing, you must act quickly. Protect your loved ones – learn what to do in an emergency situation. By knowing how to respond to a cardiac arrest, a person's odds of survival and recovery may increase by 30 percent or more.

**HEART DISEASE IS PREVENTABLE AND MANAGEABLE**

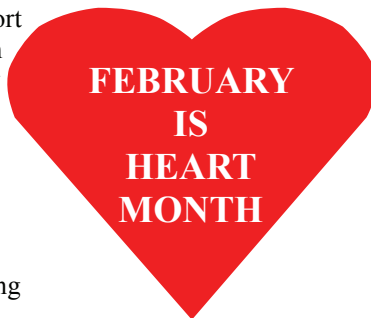
Your best defence is controlling the risk factors that could lead to coronary artery disease, such as high blood pressure, high cholesterol, diabetes, smoking, stress, excessive alcohol consumption, physical inactivity and being overweight. If you've been diagnosed with a heart condition, there are treatments to help you manage your illness. You can further reduce your risk by considering these heart-healthy steps:

Be smoke-free

Be physically active

Know and control your blood pressure

Eat a healthy diet that is lower in fat, especially saturated and trans fat



## Delicious Decisions For Your Heart

**APPLE COFFEE CAKE****INGREDIENTS:**

- Vegetable oil spray
- 1/3 cup firmly packed dark brown sugar
- 1/3 cup of quick-cooking oatmeal
- 1½ tablespoons of all-purpose flour
- 1 teaspoon of cinnamon
- 1½ tablespoons of acceptable margarine (melted)
- 1½ cups of sifted all-purpose flour
- 2½ teaspoons of baking powder
- 1/2 teaspoon of cinnamon
- 1/2 cup of sugar
- 1 egg white, beaten until frothy
- 1/4 cup acceptable vegetable oil
- 3/4 cup of skim milk
- 12 Granny Smith apple, grated
- 1/4 teaspoon of vanilla extract

**PREPARATION:**

Preheat oven to 375°F. Lightly spray a 9x9x2 inch square pan with vegetable oil spray.

Mix together brown sugar, oatmeal, 1½ tablespoons of flour and 1 tablespoon of cinnamon. Add melted margarine to form the crumb topping. Set aside.

In a large bowl, sift together remaining flour, baking powder, 1/2 teaspoon of cinnamon and sugar. Set aside.

In a medium bowl, combine egg white, oil, milk, apple and vanilla. Mix until well blended. Add to dry ingredients. Stir lightly, just until dry ingredients are moistened. Pour into prepared pan. Sprinkle topping over cake and bake 30 to 35 minutes.

**Those “Little” Extras Add Up**

On average, Canadians get about 25% of their calories from foods that are high in fat and/or sugar such as butter, margarine, mayonnaise, shortening, oils, high fat snacks, sweets and sweetened beverages. The “little” extras you add to your food can be a major source of fat and calories. Try these ideas to add flavour without the fat:

- Season vegetables and meat with herbs, spices, citrus juices and vinegars.
- Use dried soup mixes or herbs and spices to flavour rice and other grains.
- Top pasta with tomato and vegetable based sauces.
- Use a non-stick skillet with a little cooking spray, water or

**Heart Health Tip:** Avoiding alcohol is good for your heart. Alcohol can poison your heart, cause an irregular heartbeat and congestive heart failure. Alcohol also raises your blood pressure which can lead to

**CHICKEN AND BROCCOLI IN MUSHROOM SAUCE****INGREDIENTS:**

- Vegetable oil spray
- 10 ounces of fresh broccoli spears
- 1 tablespoon of acceptable margarine
- 8 ounces of fresh mushrooms, sliced
- 2 cups of homemade or low-sodium chicken broth
- 1/3 cup of non-fat dry milk
- 3 tablespoons of acceptable margarine
- 1/4 cup of flour
- 1/4 cup of sliced green onion
- Dash of nutmeg
- 3 tablespoons of grated Parmesan cheese
- 1/4 cup of fresh bread crumbs
- 3 tablespoons of grated Parmesan cheese
- 2 tablespoons of finely chopped parsley
- 2 cups of diced, cooked chicken

**PREPARATION:**

Preheat oven to 350°F. Lightly spray an 11x17 inch baking pan with vegetable oil spray.

Steam broccoli spears until tender-crisp. Drop into ice water to stop cooking. Drain and blot dry on paper towels. Set aside.

In a medium non-stick skillet over medium heat, melt 1 tablespoon of margarine.

Add sliced mushrooms, cover and cook 7 to 9 minutes or until mushrooms have released all their juices.

Uncover and increase setting to high. Allow liquid to evaporate. Set aside.

In a small bowl, combine chicken broth and non-fat milk. Set aside.

In a medium saucepan, melt remaining 3 tablespoons of margarine over medium-high heat.

Stir in flour and cook 1 minute. Add chicken broth mixture and stir with a wire whisk. Bring to a boil, then add onion, nutmeg and 3 tablespoons of Parmesan cheese. Add cooked mushrooms and set aside.

In a small bowl, combine bread crumbs, 3 tablespoons of Parmesan cheese and parsley. Set aside.

Lay broccoli spears on bottom of prepared pan. Evenly distribute chicken over broccoli. Pour mushroom sauce over all. Sprinkle bread-crumbs mixture on top.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FEBRUARY 2007</b>				1	2	3
4	5 Tanya, Terry, Melvin and Lance will be in Toronto for a Meeting/	6	7	8 Bingo	9 NNADAP Youth Dance	10 Elder's Club Cribbage Tournament Lance is in Val d'Or
11 <u>Holidays</u> Jennifer Chevrier	12	13	14 Valentine's Day Fireman's Valentine's Supper	15 Bingo	16 Dr. Gurekas is at the Health Centre	17 Snowmobile Rally
18 <u>Holidays</u> Lisa Chevrier Claudette Jawbone	19 Glenda will be in Laval for a FNEC Meeting (19th - 22nd)	20	21	22 Bingo	23 Dr. Zivkovic is at the Health Centre	24
25 <u>Holidays</u> David McLaren Cecile McKenzie Jennifer Presseault	26 <u>Holidays</u> Tanya McKenzie Melvin McKenzie Madeleine Paul	27 Jennifer, Arlene and Gail are in North Bay for training. (Feb 26th - March	28	<b>GTS and EGT March Break</b>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MARCH 2007</b>				1	2 NNADAP Youth Dance	3
4 <u>Holidays</u> Lisa Chevrier	5	6	7	8 Bingo	9	10
11 <u>Holidays</u> Jennifer Chevrier Terry Perrier Glenda Moore	12 <u>Holidays</u> Joan St-Denis	13	14 Dr. Brock is at the Health Centre	15 Bingo	16	17 Little Chief's Texas Hold'Em Tournament
18 <u>Holidays</u> Jennifer Chevrier Cecile McKenzie	19 Arlene is in Montreal for a FNHRDCQ Meeting (19th - 22nd)	20	21	22 Dr. Zivkovic is at the Health Centre	23	24
25 <u>Holidays</u> Tina Chevrier	26 Dr. Gurekas is at the Health Centre	27 Vicky is in Montreal for training. (26th - 30th)	28	29 Bingo	30	31 Little Chief's Youth Street Hockey Tournament