

# Migizy Odenaw Mazinaigan

www.evfn.ca

## News from Chief and Council



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



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



Eagle Village Police Department  
P.O. Box 27  
Kipawa, QC J0Z 2H0  
Tel: (819) 627-9624/8229  
Fax: (819) 627-3277



Eagle Village Fire Department  
P.O. Box 27  
Kipawa, QC J0Z 2H0  
Tel: (819) 627-9624  
Fax: (819) 627-3277

Let me begin by first wishing each and every member of the community a safe and Happy New Year filled with good luck and most importantly good health. As a Council we are very active in a number of important files mainly dealing with the territory and natural resources and ensuring that any development respect and take our rights into consideration. We will be confronted by a number of files such as the development and creation of Opemican Park, Tabaret Hydro, mining exploration and of course forestry. The Province of Quebec is implementing the transfer of managing the forests and wildlife to a regional committee made up of mayors. The fact that we have a Conservative Government just adds to the difficulty that we will have in moving forward in 2007, this government believes that First Nation citizens should be treated the same as every other Canadian and that we should enjoy no rights as being the first peoples of this country, they believe we are a burden to society and the taxpayer and have gone about cutting programs and services knowing full well the needs in our communities are growing, we need more housing, better health and educational services and flexibility to meet the realities of our community. They have cut the Aboriginal Language Program, 160 million over five years, cancelled funding for Test Case funding, which we have used to defend the rights of our members in the courts, in fact we used this funding to take some of our hunting and fishing cases to the higher courts and recently before Christmas the Supreme Court of Canada rendered a decision in a Hunting at night case that we were apart of, a copy of the letter from the lead lawyer is attached congratulating us and thanking us for our intervention, I will write in a future article what the victory means for members of Eagle Village. For us as a Council it means that we will have a much more difficult time to convince the government that we have real needs that need to be addressed but be assured that we will do everything that we can to meet the needs and concerns of the members even in this difficult political climate.

On a more positive note we will also be realizing a number of small projects, while we finish discussing and negotiating others with the Department of Indian Affairs, prior to the Christmas break we met the department in Quebec and confirmed two projects, \$140,000 to renovate and improve the Community Hall and ball field including a ventilation system for the hall, we will also construct new water plant this summer to meet the new standards, preliminary estimates for the project are approximately 1.5 million, we will finalize the drawings and other related work in the weeks to come. We are also negotiating with the department the budget to build the next phase of infrastructure, water and sewer services and road for 47 new housing units, we expect the work to be done this summer as well and through the winter we will do soil sampling and finalizing the cost of the project.

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## DECEMBER 20th, 2006 Assembly of First Nations Bulletin

(More information can be found on the AFN'S website at [www.afn.ca](http://www.afn.ca))

We are one step closer to receiving compensation and benefits through the Indian Residential School Settlement Agreement (the "Settlement Agreement"). As of December 20, 2006, the Settlement Agreement has received court approval from eight of nine court jurisdictions. Those eight decisions are posted on the AFN website. We expect a decision from the remaining jurisdiction (Northwest Territories) early in the New Year. While there are other administrative issues that requires resolution, these will not change the conditions of the Settlement Agreement.

After this, there is one final step to approve the Settlement Agreement: *it must be approved by the Indian residential School Survivors*. All Indian Residential School Survivors must decide if they wish to be included in the settlement in order to receive benefits of the Settlement Agreement, or opt out by advising the notice administrator in writing. All of this will be explained through an extensive notice and community outreach plan which will begin once all the court approvals are finalized. It is estimated that there are 80,000 people alive today who will need to be contacted regarding their options under the Settlement Agreement.

We would like to clarify the circumstances around two areas not covered under the Settlement Agreement:

- (1) Indian Residential School "day scholars" who attended a listed Indian Residential School (s) during the day do not qualify for compensation under the Settlement Agreement. However, if they suffered sexual, serious physical or psychological abuse, they may apply through a new and improved Independent Assessment Process once the Settlement Agreement is approved. This is an important improvement over the old process. Further,
- (2) students who attended an Indian Day School on reserve are also not part of the Settlement Agreement. We recognize that they too may have experienced pain and suffering, but Abused Indian Day School students must consider launching a separate civil action in order to seek redress and compensation.

Additional information, including a list of commonly asked Questions and Answers, is also available on the Assembly of First Nations website ([www.afn.ca/residentialschools](http://www.afn.ca/residentialschools)).

As we receive updated bulletins from the Assembly of First Nations, I will continue to keep you updated.

Gail Joly, Councillor

### 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

Eagle Village Education Department

**Happy New Year to all of our Students!**

**NOTES AND REMINDERS**

- 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.
- Post Secondary Students who are graduating this year are asked to send in a graduation picture which we will put into our newsletter with congratulations. I am making a wall mural in my office and I do have graduates pictures but not all. So please send in your picture this way if we never meet our community is familiar with your picture.
- Tembec Bursary Recipient: Please review your letter of notification for your bursary to ensure that you have your marks in on time be it now or at the end of the year.

**PRESENT ACTIVITY**

The Education Department in conjunction with G. Theberge School is presently involved in an adventure of giving student of the community a taste of college and university programs to consider while going through high school. The main objective is to have the students begin to think about their careers for the future. This adventure consists of three steps:

**STEP ONE**

We go and visit the nearest post secondary institutes which are; Canadore College and Nipissing University. The students toured the following sites on January 10, 2007.

- Canadore College Commerce Court - Trades and Computer Technology, Police and Protection and Secretarial Program.
- Canadore College Heliport Site - Programs of Aviation Technician and Maintenance, Aviation Pilot (Fixed Wing and Rotary Wing), Aircraft Maintenance and Aircraft Structural Repair Technician.
- Canadore College Main Campus – Too many programs to mention
- Nipissing University - Main Site

After the visit the students will be asked to choose one to three programs that were interesting to them and they will have classroom discussions what is academically needed to take the courses.

**STEP TWO**

The students will return to the institutes of their interest and they will shadow a college or university students that is in their program of choice. Shadowing will take no more that fifteen to twenty minutes of the post secondary student's time. The reason for this is to show our students what it is like to be in a post secondary class and watch the interaction within the classroom.

**STEP THREE**

A Career Symposium Day (A day for parent and student): Will be held in our community. We are preparing invitations for guest speakers to given information and answer questions concerning education and programs.) Parents are a very important part because they give our students their children the support and encouragement to continue in school. I am sure that there were parents listening to their children talking about our first visit at the dinner table. Parents are important to encourage our children' education to achieve their dreams.

Parents will be kept informed of dates and times with a letter from the school. Letters will be sent home from the school giving more details on the next two steps. We hope to see all the parents attend and give support to our children' dreams for the future.

I will not be in the office on the following dates:

I will be attending the First Nation Education Council (FNEC) General Assembly in Laval Quebec from February 19th - 22nd, 2007

Eagle Village Housing Department

**Housing Construction Programs**

The Council of the Eagle Village First Nation offers 3 housing construction programs to its Band Members.

Program	Object	Nature of the Aid	Housing Ownership
<b>CMHC Rental Housing Program</b>	This program aims to help low-income households by furnishing them a low-rent dwelling. In the scope of that program, the Council uses different financing sources to fit out semi-detached houses that it offers for rental to households of the community with the aid of Canada Mortgage and Housing Corporation (CMHC).	<u>The Council</u> assumes the responsibility of the construction of dwellings, pays a capital outlay, and makes up the difference, between the cost of the works and the capital outlay, by a loan contracted from a financial institution or from CMHC and by other contributions to be specified.  CMHC through a monthly subsidy pays an aid, which allows covering part of the operating expenses, being among other things the reimbursement of the loan, major maintenance and repairs, the insurance and the administrative costs. CMHC subsidies allow maintaining a low rent for the tenant.	<u>Eagle Village First Nation</u> during renting period (amortization period of the loan)  *  <u>Individual</u> after the final and complete payment
<b>Innovative Housing (subsidized private homeownership program)</b>	This program aims at supplying a financial aid to households that wishes to build a dwelling corresponding to their needs.	The Council of the Eagle Village First Nation pays a grant in the amount of \$10,000 to the applicant selected in conformity with the criteria of the Housing Policy. The grant takes the form of a remissible loan that the approved applicant earns over a period of 5 years (see article 3.4.1). It is the responsibility of the future owner to supply the complementary financing.  A loan guarantee through Indian Affairs, the Nation and the future owner may be issued if the household meets the income requirements. Moreover of the financial aid granted, the Council puts at the disposal of the approved applicant a lot serviced by the water and sewer infrastructures in agreement with the dispositions of article 4.6 of the present Policy.  The approved applicant assumes the responsibility of the construction of the dwelling. He assumes entirely the expenses brought about by the project (reimbursement of the loan, insurance, maintenance, repairs, etc.) and the user fees	<b><u>If no loan guarantee is issued:</u></b> Individual  <b><u>If a loan guarantee is issued:</u></b> <u>Eagle Village First Nation</u> until final and complete payment is made  <u>Individual</u> after final and complete payment
<b>"Building on your own" (non-subsidized private homeownership program)</b>	This program aims at supporting households that wishes to build, with their own means, a dwelling corresponding to their needs.	The selected applicant, in conformity with the criteria of the Housing Policy, is responsible of the financing of the project.  A loan guarantee through Indian Affairs, the Nation and the future owner may be issued if the household meets the income requirements.  The Council puts at the disposal of the approved applicant a lot serviced by the water and sewer infrastructures in agreement with the dispositions of article 4.6 of the present Policy.  The approved applicant assumes the responsibility of the construction of the dwelling. He assumes entirely the expenses brought about by the project (reimbursement of the loan, insurance, maintenance, repairs, etc.) and the user fees for public ser-	<b><u>If no loan guarantee is issued:</u></b> Individual  <b><u>If a loan guarantee is issued:</u></b> <u>Eagle Village First Nation</u> until final and complete payment is made  <u>Individual</u> after final and complete payment

*\* If a person should decide to leave his house before it is paid in full, any money that was paid in rent will not be reimbursed.*

**Choice of Housing Models**

**CMHC Rental Housing Program**

The housing types are the 2 bedroom and the 3 bedroom semi-detached houses, as determined by the Council. The selected applicant may be consulted for the choice of the finishing off material.

**Private Homeownership Programs**

The type of housing is left to the occupant's discretion. It must however respect requirements of the National Building Code, in addition to being approved by the Housing Department.

**Selection of Beneficiaries**

All selection for housing is determined by date of application.

**HOUSING APPLICATIONS AVAILABLE AT THE HOUSING DEPARTMENT:  
PHONE: 819 627-3679 EMAIL: housing@evfn.ca**

Eagle Village Land Management Office

The actual objective of the Land Management Office is to ensure that members of Eagle Village participate in all decisions on forest management and to ensure the protection and preservation of wildlife habitat and traditional activities in all areas that are planned for any type of forestry or harvesting operation. Because of recent Supreme Court decisions, Quebec government and forest companies are obligated to consult First Nations on any project or activities that may affect First Nation rights on their traditional lands. The Quebec government also introduced in their forest act the obligation to consult First Nations on all forest management plans or activities.

In the past the community did not have the means or the manpower to participate in any significant consultation. The government introduced a program to support such a consultation process and companies went into a certification process to improve their corporate image on the market. The Eagle Village First Nation Land Management Office was founded through funding from a government program and through industry funding to participate to the planning of forest activities. The funding provided is not enough to do everything that needs to be done but it a significant improvement from what we had before and the staff at the land management office also develops proposals to get additional funding, the past couple of years we have received funding from the First Nation Forestry program and a program called Species at Risk. With this program we hire a couple of students and they do research and work in identifying and protecting species at risk. The first year we did a project on Bald Eagles and Peregrine Falcons, last year we had a project on cougars, this year we will focus on the identification and protection of different species of turtles and plants.

Forest companies initiated consultation with communities to have the concerns of First Nation identified, then to adapt their forest management plans and present a response to those needs. Even though the government or companies are not obligated to answer to all needs and preoccupations, they have to do as much as possible to meet the concerns put forward by the community or its members. Consultation is one way First Nations can address the issue in preserving their rights on the land. Actually, Eagle Village land management office meets regularly with government and industry representatives to agree upon harmonization measures to preserve the quality of wildlife habitat and of traditional activities in areas where harvesting operations will be conducted. We will never stop forestry but we will always ensure that forestry is done in such a way that the habitat of the animals and the land is protected so that it will still be in good enough shape to be used for other activities such as hunting, fishing, trapping etc.

The Land management office meets with the people of concern ( example; users of the land, cottagers, trappers, hunters) community participation is very important and I respectfully ask that the members of EVFN get involved in this very important issue, the land management office could benefit from knowing where you are on the territory, your needs and concerns, where you hunt fish, trap, gather berries and plants etc, this information would be put in a data base for our use only, this information is important ,this will allow us to know immediately if a proposed forestry cut will have impacts and what we need to do to minimize those impacts on the member and the territory.

For any questions please call or visit the Land and Resources management office. 819-627-9034.

Moose Party Results

On November 10th, 2006 I organized a Moose Party for the Community. Despite a smaller crowd than usual, a good time was had by all, and now that things are starting to flow again, next year's event should be bigger and better. There was a moose calling contest for the kids, followed by a moose calling contest for the adults as well as a moose antler contest. Billy McKenzie's Band supplied the music for the party and the crown and Anchor wheel was going for a couple of hours. I would like to Thank the people who volunteered their time to help out at this event. Lily Duguay, Maxine Noah, Alison McKenzie and Roxane McKenzie Fleury. If I forgot anyone, please tell me. The next event I would be interested in putting on is a good old fashioned winter carnival. Some of the events that could take place could include, snowshoe races, log sawing, broomball, piton, crib/euchre/dart tournament, child and their dog show, small fishing derby, waiter, waitress contest, snow machine races etc. Let me know if you can think of any other activities. If this year is too late to plan for we can get an early start for planning for next year. Thank You ... Melvin McKenzie

**MOOSE PARTY RESULTS**

**MOOSE ANTLER CONTEST**

- 1<sup>st</sup> Place: Eddy Young, size of rack (54 1/8")
- 2<sup>nd</sup> Place: Darryl Larviere size of rack (47 5/16")
- 3<sup>rd</sup> Place: Lily Duguay size of rack (42 3/4")

**KIDS MOOSE CALLING CONTEST**

- 1<sup>st</sup> Place: Trysta Young    2<sup>nd</sup> Place: Tiana Jalabois

**ADULT MOOSE CALLING CONTEST** (A score out of 25 points)

- 1<sup>st</sup> Place: Darryl Larviere (22 points)
- 2<sup>nd</sup> Place: Lois Tepiscum (20 points)
- 3<sup>rd</sup> Place: Doug Chevrier (15 points)



Eagle Village Fire Department



A special Thank You to our Fire department and their spouses for organizing, for me, a surprise supper prior to our Christmas break. For once I was speechless. I just want to let each of you know, I appreciated it very much. Thank You to all !!

Councillor Gail Joly, Portfolio Holder for the Fire Department



## Hey Kids ...

Check out our community website at [www.evfn.ca](http://www.evfn.ca) and click on the Fire Department Heading ...

this will lead you to "Sparky the Fire Dog's" Website !!

You can play games, use their craft ideas and learn some really cool stuff !!

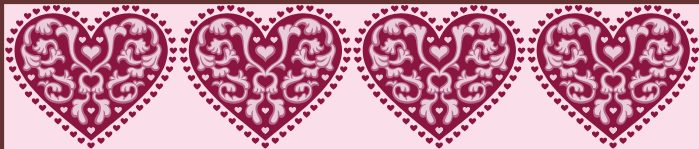
You can even send "Sparky" Valentines !!

Check out the link to the "Risk Watch" Website too !!

Hunt down hazards in each room of our home!

Seek out all the words in our 8 safety scrambles!

Click away to build yourself a fun day of safe play!



## Eagle Village Fire Department's Valentine's Day Supper

Wednesday February 14th, 2007  
at the  
Eagle Village Community Hall

Supper is at 5:30 pm

\$12.95 per person or \$20.00 per couple

### MENU

Marinated Chicken Breast  
Potatoes, Veggies  
Dessert, Tea or Coffee

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

Purchase your tickets in advance and you will have a chance to win 2 tickets to see Comedian Ron James at the Capitol Center

in North Bay on February 24th, 2007.

Please come out and support your Fire Department !!

For more info please call Gail Joly  
(Work) 818-627-3455 or (Home) 819-627-3780

Why Make A Will?

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.

WHAT HAPPENS TO MY ESTATE WHEN I DIE?

Though you may die, your estate doesn't. The financial and other obligations you took on while alive must be fulfilled. The person who carries on your estate is your "personal representative" who "steps into your shoes" and handles your affairs. If you have a Will, your personal representative is the Executor you name in it. If you don't have a Will, an Administrator will be appointed.

WHY SHOULD I PLAN MY ESTATE?

There are many good reasons:

- to make your wishes known and ensure they are respected;
- to protect any customs or traditions that should be passed on; and
- especially if you have small children.

Whatever you do, don't avoid planning your estate because you think you have nothing to pass on. Think about it. Most people have assets. It could be your final pension cheque, special me-

WHAT HAPPENS IF I DO NOT PLAN MY ESTATE?

- If you do not plan your estate and do not write a Will, there are laws to determine who gets your property.
- Provincial laws apply to everyone except registered Indians who reside on reserve.
- If you are a registered Indian living on a reserve, your property will be distributed to your relatives according to the Indian Act.
- These laws are not flexible. They do not take into account specific plans you may have or gifts you may wish to make. They give your assets only to your relatives (spouse, children, grandchildren, parents, etc.,)

BENEFITS OF ESTATE PLANNING:

There are many advantages to planning your estate:

- your wishes will be carried out by someone you choose,
- you can express your wishes about personal matters such as who you want to look after your child(ren) or how you wish for your remains to be disposed.

**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.**

**Councillor Gail Joly**

Eagle Village Elder's Club

**"Adult Cribbage Tournament"**



**Saturday February 10th, 2007  
Eagle Village Community Hall  
Door open at 11:30 am**



**Registration from 12:00 pm - 12:30 pm  
Tournament starts at 1:00 pm  
Entry Fee - \$20.00 per team with 100% Payout  
Bring your Cribbage Board and Pegs !!  
Soup & Sandwich - \$4.00**



**Advance Registration  
Dora or Michael 819-627-8646  
Pauline or Richard 819-627-1478  
Roxane at the Band Office 819-627-3455**



**Come out and buy a Poker Hand !! (18 yrs or age or older)  
\$5.00 per hand and you can purchase as many hands as you want !!**

Migizy Gas

**Congratulations to Migizy Gas**



**They are celebrating  
their 2nd Anniversary  
on Wednesday January 17t, 2007**

Included with this month's for all of our local members is an application for employment at Migizy Gas.

If you are interested in joining their team please complete the enclosed application and drop it off at your earliest convenience.

Community Birthday Wishes

Happy Birthday to Rod McKenzie  
Rod will be turning "40"  
on January 24th !!

Birthday Wishes from your  
sister Honey Bee & Family



Happy Birthday to our Nephew  
Matthew

He will be turning "2" on  
January 20th !!

Love Auntie Tina & Uncle Bully  
Hugs & Kisses !!



Happy Birthday to our Grandson  
"Taco Samuel"  
He turned 21 on January 11th !!

Love Granny & Grandpa

Happy Birthday to our Dad  
Clifford McKenzie

He celebrated his birthday  
on January 13th !!

Love Mat & Jordon



Happy Birthday to my Mom  
"Mary McKenzie"  
She will be celebrating her birthday  
on January 27th !!

Birthday Wishes from your  
daughter Honey Bee & Family



Happy Birthday to our Niece  
Desiree !!

She turned "7" on  
January 11th !!

Love Auntie Mary & Uncle Nor-  
man  
XOXO



Happy "8th" Birthday Zach !!

Wishing you a great day on  
January 25th !!

Love Mom & Dad

Happy Birthday  
Uncle Clifford

Hope you had a great day  
on January 13th !!

Love Marbles  
XOXO



Happy Birthday Uncle Harry  
He turned 38 on January 13th !!

From your Nephews  
Derek & Devon



Happy Birthday to my brother  
Daniel !!

Daniel celebrated his birthday on  
January 14th !!

Birthday Wishes from your sister  
Corena !!

Community Announcements and Notices

### 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 acknowledge the volunteers who helped with the Children's Annual Christmas Party.

Thank You to Pat Parisien and Diane Duguay who worked in the kitchen.

Thank You to Pauline Gauthier for helping the kids decorate gingerbread cookies.

Thanks to the Eagle Village Firemen; Clifford, Dale, Travis and John for giving the children rides in and on the fire truck.

Last but not least a special Thanks to Officer Lariviere for



### YOUTH STREET HOCKEY TOURNAMENT

WHEN:  
January 28<sup>th</sup>, 2007

WHERE:  
Beside 75<sup>th</sup> Anniversary Park (Temiscaming)

2 Periods of 15 Minutes  
5 players + goalie, (11 players on roster is recommended)  
Teams are allowed a max of 5 players that are 16 and over

REGISTRATION IS FREE



### CHAMBER OF COMMERCE PHONE BOOK

In the Chamber of Commerce Phone Book under the ad for Eagle Village First Nation there is a mistake.

For the Community Hall the phone number is printed 819-627-9515 and it should read 819-627-9519.

Please update your phone book by changing the number.

We apologize for any inconvenience.

Thank You

### HANDMADE HANDICRAFT FOR



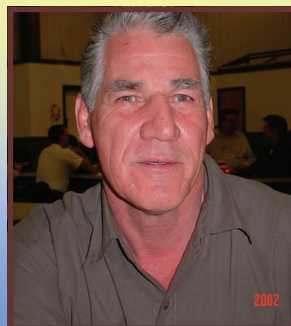
Handmade by Sylvia Joly



65 Wagosh Crescent  
Eagle Village Reserve  
Kipawa QC

819-627-3780

In loving memory of Luke Chevrier  
April 28th 1944 - January 27th 2006



One year has passed.  
They say time heals and pain will go away but time has stood still since you have gone.  
If we had one last wish, A dream that could come true we'd pray to God with all our hearts for yesterday and you.

Sadly missed always,  
Family and Friends

From the Desk of Local First Nation Human Resources

*Happy New Year to all! This month I will present a brief outline of what has been done in the employment and training department since the start of our 2006/2007 fiscal year. This will represent the first 3 quarters of our year, which runs from April 1, 2006 to December 31, 2006. The last quarter (4<sup>th</sup>) of our fiscal year runs from January 2007 to March 31, 2007.*

**1<sup>st</sup> Quarter - April, May, June 2006**

- Preparation of documents and reports pertaining to our 2005/2006 audit and ensuring all requirements are met.
- Preparation of summer student positions.
- Fiscal year 2006/2007 priorities.
- Closing of 2005/2006 files etc., and extending of on going files. On going files will be measures such as Adult Education (books and registration fees only), Community Access Program position (CAP), Youth Center worker positions, School Bus Supervisor position, Community Maintenance position, Gas Station Manager Assistant position and the Helper position.
- Assisted 1 college student to participate in a work placement out of town and as well assisted an employed client in obtaining 2 required college courses to remain in the employment position held and assistance to employed client to obtain certification through correspondence program to remain in position held.
- 7 professional trainings were commenced (successful completions).

**2<sup>nd</sup> Quarter - July, August, September 2006**

- Summer student positions begin in July and end in August, this year we hired 6 students; 4 students worked for the community and 2 students worked for the Forestry department.
- 2 professional trainings started (successful completion).
- Adult Education, 6 students receiving books and registration fees.

**3<sup>rd</sup> Quarter - October, November, December 2006**

- 1 professional training started, scheduled to end in February 2007 (4<sup>th</sup> Quarter).

On a daily basis there are phone calls to be answered and information to be prepared. Employment and training requests are prepared for new clients, and those already on measures are continuously being followed up and monitored. Updating of the Almass (aboriginal labour market adaptation support system) for

who are experiencing difficulties with their claims, or to answer general questions regarding Employment Insurance, also ensure members are informed of the changes, pilot projects, etc., that are implemented by HRSDC through our community newsletter.

**The 4<sup>th</sup> Quarter** is mainly administration and closing of the current fiscal year, pre preparation for audit purposes, T4's and T4a's are prepared for taxation year 2006. These are the months when budgets are continuously being watch, to ensure that they are 100% committed and expensed for the year and we have no deficits. Preparation for the upcoming fiscal year 2007/2008 begins.

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

Community	Unemployment Rate of the Community Stats Can 1996	Unemployment Rate of the Community Stats Can 2001	Unemployment Rate for the period of January 7th To February 10th	Minimum # of f Hours	Minimum # of Weeks
EVFN	16.9%	21.7%	11.2%	490	28

*\*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.*

**NEW NEWS  
HRSDC**

**Important Notice Regarding Maximum Insurable Earnings**

For any person who established an Employment Insurance claim on or after December 31, 2006, the maximum insurable earnings will increase from \$39,000.00 to \$40,000.00. The basic benefit rate is still 55% of the average insurable earnings. This means that a claimant can receive a maximum payment of \$423.00 per week representing an increase of \$10.00 per week.

If the claimant is part of a low-income family, a net income of less than \$25,921.00 with children and receives the Canada Child Tax Benefit from Canada Revenue Agency, the claimant's benefit rate may be as high as 80%. However, the maximum payment rate will still be \$423.00 per week.

Arlene Chevrier, LFNHR Manager  
Phone: 819-627-1980  
Fax: 819-627-9428  
Email: humanresources@evfn.ca

From the Desk of LFNHR Cont'd

## **ABORIGINAL WOMEN FOR TOMORROW WORKSHOPS**

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.

**If you are interested in attending these workshops please call Arlene, 819-627-1980 (or**

### **EAGLE VILLAGE FIRST NATION JOB OPPORTUNITY**

#### **SKATING RINK ATTENDANT**

**Summary:**

Under the supervision of the Health Director, and in accordance to the Programs and Policies adopted by the Eagle Village First Nation Council, the incumbent will ensure that the skating rink facility is maintained and monitored for maximum safe use throughout the winter months.

**Salary:**

- 10.00/hr 35 hrs/week for 10 weeks

**Requirements:**

- Good physical health
- Good demeanor with youth
- Flexible hours including week ends (weather conditions)

**Please submit your application in writing, before 4:30 pm on January 25th, 2007 to:**

Eagle Village Health Center  
c/o: David McLaren  
3 Ogima Street  
Kipawa QC J0Z 2H0

### **EAGLE VILLAGE FIRST NATION JOB OPPORTUNITY**

#### **EMERGENCY PREPAREDNESS PLAN**

**Summary:**

Under the direction of the Health Director, and in accordance to the Programs and Policies adopted by the Eagle Village First Nation Council, the incumbent will ensure the development of the Eagle Village Community Emergency Preparedness Plan through research, inventory of resources, establishment of a data base, coordinated meetings and scenario evaluations.

**Duration of contract:**

- 12 weeks with tentative starting date, January 29<sup>th</sup>.
- Potential Training to be taken (depending on availability)

**Salary:**

- According to experience and qualifications

**Requirements:**

- High school diploma
- Good knowledge of the community and surrounding resources
- Good computer skills
- Capable of coordinating and animating meetings

**Please submit your application in writing, before 4:30 pm on January 25th, 2007 to:**

Eagle Village Health Center  
c/o: David McLaren  
3 Ogima Street  
Kipawa QC J0Z 2H0

An Update from the Health Director

Meetings Attended or in the Making

December 4<sup>th</sup>, a Board of Directors meeting via Conference Call was held with the FNQLHSSC to go over the final steps in regards to the Health Directors Meeting in Montreal on the 5<sup>th</sup> & 6<sup>th</sup>. At this meeting, a reset was done with the folks from Health Canada as to the mandate and purpose of our Networking Meeting. A gentleman by the name of Yvan Therrien decided to rejoin our initiate so we can continue to work towards capacity building and best practices sharing amongst our Region's First Nations communities.

This February, our Non- Insured Health Benefits Committee (NIHB) will be meeting to discuss the latest issues and more particularly, the contract between Health Canada and the Quebec Association of Pharmacists.

The Quebec Region Health Directors have taken a stand with Health Canada in regards to the distribution of the Child and Maternal Health dollars for 2006-2007. Although Health Canada - Montreal (Provincial Office) is often forced to arrange the programs according to Ottawa (Federal Office), the solidarity of our region is second to none in regards to the distribution of core program funding as opposed to pilot specific projects. A meeting with Quebec's upper management is schedule to be held in the very near future in order to reaffirm our position.

Mercury in Fish

We have received a letter indicating that we should hear some news about our Proposal as early as the week of January 22nd, 2007. We will keep you posted.

Youth Centre

After many discussions with my counterparts on our Council and hearing the accolades of other First Nation's experiences, we have decided to incorporate the Health Centre Program workers within the Youth Centre operation. Upon rotation and in support of the existing structure, Family Violence, Nutrition, Addictions, Healthy Living, Diabetes, Peer Pressure, Bullying and other subjects are just a few of the themes that may be dealt with. The Eagle Village Police Department will also join the Prevention Team on a regular weekly basis to convey their important messages and increase their community presence.

Social Service Department

New Social Worker for the Community

Social Services would like to take this opportunity to wish you all a new year full of health and happiness. I would also like to announce the hiring of a new social worker who is currently replacing one of our employees on medical leave. Her name is Linda Poulin (pictured to the left), she will be available to meet with clients in Eagle Village 2-3 days a week. You can call 819-627-9026 or drop by the Eagle Village First Nation Health Centre to schedule an appointment. Her office is located across from Roger Mitchell - Social Service Liaison Worker. We look forward to providing you with this new and improved accessible service. Should you have any questions please feel free to give me a call at 819-629-2676 ext.



Health Canada Advisory

Health Canada is advising the Canadian public that certain children's metal pendant necklaces and key chains sold in Claire's and Ardène stores across Canada are being recalled due to high lead levels. The four items, sold between February 2006 and December 2006, pose a risk of lead poisoning to children if chewed, sucked or swallowed and they should be immediately removed from children's reach. These items can be disposed of in regular household waste. Consumers who purchased the monkey pendant necklace sold at any Claire's store may return the necklace to the nearest Claire's store for a refund.

The "MONKEY" (picture 1) pendant necklace is a metal pendant in the shape of a monkey holding a brown glass or stone ball. The "KITTY" pendant (picture 2) necklace is silver-coloured metal chain with a metal pendant in the shape of a black cartoon cat's head. The "CHERRY BUD" (picture 3) pendant necklace is metal pendant in the shape of two red cherries with green leaves. The key chain (picture 4) has silver-coloured metal rings and a



## Nurses Notes

**An Update from the Nurse**

It has already been three months since I started my position as Community Health Nurse in October 2006. My orientation consisted an initial meeting with the Health Director, receiving a community tour and being introduced to the various Council members and staff of the Health Centre, Administration, Day-care and at the Migizy Gas. Two events, FAS Awareness and Fire Prevention also gave me the opportunity to see/meet some of the community members during the promotional activities.

The Home and Community Care Nurse Jennifer provided me the majority of relevant clinical information such as the high needs home care clients, the charting system, clinic set-up, the OTC medications ordering process and stocking. To make it more functional and safe, I reorganized the Clinic Examination Room as well as the CHN Office.

After a day training on the Quebec Immunization Manual I submitted the order for the vaccines for children's primary immunization series and began giving immunizations to preschoolers and one year olds.

The CHR Tina promoted the Diabetes Cholesterol Screening Clinic and 89 people attended the screening on Nov 14. Cecile was very helpful during the Flu Shot Clinics assisting with the screening questions and assisting with finalizing the charting process.

During the Regional Nursing Training meeting in Montreal I met with various Health Canada Staff (Nursing and other) to inquire about the reporting process and to discuss data collection. The advantage of being in a Health Transferred setting allows us to improve our data collection where actual services provided could be collected that would assist us in improved future planning and provision of required services to the community.

I assisted the Health Director in submitting a proposal for the completion of the EVFN Pandemic Plan which we expect establish responsibilities, activities and liaison among the various players and organizations in the community.

Along with my regular role in the clinic, some of my plans for the next quarter include: delivering a "Diabetes Breakfast" session, contacting the North Bay Hospital to organize a hospital tour at the labour and deliver/maternity ward for pre-natals, planning a Growth and Development Screening Clinic for a Children ages 2 to 5 with the Daycare Program, bringing health related topics at the youth centre and participating in the completion of the Eagle Village Pandemic Plan.

I would like to say Kitchi-Meegwetch to my co-workers at the Health Centre and everyone in Administration and also to all the

**Food Safety  
Reduce the Risk of Food Borne Illness**

Reduce the risk of food borne illness by following these four simple steps :

**Clean**

Wash hands, utensils and surfaces with hot soapy water before, during and after preparing foods. Sanitize countertops, cutting boards and utensils with a mild bleach and water solution. Wash all produce thoroughly before eating or cooking.

**Separate**

Keep raw meats and poultry away from other foods during storage and preparation. Keep separate cutting boards for raw meats and vegetables. Always keep foods covered.

**Cook**

Cook food thoroughly – cooking times and temperatures vary for different meat and poultry. Prepare foods quickly, and serve immediately so foods don't linger at room temperatures where bacteria can grow.

**Chill**

Refrigerate or freeze perishables, prepared food and leftovers within two hours. Make sure the refrigerator is set at a temperature of 4°C (40°F), and keep the freezer at -18°C (0°F).

**NOBODY'S PERFECT****A parenting education and support program for parents of children from birth to age five.**

The goal of NOBODY'S PERFECT is to give parents a safe place to meet and a chance to think about their children and their role as parents. Parents can use the program to:

- Learn more about their children's health, safety and behaviour.
- Build on the parenting skills they have, and learn and practice new ones
- Build self-esteem and confidence as parents by recognizing their own strengths and abilities.
- Get to know other parents, relax and have some fun while learning
- Make connections with other parents and begin to see each other as sources of help and support.

**WHEN: February 6-13-20-27 and March 6 & 13**

**WHERE: Eagle Village Health Center**

**TIME: 7:00 pm – 9:00 pm**

**For more information or to register please call  
Virginia McMartin (627-9060) or Patty Hunter (627-1000).**

## The NNADAP Corner

**Thinking about taking amphetamines to reduce your appetite or fight fatigue? Better first know the facts about these powerful stimulants.**

### What are amphetamines?

Amphetamines are a group of drugs that *speed up* the body's central nervous system. That's why one slang name for them is "speed". They mimic the hormone adrenaline, one of your body's natural stimulants. At the same time, they affect your heart, lungs, and many other organs.

The amount of amphetamines that users take per day can therefore vary a great deal. It depends, among other things, on the type of amphetamine, the way it is taken, and the particular individual's usage patterns.

Many drugs come from plants; but amphetamines are made wholly from chemicals. Most of them now are made in illegal laboratories.

### Who uses amphetamines?

Amphetamines were developed first as a medicine for sinus congestion. Later, doctors prescribed them for depression and for weight loss ("diet pills") but stopped because people became dependant on them very quickly. Today, they are prescribed for only a few conditions – hyperactivity in children, sleeping sickness, epilepsy, and Parkinson's disease, for example.

But they are still around – and dangerous - on the street scene.

### What do "street" amphetamines look like and how are they used?

On the street, amphetamines come in crystals, chunks, or glittery powders that are off-white to yellow in color. Often they have a "fishy" or ammonia-like smell. They can be swallowed, injected, sniffed, or smoked.

"Crystal" is a powder form of methamphetamine that is injected, inhaled, or taken by mouth. "Ice" and "glass" are smokable forms of methamphetamine and, like "crack" cocaine, their effect is strong and fast.

"Crank", another nickname for street speed, comes in tablets or capsules.

### How do amphetamines affect you?

People use illegal amphetamines because they make them feel alert, confident, and full of energy. Basically, they "turn off" appetite and "turn up" the mind. A small dose will probably give you a surge of energy and make you feel alert, talkative, and restless. Your heart beats faster, your blood pressure rises, and the pupils of your eyes get bigger.

Larger doses and longer use of amphetamines can make people behave strangely. They feel they are bigger and better than

everywhere). Large doses also cause fevers, sweating, headaches, blurred vision, and dizziness.

Injecting or smoking amphetamines makes all these effects happen faster because the drug get to the brain faster.

The risks posed by amphetamines increase when they are taken along with alcohol or other psychoactive substances such as ecstasy (MDMA).

### Are amphetamines dangerous? ... Yes

- High doses can bring out violent emotions and dull your ability to think straight. The drugs themselves rarely cause death, but the actions of people in this strange mental state have led to accidental deaths, homicides, and suicides.
- Some people who smoke or inject amphetamines "chase" the high by raising their dose, sometimes smoking or shooting repeatedly for day, eating little, and sleeping less. This pattern can lead to addiction or overdose.
- Those who inject amphetamines also run the risk of infections from dirty needles or impurities in the drug, and of hepatitis or AIDS if they share needles with others.

### How addictive are amphetamines?

You can rapidly become both psychologically and physically addicted to these drugs, especially if you inject or smoke them.

Your body quickly becomes *tolerant* to the effects on mood – that is, you need a larger dose to get high than you did at first. You reach a point, however, where even more of the drug won't work. You have to stop taking it for a while before it will affect you again.

If you've used amphetamines regularly and you suddenly stop taking them, you will have *withdrawal sickness* – feeling extremely tired, ravenously hungry, irritable, and depressed. As a way of coping with the unpleasant side effects, users often turn to such other drugs as barbiturates, alcohol, and opiates, running the risk of becoming addicted to them as well.

Source: *Addiction Research Foundation & Comité permanent de lutte à la toxicomanie: Drugs Know the Facts Cut Your Risks.*

## UPCOMING NNADAP YOUTH DANCES

Friday January 26th, 2007  
and  
Friday February 9th, 2007  
at the

Eagle Village Community Hall

## Healthy Crockpot Recipes for the Cold Winter Months

**CROCKPOT CHICKEN AND VEGGIES**

Low fat sour cream creates the wonderfully creamy sauce for this healthy chicken and vegetable dinner.

**INGREDIENTS:**

- 1 (4 pound) frying chicken, skin removed
- 2 pounds new red potatoes, cut in half
- 1 pound baby carrots
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 (14 ounce) can low sodium chicken broth
- 1/4 cup water
- 1/4 teaspoon pepper
- 1 teaspoon dried marjoram leaves
- 1/4 cup flour
- 1-1/2 cups low fat sour cream

**PREPARATION:**

Combine all ingredients except sour cream and flour in a 4-5 quart slow cooker. Cover and cook on low for 10-12 hours until chicken is thoroughly cooked and vegetables are tender.

In a small bowl, mix sour cream and flour with a wire whisk. Slowly stir in about 1/4 cup of the hot liquid from the crockpot and blend well. Then add mixture to crockpot and stir. Cook until sauce thickens, about 6-8 minutes. Serve with hot cooked pasta, couscous, or brown rice.

**CROCKPOT BARLEY VEGETABLE SOUP**

This thick and hearty soup is packed full of nutrition. With barley, tons of veggies, and sweet potatoes, no one will miss the meat.

**INGREDIENTS:**

- 1 cup medium pearl barley
- 1 bay leaf
- 1/2 tsp. fennel seed
- 9-oz. pkg. baby carrots
- 1 onion, chopped
- 2 stalks celery, chopped
- 3 garlic cloves, minced
- 2 sweet potatoes, peeled and chopped
- 2 cups frozen corn
- 2 cups frozen green beans
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 3 (14 oz). cans vegetable broth
- 4 cups water
- 14-oz. can diced tomatoes with herbs, un-drained

**PREPARATION:**

Place all ingredients except tomatoes in a 5-6 quart crockpot in the order given. Do not stir. Cover crockpot and cook on low for 6-8 hours. Stir soup and add tomatoes. Cover crockpot and

**CROCKPOT CHICKEN ALFREDO**

This easy and nutritious crockpot recipe combines chicken thighs with lots of vegetables and alfredo sauce.

**INGREDIENTS:**

- 1-1/2 lbs. boneless, skinless chicken thighs
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup roasted red bell pepper strips
- 15-oz. jar alfredo sauce
- 4 cups frozen broccoli florets
- 9-oz. pkg. refrigerated fettuccine
- 1/4 cup grated Parmesan cheese

**PREPARATION:**

In 4 quart crockpot, place chicken, onions, and red bell pepper. Pour alfredo sauce over. Cover crockpot and cook on low for 5-6 hours. Thaw and drain broccoli and add to crockpot along with fettuccine.

Stir, cover crockpot, and cook on high for 30-40 minutes, until broccoli is hot and fettuccine is tender. Sprinkle with cheese

**CROCKPOT POTATO CHOWDER**

This easy crockpot potato chowder is made with only five ingredients.

**INGREDIENTS:**

- 5 oz. pkg. scalloped potato mix
- 4 cups chicken broth
- 2 onions, chopped
- 2 cups light cream
- 1/3 cup flour
- 1/8 tsp. white pepper

**PREPARATION:**

In a 3-4 quart slow cooker, combine potatoes and sauce from scalloped potato mix with chicken broth and onions. Stir well to blend.

Cover crockpot and cook on low for 7 hours.

In medium bowl mix together half and half and flour with a wire whisk until smooth. Stir this mixture into the crockpot very slowly, stirring constantly. Stir until well blended. Cover

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2	3	4  No Bingo this	5	6 Texas Hold'Em Tournament
7 <u>Holidays</u> Joan St-Denis	8	9	10 Dr. Gurekas is at the Health Centre	11  First Bingo of 2007	12	13
14	15	16	17	18  Bingo	19 Lance is in Val d'Or for a meeting	20
21	22	23 Jennifer, David and Madeleine are train- ing in North Bay (23rd & 24th)	24 Dr. Zivkovic is at the Health Centre  Lance is in Val d'Or	25 Vicky will be host- ing the NNADAP Quarterly Meeting (24th & 25th) Lance is in Ottawa	26 NNADAP Youth Dance  Lance is in Val d'Or for a press confer-	27
28 <u>Holidays</u> Cecile McKenzie	29 Lance is in Quebec for a Chief Assembly/Meeting (Jan 29th - Feb 2nd)	30	31 Dr. Brock is at the Health Centre	<b>JANUARY 2007</b>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FEBRUARY 2007</b>				1	2	3
4	5 Lance, Terry, Melvin will be in Toronto for a Conference. (5th - 8th)	6	7	8  Bingo	9 NNADAP Youth Dance	10 Elder's Club Cribbage Tourna- ment  Lance is in Val d'Or
11 <u>Holidays</u> Jennifer Chevrier	12	13	14 Valentine's Day  Fireman's Valen- tine's Supper	15  Bingo	16 Dr. Gurekas is at the Health Centre	17
18	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 is in North Bay for train- ing. (Feb 26th - March 2nd)	28	<b>GTS and EGT March Break</b>		