



Migizy Odenaw Mazinaigan

Eagle Village First Nation Community Newsletter

www.evfn.ca

An Update from the Chief

I offer my condolences to the family of Frances Grandlouis-Lariviere and the Maxwell family from Mattawa for their loss.

I would like to congratulate Marcel Paul, Brian Young, Dominic Lariviere, Tyler Young and Corey Davidson for successfully completing the Manual Tree Felling Training Course they have obtained Certification from Rexforet.

File Updates:

As our Aboriginal Title area runs both sides of the Ottawa River and we are a successor to the Mattawa Band, we have now opened an office in Mattawa at 364 Main Street. This office will be an extension of our Land Management Office to handle consultations from Ontario and will serve as a satellite band office to serve our members there. Our intention is to have certain local Directors and Administrators periodically be available to meet the members there to address any needs, concerns, issues and to provide information. Once we are in full operation a schedule will be made available.

We have been approved for a grant to paint the Arbour floor with the Seven Grandfather teachings and to carve a Totem Pole from the tree that is dying beside the Arbour.

Migizy Gas has reduced restaurant hours during the week.

Community Hall expansion is now complete and I invite everyone to visit at our next event.

Front Line Services will be moving to the Youth Centre.

Fire Department update, Gail Joly has been contracted to coordinate the Fire Department.

This year's Capitol projects that we are focussing on: the playground will be modernized; an inspection into storm drains hookups on Wagosh Crescent; sidewalks will be put in on Wagosh Crescent; the shingles will be changed on the Youth Centre and the Band Office; minor repairs to the fire hall and bus garage will take place this summer.

Emilie Parent is leaving our Police Department I wish her all the best in her future endeavors. Stephanie Benard will be replacing her.

Chief Madeleine Paul

NIHB

Important information regarding your reimbursements !!

Included with this newsletter is a form for Direct Deposit !!

See page 14 for more information !!

JOB POSTING
FULL TIME - 1 YEAR CONTRACT
SEE PAGE 9 FOR DETAILS

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Eagle Village First Nation
P.O. Box 756 Temiscaming
QC J0Z 3R0
Tel: (819) 627-3455
Fax: (819) 627-9428
Toll Free: 1-888-229-3224



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



Eagle Village Police Department
2 Ogima Street
Kipawa, QC J0Z 2H0
Tel: (819) 627-9624/8229

Eagle Village Housing Department



**Two Rental Units
available June 2015**

Two Bedroom Duplex

Applications can be picked up
at the Band Office.

Deadline for submission is
May 15th, 2015 at noon.

Tanya McKenzie - Housing Administrator
Phone: 819-627-3455 Email: tanya.mckenzie@evfn.ca

HOUSES FOR SALE

Please contact the Housing Department for more details.



Eagle Village Land Management

The Land Management team hosts regular meetings with MNR every two weeks. The main purpose is to harmonize the future forestry operation sectors with the provincial government. Below you will see the list of the sectors that we will continue discussing with the MNR for April.

- **MILLAIRE, NANTES and ROBERT SECTORS** are located East side of Ostaboniqué Lake.
- **VICTOR, SOUFFLOT and ALMA Sectors** are located around km 6 on Trout Lake Road at the end of Maniwaki Road.

The Chainsaw training course was recently completed on March 27th and congratulations go out to Clifford Joly, Corey Davidson, Dominick Larivière, Marcel Paul, Brian Young and Tyler Young on recently being certified by both Rexforet & CSST.

Again we would like to mention in regards to the Supreme Court's Tsilhqot'in judgement we continue to work on building a map and database to prove the use of the land by our Band Members. It would be an excellent benefit to have your input into our database for future title claims and use of the territory/lands. Therefore, we are asking Band Members to drop by and share information about where, when they are hunting and any other type of traditional activities they are using our territories for. All this information once gathered will **ONLY** be used internally within the Community.

As always, we look forward to seeing members stop by with their concerns or comments about these operation sectors during office hours.

The Land Management Team

Nominations Notice

NOTICE OF NOMINATION MEETING

Notice is hereby given that a meeting of electors of the

Eagle Village First Nation

will be held at the

Eagle Village Community Hall

on

Friday April 24th, 2015

beginning at **6 p.m.**

and lasting for at least three hours,
for the purpose of nominating candidates
for the positions of Chief and Councillors.

There are three (3) Councillor positions and
one (1) position for Chief.

**The election will be held at the
Eagle Village Community Hall on
Friday June 5th, 2015.**

Please note that any voter may nominate candidates by using a mail-in nomination form. You can either deliver or mail in a written nomination and a completed, signed and witnessed voter declaration form to the Electoral Officer before the time set for the nomination meeting OR you may nominate candidates orally at the nomination meeting. Mailed nominations not received by the Electoral Officer before the time set for nomination meeting are void. Also note that any voter may vote by mail-in ballot.

Richard Shank
Electoral Officer



The Laughing Loon Group from Migizy Odenaw Childcare Centre had a great time sampling maple syrup on a stick and enjoyed their rides on a dog sled.

Was a fun experience for all.

Thank you to Mitchell McMartin and the Health Center who co-ordinated this day in collaboration with Wolf Lake First Nation. Thank you to Roseanne Banchie the owner for the dog sled team and Rodney St. Denis for the tasty maple syrup.



NOTE TO ALL MEMBERS

**Deadline for Newsletter
Submissions is the 20th of every month.
Please send your submissions to
donna.pariseau@evfn.ca or
tina.chevrier@evfn.ca
or call us at 819-627-9060.**

**If you would like to view the newsletter
online at www.evfn.ca or have it sent by
email, rather than having a copy mailed
every month, please contact us and we will
be happy to make the changes.**

Indian Registration / Membership

ESTATES

New Death Reporting Process in the Indian Registration System

The *Family Homes on Reserves and Matrimonial Interests or Rights* Acts came into effect on December 16, 2014. Aboriginal Affairs and Northern Development Canada (AANDC), Individual Affairs Sector, has to ensure respect for the rights and interests of the surviving spouse under this Act in the event of the dissolution of his or her marriage by death. These spousal rights and interests come prior to the settling of the estate.

To record a death in the Indian Registration System (IRS), the following documentation is required and must be submitted to the Indian Registration Office:

1. The Death Certificate.
2. A form entitled "Information – for the opening of an Estate file with AANDC" must be completed. (Forms are available at the Indian Registration Office.)
3. If the information of the deceased differs from the information recorded in the IRS, the proper document must be submitted to the Indian Registration Office. (e.g., marriage not reported in the IRS but the deceased person was in fact married).
4. Common-Law Relationships - "Common-Law Partner Statutory Declaration" form must be completed by the surviving common-law spouse when the deceased left no Will at death.

This new death reporting process will help to ensure respect for these matrimonial interests and rights and the rights granted by Will or by the *Indian Act* in the settling of the estate.

Secure Certificate of Indian Status (SCIS)

As we are currently in the transition phase of replacing all versions of the Certificate of Indian (CIS) with the new Secure Certificate of Indian Status (SCIS), it is advisable that you apply for the new SCIS as soon as possible.

Information on the new SCIS and the application forms are available at the Aboriginal Affairs and Northern Development Canada (AANDC) website: www.aadnc-aandc.gc.ca Application forms are also available for pick-up at the Indian Registration/Membership office.

Local First Nation Human Resources

Summer Student Employment 2015, we will only be hiring students who have graduated, Secondary Five in Quebec Grade 12 in Ontario, and who are beginning and or continuing on to post-secondary studies. To apply, **Graduating and continuing students** (Secondary graduates and post-secondary) must be returning to Post Secondary school in fall 2015. The student must provide the following: a resume, final grades for the academic year as well as a document stating the student is entering/returning to Post secondary school in the fall of that year.

SERVICE CANADA

Outreach Site is located at: Le Centre - 20 Humphrey Street, Temiscaming, Quebec
9:30 am to 12:00 pm and 1:00 pm to 3:00 pm

You can call the Center at 819-627-3230 for more information.

Local First Nation Human Resources

Glenda Moore - LFNHR Manager Tel: 819-627-1980 Fax: 819-627-9428 Email: glenda.moore@evfn.ca

Information on Employment Insurance Economic Region 18 (North-West of Quebec)

NOTE: A minimum of 910 hours is the qualifying period may need to qualify; EXAMPLE: If you are in the work force for the **first time** or if you are **re-entering** the work force after an absence of two years. If you apply for special benefits, you will need 600 hours of work. It is strongly recommended to check with your local Service Canada Center for the minimum number of hours required to qualify. *Please note that the number of insurable hours required are based on where you live and the unemployment rate in your economic region at the time of filing your claim for benefits.*

Unemployment Rate Stats Can – 2001	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate: Jan 11th to Feb 7th 2015	Min. # of Hours Required	Min. # of Weeks Payable
21.7%	14.3%	N/D	10.3	525	21s
Unemployment Rate Stats Can – 2001	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate: Feb 8th to March 14th 2015	Min. # of Hours Required	Min. # of Weeks Payable
21.7%	14.3%	N/D	10.3	525	21s

REGIONAL MEETING IN MONTREAL ON MARCH 18TH & 19TH

The members reviewed the budgets of ASETS for the end of our five year agreement. It was a good report as all twenty-nine communities had very good financial reports for 2014-15 . We also reviewed the operational plan for 2015-16.

Other project and programs that were reviewed were; The Employment Integration and retentions strategy was reviewed, this project will need the communities to group together to support each other in determining new partnerships and giving more concert results in programs and services, better budgeting and training. Reviewed the draft Guide of Urban Measure there is still work to be done with the input of all communities.

Renewal of ASETS agreement There was discussion for the renewal of the ASETS agreement utilizing a collective strategic planning in two part first - to formulate the vision for the next five to six years. Directional Plan approved by October 2015 as a basis for negotiation of the new agreement. Second part - Continued consulting of the all communities to reflect the key issues and priority actions to be taken in the following four subjects Programs and Services, Administration, Partnerships and Political Support and how these are seen at the following levels Local, Urban and Regional. This is a continued work in progress. Head office continues to work on all files and they work with the Aboriginal Nations of Quebec and Labrador to strive to have services available to our members.

Presentation of the regional office's website: EmployNations.com

Updates on regular files: Continuum of services and First Nations Job Fund, Pikwadin project, Labour Market Profiles, First Nations Adult Education Council, Customized Training for the FNHRDCQ, Training program for Housing Managers, IBA impact and benefits agreements

SUMMER CAREER PLACEMENT PROGRAM - UPDATE:

The Summer Career Placement Program is to enable young people to acquire work experience in their field of study. This program is offered through First Nation Human Resources Development Commission of Quebec, Urban Strategy. This is a joint venture with an employer, a student and the urban strategy department. This experience can be used on their resume. If anyone is interested in this program please contact me at 819-627-1980 or at glenda.moore@evfn.ca. **Please Note:** This program is run with Provincial dollars therefore only residents of Quebec can apply. The student may be attending school in Ontario but they must have an address in Quebec. Sorry for any inconvenience.

This program will be opened up in April or May 2015, Eagle Village First Nation will be funded for two applicants only. Applications will be submitted as they come in once 2 have been submitted.

Eagle Village Fire Department

Spring

The warm days are back. The birds are returning from the south as are the Snow birds. Oh yes, Albert is back from the south where he spent happy days under the tropical sun. He is now getting ready to open his cottage for the summer. His friend Yves is not a migratory bird like Albert, but he is also looking forward to the nice weather and the quiet life on the waterfront. He is the owner of the neighbouring cottage and he is also getting ready to spend a few months there.

First of all, the exterior: spring being the mating season means nests, and Albert decides to check if any birds have set up house inside his chimney. As for Yves, he has his chimney swept every spring. Creosote deposits can easily catch on fire during the next good blaze. He explains to Albert that the deposits left in the chimney in the fall, combined with humid summer air, can lead to corrosion of the steel parts of the chimney. Just yesterday, Yves heard on the news that a chimney fire was responsible for leaving a family homeless: the owners ignited the creosote to clean the chimney. It would have been much cheaper to call a chimney sweep.



Next, the inside. We dust, clean, sort out... And we always find something to throw away. At the cottage as at home, it is important not to clutter up the balcony, as well as the doorways of the house. It is the same for boxes and various objects that we leave obstructing the evacuation route. This winter, Yves saw his share of balconies piled heavy with snow up above the door. How do the people living inside think they would get out if there was an emergency! That is scary.

Because the weather is so mild, Albert and Yves don't stay indoors long. There's plenty to do outside. The winter was hard on the trees and bushes. Branches and trees in danger of falling onto electrical lines have to be cut. And that's not to mention lightning. If it hits a dead tree, it can easily catch on fire. There are many fallen branches on the ground. There are also leaves from last autumn to pick up and the grass to dethatch. It isn't necessary to burn it all. That would not be such a blazing idea! A dethatcher is not that expensive, especially if you do like Yves and Albert and rent one together, and thus share the cost! Albert has already seen people light a fire in a metal container placed in the middle of their lot to burn various rubbish. That's a fire hazard for the whole neighbourhood.



Once everything is picked up, it is especially important to avoid piling up the garbage bags along the side of a building (house, cottage or shed). While awaiting the garbage collector, Albert places them far from any flammable objects and in a less conspicuous place so as not to attract the attention of any pyromaniac! Yves has taken an ecological approach: he has set up composting containers at the back of his lot. That way, there will be less garbage to collect for the municipality and he can use this compost to improve his soil and flower beds. The idea is very appealing to Albert!

There you have it, a full day that ends well. Exhausted but satisfied, the two friends meet on the porch for a last drink and talk seeds. They have worked with safety in mind and being prudent has rewarded them: spring has ignited only their enthusiasm.

<http://www.securitepublique.gouv.qc.ca/>

The children at Migizy Odenaw Childcare Centre in Eagle Village had a great time dancing, playing games and getting a story read by the Easter Bunny on Thursday, April 2.

The Easter Bunny was enjoyed by all the 3 groups. A big thank you to the Easter Bunny for hopping by every year and putting smiles on all the children's faces.



"REKINDLING OUR HOME FIRES "

We are inviting Local and Regional First Nations to participate in our

1ST ANNUAL SPRING GATHERING

May 13th to 17th, 2015

This ceremony will take place over 5 consecutive days.

The first 4 days will be an opportunity for people to come together to celebrate:



"BAMAZAWIN – GOOD LIFE "



The first 4 days is an opportunity for people to go on a vision quest and fasting.

People can choose to do fasting for either 2 days or 4 days.

If you are interested in fasting please contact Roy Paul 705 358 3071
or Gladys McDonald 705 822 7778 for more information.

On the 5th day of this 5 day gathering, we will host a traditional feast to honour our ancestors and our heritage. This feast will be a "potluck" feast.

If possible please bring a traditional dish (moose, deer rabbit, fish).

After the feast there will be a "Giveaway" (small gift exchange), to give thanks for the ceremony. We ask everyone who wishes to participate to bring a gift.

Any fasters going out to sit with Our Mother Earth will need to bring Tobacco and the 4 Cardinal colours of cloth (blue, red, yellow, and white).

All women are asked to wear a skirt, this includes all the youth.

If you wish to participate in a sweat lodge you must bring a towel.

We would like to request that community Elders come and greet the fasters, to share in the feast and rekindling of our home fires.

We are encouraging all people to come (especially the youth in our community) to learn about our traditional "way of life".

All participants can also receive their traditional names and clans.

There will be lessons from a "Head Elder" to teach the 4 sacred medicines (tobacco, sweet grass, sage and cedar). The sacred fire will burn for 4 consecutive days.

The sweat lodge is available at any time during the 5 day ceremony and is available for anyone who wishes to participate.

Migwetch

Community Notes and Information

Home Care Program

We are always looking for Home Care Workers whether it is to replace and help out for a couple of weeks, to have a full time job or to work a couple of hours a day. Don't be shy and come give your names to us !! We might have good job opportunities to offer !! Thank You !!

Leave a message or stop by the office at
2B Ogima Street.

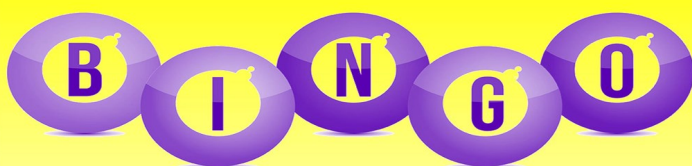
Émilie Bénard
Home Care Program Coordinator
819-627-9005
(leave a message if nobody answers)

Migizy Gas is currently seeking part time cashiers and cooks.
Must be available to work weekends, day shifts and evening shifts.



Stop by Migizy Gas to fill out an application.

Thank You
Darren Chapeskie
819-627-3392



EAGLE VILLAGE ELDER'S CLUB
(13 Amik Crescent)

SUNDAY, APRIL 19, 2015
1:00 - 4:00 p.m.
(Doors open at 12:30 p.m.)

10 Pack of Cards for \$10.00
Extra Pack for \$5.00

6th Game Special (not in pack)
for \$1.00 a Strip of 3 - Prize: \$50.00

Jackpot Game (not in pack)
for \$1.00 a Strip of 3 - Prize: \$50.00

Regular Game Prizes - \$20.00

You Must Buy a Regular Game Pack
to Play in All Games.

CANTEEN OPEN
Hotdogs, Chips, Pop, Tea, Coffee

EVERYONE WELCOME !!

FIRST NATIONS EDUCATION COUNCIL

Day Camp Monitor Training

For 15 to 17-year-olds

June 22 to 26, 2015
Kiuna College, Odanak

For more information:
Eve Bastien
1-855-842-7672 or
ebastien@cepn-fnec.com
www.cepn-fnec.com

Community Notes and Information

EAGLE VILLAGE FIRST NATION JOB POSTING FULL TIME - 1 YEAR CONTRACT

TITLE:

- Janitor

SUPERVISOR:

- Director of Public Works and Community Infrastructures

SUMMARY:

Under the supervision of the Director of Public Works and Community Infrastructures, the incumbent will:

- Provide cleaning services for the Health Center facilities, Administration Buildings and the Police Station five days a week for 20 hours
- Provide cleaning services for the Migizy Odenaw Childcare Center five days a week for 15 hours
- You are required to work four hours per day Monday to Friday at the Health Center facilities, Administration Buildings and the Police Station. Work hours for the Migizy Odenaw Childcare Center are 6:00 p.m. until 9:00 p.m. Monday to Friday. A regular work week has a total of 35 hours.

SALARY:

- \$12.00 per hour

REQUIREMENTS:

- Must be a registered member of the Eagle Village First Nation.
- Experience in Janitorial work

Please submit your application in writing, specifying your education, experience and skills, before noon on May 7, 2015 to:

Eagle Village First Nation
c/o: Chief and Council
4 Ogima, Kipawa QC J0Z-2H0
Tel: (819) 627-3455 Fax: (819) 627-9428

If you are interested in part-time janitor work to replace full time staff when on holidays, sick days etc ... Please submit your resume to the Director of Public Works at the Band Office.

NOTICE BUSINESS FOR SALE

TAXI-TEM Inc.

With servicing to the area of Temiscaming, Letang, Tee-Lake, Kipawa, Eagle Village, and Thorne. Included in the sale of the business will be 2 Taxi Owner Permits for our area.

Asking Price is \$8000

If you would like to purchase the 2 vehicles as well as the permits we can discuss and negotiate on a price For more information contact Justin Roy

**TAXI TEM PHONE NUMBER
819-627-3331**

HOURS OF OPERATION

**MONDAY - TUESDAY - WEDNESDAY
8:00 am to 5:00 pm**

THURSDAY - 8:00 am to FRIDAY - 5:00 am

FRIDAY - 8:00 am to SATURDAY - 5:00 am

SATURDAY - 8:00 am to SUNDAY - 5:00 am

SUNDAY - 8:00 am to SUNDAY - 10:00 pm

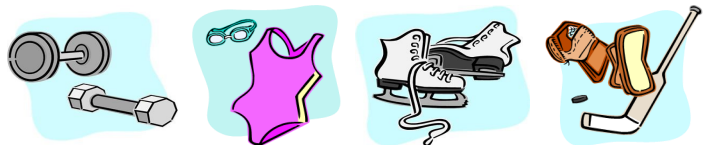
NON-RESIDENT FEES

for all Community Members Living On-Reserve

Anyone who registers for an activity/sport at The Centre in Temiscaming and is charged a Non-Resident Fee, please bring your receipt to Roxane at the Band Office to have the NON-RESIDENT portion of the fee reimbursed. Receipts can be submitted at anytime, however, these fees will only be reimbursed on the last Thursday of each month.

THE FEBRUARY DEADLINE FOR NON-RESIDENT FEES IS APRIL 25TH, 2015 AT 12:00 PM

PLEASE NOTE THAT NON-RESIDENT FEES WILL ONLY BE ACCEPTED FOR THE FISCAL YEAR OF APRIL 1, 2014 - MARCH 31, 2015





8^e édition / 8th Annual Kipawa Countryfest

August 14-15-16 août 2015

Kipawa, Québec



KIRA ISABELLA

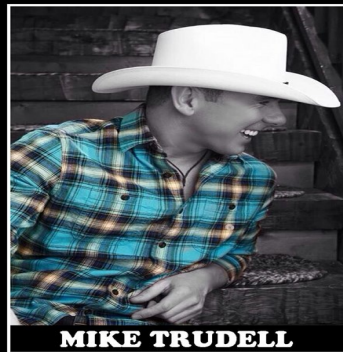


JOHNNY CASH AND THE QUEENS OF COUNTRY TRIBUTE
Tammy Wynette, Dolly Parton, Loretta Lynn, Patsy Cline



JOE DIFFIE

★ **THE FENDER BENDERS (HOUSE BAND)** ★



MIKE TRUPELL

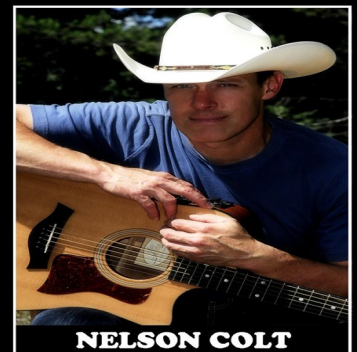


BIG TOBACCO & THE PICKERS



SWEET GRASS BAND

★ **THE NASHTOWN JACKS** ★



NELSON COLT

★ **OPEN STAGE** ★ **KIPAWA RIVER BAND** ★ **JUST FIDDLING AROUND** ★ **KIPAWA CHOIR**

PASSEPORT DE FIN DE SEMAINE

En pré-vente jusqu'au **17 juillet 2015**

WEEKEND PASS

Advance sales available until **July 17, 2015**

Adultes / Adults **\$45.00**

Jeunes (17 ans et moins) / Youth (17 & Under) **\$20.00**

EN VENTE / ADVANCE PASSES ON SALE AT:

Migizy Gas	Kipawa, QC	819-627-3392	Argent / Cash, Debit, Visa
EVFN Band Office	Kipawa, QC	819-627-3455	Argent / Cash
Lake View Store	Kipawa, QC	819-627-1307	Argent / Cash
Depanneur Dandys	Temiscaming, QC	819-627-9663	Argent / Cash / Debit
Shear Oasis Hair Design	789 McKeown Ave. North Bay, ON	705-474-4247	Argent / Cash
Maryann Babin	N.D.D.N, QC	819-723-2934 819-629-7341	Argent / Cash

BRACELETS ADULTES / ADULT WRISTBANDS

BRACELETS JEUNES (17 ANS ET MOINS) / YOUTH WRISTBANDS (17 & UNDER)

Passeport de fin de semaine à la porte Weekend Pass at the Gate			Passeport de fin de semaine à la porte Weekend Pass at the Gate		
\$60.00			\$25.00		
Vendredi / Friday \$30.00	Samedi / Saturday \$50.00	Dimanche / Sunday \$20.00	Vendredi / Friday \$10.00	Samedi / Saturday \$10.00	Dimanche / Sunday \$10.00

Enfants (3 ans et moins) gratuit / Children (3 yrs and under) free Les jeunes de 17 ans et moins doivent quitter les lieux à 23h. / All children (17 yrs and under) must be off the festival grounds by 11:00 p.m.

POUR INFORMATION / FOR MORE INFORMATION

819-627-3455 or 819-627-6884 / www.evfn.ca / Facebook (Kipawa Countryfest)

Countryfest MC's:
DJ Neil Pariseau and Josette McCann

Sound & Lights By:
DBSL Inc. Pro Sound & Lighting (Dan Belanger)

Merci à nos principaux commanditaires / Thank you to our major sponsors



Community Wishes for April



Happy 20th Birthday to our beautiful daughter Kendra, on April 24th !!
Good-bye teens !!
Lots of love ...Mom, Dad & Trysta
xox



Happy 93rd Birthday
Gramma Irene !!

Lots of Love
Jim & Linda



Happy 50th Wedding Anniversary to Regis & Sonia Young on April 10th !!

Wishing you many more years of Health Happiness and Love !!
Robbie, Jackie, Kendra & Trysta xox



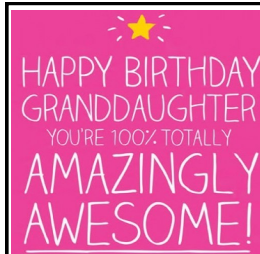
Happy Birthday Billy !!
Wishing you a great day on April 17th !!

Lots of Love
Jim & Linda



Happy Birthday to Alexandra Gionet on April 24th !!

Lots of Love ...
Robbie, Jackie, Kendra & Trysta



Happy 20th Birthday to our granddaughter Kendra, on April 24th !!

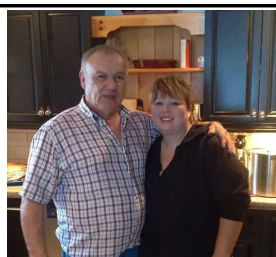
Love Nanny & Papa
xoxo



I would like to congratulate my son Mitchell who recently proposed to our future daughter-in-law Natacha Raymond, while on vacation in New Orleans, we could not be happier for them, wishing them years of happiness, laughter and love.
Mom and Dad

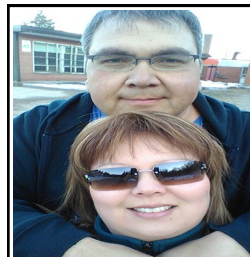


I would like to congratulate my son Nathan and Stephanie McLaren, who are expecting their first child November 2015, Ms. Jayda will be a great big sister to either a baby brother or sister.
We are so blessed !!
Love Nanny and Poppa



Happy Birthday to my dad who celebrates his birthday on April 17th, wishing you all the best.

Love you!
Tiddalow, Jason, Trent & Evin
xoxox



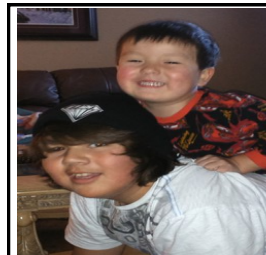
Happy Birthday to my husband Jason who celebrates on April 19th, love you to the moon and back !!

Vicky xoxox



Happy Birthday to our Papa (Jimmy Constant Sr.) have a great day, love you.

Fr: Trent & Evin xoxox



Happy Birthday Dad, you are the best!!

Lots of love from your boys
Trent & Evin xoxox

Health Director's Update

Meetings Attended in March:

- Quebec's First Nations Health Directors Network. Updates were done on programs despite not having the amount of funding available for this fiscal year on account of Federal Budget not tabled and those up for renewal of authority. Update on Health Governance project gets more interesting as it advances.
- FNHMA B.O.D. and strategic planning session and capacity development
- Training in TFN on confidentiality and the laws that govern it. Also met with Health Directors from TFN & Long point to start to work on files of common interest and where collaboration will support our respective goals and missions.

Upcoming in April:

- FNIGC B.O.D. on April 16th
- Coalition for English Speaking First Nations of Quebec on April 14th & 15th.
- Meeting in Long Point with area Health Directors

Files in Motion at EVFN Health Center:

- Continue to advocate for no cost services from the Province and their local CLSC's
- Coalition for English speaking First Nations Communities Project continuation
- Monitoring and evaluation of Community Care Program
- Implementation of I-CLSC

First Line Services is on the move! Coinciding with the arrival of spring, First line services will soon be under one roof. Stacey and Darlene will be joining Kim at the Youth Center where they will be in a better position to offer after hour programs in a more centralized and suitable location.

Quotes on Life:

"Early on I realized that I had to hire people smarter and more qualified than I was in a number of different fields, and I had to let go of a lot of decision-making.

I can't tell you how hard that is.

But if you've imprinted *your values* on the people around you, you can dare to trust them to make the right moves."

~ Howard Schultz, *Pour Your Heart Into It*:

How Starbucks Built a Company One Cup at a Time ~

When you were born, you cried and the world rejoiced. Live your life so that when you die, the world cries and you rejoice.

~ White Elk ~

Mammogram ... Clara Bus

The Eagle Village Health Centre is proud to encourage and support women over the recommended age of 50 years old to have a Mammogram.

If you are over the age of 50 you may have already received a letter from "Agence de la santé et des services sociaux de l'Abitibi-Temiscamingue" about the Quebec Breast Screening Program. This will provide you with information about the program and instructions on how to make an appointment for a Mammogram when the **Clara Bus is at the Temiscaming Hospital the week of May 4th - 7th, 2015.**

Please call the Eagle Village Health Centre (819-627-9060) and speak with Helene if:

- You **do not** receive the invitation/letter from the Agence de la santé et des services sociaux de l'Abitibi-Temiscamingue.
- You receive the invitation/letter but it is in French and you would like the invitation/letter in English.
- You have questions regarding this invitation/letter.
- You would like assistance in arranging an appointment for your mammogram.

Don't forget to bring your "2015 Mammogram Attestation". If you do not have one please call Virginia at the Health Center This is to be completed when you attend your mammogram appointment and returned to the Eagle Village Health Centre at your earliest convenience. We will be having special draws for women who have had a mammogram done this year. All Mammogram Attestations must be returned to the Eagle Village Health Centre no later than 12:00 pm on Monday December 14th, 2015. The draws will take place that afternoon and winners will be notified.

If you have had a mammogram done between January 1st, 2015 and now, please note that you are still eligible to have your name included for the draw, your family doctor can fill in the "2015 Mammogram Attestation".

It is important to note that it does not matter where you have had your mammogram done, for example if you have your mammogram done in North Bay you are still eligible to participate in the draw. Our goal is to ensure that all of our female community members are screened for Breast Cancer.

Thanking you in advance for your participation,
Your, Eagle Village Health Centre Team

Walking Poles Can Help You Lose That Muffin Top



Brisk walking is an effective workout that works your heart and develops strong leg muscles. However, walking by itself does not tone your upper body. Walking poles work your arms, shoulders, chest and upper back muscles through a full range of motion as you walk. The effort you use swinging the poles transforms your daily walk into a total body workout. The motion you use is similar to that of cross-country skiing.

Walking with poles also strengthens your core abdominal muscles, which are the muscles you use to lift, bend over and support yourself as you walk. When you use walking poles, you engage your abdominal muscles every time you lift and plant the poles in front of you and as you bring the poles back to front. This keeps your core muscles engaged throughout your entire walk. You will not only feel the difference as you exercise, but over time you may also see a difference in the appearance of your abdominal muscles, meaning it will help lose inches around the stomach area.

First Nations and Inuit Health Branch
Health Canada, Quebec Region

Aboriginal Student Recruitment

Together with First Nations, Inuit, other federal departments and provincial and territorial partners, Health Canada works to support healthy First Nations and Inuit individuals, families and communities.



* Summer employment for students
in downtown Montreal



The First Nations and Inuit Health Branch, Quebec Region (FNIHB-QC) offers a wide variety of services and programs to 52 aboriginal communities, including:

- Coordination of the reimbursement of eligible health services (vision care, medical transportation, etc.);
- Environmental health, communicable disease control, drug distribution program, dental services;
- Community-based programs: health living and child development, mental wellness, addictions;
- Nursing services;
- Liaison between communities and FNIHB-QC;
- Funding and managing of contribution agreements;
- Strategic planning and analysis of policies.

Eligibility Criteria

To be eligible, you must be:

- ⇒ Registered as a full-time post-secondary student in an accredited institution;
- ⇒ Currently recognised as having full-time status by the academic institution; and
- ⇒ Returning to full-time studies in the next academic term;
- ⇒ Part of an Aboriginal peoples group and identify oneself as such during their registration.

Preference will be given to Canadian citizens.

We want you!

We are currently looking for Aboriginal students interested in gaining experience and taking on challenges in a dynamic and stimulating environment during the summer months. The positions are located in Montreal and offer the following advantages:

- Competitive compensation;
- Acquisition of work experience in the following areas: health and social services, administration, information technology, public administration, program evaluation, etc.
- Jobs related to health service delivery for First Nation and Inuit communities in Quebec.

**To apply, please register via the
Federal Student Work Experience
Program (FSWEP) at:**

 jobs.gc.ca

For any questions relating to recruitment,
please contact us at:

Telephone 514-283-4774
Courriel : DGSPNI_FNIHB_QC@hc-sc.gc.ca
www.santecanada.gc.ca

Canada

Medical Transportation and NIHB

You may have received this information in the mail lately...

Visit this web-site for the following information:
<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestatiion/index-eng.php>

**Under the heading:
Avoid the rush, sign up for mandatory direct deposit today!**

The Government of Canada is switching from cheques to direct deposit for all government payments. To receive payment from Health Canada or the Public Health Agency of Canada, you must enrol for direct deposit before April 1, 2016.

With direct deposit, the Government of Canada deposits payments automatically into your bank account. It's an easy and secure way to receive your payments without any postal delay. Not only will you be able to access your payments more quickly, you can also be sure they will never be lost, stolen, or damaged. It's convenient and reliable.

Please enrol for direct deposit as soon as possible by completing and signing the [enrolment form](#) then submitting your information as per the instructions on the form. If you prefer to receive the enrolment form electronically please contact: DD@hc-sc.gc.ca.

Health Canada recognizes that direct deposit may pose a challenge for some people. An exception can be made and a paper cheque issued if an individual does not have a bank account. If you meet this exception criteria referenced, complete and sign the [exception form](#), then submit your information as per the instructions on the form. You must provide your email address in order to continue to receive payment details.

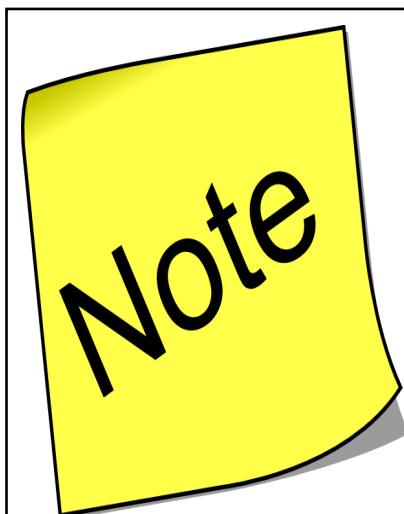
If you have any questions on direct deposit please contact us by sending an email to DD@hc-sc.gc.ca.

**Included as an insert with this Newsletter is an enrolment form.
Enrolment and Exception Forms are also available
at the Eagle Village Health Centre.**

PLEASE NOTE FISCAL YEAR END

**All claims for the fiscal year April 1st, 2014 – March 31st, 2015
must be submitted for reimbursement no later than
April 29th, 2015, at 12:00 pm.**

After this date your claims for the fiscal year (April 1st, 2014 – March 31st, 2015) will not be processed for reimbursement. If you have any questions concerning this matter please contact Priscillia at the Health Centre (819-627-9060).



Medical Transportation

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

MEDICAL VISIT ATTESTATION

This is to certify that _____
was here to receive professional services from _____
(Name and Title of Professional)
at _____ this _____ at _____
(Address) (Date) (Time)

Professional or Delegated Authority Signature
Signature du professionnel ou personne autorisée

Please affix your official stamp.
S.V.P. veuillez apposer votre estamp.

Medical Transportation is managed by the provincial region of **your residence**. Other benefit information can also be accessed through the general inquiry lines below (eye and vision care, pharmacy, medical supplies and medical equipment, short-term crisis intervention).

- British Columbia: 1-800-317-7878
- Alberta: 1-800-232-7301
- Saskatchewan: 1-866-885-3933
- Manitoba: 1-877-983-0911
- Ontario: 1-800-640-0642
- Quebec: 1-877-483-1575
- Atlantic (PEI., NS, NB, NL): 1-800-565-3294

The **APRIL** deadline for Medical Transportation Claims is **WEDNESDAY April 29th, 2015 at 12:00 pm.**

Those who still have unresolved claims, please contact me at the Health Centre at your earliest convenience. Keeping our files up to date allows us to continue delivering medical transportation services from our community.

For Dental only the program is National so the number to call is: 1-855-618-6291.

Priscillia Durocher
Medical Transportation Coordinator



To our Band Members in the Mattawa area ... you are invited to meet a few workers from our Health Center to discuss any issues related to the NIHB (Non-Insured Health Benefits) and other related EVFN Programs on **Thursday April 30th, 2015 from 2 pm to 5 pm and 6 pm to 7:30 pm.**

The EVFN Office is situated at 364 Main Street, Mattawa.

Hope to see a few of you there !!

David McLaren - Health Director

Mark Your Calendar ...
The Next MCH Activities is:
Wednesday April 15th, 2015
Theme - Spring Time "Spring Craft"
For more information please call
Jennifer Presseault at the Health Center 627-9060



April is Dental Health Month

Oral Health - Good for Life

Most of us realize that a healthy diet and exercise play an important part in keeping us healthy. But did you know that a healthy mouth is also an important part of a healthy body?

Poor oral health can affect a person's quality of life. Oral pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes. These oral health problems can reduce a person's quality of life by affecting their physical, mental and social well-being.

Oral disease, like any other disease, needs to be treated. A chronic infection, including one in the mouth, is a serious problem that should not be ignored. Yet bleeding or tender gums are often overlooked.

Research has shown there is an association between oral disease and other health problems such as diabetes, heart disease and stroke, respiratory illness in older adults, as well as pre-term and low-birth-weight babies. Although researchers are just beginning to understand this relationship, evidence shows that oral disease can aggravate other health problems and that keeping a healthy mouth is an important part of leading a healthy life.

Personal Dental Care

You and your dentist are partners in your oral health care. Your natural teeth are the best teeth you'll ever own, and your dentist will do his or her utmost to make sure that you don't lose any. But you also have to do your part, by brushing, flossing, and seeing your dentist regularly.

It's not age but neglect that causes teeth to deteriorate. Prevention is the most important step you can take to preserve your oral health, so visit your dentist regularly and follow these oral hygiene tips to maintain your healthy smile.

This section is about what you need to do to keep your teeth and gums healthy. It tells you why these steps are important, and shows you how to do them right.

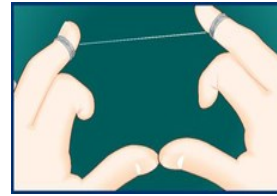
Flossing

Flossing removes plaque and bacteria that you cannot reach with your toothbrush. If you don't floss, you are missing more than one-third of your tooth surface. Plaque is the main cause of gum disease. It is an invisible bacterial film that develops on your teeth every day.

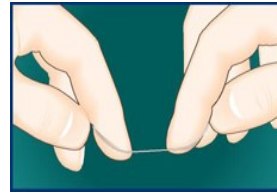
Within 24 to 36 hours, plaque hardens into tartar (also called calculus), which can only be removed by professional cleaning. Floss at least once a day, and plaque never gets the chance to harden into tartar. Getting into the habit of daily flossing is easier when you floss while doing something else like watching TV or listening to music, for example.

How To Floss Your Teeth ...

Step 1 Take a length of floss equal to the distance from your hand to your shoulder.



Wrap it around your index and middle fingers, leaving about two inches between your hands.



Step 2 Slide the floss between your teeth and wrap it into a "C" shape around the base of the tooth and gently under the gum line. Wipe the tooth from base to tip two or three times.



Step 3 Be sure to floss both sides of every tooth. Don't forget the backs of your last molars. Go to a new section of the floss as it wears and picks up particles.

Step 4 Brush your teeth after you floss - it is a more effective method of preventing tooth decay and gum disease.



Flossing Problems and Solutions

Gums sometimes bleed when you first begin to floss. Bleeding usually stops after a few days. If bleeding does not stop, see your dentist. Floss can shred if you snag it on an old filling or on the ragged edge of a tooth. Try another type of floss or dental tape. Ask your dentist or dental hygienist for advice. If your floss still shreds, see your dentist.

First-Line Services - Stress

We all talk about stress, but we're not always clear about what it is. Stress comes from both the good and the bad things that happen to us. If we didn't feel any stress, we wouldn't be alive! Stress may feel overwhelming at times, but there are many strategies to help you take control.

What is stress?

Stress is the body's response to a real or perceived threat. That response is meant to get people ready for some kind of action to get them out of danger. But most of the threats people face today aren't something that they can fight or run away from. These threats are usually problems that people have to work through.

Some stress can be a good thing. It can motivate us to focus on a task or take action and solve a problem. In this situation, stress is manageable and even helpful.

When stress is unhelpful, people may feel overwhelmed or feel like they can't possibly fix the problem. In these cases, some people avoid dealing with the original problem altogether, which may make the problem—and stress—worse. It can be very hard to concentrate, make decisions, and feel confident when a person experiences a lot of stress. Many people experience physical sensations like sweating, a racing heart, or tense muscles. Over time, stress can also have a big impact on physical health. Sleep difficulties and headaches are common problems related to stress. People are also more likely to get sick when they're experiencing a lot of stress.

Stress is a *reaction* to a situation—it isn't about the actual situation. We usually feel stressed when we think that the demands of the situation are greater than our resources to deal with that situation. For example, someone who feels comfortable speaking in public may not worry about giving a presentation, while someone who isn't confident in their skills may feel a lot of stress about an upcoming presentation. Common sources of stress may include major life events, like moving or changing jobs. Long-term worries, like a long-term illness or parenting, can also feel stressful. Even daily hassles like dealing with traffic can be a source of stress.

What can I do about it?

Taking action is the first step. Ignoring the effects of stress can lead to other mental health problems.

There is no one right way to deal with stress. The tips below are common strategies that are helpful for many people. Try them out and see what works best for you. Remember to look at both short-term and long-term solutions when you're dealing with stress.

Identify the problem. Is your job, school, a relationship with someone, or worries about money causing stress? Are unimportant, surface problems hiding deeper problems? Once you know what the real problem is, you can do something about it.

Solve problems as they come up. What can you do, and what are the possible outcomes? Would that be better or worse than doing nothing? Remember, sometimes solving a problem means doing the best you can—even if it isn't perfect—or asking for help. Once you've decided on a solution, divide the steps into manageable pieces and work on one piece at a time. Improving your problem-solving skills is a long-term strategy that can help you feel like you're in control again.

Talk about your problems. You may find it helpful to talk about your stress. Loved ones may not realize that you're having a hard time. Once they understand, they may be able to help in two different ways. First, they can just listen—simply expressing your feelings can help a lot. Second, they may have ideas to help you solve or deal with your problems. If you need to talk with someone outside your own circle of loved ones, your family doctor may be able to refer you to a counsellor, or you may have access to one through your school, workplace, or faith community.

Simplify your life. Stress can come up when there are too many things going on. Learning to say no is a real skill that takes practice. Try to look for ways to make your to-do list more manageable.

Learn helpful thinking strategies. The way you think about situations affects the way you respond to them. Unhelpful thoughts, such as believing that everything must be perfect or expecting the worst possible outcome, can make problems seem bigger than they really are.

Learn about stress management. There are many useful books, websites, and courses to help you cope with stress. There are also counsellors who specialize in stress. There may be stress management courses and workshops available through your community centre, workplace, or school.

Start on the inside. Practices like yoga, meditation, mindfulness, prayer, or breathing exercises can help you quiet your mind and look at problems from a calmer, more balanced point of view. With time, these practices can help you manage your response to stressful situations as they come up.

Get active. Physical activity can be a great way to reduce stress and improve your mood. Activity could be anything from taking up a new sport to walking. The most important part is that it gets you moving and you enjoy it—it shouldn't feel like a chore. If you experience barriers to physical activity, try talking to your doctor or care team for ideas.

Do something you enjoy. Making time for hobbies, sports, or activities that you find fun or make you laugh can temporarily give you a break from problems. Listen to music, read, go for a walk, see a friend, watch your favorite movie, or do whatever makes you feel good. This can give you a little mental distance from problems when you can't deal with them right away.

Can I prevent stress?

Stress is part of being human—no one can eliminate *all* stress from their life or prevent stress from ever happening in the future. The goal of stress management is to bounce back from problems or challenges and maintain wellness. All of the above strategies can help you take control of stress so it doesn't control you in the future. Remember to practice them often, even when you're not feeling stressed. That way, you'll know exactly what works for you. It's also much easier to deal with difficulties when you're in control and know that you can deal with whatever comes up.

Do you need more help?

First-Line Services is here to help, to learn more about support and resources in your area call (819)627-9877.

http://www.cmha.ca/mental_health/stress/

MENTAL HEALTH AWARENESS WEEK ... MAY 4TH - 9TH

Why is your mental health so important?

Mental health is key to our well-being. We can't be truly healthy without it. It involves how we feel, think, act, and interact with the world around us. Mental health is about realizing our potential, coping with the normal stresses of life, and making a contribution to our community.

Good mental health isn't about avoiding problems or trying to achieve a 'perfect' life. It's about living well and feeling capable *despite* challenges. Mental well-being is bigger than the presence or absence of a mental illness. People who live with a mental illness can and do thrive, just as people without a mental illness may experience poor mental health.

Each of our paths to mental well-being will be unique. We all have our own goals, our own challenges, our own talents, and our own supports. But good mental health is within everyone's reach. Below, find tips and activities to help you take a look at your own well-being, discover your strengths, and take action.

Maintaining your mental health is a lot like staying physically fit: it requires a little effort every day

But the rewards are great! Mostly, it's about finding balance in your life. Everyone has to face stresses and demands, but we all need and deserve a break sometimes. Devote a little of each day to improving your mental health. You'll reap the benefits in the same way that daily physical exercise makes you stronger and fitter.

Everyday tips for keeping mentally healthy

Here are a few healthy practices that can be easily integrated into your daily life. The idea is that a lot of small, concerted actions can add up to a significant overall effect. Apply some of these ideas on a regular basis and you'll find yourself feeling rejuvenated and more confident:

Build a healthy self-esteem

Self-esteem is more than just seeing your good qualities. It is being able to see all your abilities and weaknesses together, accepting them, and doing your best with what you have. Self-esteem means recognizing your unique talents and abilities, and using that confidence to follow your goals and interests without comparing yourself to others.

Activity: Build confidence

Take a look at your good points. What do you do best? What are your skills and interest areas? How would a friend describe you? Next, look at your weak points. What do you have difficulty doing? What things make you feel frustrated? Now, which list was easier to write? Remember that all of us have our positive and negative sides. We build confidence by developing our weaker areas and regularly reminding ourselves of the things we're comfortable with and proud of.

Build positive support networks

Good relationships take effort, whether it's relationships with family members, friends, or other important supporters. It takes courage to reach out and time to build trust. But social support is a very important

part of mental health. People in our networks can offer many different kinds of support, like emotional support, practical help, and other points of view. Support can come from family and friends, neighbours, co-workers or classmates, faith communities, clubs or support groups for specific problems.

Activity: Make time

Make time just to be with important people in your life. Make time for just having fun and enjoying each other's company, and time for serious conversations.

Get involved

Being involved in things that really matter to us provides a great feeling of purpose and satisfaction. You make a difference, no matter how big or small your efforts. Getting involved connects you with others in your community who share similar interests or values, and connects you to groups of people you might not normally meet. It can help you learn new skills, build confidence, and see your own experiences in a different way.

Activity: Volunteer

Be a volunteer. Read to children at your local library, visit people in a hospital or care facility, serve on a committee or board of your favourite charity, clean up your favourite park or beach, or simply help a neighbour.

Build resiliency

Resiliency means coping well with problems, stress, and other difficult situations. Problems and stress are a normal part of life. Situations like accidents or illness, unexpected life changes, and conflict happen to everyone. Resiliency is what helps you look at the situation realistically, take action when you can make changes, let go of things you can't change, and recognize the helpful supports in your life. Your resiliency toolkit might include skills like problem solving, assertiveness, balancing obligations and expectations, and developing support networks. While some people learn these skills during treatment for mental health problems, we should really think of them as skills for everyone. You can learn more about these skills online, in books, through community organizations, or through your health care provider.

Activity: Build your own toolkit

Set aside time to think about the resiliency tools you already have. This might include skills like structured problem solving or people who can help you in difficult situations. Remember to include strategies that have worked for you before. Keep your list on hand and use it as a reminder when you need help. It's also a good way to see where you might want to build new skills or supports.

Recognize your emotions

Emotional well-being is not about being happy all the time. Feeling sad, angry, and anxious at times is part of being human. Emotional well-being involves expressing our emotions in a way that respects everyone. Bottling up our feelings doesn't respect our own experiences, just as lashing out because we feel angry may not respect others. Emotional well-being

First-Line Services - Upcoming Activities

also includes recognizing what influences our emotions, discovering how our emotions affect the way we think or act, taking action when our emotional response isn't helpful, and learning to accept our emotions—even the difficult ones.

Activity: Identify and deal with your moods

Find out what makes you happy, sad, joyful or angry. What calms you down? Learn ways to deal with your moods. Share joyful news with a friend, and find support when you feel sad. Physical exercise can help you deal with your anger or anxiety. Keep a stack of your favourite funny cartoons, stories, or videos for times when you need to laugh. And don't forget the power of music to lift you up or calm you down.

Take care of your spiritual well-being

Spiritual well-being means getting to know ourselves, discovering our values, and learning to be at peace with who we are. It also involves finding and connecting to something bigger than ourselves and living with purpose. Spirituality can give us meaning and solace, help us overcome challenges, and strengthen our connections with others. This may mean religion for some, but it doesn't have to—it's really about how we feel on the inside.

Activity: Connect with yourself

Set aside quiet, quality time to be totally alone. Try a breathing exercise: count your breaths from one to four, and then start at one again. Or do something you love to do, like dancing, going to a baseball game, building a bird house, going for a hike, or whatever works for you!

Asking for help

While family and friends are important supports, there are other resources out there to help you as well. Many communities have information centres that can provide lists of available services. Or a public library might help.

Other possible sources of information and inspiration include:

- websites of reputable mental health organizations such as CMHA
- books about specific mental health problems
- films, videos and audio tapes
- courses and workshops offered through community centres, schools and universities
- people you admire for their ability to find balance

Maintaining your mental health sometimes means seeking the help of a professional

- **If you have a mental health concern, speak with your doctor.**
- **For financial challenges, seek the help of a financial planner or debt advisor**
- **For direction in your work life, speak to a career counselor and make a career plan.**
- **To repair relationships with loved ones and friends, talk to an expert and work through the issues.**

<http://mentalhealthweek.cmha.ca/your-mental-health/mental-health-fact-sheet/>

family MOVIE NIGHT

TUESDAY MAY 5TH, 2015

MOVIE STARTS at 6:00 PM

ADMISSION IS FREE - EVERYONE WELCOME

FREE SANDWICHES !!

SNACKS AND JUICE FOR \$0.50 EACH

PADDINGTON



All children under 8 years old require a chaperone !!

You will be given a ballot for a chance to win the DVD shown !!

You must be present to win !!

For more information call First-Line Services (819) 627-9877

COMMUNITY KITCHEN Spinach Tomato Tortellini



Monday May 11th, 2015

4:30 pm to 5:30 pm

Eagle Village Community Hall

Didn't take anything out for supper?

Don't know what to make?

Want new recipes?

"COME MAKE SUPPER WITH US"

First-Line Services invites community members to share recipes and host a cooking group !!

**** REGISTRATION REQUIRED ****

IF YOU WOULD LIKE TO BE NEXT MONTH'S HOST ...

First-Line Services (819) 627-9877

Wellness and Addictions ... Impaired is Impaired

High Driving or Drug Impaired Driving is about to Overtake Drinking and Driving

A significant proportion of fatally injured drivers tested positive for drug use and levels were close to those of alcohol across Canada. Driving while under the influence of alcohol or drugs, or a combination of the two is extremely dangerous.

Young drivers, and their friends who are passengers in the car, need to know that driving after having smoked pot or taken prescription drugs is driving impaired. This is something we all need work on together in order to change attitudes of our youth.



High Driving Driving under the influence of alcohol or drugs, or a combination of the two is very dangerous. The use of any psychoactive (mind-altering) drug makes it highly unsafe to drive a car and is illegal—just like driving after drinking alcohol. High driving puts at risk not only the driver but also passengers and others who share the road.



What is High Driving? The Canadian Center on Substance Abuse CCSA, (link) defines the terms “high driving”, “drugged driving”, and “drug-impaired driving” as driving a motor vehicle while impaired by any type of drug or medication or combination of drugs, medication and alcohol. These include illegal substances, mind-altering prescription medications, and over-the-counter remedies and medications that affect an individual’s ability to drive safely.¹

A disturbing statistic ... 16-24 year olds have the highest fatality rate for both alcohol and drugs. Drivers between 16–24 years old account for most driver fatality cases; they also happen to be the group containing the largest proportion of drinking-driver fatalities (27.6%) and drug-positive driver fatalities (26.9%).

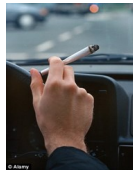
Just how common is High driving? One third of teens (32%) did not consider driving under the influence of cannabis to be as bad as alcohol.

There is a clear understanding of the dangers of drunk driving by drivers of all ages, however, studies show that there are significant percentages of young people of driving age who are confused or unaware that driving while under the influence of prescription or illegal drugs like cannabis can also seriously affect their driving capabilities.

Among young drivers, the high driving problem is rapidly becoming comparable to the drunk-driving problem and it needs to be addressed with as much urgency. Results of alcohol and drug tests performed on drivers who died in motor vehicle crashes in

2008 in Canada reveal that 37% were positive for drugs compared to 41% that tested positive for alcohol.

Relaxed attitudes towards drugged driving are part of the problem. It’s just not considered as dangerous as drunk driving, neither by teenagers nor their parents.



Too many teens think nothing of being a passenger in a car driven by a driver who is high on drugs. There is a clear misunderstanding on the part of many teens that it can be a dangerous thing.

Young drivers and their friends, who are passengers in the car, need to understand that driving after having smoked pot or taken prescription drugs is driving impaired. And so do many of their parents.

One in five parents of teenagers do not consider driving while high on cannabis to be as bad as drinking and driving.

Driving while impaired on drugs is as dangerous as driving while impaired by alcohol. It is dangerous for the driver, the passengers and everyone on the road.

This is something we all need to understand and work on together in order to change attitudes of our youth.



Driving While High Kills A significant proportion of fatally injured drivers tested positive for drug use and levels were close to those of alcohol across Canada. Drivers between the ages of 16 and 24 years old account for most driver fatality cases. They also happen to be the group that contains the largest proportion of drinking driver fatalities (27.6%) and drug positive related fatalities (26.9%)

Since 2007, cannabinoids have been the most prevalent drug other than alcohol detected in fatally injured drivers. The CESAR authors (Centre for Substance Abuse Research, University of Maryland) have concluded that “results suggest that drugged driving, specifically driving under the influence of cannabinol and narcotics, may be playing an increasing role in fatal motor vehicle crashes. To control the ongoing epidemic of drugged driving, it is imperative to strengthen and expand drug testing and intervention programs for drivers”.

Teenagers and Drugged Driving

What are the most common drugs used by young drivers?

When young persons' relative lack of driving experience is combined with the use of marijuana or combinations of other substances that affect cognitive and motor abilities, the results can be tragic.

Wellness and Addictions ... Drugged Driving

Cannabinoids were reported in 43% of fatally injured drivers under age 24 who tested positive for drugs, and this percentage decreased steadily as age increased.

Cannabis Cannabis is the most common illegal drug used by youth.

Results from the 2009 Canadian Alcohol and Drug Use Survey indicated that 33% of Canadians aged 15-24 had used cannabis at least once in the past year.



The effects of Cannabis on driving: Cannabis significantly affects the skills necessary for driving. Cannabis causes euphoria, slowed thinking, confusion, impaired memory and learning, increased heart rate and anxiety.

These effects are felt within minutes, peak after about half an hour and can last up to two hours.

Research shows that impairment increases significantly when marijuana use is combined with alcohol. Driving while on cannabis demonstrates slowed thinking, which delays reaction time to important events occurring on the road. It also distorts time and distance perception, making it difficult for the driver to navigate turns into oncoming traffic. Concentration and attention span are also decreased, increasing the likelihood that the driver will be distracted from watching the road. The crash rate of cannabis users can be anywhere from two to six times higher than sober drivers, depending on duration and quantity of the drug.

Considerable evidence from both real and simulated driving studies indicates that marijuana can negatively affect a driver's attentiveness, perception of time and speed, and ability to draw on information obtained from past experiences.

Cannabis is relatively easy to get and many young people feel it is less likely they will get arrested for driving high because a breathalyzer cannot detect it.¹⁰ These factors combine to make cannabis the most likely drug to be in the body of young drivers while driving.



Illegal Drugs The list of hard, illegal drugs includes hallucinogens, ecstasy, cocaine, and LSD, methamphetamines, crack, and heroin and crystal meth. All of these cause various effects such as hallucinations, impulsivity, irritability, dizziness, anxiety,

loss of coordination, and a false sense of alertness.

The effects of illegal drugs on driving: Cocaine is the most

common illegal drug found in fatally injured drivers next to cannabis. It is associated with speeding, losing control of the vehicle, making unsafe turns in front of other vehicles, aggressive driving and inattentive driving.

Those who drive under the influence of cocaine are two to ten times more likely to crash than an unimpaired driver.



Prescription Drugs Prescription drugs are drugs that are not supposed to be taken without a prescription from a doctor but that are often being abused recreationally. This means that youth are taking these drugs without doctor's

approval and overdosing in order to experience an increase in their effects.

The effects of prescription drugs on driving: The effects of specific drugs differ depending on how they act in the brain, but all impair faculties necessary for the safe operation of a vehicle. These faculties include motor skills, balance and coordination, perception, attention, reaction time, and judgment. These drugs cause feelings of euphoria, drowsiness, and relaxation and decrease the sensation of pain.

12% of Canadian high school students have abused prescription drugs, that's roughly 350,000 teenagers.



Even small amounts of some drugs can have a measurable effect on driving ability. The effects of drugs on each individual are unique, and depend on the dosage, how recently they have been taken and their body chemistry.

For instance, someone who has been taking a prescription drug for many months may have developed a tolerance compared to those who are taking the drug for the first time.

Age also affects how the brain reacts to drugs; the younger the user the more damage that may occur. For instance, teens aged 12 to 17 who smoke marijuana weekly are three times more likely to have thoughts of suicide than non-users.

What type of driver is more likely to drive while high? Out of all age groups, 15-25 year olds are the most likely to use drugs, making drugged driving a big issue for young drivers.

The more frequently a youth uses drugs, the more likely they will drive after doing drugs or get in a vehicle with an impaired driver. The attitude of a young driver also plays a role in their drugged driving behaviour. A study conducted which focused on adolescent behaviour found that those who drive risky simply because it is 'fun' are more likely to use cannabis, drink and are sexually experienced. (continued on page 22)

Addictions & Wellness News

Therefore, the personality type of a young driver might increase their likelihood of driving while on drugs; those with an 'overall risk-taking' attitude are more willing to do drugs and are likely more willing to drive while high.



“Just one more for the road” It took years, even decades, for society’s attitudes towards drunk driving to change. Consistent campaigns, public service announcements, police action, grassroots activism and legislation

against drinking and driving over the years have increased public awareness and changed the way we drive.

Drunk driving rates are in decline, while high driving is only beginning to be recognized as a major threat to highway safety.

A new focus on drugged driving builds on and enhances the successful efforts that have been made in the previous three decades to reduce drunk driving.

Educate, Communicate and Drive Safe !! As a parent of teenagers, it’s important that we understand the dangers of high driving, both for the drivers and passengers and that we communicate the facts to our children.

Make sure that you talk to your teen or young adult about the dangers of high driving.

Source:

<http://www.canadadrugfree.org/drug-info/drugs-and-driving/>

SPECIAL RECOGNITION

I would like to acknowledge Trent McLaughlin for the kind gesture he did at the St. Patrick’s Day Formal Dance...

Being the winner of the door prize draw at the end of the night he made a very thoughtful decision and decided on his own to give the door prize to a friend who hadn’t won a prize throughout the evening. Nice gesture, its people like you that make the world a better place.

Way to go Trent !!

UPCOMING

Attended the NNADAP Quarterly Meeting in TFN on April 8th & 9th, 2015.

Mr. Peter Beaucage (a respected elder) will be visiting GTS students at the school on Monday April 20th. He will be introduced to the students and be there to teach them about cultural identity through story-telling and sharing. He will start by sharing the story of creation with them.

There will be an Information Session by Vicky & Rodney about ‘Prescription Drugs’ and some of the ‘Dangers’ associated with abusing them on Wednesday April 22nd at the Health Centre at 6:30 - 8:00 p.m. For more information please call Vicky or Rodney (819)627-9060.

Meeting for Mental Health & Addictions in Temiscaming on Monday April 27th.

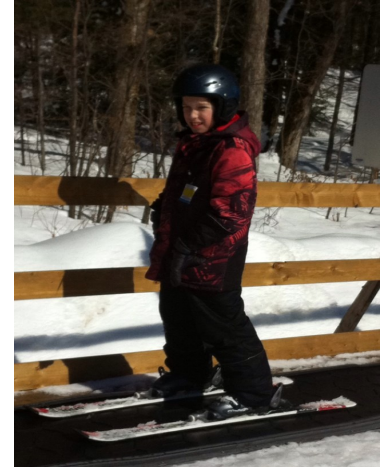


I would like to send out a thank you to the youth (McKinnley Moore, Delyssa Down, Hope Jawbone and Trent McLaughlin) for helping plan and organize the St. Patrick’s Day Formal Dance which was held on Saturday March 14th at the Community Hall. Great job !!

Thank you DJ.Neil Pariseau for playing great music and keeping the youth entertained during the dance. Great work !!

Thank you Toni Lafrance and Trent McLaughlin for helping to tidy up after the dance, your help was very much appreciated !!

Sports and Mentorship



ACTIVITY UPDATE

Another March Break has come and gone and 6 activities have been completed. These activities ranged from bowling to curling, Science North, skiing, and even dog sledding. We had a great turn out for the March Break activities as we had a grand total of 277 participants. I would like to apologize to all that came out Tuesday, March 3rd for the day of skiing (this was changed to bowling and a movie at Galaxy Cinemas). I made the mistake when I booked in January while I was speaking to the Ski Director as I asked him to book the week before the Ontario March break. Although things did not go as planned, the day was re-scheduled and another activity was added to the March Break activities. I am still satisfied with the outcome of the activities as the children were happy while attending the activity and to me that is the part that matters most.

Last year, I was accepted for a proposal from the FNQLHSSC for a Sport Participation Fund. With these funds I have purchased two arena style hockey nets which will be put out next year as our last ones have had the wear and tear and the posts were dented in. I have also purchased two portable basketball nets that will be made available this spring when all the snow is removed and will be located in the rink or by the Eagle Dome. I have purchased 25 walking poles and if our community members would like to borrow them to try them out, you can come to the Health Centre and sign out a pair.

Mitchell McMartin
Sports & Mentorship Coordinator



March
Break



Eagle Village First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2015			1	2 RECYCLE PICKUP	3 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR GOOD FRIDAY	4
			5	6 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR EASTER MONDAY	7	8
12	13	14 COMMUNITY KITCHEN	15 MCH ACTIVITY	16 RECYCLE PICKUP	17	18
19	20	21	22 Holidays Rose Jawbone (April 23-24-27)	23 GARBAGE PICKUP	24 NOMINATIONS 6:00 PM COMMUNITY HALL	25
26	27	28	29 DEADLINE FOR MEDICAL TRANSPORTATION	30 RECYCLE PICKUP		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2015					1	2
					3	4
10 MOTHER'S DAY	11 COMMUNITY KITCHEN	12	13	14 RECYCLE PICKUP	15	16
17	18 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR VICTORIA DAY	19	20	21 GARBAGE PICKUP	22	23
24 31	25	26 Stacey and Darlene will be in Quebec City for training. (26th & 27th)	27	28 DEADLINE FOR MEDICAL TRANSPORTATION RECYCLE PICKUP	29	30