



Migizy Odenaw Mazinaigan

Eagle Village First Nation Community Newsletter

www.evfn.ca

Update from the Chief

I had originally intended to begin my article on a different topic but with the Prime Minister calling a Federal Election for October 19th, 2015 I have changed my focus. As First Nation citizens we are faced with the decision to whether we will or will not vote and if we do for whom. There are strong arguments on both sides and First Nations if they all exercise their right to vote can have an impact in who gets elected in 51 ridings across this country including ours where we currently are represented by the NDP.

The current Conservative Government is no friend to First Nations, they have passed laws that impact us without consultation, gutted environmental protection laws, done away with research, cut on-reserve program budgets as our population and needs grow. As well they are punishing our students because of the failed First Nation Educate Act by not providing adequate funding to an underfunded program. We are so badly underfunded however they continue to cut, soon there will be nothing left and it will not be them who will stand before you and take criticism for lack of services, it will be the Council.

What I know for certain is that we cannot afford another 5 years of Harper, so we must ask what about the other parties? We need one that is sympathetic to First Nations issues and the struggles that exist for both on and off reserve members. The Conservatives also changed the rules for voting in the upcoming election by passing the Fair Elections Act which added new requirements for voting. I urge you to read the insert titled "Assembly of First Nations; Changes to the Canada Election Act" which explains the changes. I have also included a copy of the Letter of Confirmation of Residence for those who want/require it as mentioned in the fact sheet.

I acknowledge and accept that voting is a personal decision and I leave it to each person to decide but if I was asked to share my views I would say the following; Harper has to go and that leaves me picking the lesser of the three evils as I am not convinced that any party is going to make the real changes that are necessary. The Liberals are the ones who developed the comprehensive claims policy which requires us to give up our rights and title to enter into a Treaty, they are also the party that imposed the 2% cap per year on First Nations programs and services, the Harper Government has just kept implementing them along with their new (page 3)

KIPAWA COUNTRYFEST MUSIC LINE-UP		
FRIDAY, AUGUST 14, 2015		
1.	6:00 – 7:00 p.m.	The Fender Benders (House Band)
2.	7:15 – 8:30 p.m.	Nelson Colt
3.	9:00 – 10:30 p.m.	Kira Isabella
4.	11:00 – 12:30 a.m.	Big Tobacco and the Pickers
5.	12:45 – 2:00 a.m.	The Fender Benders (House Band)
SATURDAY, AUGUST 15, 2015		
1.	12:00 – 2:00 p.m.	Open Stage with The Fender Benders
2.	2:15 – 3:30 p.m.	Just Fiddling Around
3.	3:45 – 5:00 p.m.	Sweet Grass
~ DINNER BREAK ~		
4.	6:30 – 7:30 p.m.	Kipawa River Band
5.	7:45 – 9:00 p.m.	Mike Trudell
6.	9:30 – 11:00 p.m.	Joe Diffie
7.	11:30 – 12:30 p.m.	The Nashtown Jacks
8.	12:45 – 2:00 a.m.	The Fender Benders (House Band)
SUNDAY, AUGUST 16, 2015		
1.	12:00 – 12:30 p.m.	Kipawa Choir
2.	1:00 – 3:30 p.m.	Johnny Cash & Queens of Country Tribute
3.	4:00 – 6:00 p.m.	The Fender Benders (House Band)
<small>Countryfest Emcee: DJ Neil Pariseau and Josette McCann Sound and Lights By: DBSL Inc. Pro Sound & Lighting * Musical Acts and Times May be Subject to Change *</small>		

Inside this issue:

Eagle Village Police Department Update	2
LFNHR Info and Update from Chief Cont'd	3
Land Management ... Giant Hogweed	4
Land Management Info and Education Department	5
8th Annual Countryfest Poster	6
8th Annual Countryfest Information	7
Eagle Village Fire Department ... Forest Fires	8
Eagle Village Housing Department ... Houses for Sale	9
Community Notes and Information	10
Health Director's Update and Medical Transportation	11
Public Health Reminder ... West Nile Virus	12
Heat Rash Information	13
Addictions & Wellness...Fast Facts About Mental Illness	14
Addictions & Wellness...Anxiety	15
First-Line Services ... Updates and Info	16
First-Line Services ... Updates and Info	17
First-Line Services ... The Magic of Christophe Poster	18
Community Shopping Trip Info and Reminder Sheet	19
Community Calendars for August and September 2015	20



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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 Police Department



The Eagle Village Police would like to congratulate the two winners for the “Bicycle Safety” Session that was held on June 28th, 2015.

The winners of new bicycles were McKinnley Moore and Matthieu Lavallee.

Thank you to everyone to everyone that participated !!



Stats for the Month of April, May and June 2015

April 2015

- (2) Infraction Tickets
- (2) Public Assistance
- (1) Assist to Surete du Quebec
- (1) Civil Matter
- (1) Possession of Substance
- (1) Breach of Probation
- (1) Failure to Comply with an Understanding
- (1) Family Dispute
- (1) Intimidation - Violence/Threats

May 2015

- (4) Infraction Tickets
- (2) Public Assistance
- (1) Person in Distress
- (1) Assault
- (1) Arrest Warrant Executed
- (1) Found Goods
- (1) Uttering Threats

June 2015

- (1) Theft by Fraud / Obtained Credit Fraud
- (1) Noise and Nuisance Complaint
- (2) Public Assistance
- (1) Assist to Surete du Quebec
- (1) Assist to Other Organization
- (1) Criminal Harassment
- (1) Assault
- (1) Mischief
- (1) Alarm Call
- (1) Information Received from Public



The Eagle Village Police are proud to welcome their new Officers:

Marc-Andre Legris from Gatineau, QC and Stefanie Bernard from Quebec City QC.

Officer Bernard joined the Eagle Village Police on May 19th, 2015 and Officer Legris joined on July 1st, 2015.



Local First Nation Human Resources

Glenda Moore - LFNHR Manager Tel: 819-627-3455 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: June 7th - July 11th 2015	Min. # of Hours Required	Min. # of Weeks Payable
21.7%	14.3%	N/D	9.4	560	20s
Unemployment Rate Stats Can – 2001	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate: July 12th - Aug 8th 2015	Min. # of Hours Required	Min. # of Weeks Payable
21.7%	14.3%	N/D	8.7	595	18s

Important Message for Elders

If you need assistance with your yard work please call and leave a message for Terry at 819-627-3455 Ext. 216. You will be contacted as soon as possible to arrange a time that you will be home to have the students work in your yard.

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.

An Update from the Chief Cont'd

laws they imposed on us. The fact that they supported Bill C51, the spy bill which now labels First Nation activism such as a blockade as an act of Terrorism has made me wary of supporting the Liberals. In a perfect world I would support the Green Party as they have the best leader and policies but they will never get enough seats to form a government. This leaves the NDP who are untested as they have never been the government but they may be the best hope for First Nations.

This is but one of the many issues I wish to discuss with you but it will take more than one community meeting to do so. I committed during the election to be accountable to the population, be open and transparent and engage the community in discussing the issues that affect them. I plan to hold a first meeting following Countryfest. At the first meeting I want to take some time to discuss and finalize the name change and street names so we can have access to 911 services, the audit,

the frequency of community meetings and developing a permanent schedule, The Algonquins of Ontario Land Claim and its impacts on the aboriginal rights and title of Eagle Village. We also need to do some additional research, genealogy and current use mapping to close some gaps and to support our title claim for the Ottawa River watershed in the Mattawa area. I will also inform you about Energy East pipeline and what it means for our community. I will then turn the agenda over to you for any topic you wish to discuss.

I am finding it hard to believe that we are in August already, school is not too far away and Countryfest is fast approaching, please come out and support this great event. The entertainment and weather are going to be great so come out and enjoy the company of family and friends, listen to some music and most of all have fun.

Chief Lance Haymond

Land Management

Giant Hogweed **(*Heracleum mantegazzianum*)**

Giant Hogweed (*Heracleum mantegazzianum*) is a perennial plant and a member of the carrot family. It is a garden ornamental from southwest Asia that is naturalizing in North America and becoming more common in Quebec and Ontario. Giant Hogweed has the potential to spread readily and grows along roadsides, ditches and streams. It invades old fields and native habitats such as open woodlands.

Health Concerns

The clear watery sap of Giant hogweed contains toxins that can cause severe dermatitis (inflammation of the skin). You can get severe burns if you get the sap on your skin and the skin is then exposed to sunlight. Symptoms occur within 48 hours and consist of painful blisters. Purplish scars may form that last for many years. Eye contact with the sap has been reported (in the media and by various web sites) to cause temporary or permanent blindness. However, evidence of permanent blindness linked to exposure to Giant hogweed cannot be substantiated by any existing research. Coming in contact with Cow parsnip and Wild parsnip can cause similar reactions.

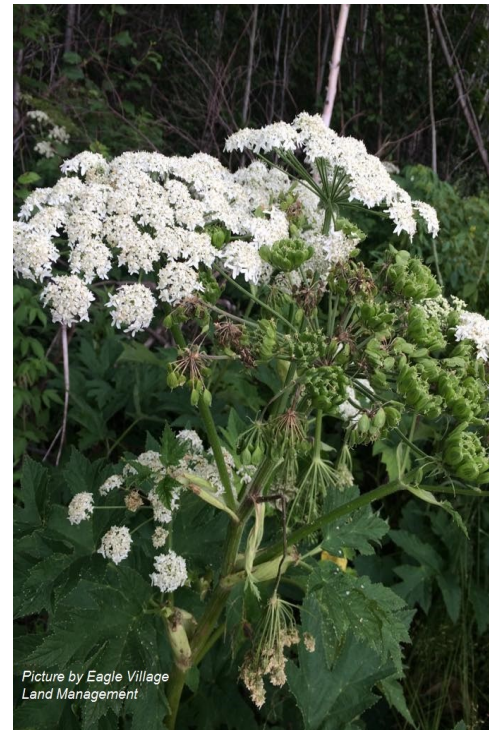
Removal and Management

If you have Giant hogweed on your property, call at the Land Management & Resources Department at 819-627-3309.

For More Information:

http://www.omafra.gov.on.ca/english/crops/facts/ontweeds/giant_hogweed.htm

https://en.wikipedia.org/wiki/Heracleum_mantegazzianum



Land Management

Message from the Land Management Office

The main purpose is to harmonize the future forestry operation sectors with the provincial government. At our last meeting, the MNR presented the general map for the 2016-2017 planned operation sectors. Below you will see the list of the sectors that we will continue to discuss with the MNR for August.

- **Anderson** is located a few kilometers north of Mattawa across the River on the Quebec side.
- **Hamilton** is located south of Garden Lake and East of Blue Lake.
- **Morgan/Sandeau** located next to Sandy Lake.
- **Revolver** which is located south of Lake Du Fils.

As the season has started we have the following ongoing projects: the regular Forestry gang has started and Perry Mongrain has started training a group of 9 for a Rexforet project. This group is made up of 7 Eagle Village Band Members and 2 from the Wolf Lake Band. We have a joint collaboration in which Wolf Lake is making a contribution to have their 2 members trained with this group. As always we look forward to seeing Members to drop by with their concerns or comments especially concerning the newly presented map of the 2016-2017 operational sectors during office hours.

The Land Management Team

Education Department



Employment Announcement:

Jamie-Lee McKenzie will begin a Youth Internship under the Skill Link ICT Program. She will begin working at the EVFN Band Office on August 10th, 2015 for 20 weeks. Jamie-Lee graduated this spring from Nipissing University with an Honours Degree in Political Science and Native Studies.

**CONGRATULATIONS
TO DELYSSA DOWN !!**

Congratulations!

Delyssa entered a contest sponsored by First Nations and Inuit Youth Employment Strategy. She has won an all-expense paid trip to Winnipeg for one week in August to participate for the Québec Region at a First Nations and Inuit National Science Camp. This is the second time that Delyssa won this competition. In 2013, she had the opportunity to go to Quebec City for a week. Last year, Nika Paul won the competition and she had an opportunity to go for a week to Prince Edward Island.

The regulations for the contest are as follows, must for First Nations between the ages of 12 to 15, living on-reserve, a non-smoker, and you must submit an essay on "How science and technology can help First Nations improve life on reserve".

CONGRATULATIONS DELYSSA, HAVE A GREAT TRIP !!



8^e édition / 8th Annual Kipawa Countryfest

August 14-15-16 août 2015

Kipawa, Québec



KIRA ISABELLA

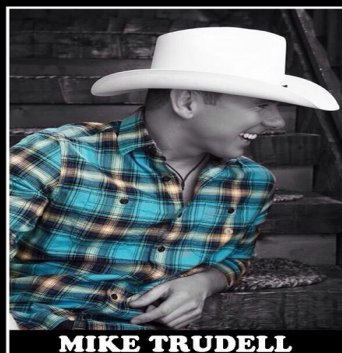


JOHNNY CASH AND THE QUEENS OF COUNTRY TRIBUTE
Tammy Wynette, Dolly Parton, Loretta Lynn, Patsy Cline



JOE DIFFIE

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



MIKE TRUPELL



BIG TOBACCO & THE PICKERS



SWEET GRASS BAND



NELSON COLT

THE NASHTOWN JACKS

★ **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			\$60.00			Passeport de fin de semaine à la porte Weekend Pass at the Gate			\$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	Vendredi / Friday \$10.00	Samedi / Saturday \$10.00	Dimanche / Sunday \$10.00	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



8th Annual Kipawa Countryfest

LOOKING FOR VOLUNTEERS **Kipawa Countryfest August 14-15-16, 2015**



It's that time once again that we call upon volunteers to help make Kipawa Countryfest a successful event !!

To do this, we are in need of many reliable volunteers because without the good people's help, Countryfest just wouldn't be possible. We have many tourists who come to visit our little town so let's show them our wonderful hospitality and keep Countryfest Alive !!

If interested in volunteering at this event Please contact Roxane 819-627-3455 with your name and phone number.

Just 2 hours of your time can make a big difference !!



COUNTRYFEST BBQ STEAK SUPPER **Saturday August 15th, 2015**

Price \$15.00

On Sale at Migizy Gas Station , Band Office,
Lakeview Store and Dandy's

Only 200 Tickets Available

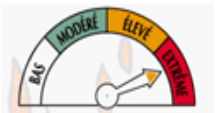
The BBQ SUPPER will be located at the Community Hall.
No wristband is needed.

Eagle Village Fire Department

FOREST FIRES ... BE "FIREPROOF" !!



Every year brings its toll of forest fires. And most of these disasters are manmade. I, Bois-Joli the Stag, lord of the woods, often observe people on vacation: they go camping, build campfires, pick blueberries, raspberries and hazelnuts, take a hike in the forest, go hunting and fishing. All these outdoor activities make them happy, except that... some practitioners of summer and fall activities are ignorant or negligent. I'm going to talk to you about being careful in the forest... Follow the guide!



Camping. Life in the great outdoors is a real pleasure! You can finally see the stars, you go for hikes in the forest, you cook over an open fire. By the way, do you know the basic principles of preventing forest fires? Yes? No? First visit the campground reception office to find out the fire risk levels. Some facilities post a big sign indicating whether the danger of fire is low, moderate, high or extreme.

What do these risk levels mean? The fire risk is low when fuel is difficult to kindle and fire burns slowly. It is moderate when fire ignites and propagates moderately. It generally stays under control. The risk is high when fuel burns easily and fire spreads quickly and is difficult to control. The worst case, extreme risk, occurs when fuel bursts into flame quickly. The fire then propagates at high speed and can become uncontrollable. The forest is full of combustible materials to fuel a fire: dry grass, dead or living trees, dead leaves, branches, etc. As you can see, fire risks in the forest mustn't be ignored.



When making a campfire or cooking fire, you must remember a few important concepts: choose a clearing sheltered from the wind and near the water. **If you are far from the water, make sure you have something on hand to extinguish the fire quickly, such as water in a kettle, sand or a rake or shovel. Then, clean the site and dig all the way down to the sand (you can surround the site with stones), and place dry twigs in the middle to kindle the fire.**

You must keep a constant eye on the fire. Clear the area

around the fire of any material that could burst into flames over a width at least five times its height. To tend the fire, which you must keep as small as possible, keep a woodpile nearby, so that you don't have to leave the site to gather fuel. When you have finished, put out the fire, stirring the ashes thoroughly and pouring in water... lots of water. Sand (absolutely not black earth that contains elements that can burn) is also very effective in smothering a fire or ashes. Always ensure that the fire is completely extinguished before going to bed or leaving the site.

Picking berries and nuts is a highly prized family activity. Blueberries and raspberries in summer and hazelnuts in fall are mouth watering. Too bad that some of that water doesn't go to put out fires lit by hikers! It's a good idea to find out about the fire risk prevailing in the forest by listening to radio, watching TV, reading the newspapers or visiting the Web site of Société de protection des forêts contre le feu, the fire protection organization better known as SOPFEU.



Smokers should refrain from smoking in the forest. How many fires are started by poorly extinguished cigarettes! If you can't refrain from smoking on a hike, take a break and smoke near water. And watch out for the ashes that sometimes fall! Finally, butt out your cigarette conscientiously, ideally against a rock. I don't want to have to flee a forest fire!

Why did I mention fall? If you believe that fire risks are lower than in summer, you're mistaken! Fall is a risky season. The dead leaves fallen on the ground are a fuel that burns easily. And then there's the wind. A small fire kindled under these conditions can degenerate into a surface fire that is difficult to control and severely damages my forest home.

Preserving our forests involves manmade prevention efforts. We can live together in peace... if you don't destroy my habitat. I'm not the only one living there. A multitude of living creatures contribute to a balance necessary to life... for everyone.



Preventively Yours,
Bois-Joli the Stag
With the assistance of SOPFEU

Eagle Village Housing Department

HOUSES FOR SALE

Please contact the Housing Department for more details and information
Phone: 819-627-3455 Ext 202



Located at 25 Amik Crescent



Located at 308 Amik Avenue



Located at 70 Wagosh Crescent



Located at 432 Ogima Street



Located at 63 Wagosh Crescent

Contact the Housing Department or
text / call Lynda Chevrier
705-358-4410
for more info or to arrange a viewing.

Community Notes and Information

KIPAWA BAIT & TACKLE

WORMS
LEECHES



ICE
FROZEN BAIT

819-627-3595

560 Kipawa Road, Kipawa, Que J0Z 2H0
www.kipawabaitandtackle.com

Business Hours

Monday – Tuesday – Wednesday

8 am – 12 pm, 1 pm – 5 pm

Thursday 8 am – 6 pm

Friday 8 am – 7 pm

Saturday 8 am – 4 pm

Sunday 10 am – 2 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 JULY DEADLINE FOR NON-RESIDENT FEES
IS AUGUST 27TH 2015 AT 12:00 PM**

**PLEASE NOTE THAT NON-RESIDENT FEES WILL
ONLY BE ACCEPTED FOR THE FISCAL YEAR
OF APRIL 1, 2015 - MARCH 31, 2016**

**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

Note to all Members

**Deadline for submissions is the 25th
of every month for the following month.**

**Please send your submissions to
donna.pariseau@evfn.ca or
tina.chevrier@evfn.ca**

**You can also subscribe to receive an
electronic newsletter sent to your email.**

Twenty fingers, twenty toes
Every day our love grows and grows
Four little hands, four little feet
Two precious hearts, have made our life complete
Happy 1st Birthday to Noah and Nodin St Denis!



Love from: Mommy and Daddy,
Granny Joan and Grampa Jim,
Grandma Lucy and Grandpa Wes.
xoxoxo

An Update from the Health Director

Meetings Attended in July

- FNQLHSSC Board Training and Meeting on the 7th. Pre-AGA on 8th concerning a new governance model in Health and AGA on the 9th in Montreal.
- First Nation Information and Governance Center (FNIGC) Board Meeting on the 6th
- Teleconference on July 28th, Coalition for English speaking First Nations in Quebec.

Upcoming in August:

- No meetings scheduled for in this month due to holidays

Files in Motion at our Health Center:

- Request for takeover of Home Support Program managed by Centre Jeunesse. Study underway for possible fall implementation.
- Coalition for English speaking First Nations Communities Project continuation and local research in accessing Social Services in English.
- Collaborative agreement work with TFN and LPFN in mental health crisis.
- Protocol Agreement with CISSS for nursing orders
- Updating on data and client file information management system.
- Laying the ground work for training on wild meat handling

July was a period of reporting and planning. We have been adapting our work plan from the same level of financing for the upstream investment programs where we have normally seen a 2 to 5% increases from treasury board.

Our Health Center did another fantastic job receiving two medical students again this year. Dan from the University of Sherbrook and San from McGill University took the opportunity to spend two weeks getting to know our community and our people. I'm confident that they returned with a better idea of who we really are in comparison to the stories in the Quebec history books.

David McLaren
Health Director / Councillor

Quotes on Change Management:

Change is hard because people overestimate the value of what they have and underestimate the value of what they may gain by giving that up.

~ James Belasco and Ralph Stayer ~

The price of doing the same old thing is far higher than the price of change.

~ Bill Clinton ~

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 _____ (Address) this _____ (Date) at _____ (Time)

Professional or Delegated Authority Signature
Signature du professionnel ou personne autorisée

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

The **AUGUST** deadline for Medical Transportation Claims is
Thursday August 27th, 2015
at 12:00 pm.

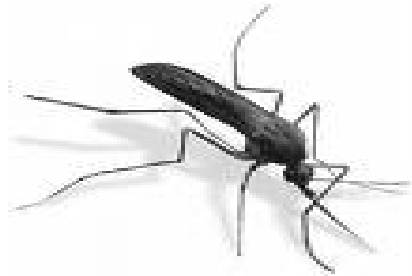
IMPORTANT NOTICE **FOR THOSE REQUIRING MEDICAL** **TRANSPORTATION**

PLEASE CALL TO MAKE ARRANGEMENTS FOR MEDICAL TRANSPORTATION AS SOON AS YOU HAVE THE DATE FOR YOUR APPOINTMENT TO ENSURE WE CAN PROVIDE YOU WITH A RIDE. THIS WILL ENABLE US TO SCHEDULE ALL TRIPS ACCORDINGLY.

THANK YOU

Public Health Reminder - West Nile Virus

**They're small. They're annoying.
And they're back.**



Public Health Agency of Canada reminds Canadians to protect themselves against mosquito bites to avoid West Nile virus.

Why you should take note

Warmer weather is here and it is important to protect yourself from mosquito bites. Not only are bites uncomfortable, but the mosquito that bites you may also give you West Nile virus.

Although the chances of contracting West Nile virus are generally low, there are still risks. There are simple and effective measures you can take to reduce these risks.

As you prepare to spend time outdoors, learn more about West Nile virus infection and how to prevent it.

How do you get West Nile virus?

West Nile virus is mainly transmitted to people through the bite of an infected mosquito. It can affect all age groups.

Risk to Canadians

Relatively few mosquitoes are infected with West Nile virus. Therefore, for most Canadians, the risk of getting infected is usually low.

The risk of being infected can fluctuate from year to year. Overall, the risk is greatest during the warm summer months: "mosquito season". In Canada, this can start as early as mid-April and last until the first hard frost in late September or October. The majority of human infections occur between July and early September.

Human cases of West Nile virus infection have been reported in parts of British Columbia, Alberta, Saskatchewan, Manitoba, Ontario and Quebec. If you're planning

to travel and spend time outdoors in these or any other areas of Canada, remember to protect yourself from mosquito bites.

Cases of human infection have also been reported in Yukon Territory, New Brunswick, Prince Edward Island and Nova Scotia. However, these have all been related to travel outside these jurisdictions.

Symptoms

The majority of people infected with West Nile virus (approximately 70-80 per cent) have no symptoms and do not feel sick. For the remainder, most have mild symptoms that usually appear within two to 15 days after infection.

Mild symptoms may include:

- fever
- headache
- body aches
- mild rash
- swollen lymph glands

While anyone infected with West Nile virus can be at risk of developing more severe symptoms and health effects, such as meningitis and encephalitis, adults 50 years of age and older, and those with underlying conditions and/or weaker immune systems are at greater risk. Fewer than 1 per cent of people infected with the virus will develop severe symptoms and health effects.

Symptoms of severe illness may include:

- rapid onset of severe headache
- high fever
- stiff neck
- nausea
- difficulty swallowing
- vomiting
- drowsiness
- confusion
- loss of consciousness
- lack of coordination
- muscle weakness
- paralysis

Some patients with severe illness could experience a variety of health effects for many months to years after their initial illness.

West Nile Virus

Consult your healthcare provider right away if you experience any of these symptoms.

Treatment

There is no specific treatment or vaccine for West Nile virus.

Serious cases are treated with supportive therapies (e.g., intravenous fluids, respiratory support and prevention of secondary infections) that may require hospital or nursing care.

How to protect yourself

Canadians are encouraged to spend time outdoors and to be active. You can protect yourself from mosquito bites and reduce your risk of contracting West Nile virus by following these simple measures:

- use insect repellent that contains DEET* Icaridin ** or other approved ingredients (always read and follow the directions on the insect repellent container, especially when using on young children)
- wear light-coloured clothing, a long-sleeved shirt and long pants
- make sure screen doors and windows are in good repair to keep mosquitoes outside
- empty standing water around your home and property (e.g., flowerpots, gutters, pet water dishes, and birdbaths) on a regular basis, because mosquitoes breed in standing water

* DEET has been safely used in North America for more than 55 years. Insect repellents containing DEET are safe when used as directed.

** In 2012, Health Canada registered IcaridinExternal site (also called Picaridin) as a safe and effective insect repellent against certain pests, such as mosquitoes and ticks, when used as directed.

Additional information
Canada.ca: West Nile virus

Heat Rash

What is heat rash?

Heat rash (prickly heat) is a red or pink rash usually found on body areas covered by clothing. It can develop when the sweat ducts become blocked and swell and often leads to discomfort and itching. Heat rash is most common in babies, but it may affect adults in hot, humid climates.

What causes heat rash?

In babies, heat rash can be caused by well-meaning parents who dress their baby too warmly, but it can happen to any baby in very hot weather. A baby should be dressed as an adult would be to be comfortable at the same temperature and activity level. Babies' hands and feet may feel cool to your touch but that does not mean they need to be dressed too warmly in hot weather.

What are the symptoms of heat rash?

Heat rash looks like dots or tiny pimples. In young children, heat rash can appear on the head, neck, and shoulders. The rash areas can get irritated by clothing or scratching, and, in rare cases, a secondary skin infection may develop.

How is heat rash diagnosed?

Heat rash can usually be identified by its appearance and does not usually require medical attention. But if it doesn't go away after 3 or 4 days, or if it appears to be getting worse, or if your child develops a fever, contact your doctor right away.

When you or your child has a rash, be sure to watch for signs of infection, including:

- Increased pain, swelling, redness, or warmth around the affected area.
- Red streaks extending from the affected area.
- Drainage of pus from the area.
- Swollen lymph nodes in the neck, armpit, or groin.
- Fever of 100.4 °F (38 °C) or higher, or chills with no other known cause.
- If any of these symptoms develop, contact your doctor immediately.

What is the treatment for heat rash?

- Most prickly heat rashes heal on their own. The following steps can help relieve symptoms.
- Start by removing or loosening your baby's clothing and move him or her to a cool, shady spot.
- Let the skin air-dry instead of using towels.
- Avoid ointments or other lotions, because they can irritate the skin.

The following tips can help prevent future episodes of the rash:

- Dress your child in as few clothes as possible during hot weather.
- Keep the skin cool and dry.
- Keep the sleeping area cool.

After the rash is gone, gradually expose your child to warmer temperatures so that his or her skin can acclimate

Addictions and Wellness

Fast Facts about Mental Illness

Who is affected?

- Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.
- 20% of Canadians will personally experience a mental illness in their lifetime.
- Mental illness affects people of all ages, educational and income levels, and cultures.
- Approximately 8% of adults will experience major depression at some time in their lives.
- About 1% of Canadians will experience bipolar disorder (or “manic depression”).

How common is it?

- Schizophrenia affects 1% of the Canadian population.
- Anxiety disorders affect 5% of the household population, causing mild to severe impairment.
- Suicide accounts for 24% of all deaths among 15-24 year olds and 16% among 25-44 year olds.
- Suicide is one of the leading causes of death in both men and women from adolescence to middle age.
- The mortality rate due to suicide among men is four times the rate among women.

What causes it?

- A complex interplay of genetic, biological, personality and environmental factors causes mental illnesses.
- Almost one half (49%) of those who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem.
- Stigma or discrimination attached to mental illnesses presents a serious barrier, not only to diagnosis and treatment but also to acceptance in the community.
- Mental illnesses can be treated effectively.

What is the economic cost?

- The economic cost of mental illnesses in Canada for the health care system was estimated to be at least \$7.9 billion in 1998 – \$4.7 billion in care, and \$3.2 billion in disability and early death.

- An additional \$6.3 billion was spent on uninsured mental health services and time off work for depression and distress that was not treated by the health care system.
- In 1999, 3.8% of all admissions in general hospitals (1.5 million hospital days) were due to anxiety disorders, bipolar disorders, schizophrenia, major depression, personality disorders, eating disorders and suicidal behavior. Sources: The Report on Mental Illness in Canada, October 2002. EBIC 1998 (Health Canada 2002), Stephens et al., 2001

How does it impact youth?

- It is estimated that 10-20% of Canadian youth are affected by a mental illness or disorder – the single most disabling group of disorders worldwide.
- Today, approximately 5% of male youth and 12% of female youth, age 12 to 19, have experienced a major depressive episode.
- The total number of 12-19 year olds in Canada at risk for developing depression is a staggering 3.2 million.
- Once depression is recognized, help can make a difference for 80% of people who are affected, allowing them to get back to their regular activities.
- Mental illness is increasingly threatening the lives of our children; with Canada’s youth suicide rate the third highest in the industrialized world.
- Suicide is among the leading causes of death in 15-24 year old Canadians, second only to accidents; 4,000 people die prematurely each year by suicide.
- Schizophrenia is youth’s greatest disabler as it strikes most often in the 16 to 30 year age group, affecting an estimated one person in 100.
- Surpassed only by injuries, mental disorders in youth are ranked as the second highest hospital care expenditure in Canada.
- In Canada, only 1 out of 5 children who need mental health services receives them.

Source:

<http://www.cmha.ca/media/fast-facts-about-mental-illness/#.VbZH4flViko>

Anxiety Disorders



Although researchers don't know exactly why some people experience anxiety disorders, they do know that there are various factors involved. Like many other mental health conditions, anxiety disorders seem to be a result of a combination of biological, psychological, and other individual factors.

How we think and react to certain situations can affect anxiety. Some people may perceive certain situations to be more dangerous than they actually are (e.g., fear of flying). Others may have had a bad experience and they fear this will happen again (e.g., a dog bite). Some psychologists believe that childhood experiences can also contribute to anxiety.

Researchers know that problems with brain chemistry can contribute to the development of anxiety disorders. Certain neurotransmitters (chemical messengers) in the brain involved in anxiety include serotonin, norepinephrine, and gamma-aminobutyric acid (GABA). Researchers have also shown that changes in activity in certain areas of the brain are involved in anxiety. Many anxiety disorders run in families and likely have a genetic cause.

Certain medical conditions such as anemia and thyroid problems can also cause symptoms of anxiety. As well, other factors such as caffeine, alcohol, and certain medications can cause anxiety symptoms.

Traumatic life events such as the death of a family member, witnessing a death, war, and natural disasters such as hurricanes and earthquakes may trigger anxiety disorders.

Source:

<https://www.cmha.ca/mental-health/understanding-mental-illness/anxiety-disorders/>

If anyone would be interested in participating in a 'Jam Night' at the Dome, please give me (Vicky), a call at the Health Centre (819) 627-9060 Ext. 258. I would like to hear your thoughts and/or ideas !! Our community has a lot of musical talent ... why not show it off !?

All Ages Welcome !!

Please note, that this would be an ALCOHOL & DRUG-FREE event !!



First-Line Services

Anishinabe Long Term Centre in Notre Dame Du Nord invited First Line Services and Seniors to attend a fundraising BBQ on July 23rd, 2015.

**Everyone got to enjoy a delicious BBQ & entertainment.
It was a fun afternoon to mingle with the residents.**



10 Back to School Tips for Parents

1. Get your children into a school sleep schedule at least 2 weeks before school.
2. Establish (re-establish) a routine for bathing, breakfast, lunch etc.
3. Find a designated area in your home for school supplies.
4. Realize your child may be nervous starting school and its completely normal.
5. Stay in a positive perspective about school, encouraging your child.
6. Let the teacher and school officials know if your child is special needs and requires medication.
7. You can build bridges to communication through email or phone.
8. Develop a central calendar to keep track of all your events, school closures and other activities.
9. Start a fun new school year tradition by making an extra special breakfast, taking a photo etc.
10. Notify the teacher if changes occurs such as a divorce or death in the family



**First-Line Services
would like to thank
everyone that attended
DrumFit classes.**



**Classes will resume in
September. Keep an eye
out for flyers of the
upcoming dates!**



First-Line Services

The Food Bank has been in operation for a year now and I would like to send a special thank you to all those you have volunteered their time.

Without the support of our community such programs cease to exist.

If you are interested in volunteering please contact Kim at 819-627-9399.

We are currently looking for donations such as pasta, sauces, peanut butter, soups and cereals. There is also a donation box set up at the local IGA. Thanks once again !!

Neighbours Helping Neighbours



Eagle Village Community Garden 2015

The garden is well on its way!

The produce will be available at the Food Bank if you are interested.

If you have any gardening questions please do not hesitate to call 819-627-9877.



Leisure Farms Strawberry Picking



It was a beautiful day to pick berries !!



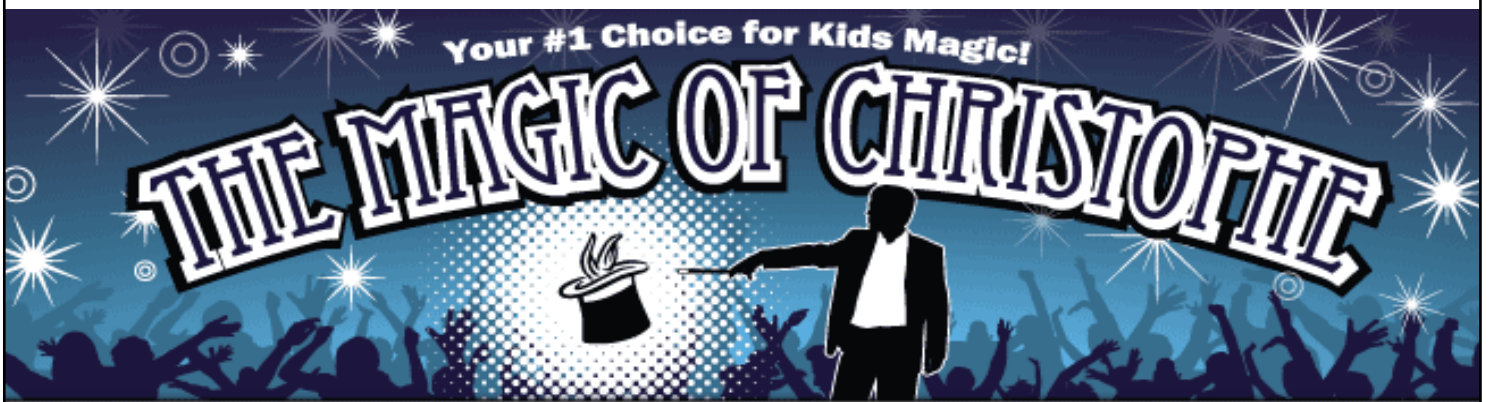
See you all again next year !!

Strawberry Jam Making and Canning



**Everyone received homemade jam and the extra jars went to our Food Bank !!
Thanks to all that participated !!**

FIRST LINE SERVICES PRESENTS:



CALLING ALL FAMILIES ...

Christophe has been performing his always changing, highly energetic magic act for a wide variety of audiences for the past 20 years.

Christophe specializes in magic shows for children's parties in North Bay and surrounding area.

Community Hall

Thursday August 27th

6:00 pm - 8:00 pm

ADMISSION:

**1 non-perishable food item
per entry**

for the Eagle Village Food Bank



**Cotton Candy
Pop Corn
Face Painting**

Community Shopping Trip

Saturday September 5th, 2015

Leaving the Health Centre at 9:00 am

1st stop will be Northgate Mall and Wal-Mart (10 am to 1:30 p.m.)

2nd stop will be at Fresh Co. Grocery Store (1:30-3:00 pm)

We will leave North Bay at 3:00pm to return to EVFN.



IMPORTANT TO CALL
SPACES LIMITED !!

**Please contact First Line Services at
(819) 627-9877 to submit your name.**



Reminder Sheet for Upcoming Important Dates

AUGUST 2015

August 2nd - Community Baseball Game

August 3rd - Band Office and Health Center are closed for Civic Holiday

August 10th to 12th - Canoe Trip

August 14th, 15th & 16th - 8th Annual Kipawa Countryfest

August 16th - Community Baseball Game

August 27th - Deadline for Non-Resident Fee Reimbursement for the Month of August

August 27th - The Magic of Christophe at the Community Hall

August 27th - Deadline for Medical Transportation Claims for August

SEPTEMBER 2015

September 5th - Community Shopping Trip to North Bay

September 7th - Band Office and Health Center are closed for Labour Day Holiday

September 24th - Deadline for Non-Resident Fee Reimbursement for the Month of September

September 29th - Deadline for Medical Transportation Claims for September

Eagle Village First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 HOLIDAYS Rodney St-Denis Virginia McMartin Jennifer Presseault Stacey McBride	3 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR CIVIC HOLIDAY	4 HOLIDAYS Billy Trepanier	5	6 RECYCLE PICKUP	7	8
9 HOLIDAYS Vicky Constant Jennifer Presseault	10 CANOE TRIP 10th - 12th	11	12	13 GARBAGE PICKUP	14 8TH ANNUAL KIPAWA COUNTRYFEST	15 8TH ANNUAL KIPAWA COUNTRYFEST
16 8TH ANNUAL KIPAWA COUNTRYFEST	17 HOLIDAYS Vicky Constant Rodney St-Denis Helene Savard Priscillia Durocher	18 HOLIDAYS Jennifer King Darlene McLaren Lisa Chevrier	19	20 RECYCLE PICKUP	21	22
23 HOLIDAYS Tina Chevrier Jennifer Presseault Mitchell McMartin	24	25	26	27 THE MAGIC OF CHRISTOPHE GARBAGE PICKUP	28	29
30 HOLIDAYS Tina Chevrier	31	August 2015				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 HOLIDAYS Tina Chevrier	2	3 RECYCLE PICKUP	4	5
6	7 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR LABOUR DAY HOLIDAY	8	9	10 GARBAGE PICKUP	11	12
13	14	15	16	17 RECYCLE PICKUP	18	19
20	21	22	23	24 GARBAGE PICKUP	25	26
27	28	29	30	September 2015		