



Migizy Odenaw Mazinaigan

Eagle Village First Nation Community Newsletter

www.evfn.ca

Update from the Chief

I would like to begin this month's article by reflecting back on our first 30 days of our mandate. As you can imagine, it has been a hectic first month. There are many files that the previous council was working on and we are in the process of prioritizing which ones require our immediate attention.

This reminds me that one of our first issues we had to deal with was education. The month of June we had the great opportunity to attend and celebrate the graduations of many of our members from various schools. I had the pleasure of being invited to the graduation ceremony for the Pulp and Paper course for Devon Mitchell, Neil Young and Josh Chevrier. Our members who graduated from this course are hopeful of finding permanent employment at Tembec. We will be meeting with Tembec in the coming weeks to discuss a number of issues, and employment for our members will be one of those topics.

I also had the great pleasure of being invited to the EGT graduation ceremony where there were only three graduates but two of them were our community members, Meghan Fleury and Owen Mongrain. I mentioned in my speech that education is vital to the future success of our people. Education will not be for everyone but for those who aspire to get an education, they will need support, not only from parents, but also from the community. An education creates new opportunities, it can open doors that otherwise would have been closed. It also allows our people to see the world and live new experiences.

We have also had graduates from High Schools in North Bay. Clint Pulchinski and Cheyenne Paul will now be heading off to college and as a parent, I had the pride of watching my youngest son Ryan graduate from St Pius High School. For all the students who graduated, congratulations to you all and good luck and best wishes as you move forward in what you choose to do for your future.



Pulp and Paper Graduates
L'Envol Temiscaming



Scollard Hall Graduates
North Bay, Ontario



G. Theberge Graduates
G. Theberge Temiscaming

EAGLE VILLAGE FIRST NATION

19TH ANNUAL BOAT RALLY

**SATURDAY
JULY 18TH 2015**

SEE PAGE 4 FOR MORE INFO

%100 PAYOUT AND PRIZES!!



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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

Update from the Chief Continued

While the graduations were important and a time to celebrate success, we also encountered a sad reality as well when it came to our post-secondary education funding. As the new council, we were confronted with having to make decisions on who was going to receive funding for the current year based on priorities set by the education departments guidelines.

It was really disheartening to find out that we had more requests for funding than the available budget and that we were going to have to tell some of our people who wanted to go to school that they wouldn't be funded and others who were eligible that there were not enough funds and they would be put on a waiting list. We tried to maximize the budget and the number of students who would be attending post-secondary institutions.

In total we had a budget of a little over \$330,000 to work with. Knowing that this would not be enough, I spoke with the Health Director and he was able to provide some additional funds from health surplus, I also used some of the surplus from elementary education and band funding to increase the budget by \$180,000 or 55% more for a total of a little over \$500,000 for the current year.

The increase in the number of applications is a direct result of new members who were added to our band list following S3 which gave third generation members their First Nation status. The previous council could not have anticipated the increase in population and demand for

post-secondary support when they signed the 5 year funding arrangement so it was not surprising that there were not enough funds for all students. This is the last year of that funding arrangement and I expect we will begin discussions and negotiations for a new 5 year agreement in the fall to have it in place for April 1, 2016. I will be working with the education department to try and plan and anticipate what our budget needs will be for the next five years and hopefully getting AANDC to fund us based on real and projected needs and not by how much we had been receiving previously.

As I had mentioned previously and during the campaign, I believe education and supporting our young people as to be one of this councils major priorities and to do this I will be looking at restructuring education, human resources and social assistance to operate together as one division as these three departments need to work together to ensure there is co-ordination when required.

I am looking at streamlining our operations to ensure there is more funding available in the programs.

Have a safe and happy summer!

Chief Lance Haymond

Land Management

The Land Management will continue to host meetings with MNR during the summer months. 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 to discuss with the MNR for July.

- **Anderson** which is located a few kilometers north of Mattawa across the River on the Quebec side.
- **Hamilton** is located between Garden Lake and Caugnawana Lake.
- **Allard** is South West of Belleterre on the Cherry Road.
- **Morgan / Sandeau** located next to Sandy Lake
- **Revolver** which is located south of Lake Du Fils
- **Hamilton / Crapeau** is South of Garden Lake and East of Blue Lake
- **Russell** is located at the end of the Maniwaki road close to the Dumoine River

As always we look forward to seeing Members to drop by with their concerns or comments especially concerning operational sectors during office hours.

The Land Management Team

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: May 10th to June 6th 2015	Min. # of Hours Required	Min. # of Weeks Payable
21.7%	14.3%	N/D	10	560	20s
Unemployment Rate Stats Can – 2001	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate: June 7th to July 11th 2015	Min. # of Hours Required	Min. # of Weeks Payable
21.7%	14.3%	N/D	9.4	560	20s

Pulp and Paper Graduation 2015

We would like to say congratulations to Mr. Joshua Chevrier, Mr. Devon Mitchell and Mr. Neil Young, who received their diploma for the Pulp and Paper Course. We are very proud of you men, Bravo!

Summer Student Employment 2015

Once again this year Eagle Village First Nation has hired summer students.

They will be working through the Maintenance Department under the supervision of Terry Perrier.

The selected students will start to work July 6th, 2015 and finish August 28th, 2015.

This year we had seven students who will be doing various jobs in the community.

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.

OUT OF OFFICE:

I will be on holidays July 15th to 31st, 2015

I will be out of the office August 6th at 12:00 pm, and back in the office August 11th.

Eagle Village First Nation

19th Annual Boat Rally

Saturday July 18th, 2015

Registration

10:00 am - 1:00 pm

Eagle Village Community Hall

\$10.00 Entry Fee

(Must be 18 Yrs and Over)

May purchase 2 extra hands at \$10 each, same name only !!

Must participate in rally to win !!

**Must get your entry card stamped at designated stop
for a OPEN Hand/s of poker upon return to hall !!**



Supper

Good to Go Canteen

Verna Polson

For more info & to order call

705 - 358 - 4474

Dance

8:00 pm - 2:00 am

to the music of DJ: Spencer Belanger

Bar Open 5:00 pm - 2:00 am

Community Notes and Information

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
JULY 30TH 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

HOUSES FOR SALE

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



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

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



8^e édition / 8th Annual Kipawa Countryfest

August 14-15-16 août 2015

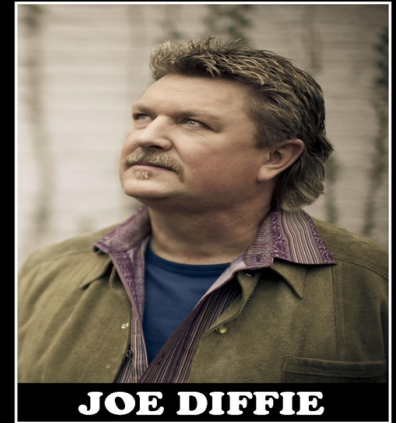
Kipawa, Québec



KIRA ISABELLA

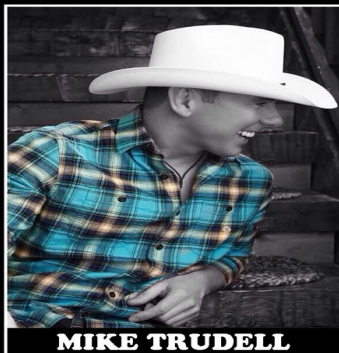


JOHNNY CASH AND THE QUEENS OF COUNTRY TRIBUTE
Tammy Wynette, Dolly Parton, Loretta Lynn, Patsy Cline



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			\$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

DEADLINE FOR ADVANCE SALES FOR COUNTRYFEST WRISTBANDS IS FRIDAY JULY 17TH !! BUY EARLY TO SAVE \$\$

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.**

Community Wishes for July

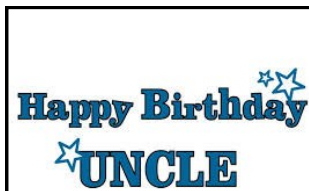


Happy Birthday Claudette
who will be celebrating
July 21st!!

From your family xoxo



Proud parents Lance and
Arlene would like to give a 'big
pat on the back' and congrats
to their son Ryan who graduated
from St. Pius X High School on
June 24th! Great Job Ryan!



Happy Birthday
to our only uncle ...
Uncle Loulee (Mike)
all the best too and for you ...

Gail, Claudette & Googs



Happy Birthday
to Gage on June 25th

Love, Mom & Laurier



Happy 17th Birthday
to our brother Gage!!

Love, Kieran, Tristan, Brody,
Tori & Steven



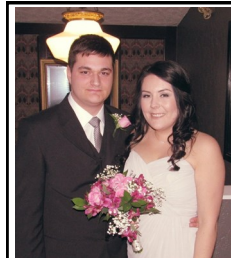
Happy birthday to our sister Tori,
on July 6th !!

Love, Kieran, Gage
Tristan & Brody



Happy 21st Birthday Tori

Love, Mom & Laurier
xoxo



Happy birthday to my beautiful wife on
July 6th

Love always, Steven xo

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.

REMINDER

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 EN-
SURE WE CAN PROVIDE YOU WITH A RIDE.
THIS WILL ENABLE US TO SCHEDULE ALL TRIPS
ACCORDINGLY.**

THANK YOU

The **JULY** deadline for Medical Transportation
Claims is **Thursday July 30th, 2015**
at 12:00 pm.

Health Director's Update

Meetings attended in May & June

- Attended the regional Round Table for Social Services in Quebec May 12th- 14th.
- FNHMA management training in Lac Delage June 1st to 5th.
- EVFN, TFN, LPFN meeting with the representatives from the Mental Health Info-social hot line with First Nation's CISSS liaison Ms. Annie Vienney in our community on June 10th. First line services from our communities were also present to assess the new services.
- B.O.D. of the FNQLHSSC in Quebec June 17th & 18th. Decisions stemming from this meeting that may affect us all is in regards to a legal analysis of services not provided to our First Nations living on reserve by the province.
- Teleconference on June 11th with CARE program promoter Don Baraclough. The program will run until October as we review the effectiveness and affordability.

Upcoming in July:

First Nation Information and Governance Center Board meeting on the 6th. We are very fortunate that we have a strong professional First Nations organization that we can count on for relevant research projects and data center that will help us in many aspects as we strive for self determination.

FNQLHSSC Board training and meeting on the 7th. Pre-AGA on the 8th concerning a new governance model in Health and AGA on the 9th.

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 & LPFN in mental health crisis.
- Protocol agreement with CISSS for nursing orders.
- Mattawa office Health center representation.
- Preparing for McGill University medical students cultural awareness program.
- Updating data and client file information management system.
- Moving of First line services to the Youth Center.

I want to thank all our members who came out during our Spring Health Fair where the main premise behind this event is the screening for blood/glucose and lipids along with hypertension. My staff was eager to receive you all and provide you with valuable information on current health topics. Your participation in my "demotcratie exercise will be formally presented to leadership for their appreciation of your concerns and help us at your health center adjust our programs to suit your needs.

Quotes on life and management:

Don't measure busywork. Don't measure activity. Measure accomplishment. It doesn't matter what people do as much as it matters what they get done.

~ Larry Winget ~

Some mistakes... just have greater consequences than others.

But you don't have to let that night be the thing that defines you."

~ Jojo Moyes ~



Hello everyone my name is Erica Miness and I am currently enrolled in the Registered Practical Nursing program at Canadore College in North Bay, Ontario.

I have previously received a certificate in preparatory health sciences in 2014.

I am presently employed at the Eagle Village Health Centre as a summer nursing student; I am assisting the community nurses with various duties at the Health Centre, which I truly enjoy.

I am constantly learning new material related to my field and expanding my knowledge in other health fields as well. I enjoy working in my own community and having a genuine nurse-client relationship. I feel that my experience here thus far, has opened my eyes to possibly considering a nursing career in a community based setting.

I will be continuing my studies at Canadore College in the fall and I am a prospective student in the Bachelor of Science Program at Nipissing University.

I look forward to seeing you in the near future.

Migizy Odenaw Child Care

The children at Migizy Odenaw Childcare would like to say a big thank you to Mitchell McMartin for the fun Pontoon boat ride on Thursday, June 18.



Migizy Odenaw Childcare Centre has spaces available for children starting in September.

For more information call 819-627-1000

please ask for Patty

Walking Challenge Update



WALKING CHALLENGE IS COMING TO AN END!!

**On Wednesday August 5, 2015 At 5:00 pm there will be a BBQ SUPPER AT THE HEALTH CENTRE
For all those participated in the 2015 Walking Challenge !!**

This get together is organized by the Health Centre to show our gratitude for everyone's participation.

At this meal, all the draws and prizes will be handed out,
so please submit your distances walked **no later** than 12 noon on August 5th otherwise it will not count.

Ballots will be written and put into the draws, as all prizes will be drawn at 5:30pm. You will only be eligible to win one prize.

And last but not least, The Eagle Village Health Centre hopes you enjoyed taking part in this program and would like to thank everyone for joining, working hard and making the positive choice to help contribute to our motto ...

"Let's Create a Community Movement and Walk for Our Health" !!

Without **YOU** ... there would be no movement.

Canoe Trip Invitation



Cherry River to Ostaboningue - August 10-11-12, 2015

Mitchell & Rodney will be offering a 25 km canoe route consisting of two lakes, rivers, two short portages, and a small rapid that can be paddled down (small current and shallow water)

Day 1:

Leave the health center approximately at 9:30am by arranged transportation. Arrival at canoe route will be at 11:30am and lunch will be provided before loading up canoes. Canoe trippers can expect to paddle 10km's the first day which will be 4-5 hours of paddling. Camp set up will consist of group work for easier management of chores i.e. firewood, supper, dishes. There is a rapid that is suited for swimming and enjoying down time. Ice breaker activities are planned between two groups adding to enjoyment and bonding.

Day 2:

The second day offers 4-5 hours to paddle 11km to arrive at our second camping area, which will be on a beach. Group work will be done for camp set up and chores. Mitchell & Rodney will be hosting a small fishing derby; prize for the biggest fish will be awarded. The day will offer plenty of time for enjoyment.

Day 3:

Have breakfast, pack up, and finish a 4 km paddle to the arranged pick up spot at noon. Arrival home is estimated 2:30-3:30 pm.

This year we have invited Timiskaming First Nation to take part in our canoeing trip. Last month Timiskaming First Nation's Mike Beaupre (NNADAP worker for the past 10+ years) invited us for an ORCKA Canoe Tripping Level 1 Certificate. In return we have asked Mike Beaupre to gather some of his community members to join us on a canoe trip to strengthen the links between our two communities. For those that are interested in becoming involved in group canoeing please sign up before August 6th so that food ratios and transportations can be arranged. There will be no sign ups after August 6th because of food planning and transportation. Eagle Village Health Center is providing camping gear, equipment use, food and first aid kit. It is required that each canoe has to include either camping gear or food in the canoe along with your personal camping equipment. It is recommended if deciding to sign up that you pack the stuff you need only; extra items you pack are your responsibility. With any canoe outing physical strength matters, anyone under the age of twelve must be accompanied by an adult. A practice and evaluation can be done for getting a sense of canoeing (a canoe test, paddling to Coe's Island for beginners to get a sense of what to expect while out on the waters can be arranged if needed)

Note: You can bring your personal canoe providing that personal transportation is organized. Upon sign up we have a list of personal items to pack if needed.

To sign up & more info please call the Health Center: 819 627 9060, contact Mitchell or Rod

Your Health This Summer

As the season changes so may some of our health and safety concerns. We all want to make the most of the beautiful outdoor weather. For many of us, this means visiting beaches; swimming in lakes and pools; camping; hiking; biking; and getting outdoors to do physical activity. However, summer also has the hottest months of the year, the bugs are biting, and spending more time outdoors can increase your risk of getting injured. To fully enjoy the summer months, it is important to have the information you need to take care of yourself and your family.



Food Safety

Most food borne illnesses are preventable. Prepare and store your food so that you can fully enjoy the summer barbeque, picnic and camping season.

There are 2 reasons why the risk of food borne illness can increase during the summer:

1. hot and humid weather (prime conditions for bacteria to grow and thrive); and
2. people are less likely to follow food safety guidelines, such as hand washing and keeping food adequately chilled, when cooking and eating outdoors.

Symptoms common to most food borne illnesses are cramps, diarrhea, nausea, vomiting, headaches and fever. Symptoms usually appear within several hours of eating the contaminated food, but can take several days to weeks to appear. Most people recover completely from food borne illness; however, for some, the effects may be longer lasting and more serious. The severity of illness is dependent on the type of bacteria, and the overall health of the person eating it. The following tips will help you reduce your risk of food borne illness.

Keep food cold. Bacteria multiply fastest between 4°C and 60°C (40°F – 140°F) – also called the ‘danger zone’.

- Bring along ice packs to pack around perishable foods. Some foods, such as frozen juice boxes, can act as ice packs and will keep other foods cool as they thaw.
- Pack the cooler until it is full. This will keep the food cold longer. Keep the cooler out of the sun and keep the lid on as much as possible. If you can, keep snacks and drinks in a

separate cooler. These are things you will access often and every time you open the cooler, you are letting warm air in.

- Refrigerate or freeze food the day before your outing so it is already cold when you put it into the cooler.
- Marinate your meat in the fridge ahead of time, and not on the counter or out in the heat.

Avoid cross-contamination. Keep raw meat, fish, poultry and eggs away from fresh fruits and vegetables and cooked foods.

- Pack a separate cooler to keep ready to eat foods away from foods that require cooking, or pack raw meats on the bottom of a single cooler so their juices don’t drip onto, and contaminate, ready to eat foods.
- Use ice packs instead of loose ice. Loose ice will melt and can transfer bacteria from one food to another.

Wash your hands, the cooking utensils and surfaces **with hot soapy water** (for at least 20 seconds).

- Bring along 2 sets of cutting boards, utensils, etc: 1 for ready-to-eat foods and 1 for raw foods. Keep each in a separate, sealed plastic bag to prevent cross contamination.
- Use hand sanitizer and antibacterial wipes for hand and surface cleaning if there is no hot soapy water available. Remember, hot soapy water is the best option for removing bacteria and dirt so wash these surfaces as soon as you can.

Cook foods to the appropriate cooking temperature.

- Take along a meat thermometer. Refer to the chart below for the proper temperatures.
- Preheat the grill for about 20 minutes before cooking.
- Do not put cooked food back on the same plate that held the raw food (unless you have washed it with hot soapy water first).

FOOD	INTERNAL TEMPERATURE
Hamburgers	160°F (71°C)
Steak - Medium Rare	145°F (63°C)
Steak - Medium	160°F (71°C)
Steak - Well Done	170°F (77°C)
Poultry	165°F (74°C)
Fish	158°F (70°C)
Hot Dogs	165°F (74°C)

Summer Health Tips

Insect Bites and Stings

You are more likely to come into contact with biting and stinging insects during the summer months. Don't let bugs stop you from enjoying the warm weather. Insect and spider bites often cause minor swelling, redness, pain, and itching. These mild reactions are common and may last from a few hours to a few days. Home treatment is often all that is needed to relieve the symptoms of a mild reaction to common stinging or biting insects and spiders.

Some people have more severe reactions to bites or stings. Babies and children may be more affected by bites or stings than adults. Examples of problems that are more serious include:

Severe allergic reactions are not common but can be life-threatening and require emergency care. Signs or symptoms may include:

- Shock , which may occur if the circulatory system cannot get enough blood to the vital organs.
- Coughing, wheezing, trouble breathing, or feeling of fullness in the mouth or throat.
- Swelling of the lips, tongue, ears, eyelids, palms of the hands, soles of the feet, and mucous membranes (angioedema).
- Light-headedness and confusion .
- Nausea, diarrhea, and stomach cramps.
- Raised, red, itchy bumps called hives and reddening of the skin. These symptoms often occur with other symptoms of a severe reaction.

Physical Activity

Summer is a great time for being active. Even if you live where it gets hot or humid, there are ways you can stay in shape year-round. But make sure to take precautions when you are active outside.

Be safe in the heat :

If the temperature is lower than 27°C (80°F), you usually can be active outside without taking extra precautions. It depends on how active you already are and how used to hot weather you are.

But anytime you exercise, it's a good idea to take these normal precautions:

- Drink plenty of water. This is very important when it's hot out and when you do intense exercise .
- Don't exercise as hard when it's hot. Take rest breaks. Exercise more slowly than usual or for a shorter time.
- Stay in the shade when you can.
- Avoid exercising during the hottest times of the day.

- Wear light-coloured, breathable clothes.
- Watch for signs of heat exhaustion, such as nausea, dizziness, cramps, and headache. If you notice any signs, stop your activity right away, cool off, and drink fluids.

Swimming and Water Safety

Taking a dip in a pool, lake, or the ocean is a fun and popular way to beat the summer heat. To make sure you and your family stay safe in and around the water this summer.

What is swimmer's ear?

Swimmer's ear (otitis externa) is an inflammation or infection of the ear canal , the passage that leads from the outer ear to the eardrum. This condition is called swimmer's ear, because it commonly occurs in people who have been swimming. But other people can get it too.

What causes swimmer's ear?

You can get swimmer's ear when bacteria or fungus grows in your ear canal. This happens when water, sand, or other small debris irritates the delicate skin in the ear canal. Other things that can irritate the ear canal include hearing aids, lots of ear cleaning, and eczema of the ear canal.

Swimmer's ear is more likely if you have a very narrow or hairy ear canal; live in a warm, humid climate; have little or no earwax; have lots of ear infections; or have eczema or dry skin. If you have had swimmer's ear in the past, you are more likely to get it again.

What are the symptoms?

Swimmer's ear can be very painful. The pain can get worse when you touch the earlobe or another part of the outer ear or when you chew. Other symptoms can include itching, a feeling of fullness in the ear, and a yellowish or brownish discharge from the ear. Your ear canal may be swollen. In severe cases, the outer ear can be red and swollen too.

If you think you have swimmer's ear, call your doctor to find the best way to treat it.

If you have diabetes or take medicine that suppresses your immune system, swimmer's ear can cause severe problems. Call your doctor right away.

Only use water from a source you know to be safe. Even if a lake or river looks safe, it may not be. Use bottled water for drinking, cooking, and brushing teeth. Boil untreated water at a rolling boil for two minutes before using. If boiling water is not possible, use water purification tablets or water filters.

How to Protect Yourself in the Sun

If you are like most Canadians you can't wait for summer. After that cold, nearly endless winter, most of us long to get outdoors.

Why Do We Love the Summer?

Sunshine! Working, playing or relaxing outside on a glorious sunny day makes most people happy. We love the warm feeling of the sunshine on our skin. But be careful. Too much sun can be harmful. So before you grab the kids and head for the beach, the park or even the backyard, take a few minutes to learn about sun safety. You can protect your family and still have fun under the sun.

Why Be Careful?

Energy from the sun sustains all life on earth. However, some forms of sun energy can be harmful to life. This includes the sun's burning or ultraviolet (UV) rays - the rays that can cause sunburn and skin cancer. The earth's ozone layer - a thin veil of gas high in the earth's atmosphere - acts as our planet's sunscreen. In the past few years, the ozone layer has become slightly thinner than it used to be. This means slightly more of the sun's UV rays can now reach the earth's surface. Ultraviolet is a natural part of the sun's rays - it has always been with us. We should have always been careful about spending too much time in the sun, even before any loss in the earth's ozone layer.

Long-Term Damage

Sunburns are not the only consequence of too much sun. Over time, too many UV rays or repeat sunburns can cause: skin cancer; premature aging of the skin; weakening of the immune system, which reduces the body's ability to fight diseases such as cancer; eye cataracts that could lead to blindness.

Skin Cancer and the Sun

- The main cause of skin cancer is too much UV radiation.
- Skin cancer is the most common type of cancer in Canada.
- Skin cancer is one of a small number of cancers that can be prevented through simple measures such as limiting sun exposure, seeking shade, wearing hats and clothing, and using an SPF 30 or higher, broad spectrum sunscreen.
- Canadians born in the 1990's have two to three times higher lifetime risk of getting skin cancer compared to those born in the 1960's. For those born in the 1990's, there is a 1 in 6 lifetime risk of having skin cancer. For those born in the 1960's, there is a 1 in 20 lifetime risk.
- One bad sunburn before the age of 18, doubles your chances in developing skin cancer.
- Looking at all cancers found in the 15 to 29 age group, melanoma represented 7% of new cases in young men and 11% of new cases in young women, which may be attributable to social behav-

iours (seeking a tan), particularly in the latter group.

Seek Shade

- Work and take breaks in the shade. Where no shade exists, use temporary portable shade.
- Plan to work indoors or in the shade during the middle of the day when UV radiation levels are strongest.
- Plan to do outdoor work tasks early in the morning or later in the afternoon when UV radiation levels are lower.
- Share outdoor tasks and rotate staff so the same person is not always out in the sun.

Slip On Some Sun-Protective Work Clothing

- Cover as much skin as possible. Long pants and work shirts with a collar and long sleeves are best.
- Choose lightweight, closely woven material with an ultraviolet protection factor (UPF) 50+.
- Choose loose fitting clothing to keep cool in the heat.

Put On A Hat

- A hat should shade your face, ears and neck.
- A broad brimmed styled hat should have a minimum 7.5cm brim.
- A bucket style hat should have a deep crown, angled brim of minimum 6cm and sit low on the head.
- A legionnaire style hat should have a flap that covers the neck and joins to the sides of the front peak.
- If wearing a hard hat or helmet use a brim attachment or use a legionnaire cover

Slide On Some Sunglasses

- Be aware that your eyes can also be damaged by the sun's UV radiation.
- Wear close fitting, wraparound style sunglasses.
- When buying new sunglasses, check the swing tag to ensure they meet the Canadian Standard and are safe for driving.
- Polarised lenses reduce glare and make it easier to see on sunny days.

Slop On SPF 30+ Sunscreen

- No sunscreen provides complete protection so never rely on sunscreen alone.
- Choose sunscreen that is broad spectrum and water resistant.
- Apply sunscreen generously to clean, dry skin 15 to 20 minutes before you go outdoors.
- Reapply every two hours or more often when sweating.
- Protect your lips with an SPF 30+ lip balm.
- Always check and follow the use by date on sunscreen.

The ABCDE Rule for Moles

The ABCDE Rule









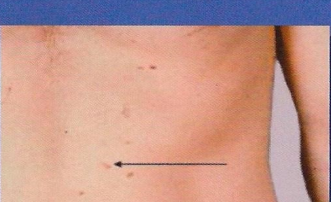

Keep the ABCDE rule in mind when checking moles:

- **A for asymmetry:** If you were to cut the mole down the middle, would the left and the right sides look different?
- **B for border:** Are the edges blurry and undefined? Does it appear to be spreading sideways?
- **C for color:** Does the mole look darker or lighter than usual, or does it have an area of new color — perhaps black, blue, purple,

red, or white?

- **D for diameter:** Is the mole larger than the eraser on a pencil top?
- **E for elevation:** Does it have a raised or bumpy surface?

If you answered yes to any of these questions about an existing mole — or if you notice a new mole, or one that's started to itch or bleed — see your doctor right away. Melanoma most commonly appears on the trunk, head, and neck for boys, and the lower legs for girls.

BENIGN		MALIGNANT	
<p>ASYMMETRY</p> <p>This benign mole is not asymmetrical. If you draw a line through the middle, the two sides will match, meaning it is symmetrical.</p>	<p>A</p> 	 <p>If you draw a line through this mole, the two halves will not match, meaning it is asymmetrical, a warning sign for melanoma.</p>	
<p>BORDER</p> <p>A benign mole has smooth, even borders, unlike the one on the opposite page.</p>	<p>B</p> 	 <p>The borders of an early melanoma tend to be uneven. The edges may be scalloped or notched.</p>	
<p>COLOR</p> <p>Most benign moles are all one color—often a single shade of brown.</p>	<p>C</p> 	 <p>Having a variety of colors is another warning signal. A number of different shades of brown, tan or black could appear. A melanoma may also become red, white or blue.</p>	
<p>DIAMETER</p> <p>Benign moles usually have a smaller diameter than malignant ones.</p>	<p>D</p> 	 <p>Melanomas usually are larger in diameter than the size of the eraser on your pencil (¼ inch or 6mm), but they may sometimes be smaller when first detected.</p>	
<p>EVOLVING</p> <p>Common, benign moles look the same over time. Be on the alert when a mole starts to evolve or change in any way.</p>	<p>E</p> 	 <p>When a mole is evolving, see a doctor. Any change—in size, shape, color, elevation, or another trait, or any new symptom such as bleeding, itching or crusting—points to danger.</p>	

Source: www.SkinCancer.org

Mixing Medicines Is Risky Business

How Combining Rx and OTC Meds Can Spell Disaster



Every day millions of us snap off the top of a medicine bottle with the hopes that it will prevent, treat or cure each of our many ills. Every time we swallow, inject or rub on a medication that prolongs or improves our life, we trust that it will do more good than harm. But all medicines, even the ones that have withstood the test of time, have some degree of risk, especially when taken with other medicines.

Adverse drug reactions are responsible for millions of emergency room visits. A drug's side effects, an accidental overdose, drug abuse and misuse can do irrevocable damage. One area of particular concern is the combining of prescription and over-the-counter (OTC) medicines, drugs bought off the shelf without a prescription. A study examining the medication use in older adults, an age group that is most likely to be taking medications routinely, found that 1 in 25 are at risk for a major potential drug-drug interactions, sometimes with grave consequences. A majority will be caused by non-prescription therapies.

Over-the-Counter Intelligence

Consumers can unknowingly put themselves in harm's way when they mistakenly believe that because an over-the-counter medicine or dietary supplement doesn't require a prescription, it carries no risk. Nothing can be further than the truth. OTC remedies contain many powerful ingredients. Even seemingly harmless herbs such as ginkgo, and foods and beverages such as alcohol and grapefruit juice, can pose a danger when combined with certain prescription medications.

So how will you know a safe combo from a worrisome one? Sometimes a warning is listed on the label if there is a known problem or your pharmacist will include an informational insert with your prescription outlining what to avoid while taking this medication. Still, pharmacists and doctors are not always aware what OTC medications or supplements patients are taking, which would otherwise trigger an alert if it were known. Consumers that are not forthcoming about all the medicines and supplements they take risk an adverse event, maybe even death.

Minding Menacing Mixtures

There are many prescription and OTC combinations that should put people on high alert. The rule of thumb is to not introduce any new prescription or OTC medicine, vitamin or herbal supplement that will interfere with the action of one you are already taking. Anything that can increase, decrease or cancel the effectiveness of medications, cause a brand new side effect, or get in the way of how the drug is processed in the body can have grave consequences.

Here are just a few bad combinations.

- OTC pain reducers and prescription blood thinners - Certain anti-inflammatory pain medications called NSAIDs (aspirin, ibuprofen, and naproxen) reduce body chemicals called prostaglandins that are involved in pain pathways. But these chemicals also protect the stomach lining. They also tend to add to the anticoagulant power of blood thinners by further reducing platelets, the blood cells involved in clotting. The combo can cause massive gastrointestinal bleeding.
- OTC migraine treatments with prescription diet pills - Diet pills that contain phenylpropanolamine increase the risk of bleeding in the brain (hemorrhagic stroke). The symptom is severe headache. If you mistake that headache as a migraine and combine the diet pill with OTC migraine medicine, that risk is increased further. Also, both have a stimulating effect and behave similarly to raise blood pressure. The combo can cause hypertension and stroke.
- OTC calcium supplements and prescription thyroid medication - When taken together, calcium found in dietary supplements and antacids interfere with the absorption of prescription thyroid hormone. The combo can cause an inadequate amount of thyroid hormone circulating in the blood.
- OTC decongestants and prescription diabetes drugs - Decongestants found in cough and cold remedies not only have added sugar, but they raise blood pressure, a common problem for people with diabetes who may also be taking medications to lower high blood pressure. The combo can cause hypertension, high blood sugar and increase the risk for stroke and poor glucose control.

Mixing Medicines Is Risky Business

Preempting Mistakes

To safeguard you from a drug-drug interaction you will need to be a substance sleuth. There are potentially harmful ingredients hidden within many OTC products, but you may have to dig deep to find them. If you are not careful you can even find the same ingredient in a pain reliever, fever reducer, cold remedy and cough suppressant.

Here's what you can do to help avoid a dangerous prescription and OTC combo.

- Keep a detailed record of all prescriptions, OTC, herbal and dietary supplements you are taking
- Know what each medicine you have been prescribed is used for and the side effects, interactions, precautions and warnings
- Confer with your doctor, health practitioner and pharmacist before taking any new prescriptions, OTC remedies, dietary supplements and herbs
- Read the label carefully
- Learn the purpose of each active ingredient in OTC medicines and be certain to match the remedy to the symptom
- Fill all prescriptions at a single pharmacy so that they can routinely check for interactions
- Make sure you understand how to take the drug before you leave the pharmacy and ask the pharmacist (not the cashier) questions if you don't
- Report any symptoms that might be related to the use of a drug to your doctor or pharmacist
- Make each of your doctors aware of medications prescribed by others
- Do not remove medicines from their original containers or remove the label
- Periodically review your list of medications with all your doctors and healthcare providers. Let someone else in your family know all your prescription and OTC products you are taking in case you become ill.

To find more information about drugs, supplements and herbal products visit the [National Institute of Health](http://www.nationalinstituteofhealth.gov) drug look up. To download Food and Drug Administration approved medication package inserts, visit the [Daily Med](http://www.fda.gov/oc/ohrt/dailymed/).

Source: <http://www.doctoroz.com/article/mixing-medicines-risky-business>

**I will be on holidays from
Monday July 13th – Friday July 24th.**

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!**



Annual Youth Hunters Point Camping Trip 2015

It's that time of year again! Our scheduled departure from the Eagle Village Health Center for our Annual Youth Hunters Point Camping Trip is Monday July, 20 2015 at 9:30 am with the 12-17 age group. and Monday July. 27 2015 at 9:30 am we will be leaving with the 6-12 age group.

Those who are under the age of 6 will need to be accompanied by a parent/guardian, and to those that are 12yrs have the choice of going to either week but may only choose one.

PLEASE HAVE YOUR CHILD(REN) SIGNED UP AND WAIVER FORMS SIGNED BY PARENTS/GUARDIANS BY THURSDAY JULY 16TH, 2015 AT 4:00 PM

Your child(ren) will be expected to respect our supervisors and follow the rules at all times; misbehaviour, swearing, rudeness, and failure to follow the rules will result in warnings. Fighting will not be tolerated. Your child will be given 3 warnings until we call and ask that you come and get your child.

Please ensure that your child(ren) bring the following with them;

Tent (unless they have made arrangements with another child) Make sure that the tent has all its pieces !!

Foam or Air Mattress

Flashlight with Batteries

Sleeping bag or Blankets and Pillows

Clothing Suitable for all possible weather conditions

Towels, Facecloths

Shampoo, Soap, Tooth Brush, Toothpaste. Sunscreen will be provided.

Life Jacket, Bug Repellant and Hat

If your child(ren) take medication or have allergies, please write this down and attach this information to the consent form. Meals, snack, juice and water will be provided for them, however if you wish to send snacks with your child(ren), please try to keep it to a minimum.

Personal items such as; iPad's, iPod's, phones, video games, and other toys are not our responsibility and your child(ren) are taking them at their risk.

We will not be allowing other children to go into others tent without their consent.

If you have an questions or concerns, or wish to sign up your child(ren) please call Mitchell at the Eagle Village Health Center (819) 627-9060.

Thanks and Hope to See Everyone There!!



Reminder Sheet for Upcoming Important Dates

JULY 2015

July 1st - Happy Canada Day

July 2nd - Band Office and Health Center are closed at 12:00 pm today for Canada Day Holiday

July 3rd - Band Office and Health Center are closed today for Canada Day Holiday

July 9th - Deadline for Housing Youth Internship Initiative

July 13th - First-Line Services Strawberry Picking Trip to Leisure Farms

July 17th - Advanced Wristband Deadline for Kipawa Countryfest

July 18th - Annual EVFN Summer Boat Rally

July 20th to 24th - Annual Youth Hunter's Point Camping Trip for Youth 12 & Over

July 27th to 31st - Annual Youth Hunter's Point Camping Trip for Youth 12 & Under

July 30th - Deadline for Non-Resident Fee Reimbursement for the Month of July

July 30th - Deadline for Medical Transportation Claims for the Month of July

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



COMMUNITY BASEBALL GAMES

AGE GROUP: 14 YEARS OF AGE AND OLDER
(Can be younger if there is not enough players
that show up for two teams)

**July 5th, July 29th,
August 2nd and August 16th at 7:00 pm !!**

**Bring a glove ... bats and balls will be provided.
Wear appropriate footwear (running shoes or cleats).
Beverages will be provided.**

Eagle Village First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2015			1 CANADA DAY HOLIDAYS Jennifer Presseault Tanya McKenzie	2 GARBAGE PICKUP	3 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR CANADA DAY HOLIDAY THURSDAY JULY 2ND 12:45 TO 4:30 PM	4
5 HOLIDAYS Bonnie Down Tina Chevrier Virginia McMartin	6 HOLIDAYS Tanya McKenzie Billy Trepanier	7	8	9 RECYCLE PICKUP	10	11
12 HOLIDAYS Tina Chevrier Virginia McMartin Vicky Constant Priscillia Durocher	13	14	15	16 GARBAGE PICKUP	17	18 ANNUAL BOAT RALLY
19 HOLIDAYS Vicky Constant Helene Savard Priscillia Durocher	20 HOLIDAYS Glenda Moore Billy Trepanier Lisa Chevrier	21	22 Lance is in Kitcisakic for Tribal Council General Assembly (22nd - 23rd)	23 RECYCLE PICKUP	24	25 HUNTER'S POINT ANNUAL CAMPING TRIP FOR YOUTH AGES 12 AND OVER !!
26 HOLIDAYS Bonnie Down	27 HOLIDAYS Glenda Moore Julie Wabie	28	29	30 DEADLINE FOR MEDICAL TRANSPORTATION GARBAGE PICKUP	31	HUNTER'S POINT ANNUAL CAMPING TRIP FOR YOUTH AGES 12 AND UNDER !!

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 Mitchell McMartin Helene Savard	18 HOLIDAYS Priscillia Durocher Jennifer King Darlene McLaren Lisa Chevrier	19	20 RECYCLE PICKUP	21	22
23 HOLIDAYS Tina Chevrier Jennifer Presseault	24	25	26	27 GARBAGE PICKUP	28	29
30 HOLIDAYS Tina Chevrier	31	August 2015				