



# Migizy Odenaw Mazinaigan

Eagle Village First Nation Community Newsletter

[www.evfn.ca](http://www.evfn.ca)

## An Update from our Chief

I would like to begin by thanking the members for their support and for electing me as Chief of our community. I am extremely grateful for the opportunity to be a part of a Council that will be working hard to address the issues and concerns affecting our community.

As many of you know, the Council and I are committed to having an open and transparent government that engages, consults, and reports back to the people. This will be achieved by having regular meetings with the population and enhancing the use of the website and newsletter for keeping our off-reserve members informed as well.

I have also committed to supporting and investing in the youth of this community. Our young members deserve all the support that we can provide, so they can succeed at whatever they decide will be their careers and future. The challenge that we face, is the demand for support for education and training since it is greater than the available budget. The Council must engage aboriginal affairs to negotiate budgets that would allow all students who want to attend post-secondary institutions. Currently, we have to prioritize students as there are not enough funds for all and sadly there will be some students who will have to be put on a waiting list.

I am also opposed to Matamec Mine and we, the Council, are prepared to do whatever is necessary to ensure that this project never begins. It will not be easy and we will need the full support of the community and others to do this. The Cree's were able to convince the government and the non-native population that uranium mining was a threat to the environment and their way of life. They were successful in getting the government of Quebec to issue a moratorium, there for a decision that no uranium mining will ever be done in the province of Quebec. I firmly believe that we can use a comparable strategy to convince the government to adopt a similar decision on Rare Earth Mines. It will take time but I will do whatever is necessary to stop this project.

In closing I would like to thank all candidates who ran in the election. The number of candidates demonstrates that members are interested in the issues affecting our community and want to be involved in making our community a better place. To the outgoing members of the Council, thank you for your contribution to the community and I wish you all great success in the future.

**Chief Lance Haymond**



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



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



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

## Eagle Village First Nation Aboriginal Day 2015



**SUNDAY JUNE 21<sup>st</sup>, 2015**

EAGLE VILLAGE COMMUNITY  
BALLFIELD  
ALL ACTIVITIES ARE FREE OF  
CHARGE

OPENING CEREMONIES - 12 p.m.  
CLOSING CEREMONIES - 5 p.m.

**See page 6 for more information**

## EMPLOYMENT OPPORTUNITIES PAGE 5 AND PAGE 7

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# 2015 Eagle Village Election Results

## STATEMENT OF VOTES Eagle Village First Nation June 5th 2015 Election Results

**Elected to the Office of Chief:** Lance Haymond

**Elected to the Office of Councillor:**

Gerald "Yogi" Chaput, Doris Hunter, David McLaren

### CANDIDATES FOR CHIEF

Constant, Jimmy Sr.	108
Haymond, Lance	190
Paul, Madeleine	108

Number of valid ballots cast for  
Chief and Council

**406**

Number of rejected ballots for  
Chief and Council

**11**

### CANDIDATES FOR COUNCIL

Chaput, Gerald "Yogi"	151
Chevrier, Lynda	44
Hunter, Doris	99
Jawbone, Rose	70
McKenzie, Clarence	58
McKenzie, Clifford	67
McKenzie, Justin "Chummy"	21
McLaren, David	107
McMartin, Georgie	67
Mongrain, Roseanne	20
Moore, Glenda	78
Paul, Harry "Lloyd"	9
Perrier, Dennis "Jungo"	72
Perrier, Marnie	64
Perrier, Terry	84
Roy, Justin	80
Young, Robbie	64



Elected officials were sworn in on  
Monday June 8th 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: 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

**Summer Student Employment 2015**, we will only be hiring students who have graduated, Secondary Five in Quebec Grade 12 in Ontario, and who are beginning and or continuing on to post-secondary studies. To apply, **Graduating and continuing students** (Secondary graduates and post-secondary) **must be returning to Post Secondary school in fall 2015.** The student must provide the following: **a resume, final grades for the academic year as well as a document stating the student is entering/returning to Post secondary school in the fall of that year.** Please submit your resume and all documents **at the Band Office on Thursday June 25th, 2015 before 4:30 pm.** Resumes and documents after this date **will not be accepted.** Please note that we are aware that final grades may not be ready for this deadline date but we ask that they are provided as soon as they are received.

### **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 out of office June 15th to 18th, 2015  
Convocation meeting in Quebec City.*

*I will be on Holidays  
July 19th to August 1st, 2015.*

## Eagle Village Education Department



I would like to extend my warmest welcome to Jimmy Constant Jr. He will be working with me in the Education Department as a Data & Filing Clerk. Jimmy has been hired through the Summer Career Student Program for 14 weeks. He will be assisting me in various tasks around my office as well as lending a helping hand in other departments. Jimmy is a student at the University of Ottawa and will be returning to his studies this coming fall, working towards his Bachelor of Social Sciences.

**Rose Jawbone**

I will be out of office June 16th - 19th 2015  
FNEC Meeting in Quebec City

# Eagle Village Police Department



The Eagle Village Police Department is currently seeking two (2) part-time jailors who must be available to work when required. One female and one male will be chosen for the positions. Applicants must not have a criminal record because a criminal background check will be conducted by the Eagle Village Police.

**If you are interested in becoming a jailor, please leave your name at the Police Station with any Officer before Friday July 10th, 2015 at 12:00 pm.**

Thank You , Nelly Mathias #605  
(819) 627-9624/8229

## **BICYCLE SAFETY INFORMATION SESSION** **Sunday June 28th, 2015**

Please take note that on  
**Sunday June 28th, 2015**  
the Eagle Village Police Department  
will be hosting their  
**Annual Bicycle Safety Information Session**  
**1:00 pm to 3:00 pm**  
at the Eagle Village Community Hall !!

**All youth ages 4 to 15 are welcome to attend !!**  
**A light snack and beverages will be provided !!**

**There will be prizes to be won and 3 bicycles**  
**to be drawn so come on out and enjoy a day**



## Migizy Odenaw Childcare Centre

The Staff, Children and Parents had a wonderful afternoon at Migizy Odenaw Childcare Centre on Thursday May 14th celebrating "FAMILY DAY"

there was face painting, water play, sidewalk chalk, music, bubbles, snacks and refreshments.

Thank you to everyone who were able to make it.

**FAMILY...**

**WHERE LIFE BEGINS AND LOVE NEVER ENDS**



# Eagle Village Housing Department

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## HOUSING INTERNSHIP INITIATIVE FOR FIRST NATIONS AND INUIT YOUTH

ORGANIZATION: Housing Department of Eagle Village First Nation  
POSITION: Junior Carpenter Helper (Trainee) / Office Assistant  
START DATE: July 20th, 2015 (40 hours per week)  
DURATION: 26 weeks (Contract)  
SALARY: \$12.00 / Hour

### CRITERIA:

- Between the ages of 15 - 30 years of age
- Out of school and unemployed for at least 6 months (No EI benefits)

### Priority will be given to:

- A Band Member of EVFN
- An individual with a high school diploma
- An individual with interest in the construction trade
- An individual with computer knowledge

Please submit your resume to the front desk at the Band Office on or before July 9th, 2015 at 4:30 pm

I would like to welcome our new residents to the Eagle Village Community ...

Rose Chaput , Darlene and Clarence McKenzie.

### HOUSES FOR SALE

Please contact the Housing Department for more details.



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

# Eagle Village First Nation Aboriginal Day 2015



**SUNDAY JUNE 21<sup>st</sup>, 2015**

**EAGLE VILLAGE COMMUNITY BALLFIELD  
ALL ACTIVITIES ARE FREE OF CHARGE**

**OPENING CEREMONIES - 12 p.m.  
CLOSING CEREMONIES - 5 p.m.**

**TRADITIONAL  
DRUMMERS  
AND DANCERS**

**ALGONQUIN CANOE  
Algonquin Pictures and  
Artifacts Kiosk**

**BANNOK MAKING / SAMPLING  
CHAGA / CEDAR TEA SAMPLING**

**KID ZONE  
Story Telling  
Coloring  
Face Painting  
Inflatables**

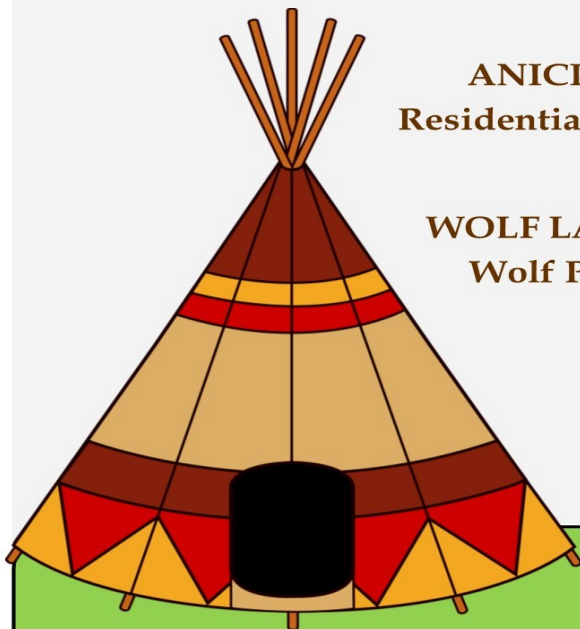
**ANICINABE MIKANA  
Residential Schools Information**

**WOLF LAKE FIRST NATION  
Wolf Project Information**

**Edible Plants  
and Fauna  
Information**



**SACRED FIRE**



**TRADITIONAL ALGONQUIN SUPPER - 4 p.m.  
FISH, BANNOCK, BEANS, SALAD**



WOLF LAKE FIRST NATION



**Canadian Patrimoine  
Heritage canadien**

This project is made possible by the support of Canadian Heritage.  
Ce projet est rendu possible grâce au Patrimoine canadien.

# Land Management

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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 June.

- **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

In collaboration with the Municipality of Kipawa we have been lucky enough to gain approximately 2 weeks of work for the regular PCT crew. Shortly after completing this short contract, they will begin their regular season of work. We have other training projects on the go as well. Perry Mongrain has been sent on a training in Val D'or and when completed he will be foreman trainer for new brush-cutters. The Land Management Office will be accepting your resume as your application for this brush cutting training project until Wednesday, June 17<sup>th</sup> at 11 am.

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*

### **KEBAOWEK LAND MANAGMENT INC. (SYLVICULTURAL WORKS COMPANY)**

#### **JOB POSTING: BRUSHCUTTING TRAINING / 12 WEEKS**

Under the supervision of the Foreman (trainer), the incumbent will:

- Be trained in many aspects for the brush cutter job
- Once training has been completed by Rexforet`s standards & testing methods you will become certified
- Gain knowledge of silvicultural works
- Gain a basic knowledge of inventory, cuts, etc.,

You will:

- Have the opportunity to earn a salary while training
- Have the opportunity to own the brush saw and equipment if you are successful at the end of the training period
- Note that ALL safety equipment will be provided

Salary:

- Hourly rate is \$11.68 per hour and the training will be for 12 weeks

If you are eager to learn the trade of brush cutting and are serious about knowing more about silvicultural works then we want to hear from you. There is a possibility that once you have completed all training standards & testing and have gained your certification it could lead to joining the PCT crew for seasonal work. Please submit your resume to the address listed below specifying what you can bring to the team before the **closing at 11 a.m. on Thursday, June 25th, 2015.**

**EAGLE VILLAGE FIRST NATION  
ATTN: Pascal Bibeau, Project Manager  
P.O. Box 756  
Temiscaming, Quebec J0Z 3R0  
Tel: 819-627-3309 Fax: 819-627-9428**



# 8<sup>e</sup> édition / 8<sup>th</sup> Annual Kipawa Countryfest

August 14-15-16 août 2015

Kipawa, Québec



**KIRA ISABELLA**



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



**JOE DIFFIE**

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



**MIKE TRUPELL**



**BIG TOBACCO & THE PICKERS**



**SWEET GRASS BAND**

**THE NASHTOWN JACKS**



**NELSON COLT**

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

**PASSEPORT DE FIN DE SEMAINE**

En pré-vente jusqu'au 17 juillet 2015

**WEEKEND PASS**

Advance sales available until July 17, 2015

Adultes / Adults **\$45.00**

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

EN VENTE / ADVANCE PASSES ON SALE AT:

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

BRACELETS ADULTES / ADULT WRISTBANDS

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

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

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](http://www.evfn.ca) / Facebook (Kipawa Countryfest)

Countryfest MC's:

DJ Neil Pariseau and Josette McCann

Sound & Lights By:

DBSL Inc. Pro Sound & Lighting (Dan Belanger)

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





# Community Notes and Information

## **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](http://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



### **Lucien Dolbeck**

January 1941 - June 2010

Five years ago you quietly slipped away and took a part of me.

Despite all the challenges along the way that passion for life was always there. You laughed till everything went silent. You constantly reminded us life had been good but someone just had other plans for you.

You asked that when you came to the end of your journey we remember only the best and that we had loads of fun. You left behind a legacy of strength and courage for all who surrounded you. You taught us how to accept, be strong and brave so we could travel that last journey by your side. When a tear falls it's not for me it's for what you won't see. Sometimes, as I walk alone and my heart physically hurts I swear I feel your hand slip into mine. Someday, we shall meet again on that beautiful shore where nobody says goodbye. Until then Lord give him gentle care, love and save a place beside him till we get there.

Your Wife, Children, Grandchildren  
and Great Grand Daughter  
xoxo

## **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 JUNE DEADLINE FOR NON-RESIDENT FEES IS**  
**JUNE 25TH 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**

# Community Wishes for June



Happy 7th Birthday  
Nathaniel

Hugs, Kisses 'n' Tickle  
from Gramma



Happy 7th Birthday  
Nathaniel

Love You !!  
from Papa



Happy Birthday "Baby Girl"  
Wishing you an extra special day  
on June 17th !!

Love Mom 'n' Pops



I would like to wish my gorgeous sister  
Mary Ouimette (aka Michelle Pfeiffer)  
a Happy Birthday. Mary will be  
celebrating her Special Day on June 29th.  
We love you very much and hope you get  
everything you wish for.  
Love Your Sister Bean and Family



Happy Birthday Wishes  
to Dale Down who celebrates  
his birthday on June 9th !!

Love ... Rhonda  
Desiree, Delyssa & Angus



Happy Father's Day  
wishes to Dale Down!!

We love you !!

From ... Rhonda  
Desiree, Delyssa & Angus



**Wishing my little  
sweetie a Happy 2nd  
Birthday on June 5th!**

**You bring loads of  
happiness to everyone  
around you with your  
beautiful smile and  
charming personality!!**

**Love Mommy**



Congratulations to our daughter  
Meghan Fleury  
on her High School Graduation  
from G. Théberge School.

Meghan successfully completed  
secondary 5 and plans to  
continue her education in  
the Welding program at  
Canadore College !!

We're very proud of Meghan and wish her great  
success in all her future dreams !!

Love Mom, Dad, Jamie-Lee and Dylan



Congratulations to our daughter  
Jamie-Lee McKenzie  
On her Graduation from  
Nipissing University  
with a Bachelor of Arts Degree  
With Honours in  
Political Science and  
A Specialization in  
Native Studies !!

We're very proud of Jamie-Lee achievements  
and wish her a future of great success !!

Love Mom, Dad, Dylan and Meghan

# Medical Transportation

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

**MEDICAL VISIT ATTESTATION**

This is to certify that \_\_\_\_\_  
was here to receive professional services from \_\_\_\_\_ (Name and Title of Professional)  
at \_\_\_\_\_ this \_\_\_\_\_ (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.

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

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

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

The **JUNE** deadline for Medical Transportation Claims is **Monday June 29th, 2015 at 12:00 pm.**

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

## Do you need a family doctor? Apply now!

If you do not have a family doctor, you must complete an application from the hospital. Please contact the Health Center for assistance at 819-627-9060.



# June is Stroke Awareness Month

## STROKE PREVENTION

You can't control your family history, age, gender or ethnicity. But luckily, you can do something about other factors that could increase your risk of having a stroke, including obesity, diet, diabetes, smoking, high blood pressure and high blood cholesterol.

**Stroke occurs when the blood supply to part of the brain is cut off. Without oxygen-rich blood, brain cells begin to die. If the blood supply is not restored, the affected part of the brain dies, causing disability or death.**

Help prevent stroke by learning more about the risk factors you can do something about, and those you can't control.

### **Risk factors you can do something about:**

- High blood pressure (hypertension)
- High blood cholesterol
- Atrial fibrillation
- Being overweight
- Diabetes
- Excessive alcohol consumption
- Physical inactivity
- Smoking
- Stress

### **Risk factors you can't control:**

- Age
- Gender
- Family History
- Ethnicity
- History of Stroke or TIA

### **What is your risk?**

Cardiovascular disease (heart attack or stroke) is a leading cause of death, so it is important to understand how to prevent them.

**The more risk factors you have, the greater your risk.**

When certain risk factors occur together, known as **metabolic syndrome**, the risk of heart disease, stroke, and diabetes become greater.

**Getting your blood pressure in check ...** High blood pressure is the number one risk factor for stroke and a major risk factor for heart disease. High blood pressure is when the blood pressure in your arteries is elevated and your heart has to work harder than normal to pump blood through the blood vessels. It is important that you have your blood pressure checked regularly by your healthcare provider. Read on to learn about blood pressure and how it can be managed.

### **What is blood pressure?**

Blood Pressure is a measure of the pressure or force of blood against the walls of your blood vessels (known as arteries). Your blood pressure reading is based on two measures called systolic and diastolic. The systolic (top) number is the measure of the pressure force when your heart contracts and pushes out the blood. The diastolic (bottom) number is the measure of when your heart relaxes between beats.

The table below defines varying blood pressure categories: low risk, medium risk, high risk. See a nurse at the Health Center or your doctor to get a proper blood pressure measurement.

CATEGORY	SYSTOLIC / DIASTOLIC
Low risk	120 / 80
Medium risk	121-139 / 80-89
High risk	140+ / 90

### **There are some exceptions to these categories.**

If you have **diabetes**, the high risk category for your blood pressure is slightly lower. Your blood pressure should be less than **130 / 80**.

Generally speaking, systolic blood pressure should be less than **150** for people **over 80 years of age**.

**Your healthcare provider will consider your overall health and medical conditions before deciding on the right blood pressure for you.**

### **What is Metabolic Syndrome?**

Metabolic syndrome is a group of risk factors that increases your risk of heart disease, stroke, and diabetes. These factors include high blood cholesterol, high blood pressure, obesity (particularly abdominal fat), high blood sugar, and low HDL ("good") cholesterol. Typically, three or more of these conditions need to be present for an individual to be diagnosed with metabolic syndrome. If you are diagnosed with metabolic syndrome, your doctor may prescribe medications and recommend lifestyle changes to reduce your risk of heart disease, stroke, and diabetes.

# June is Stroke Awareness Month

**Getting your cholesterol in check ...** There are two types of cholesterol - good and bad. It's so important to keep it at healthy levels because **high cholesterol is a major risk factor for heart disease and stroke.**

## What is blood cholesterol?

Cholesterol is one of the fats in your blood. Your body uses it to make cell membranes, vitamin D and hormones. There are two main types of cholesterol:

1. Low-density lipoprotein (LDL) cholesterol is often called **bad cholesterol** because high levels in the blood promotes the buildup of plaque in the artery walls.
2. High-density lipoprotein (HDL) cholesterol is called the **good cholesterol** because it helps carry LDL cholesterol away from the artery walls.

**Triglycerides are not a type of cholesterol. However, they are a type of fat that is found in the blood. High triglycerides are associated with excess weight, excess alcohol consumption and diabetes. Usually your triglyceride level is usually measured at the same time as your blood cholesterol.**

## How does cholesterol affect heart disease and stroke?

High blood cholesterol is a major risk factor for heart disease and stroke. **By lowering your cholesterol, you can dramatically reduce your risk of heart disease and stroke.** High cholesterol can lead to a buildup of plaque in the artery walls, narrowing the arteries, a condition called atherosclerosis. This can make it more difficult for your blood to flow through your heart and body, putting you at an increased risk for circulatory problems, heart disease and stroke.

## LEARN THE SIGNS OF STROKE

**F**ACE is it drooping?  
**A** RMS can you raise both?  
**S** PEECH is it slurred or jumbled?  
**T** IME to call 9-1-1 right away.

## Transient Ischemic Attack (TIA or Mini-Stroke)

**Transient ischemic attack (TIA), or "mini-stroke" happens when a clot stops blood from flowing to the brain for a short time.** TIA, also known as a mini-stroke, is a medical emergency. Call 9-1-1 or your local emergency number to ensure you get help quickly.

## TIA Symptoms ...

The symptoms of TIA are almost the same as the symptoms of a stroke, however, the symptoms go away within a few minutes or hours. **Having a TIA is an important warning sign of stroke.** Know the stroke warning signs – it could save a life.

## TIA is an Emergency ...

A TIA is a serious warning that says something is wrong with blood flow to your brain and that you are at higher risk for having a stroke immediately after the TIA, up to one year later. The good news about TIA is that it gives you a chance to take actions to reduce your risk.

## Smoking, Heart Disease and Stroke

Smoking and exposure to second-hand smoke have many negative health effects that increase your risk of developing heart disease and stroke. Smoking contributes to the buildup of plaque in your arteries, increases the risk of blood clots, reduces the oxygen in your blood, increases your blood pressure and makes your heart work harder.

Smokeless tobacco (chewing tobacco or snuff) is also harmful and can increase the risk of having a fatal heart attack, fatal stroke and certain cancers. Do not use smokeless tobacco products. They are not a safe alternative to cigarettes.

Being smoke-free has enormous benefits for your health and the health of the people around you. Once you become smoke-free and avoid exposure to second-hand smoke, you will immediately reduce your risk of heart attack and stroke. The sooner you become smoke-free, the sooner your body can start to recover and it doesn't take long to see the effects.

- Within one year of quitting, your added risk of coronary heart disease is cut in half than that of a smoker.
- Within 5 years, your risk of having a stroke will be nearly that of a non-smoker.
- Within 10 years, the risk of dying from lung cancer is cut in half.
- Within 15 years, your risk of coronary heart disease will be similar to that of a non-smoker.

# First-Line Services



## EAGLE VILLAGE FIRST NATION HEALTH CENTRE GUARDIAN ANGEL JOB POSTING (SUMMER 2015)



Under the supervision of First Line Social Services and Police Department, the 'Guardian Angels' Program is designed for targeted youth to be more involved and proactive in our community in a positive way.

**TITLE:** Guardian Angels (4 Positions Available) Ages 14 to 17.

**SUPERVISOR:** First-Line Social Services

**SUMMARY:** Guardian Angels Program will operate every day of the week from 6:00 pm – 11:00 pm. Guardian Angels will be required to work rotating shifts including weekends.

Start date will be Thursday July 2<sup>th</sup>, 2015 End date will be Saturday August 22<sup>th</sup>, 2015.

**SALARY:** \$10.55 / hour

**DUTIES:** Tour the community on the bikes (will be provided) to keep an eye out for any vandalism, mischief, underage drinking etc. and contact the EVFN Police when these events occur, crime prevention with police officers, assist Elders (courtesy).

**REQUIREMENTS:** First-Line Services will be providing two bikes, two vests and a pre-paid cell phone for the Guardian Angels. They will be required to wear these vests and have them present at all times during their scheduled shift.

**Please submit your resume to Stacey McBride at the Social Services Building on or before 12: 00 pm on Friday June 19<sup>th</sup>, 2015. Phone Number: 819-627-9877**



## **STRAWBERRY PICKING AT LEISURE FARMS**

**Monday July 13th, 2015**

**Departure Time: 9:00 am Returning: 1:00 pm**

**Register by July 8th, 2015 at 819-627-9877**

# First-Line Services

## First Line Services 2nd Annual

CLOTHES  
SWAP

Wednesday June 24th, 2015  
9:00 am - 6:00 pm  
Youth Centre

You can drop off your gently used, clean clothing for men, women and children at the Youth Centre by June 17, 2015. (Spring and Summer items only)

Thanks and hope to see you there!  
If you have any questions please do not hesitate to contact First Line Services at 819-627-9877.



Planting Season is here for the 2015 Community Garden  
If you are interested in getting your hands dirty planting please contact Kim at (819) 627-9877.

(Dates to be determined for June)

### Pina Colada Pop



Tropical and creamy, these frozen delights taste like summer on a stick.

#### Good stuff:

Pineapple delivers bone-building manganese and wrinkle-fighting vitamin C.

#### Recipe:

Blend together 4 cups pineapple chunks (about 1 pineapple) + 1 cup canned coconut milk + ½ cup sweetened coconut flakes. Pour mixture into popsicle molds, insert stick and freeze until solid.

### Banana Fudgesicle

A healthy spin on a childhood fave, these chocolate-banana bars are pure bliss.

#### Good stuff:

Delivers potassium and calcium for lower blood pressure and stronger bones.

#### Recipe:

Blend together 2 bananas + 2 cups skim milk + 1 packet chocolate pudding mix + ¼ cup cocoa powder. Pour mixture into popsicle molds, insert stick and freeze until solid.



### Orange Creamsicle



These dreamsicles are creamy without all the added fat.

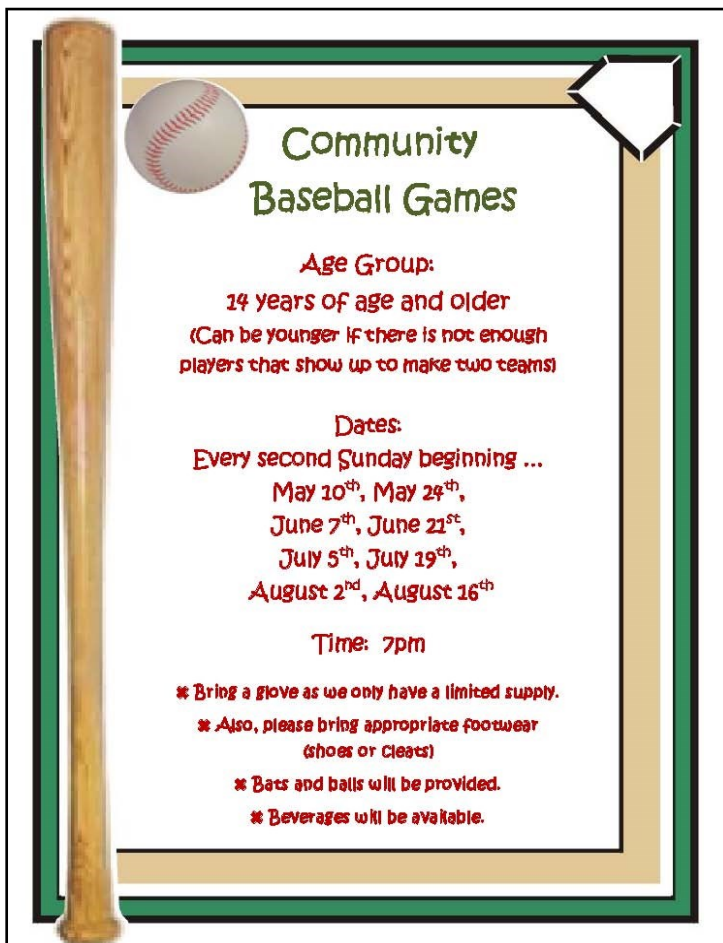
#### Good stuff:

Non-fat Greek yogurt gives you 2 grams of protein per pop.

#### Recipe:

Blend together 1 cup frozen orange juice concentrate + 2 cups water + 1 cup 0% Greek yogurt + 3 tablespoons honey + 1 teaspoon vanilla extract. Pour mixture into popsicle molds, insert stick and freeze until solid.

# Sports & Mentorship



**Community  
Baseball Games**

**Age Group:**  
14 years of age and older  
(Can be younger if there is not enough  
players that show up to make two teams)

**Dates:**  
Every second Sunday beginning ...  
May 10<sup>th</sup>, May 24<sup>th</sup>,  
June 7<sup>th</sup>, June 21<sup>st</sup>,  
July 5<sup>th</sup>, July 19<sup>th</sup>,  
August 2<sup>nd</sup>, August 16<sup>th</sup>

**Time:** 7pm

\* Bring a glove as we only have a limited supply.  
\* Also, please bring appropriate footwear  
(shoes or cleats)  
\* Bats and balls will be provided.  
\* Beverages will be available.

It was a great start for the Walking Challenge 2015 as we have 48 people signed up for the event. We have 22 that have paid so please everyone who hasn't paid, come in and see me at the Health Centre and leave your \$5 dollars.

## Tips:

- For those not wanting to go walking due to the bugs, try using Bounce sheets.
- Make sure you wear appropriate footwear before going out as it will help you walk farther without getting blisters.
- The warm weather is about to begin so make sure you bring a bottle of water with you.

**\*\*For those doing a round of golf, please put 3.7 kilometers for every 9 holes completed.\*\***



Rodney and I went for a canoe trip with the Secondary 4 & 5 along with the teachers Mr. Lahti and Mrs. Gravelle. We started in Tee-Lake and began our journey and did portage along the way. We had a fire making competition between the two groups which I was

very impressed as it took less than 5 minutes for both groups to make fire with a flint. Our canoe trip brought us to Coal Pit Bay and we stopped at the bottom of the rapids for a group picture before getting off to the site one of the canoes flipped and kids went overboard. They were in shallow water and they were able to flip over the canoe with the help of Shawn and myself using a T-bone rescue technique. The kids were well behaved and it was a fun trip.

Mitchell McMartin  
Sports & Mentorship Coordinator



**Hunters Point Camping Trip !!**

I would like to let everyone know that our annual Hunter's Point Trip is two months away.

This year the first week will be for the 12 yrs and older group and the second week will have the 12 yrs and under group.

**The dates set for the trip are July 20th for the first week and July 27th for the second week.**

There will be more information on what to bring, waiver forms and the deadline to sign up in next month's newsletter article.





# Heat Exhaustion and Heat Stroke

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**Heat exhaustion** often occurs when people exercise (work or play) in a hot, humid place and their body fluids are lost through sweating, causing the body to over-heat. It is typically caused when people who are not well adjusted to heat exercise in a hot, humid environment.

At high temperatures, the body cools itself largely through evaporation of sweat. When it is very humid, this mechanism does not work properly. The body loses a combination of fluids and salts (electrolytes). When this is accompanied by an inadequate replacement of fluids, disturbances in the circulation may result that are similar to a mild form of shock. The symptoms are:

- Often pale with cool, moist skin
- Sweating profusely
- Feels faint or has collapsed
- May be complaining of headache, weakness, thirst, and nausea
- Core (rectal) temperature elevated – usually more than 37.8° Celsius (100° Fahrenheit) – and the pulse rate increased

**Heat stroke** is a life-threatening medical condition. Heat stroke occurs when the body temperature rises above 40.5° Celsius (105° Fahrenheit). The person's cooling system, which is controlled by the brain, has stopped working, and the internal temperature has risen to the point where brain damage or damage to other internal organs may result. Heat stroke may often develop rapidly.

Infants and the elderly are more likely to have this problem, as are those who are taking antihistamines and certain types of medication for high blood pressure or depression. Medical conditions or medications that impair the body's ability to sweat may predispose people to this problem.

Heat stroke happens in two different ways. The classic form occurs in people whose cooling mechanisms are impaired. The exertional form occurs in previously healthy people who are undergoing strenuous activity in a hot environment. The symptoms are:

- Unconscious or has a markedly abnormal mental status

- Flushed, hot, and dry skin (although it may be moist initially from previous sweating or from attempts to cool the person with water)
- May experience dizziness, confusion, or delirium
- May have slightly elevated blood pressure at first that falls later
- May be hyperventilating
- Rectal (core) temperature of 40.5° Celsius (105° Fahrenheit) or more

## When to Seek Medical Care

As with all other medical problems, a doctor should be called if you are not sure what is wrong, if you do not know what to do for the problem, or if the person is not responding to what you are doing for them.

**Call a doctor for heat exhaustion** if the person is unable to keep fluids down or if their mental status begins to deteriorate. Symptoms of shortness of breath or chest or abdominal pain may indicate that the heat exhaustion is accompanied by more serious medical problems. For heat exhaustion, a person should go to the hospital if any of the following are present:

- Loss of consciousness, confusion, or delirium
- Chest or abdominal pain
- Inability to drink fluids
- Continuous vomiting
- Temperature more than 40° Celsius (104° Fahrenheit)
- Temperature that is climbing despite attempts to cool the person
- Any person with other serious ongoing medical problems

**Suspected heat stroke is a true, life-threatening medical emergency.** Call for an ambulance and request information as to what to do until the ambulance arrives. A person with suspected heat stroke should always go to the hospital (or call for an ambulance) at once.



**What are sunscreens?** Sunscreens are barriers which are applied to the skin. They work by absorbing or reflecting the sun's UV rays away from your skin. Sunscreens come in a wide variety of forms - creams, lotions, sprays, gels and sticks - and there are many brands to choose from. Look for the Canadian Dermatology Association (CDA) logo on products to ensure the safety and effectiveness of the sunscreen. Products with the logo have been specially tested.

**How do I choose a sunscreen?** Look for a product with a minimum SPF of 30 to protect against the sun's ultraviolet B (UVB), or burning, rays. The product should also contain ingredients that protect against ultraviolet A (UVA) rays which penetrate more deeply into the skin and are responsible for premature aging and contribute to the development of skin cancer. Sunscreens that are labeled "broad-- spectrum" help protect against both.

**What is an SPF?** All sunscreens are labelled with a sun protection factor (SPF) number. This relates to the amount of time it takes for your skin to burn without any protection and how long it would take if you used the appropriate amount of sunscreen. An SPF is the ratio between the amount of UV which will cause sunburn in sunscreen protected skin, compared to that in unprotected skin. Sunscreens should not be used to extend the amount of time you would usually spend in the sun. Sunscreens should be used with other forms of sun protection, such as shade, hats and clothing, to protect you as much as possible.

**Are there sunscreens for use during sport?** Yes, some sunscreens are labelled as sport products and are suitable because they have been specially formulated to stay on the skin during sport.

**Are there any sunscreens for sensitive skin?** If you have sensitive skin, try a small amount of the product on your arm and check for any reaction up to 48 hours later. People allergic or intolerant to the chemicals in sunscreens should look for products labelled "chemical-free". These usually contain ingredients such as titanium dioxide and zinc oxide that reflect rather than absorb the sun's rays and are much less likely to cause a reaction.

**When should I put on sunscreen?** You should apply sunscreen generously and evenly about 20-30 minutes before sun exposure to allow the active ingredients to bond to your skin. To be effective, all sunscreens need to be liberally applied; for example, one palm-full for each arm and one for each leg. Also, remember to reapply regularly, especially after sweating heavily or swimming.

**Does a product still work after its expiry date?** Sunscreens contain chemicals that eventually break down, compromising the effectiveness of the product, so you should not use a sunscreen after its expiry date. Also, sunscreens are often kept in hot temperatures - in the glove compartment of a car or in a beach bag - conditions which accelerate the deterioration of the product.

**How do I protect my lips?** Use a minimum SPF 30 lip balm. There is a variety to choose from. Don't forget to reapply every hour.

**When do I need to protect myself from the sun?** You should be protected from 11 am to 4 pm from late spring to early fall and during winter if you are involved in outdoor activities. The sun's rays are strongest around midday, so try to avoid exposure around that time. The sun is harsher the closer you are located to the equator and at higher altitudes where the thinner atmosphere blocks fewer of the sun's rays. The damaging effects of direct exposure to the sun can be increased if there is reflection from snow, water and light coloured sand. Snow reflects up to 80 per cent of the sun's rays - so you could be getting a double dose of radiation when involved in winter sports.

# Reminder Sheet for Upcoming Important Dates

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## JUNE 2015

- June 3rd** - Summer Activity Coordinators Job Posting Deadline
- June 5th** - Band Office and Health Center are closed for EVFN Elections
- June 6th** - Neighbor's Day at the 75th Park in Temiscaming
- June 7th** - Cradle-Board Making Workshop for Adults
- June 7th** - Community Baseball Game (14 yrs +)
- June 8th** - Day One for the Women's Health Screening Clinic
- June 9th** - Day Two for the Women's Health Screening Clinic
- June 10th** - Men's Health Workshop with Sarah Blackwell (
- June 19th** - Guardian Angel Job Posting Deadline
- June 19th** - "Feasting our Medicines" Youth Activity
- June 21st** - National Aboriginal Day Activity (see page 6 for more info)
- June 21st** - Happy Father's Day !! First Day of Summer !!
- June 22nd** - Band Office and Health Center are closed for National Aboriginal Day Holiday
- June 23rd** - Band Office and Health Center are closed for St. Jean Baptiste Holiday
- June 24th** - First-Line Services 2nd Annual Clothing Swap at Youth Center
- June 25th** - Deadline for Summer Student Employment
- June 25th** - Deadline for Brush Cutting Training Opportunity
- June 25th** - Deadline for Non-Resident Fee Reimbursement for the month of June
- June 28th** - Bicycle Safety Information Session for Youth ages 4 to 15
- June 29th** - Deadline for Medical Transportation Claims for the month of June

## 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 18th** - Annual EVFN Summer Boat Rally
- 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

# Eagle Village First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HOLIDAYS</b> Joan St-Denis	1	2	3	4 GARBAGE PICKUP	5 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR ELECTIONS	6 NEIGHBOR'S DAY IN TEMISCAMING
7 <b>HOLIDAYS</b> Jennifer Chevrier	8 WOMEN'S HEALTH SCREENING CLINICS AT THE HEALTH CENTER (June 8th & 9th)	9 Tina will be in Quebec City for a Meeting (9th - 12th)	10 MEN'S HEALTH WORKSHOP	11 RECYCLE PICKUP	12	13
14 <b>HOLIDAYS</b> Jennifer King	15 Glenda will be in Quebec City for a Meeting (15th - 18th)	16 Lisa will be in Quebec City for a Meeting (16th - 19th)	17 Rose will be in Quebec City FNEC Meeting (16th - 19th)	18 GARBAGE PICKUP	19	20
21 ABORIGINAL SOLIDARITY DAY FATHER'S DAY	22 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR ABORIGINAL DAY	23 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR ST. JEAN HOLIDAY	24 <b>HOLIDAYS</b> Donna Pariseau (22nd - 30th) Mitchell McMartin	25 RECYCLE PICKUP	26	27
28 BICYCLE SAFETY INFO SESSION	29 DEADLINE FOR MEDICAL TRANSPORTATION	30 <b>HOLIDAYS</b> Bonnie Down Jennifer Presseault Donna Pariseau	<b>June 2015</b>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>July 2015</b>			1 CANADA DAY	2 GARBAGE PICKUP	3 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR CANADA DAY HOLIDAY THURSDAY JULY 2ND 12:45 TO 4:30 PM AND FRIDAY 8:00 AM TO 12:00 PM	4
5 <b>HOLIDAYS</b> Bonnie Down Tina Chevrier Virginia McMartin	6	7	8	9 RECYCLE PICKUP	10	11
12 <b>HOLIDAYS</b> Tina Chevrier Virginia McMartin Vicky Constant Priscillia Durocher	13	14	15	16 GARBAGE PICKUP	17	18 ANNUAL BOAT RALLY
19 <b>HOLIDAYS</b> Vicky Constant Helene Savard Priscillia Durocher	20	21	22	23 RECYCLE PICKUP	24	25
26	27	28	29	30 DEADLINE FOR MEDICAL TRANSPORTATION GARBAGE PICKUP	31	