



Migizy Odenaw Mazinaigan

Eagle Village First Nation Community Newsletter

www.evfn.ca

An Update from the Chief

The month of February was again another busy one and the main focus was on the Energy East Pipeline as we needed to submit an application for February 23rd to apply for funding from NEB (National Energy Board). This was a significant task in itself and on March 3rd we needed to submit the application for intervenor status at the NEB hearing. A press release was issued stating our concerns over downstream impacts of a pipeline rupture at Turtle Lake along the Mattawa National Heritage River flowing into the Ottawa River (Press Release is enclosed).

We also put out a press release in regards to the proposed Windmill Project in the Mattawa area. The Nodinosi Energy Partnership is the result of a cooperative effort between the Algonquins of Pikwàkanagàn First Nation and Innergex Renewable Energy. We publicly stated that no development of lands and resources in the Mattawa Region is legal unless Eagle Village First Nation gives consent as this is our Title area (see enclosed Press Release).

Community Update

The Community Hall renovations were completed in early March. Renovations included the addition which includes a new bar, storage room and an area for a generator. The kitchen was also modified.

We will begin the road construction for the new Waste Water Treatment Plant this spring and in preparation for this we posted a Manual Tree Felling Training (Chain Saw Course) and we are using our regular PCT crew in addition to the youth 30 and under currently taking the training to provide them with an opportunity to work. The PCT crew consist of Clifford Joly (Foreman), Marcel Paul, Brian Young and the following young men who were selected to take the training and have the opportunity to work on the project include Tyler Young, Dominic Lariviere, Adam Savard, Collin McKenzie, Andrew Joly and Corey Davidson.

Community Economic Development Update

As we continue to advance in our Community Economic Development Initiatives our goal is to continue to create economic opportunities to stimulate economic growth and employment for the community. We have purchased the old SopFeu (forestry) building in Kipawa to develop a Tourism Project to welcome tourists to our area. We are looking at and Inn with an elegant restaurant, with a possibility of developing a marina. The business plan for this economic venture is presently being developed.

Another economic development project being developed is the Community Radio Station, our goal is to have this up and running this year.

(continued on page 2)



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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

IMPORTANT REMINDER

To all persons interested in attending post-secondary for the school year 2015-16.

Please contact the Education Administrator to request an application for funding.

All completed applications must be submitted to the Education Administrator no later than **April 1st, 2015.**

Rose Jawbone

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An Update from the Chief Cont'd

Research Update

In order to address the gaps in our research Mr. Jim Morrison (Researcher) has begun interviews with Elders to record our Oral History. The second gap that is being addressed is the Land Use Mapping. Mr. Terry Tobias will be doing mapping sessions with our members who use the land in order to show continued use of the territory. Our office will be in contact with members to participate in this process and your cooperation would be greatly appreciated and will be beneficial to the future generations. The research is essential to continue to assert our Aboriginal Title especially after the recent Supreme Court Decision that came down in June, 2014 – the Tsilhqot'in Decision. It will be equally important to complete the research especially for the Mattawa area and dealing with the Algonquin's of Ontario (AOO) treaty process because it is a policy fiction created by the Ontario and Federal Governments for negotiating purposes and this process is affecting Eagle Village First Nation directly. I have enclosed a Press

Release that Chief St. Denis put out in regards to the legitimacy of the so-called Algonquin's of Ontario collective.

Meeting in Mattawa

On **March 24th, 2015** there will be a meeting in Mattawa, I along with the Council, Mr David Schultze (our Lawyer), Mr. Pete Digangi (our Researcher), and our Land and Resource Office will be there to provide an update on the Algonquin's of Ontario Claim, our research, and to get your information on the areas you currently hunt and fish in order to better protect your rights. **Any member who has an interest in the Mattawa area please note that it will be important to attend this meeting.** You will be mailed an official memo as to the date, time and location of the meeting. You can call our Office at 819-627-3455 for more information.

Meegwetch!

Chief Madeleine Paul

NOTICE TO ELECTORS

Election Packages are now being prepared for the upcoming Election on June 5th, 2015.

A number of members have not provided full mailing addresses to the Eagle Village Band Office.

We ask that family members who have relatives that are Eagle Village Band Members to advise them to provide their full mailing address as soon as possible to the Electoral Officer at 819-627-3455. This will ensure that they receive their election packages in a timely fashion.

Thank you for your cooperation.

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 at 819-627-3455 or justin.roy@evfn.ca

**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

EVPD News

On January 15th, 2015 while on her way to work from Quebec City, Officer Emilie Parent who works at the Eagle Village Police Department did a brave and courageous action by placing a call to 911.

Officer Parent had stopped at a Gas Station in Cobden, Ontario to pick up lunch and noticed a white Dodge Journey parked in front of the Gas Station/Subway. Inside the vehicle were three people, two males and one female. As Officer Parent was entering the Gas Station the female inside the white Dodge Journey asked her if she knew the directions to Toronto. Officer Parent informed her of the direction and the lady panicked and was acting scared and nervous. The lady then informed the driver that she had told him he was taking the wrong way. The lady then throws a bottle of Bacardi out at Officer Parent's feet in front of her. The vehicle then drove off towards Renfrew. As Officer Parent went inside the Gas Station to pick up her lunch she overheard the cashiers speaking about the vehicle that was parked outside. The cashiers were saying that the vehicle was parked out there for nearly a half an hour and they found it weird that no one got out of the vehicle. Officer Parent could have easily looked the other way but she did not and decided to call 911 because they were drinking and driving. Officer Parent gave the dispatcher all the information and the plate number of the Dodge Journey. The dispatcher asked Officer Parent to follow the vehicle which was going the opposite direction from her at a very high speed. Officer Parent followed the vehicle for approximately 40 km at a high speed before the OPP intercepted the vehicle. Once the vehicle was intercepted by the OPP Officer Parent turned around and continued her drive to her destination, Eagle Village First Nation.

Officer Parent received a phone call from the OPP that evening thanking her for calling in the vehicle because drugs were seized during the interception. The quantity of drugs seized by the OPP that day was a little over 10 grams of methamphetamine, a small quantity of marijuana and also a quantity of cash. The OPP believe that the two males and one female were involved in a drug trade.

Thanks to Officer Parent and her good police techniques she got these drugs off the streets. It is true what they say ... you're a Police Officer 24/7 ... even off duty.



Nelly Mathias #605
Chief of Police
Eagle Village Police Department

COMMUNITY NEWSLETTER **AND** **COMMUNITY NOTICE** **DELIVERY**

We are currently looking for people to deliver notices and the newsletter door-to-door in the Community. We will pay **\$30.00** per delivery.

If you are interested please submit your name to Roxane at the Band Office or to Tina at the Health Centre.

NOTE TO ALL MEMBERS

Deadline for Newsletter Submissions is the 20th of every month. Please send your submissions to donna.pariseau@evfn.ca or tina.chevrier@evfn.ca

Every month the newsletter is published online on our website www.evfn.ca.

Some members have submitted requests to no longer get the newsletter by mail, they wish to view it online. We also offer the newsletter via an email mailing list.

If you would like your name submitted for these other options, please call us at **819-627-9060 or you can email donna.pariseau@evfn.ca or tina.chevrier@evfn.ca**

Eagle Village Housing Department

BASIC HOME MAINTENANCE TIPS

Help - I have an old refrigerator !! Older refrigerators can use more energy than necessary if they are not looked after. Clean the coils on the back or under your refrigerator once a year if accessible. Defrost your freezer regularly to keep it working its best. Don't let the freezer build up more than 6mm- about ¼" - of frost. When buying a new refrigerator, choose an ENERGY STAR model. Energy and Water-Saving Tips, a fact sheet from CMHC, includes these and other energy saving tips that can save you money and make your home more comfortable. www.cmhc.ca/tips

**For more information on Home Maintenance tips you can contact
Eagle Village First Nation – Housing Department.**

On February 24-25, 2015 I attended the REGIONAL MEETING ON HOUSING” in Montreal, hosted by the AFNQL. Over the day and a half there were presentations on new housing strategies and building practise. I really enjoy attending these meetings because it is a great opportunity to gather new information pertaining to housing and to meet administrators from other communities and exchange practise.

Tanya Mckenzie, Housing Administrator
tanya.mckenzie@evfn.ca

HOUSES FOR SALE

Please contact the Housing Department for more details 819-627-3455



Eagle Village Land Management

Message from the Land Management Office

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

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

Also, in regards to the Supreme Court's Tsilhqot'in judgement we are in the process of building a map and database to prove the use of the land by our Band Members. This information will be very useful for our land use and occupancy. Therefore, we are asking Band Members to drop by to give us information about where, when they are hunting and any other type of traditional activities they are using our territories for. All this information once gathered will **ONLY** be used internally within the Community. As always, we look forward to seeing members stop by with their concerns or comments about these operation sectors during office hours.

Land Management Team

Local First Nation Human Resources

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

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

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

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

SUMMER CAREER PLACEMENT PROGRAM- UPDATE:

The Summer Career Placement Program is to enable young people to acquire work experience in their field of study. This program is offered through First Nation Human Resources Development Commission of Quebec, Urban Strategy. This is a joint venture with an employer, a student and the urban strategy department. This experience can be used on their resume. If anyone is interested in this program please contact me at 819-627-1980 or at glenda.moore@evfn.ca. **Please Note:** This program is run with Provincial dollars therefore only residents of Quebec can apply. The student may be attending school in Ontario but they must have an address in Quebec. Sorry for any inconvenience. This program will be opened up in April or May 2015, Eagle Village First Nation will be funded for two applicants only. Applications will be submitted as they come in once 2 have been submitted.

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.

OUT OF OFFICE

I will be out of office
February 23rd to March 6th 2015 inclusively.
Back in the office, March 9th, 2015.
Commission Regional Meeting - Montreal
March 17th to 20th, 2015

Gun Course Update:

We have our **final** list of names;
no more names will be taken.
Once the text books arrive the people on
our list will be contacted.
The course will be taken place in May 2015.

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 obtain:

A first Social Insurance Number, Old Age Security Information and easier access to your Employment Insurance Information.

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

Indian Registration / Membership

SECURE CERTIFICATE OF INDIAN STATUS (SCIS)

You can apply for the new Secure Certificate of Indian Status (SCIS); by mail or in person at an Aboriginal Affairs and Northern Development Canada Office (AANDC).

With your SCIS Application, you must submit the following:

- **The original copy of your Birth Certificate (long or short form)**
- **Two passport size photographs**
- **Valid identity document/s**
- **Name Linking Document. If you have taken your spouse's last name, you must submit:**
 - **Copy of marriage certificate (if you have valid identity document in your married name, other than a Certificate of Indian Status (CIS); OR**
 - **Original government issued marriage certificate (if you do not have valid identity document in your married name); OR**
 - **Legal change of name document.**

If you apply by mail, you are required to have a SCIS Guarantor Declaration form completed by an eligible Guarantor. The Guarantor must also sign the back of one of your photographs and your valid identity document/s.

Your birth certificate must match exactly how you are registered in the AANDC Indian Register. If they do not match, please submit your original birth certificate to your Indian Registration Membership office so that an amendment to your Registered Indian Record can be made. (*Your Certificate of Indian Status (CIS) indicates your name and date of birth as recorded in the Indian Register.*)

If you have questions or require assistance when you apply for the SCIS, please contact or visit the Indian Registration Membership office or any AANDC office.

SCIS – Video On-Line

A video clip entitled “How to apply for your Secure Certificate of Indian Status” is now available on the AANDC website. You can view it at the following address:

www.aadnc-aandc.gc.ca/eng/1100100032421/1100100032422

This video clip is an excellent tool to help you successfully fill out a SCIS form. The SCIS application forms and other useful information can be found on this same webpage.

REMINDER

When you receive your SCIS, you must activate it within 30 days.

"REKINDLING OUR HOME FIRES "

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

1ST ANNUAL SPRING GATHERING

May 13th to 17th, 2015

This ceremony will take place over 5 consecutive days.

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



"BAMAZAWIN – GOOD LIFE "



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

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

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

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

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

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

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

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

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

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

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

All participants can also receive their traditional names and clans.

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

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

Migwetch

Community Notes and Information



Rink Hours

Monday to Friday 3:00 pm to 9:00 pm
Saturday to Sunday 12:00 pm to 9:00 pm
Holidays and Quebec PD days will be same as Sat/Sun.



Terry Perrier - Director of Public Works



EAGLE VILLAGE ELDER'S CLUB
(13 Amik Crescent)

SUNDAY, MARCH 22, 2015

1:00 - 4:00 p.m.

(Doors open at 12:30 p.m.)

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

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

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

Regular Game Prizes - \$20.00

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

CANTEEN OPEN

Hotdogs, Chips, Pop, Tea, Coffee

EVERYONE WELCOME !!

CONSEIL EN EDUCATION DES PREMIERES NATIONS
FIRST NATIONS EDUCATION COUNCIL

Day Camp Monitor

Training

For 15 to 17-year-olds

FOR MORE INFO CALL MITCHELL 627-9060

June 22 to 26, 2015
Kiuna College, Odanak

Community Notes and Information

Home Care Program

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

Thank You !!

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

Émilie Bénard
819-627-9005

Home Care Program Coordinator



Migizy Gas is currently seeking cashiers and kitchen help. Part time and working during the weekends.

Thank You
Darren Chapeskie

819-627-3392

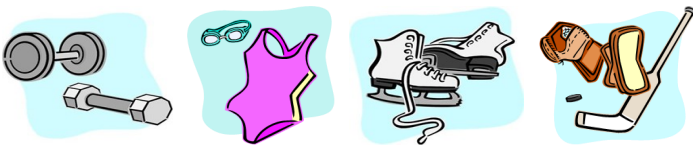
NON-RESIDENT FEES

for all Community Members Living On-Reserve

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

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

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



Chris and Jill Ladouceur welcomed their new daughter Nations Ladouceur on March 6, 2015, weighing 7 pounds.

Proud brothers are Ajay, Adin, and Saulus.

Proud grandparents are Greg, Joanne, and Claire.



Happy Birthday Daddy/Eric
Hope you have a great Birthday on March 18th !!

Love Priscillia,
Gabrielle & Vanessa



Happy 20th Birthday to Skylar !!
He celebrates his special day on March 27th !!

Have a great day !!

From all your Aunties

Community Wishes for March



To say that this is a proud parenting moment would be an understatement. Our daughter, Tori King McGregor, will be graduating from the Canadian Forces Base Borden on March 27th, 2015. She will be posted in Val Cartier, Quebec as of April 2015. Tori; we are not worried about you, because you know what you are doing, even when

you don't think you do. You were always a very determined and strong minded girl growing up. Go adventure, be brave, be bold and be courageous because you are meant to discover, to create, to learn, to experience it all and we will love you every step of the way, no matter what. We are so proud of you,, You are the bravest person we know!!! Love U!! Mom, Laurier, Kieran, Gage, Tristan and Brody

WE MISS YOU DADDY

**We miss your laugh,
We miss your smile,
We miss your smell,
We miss everything about you ...**

This first year without you has been very hard for us but Mommy is here with us to kiss us goodnight for you every night.

Love Jaxon and Carson



Congratulations to our son, Gage King McGregor, for his great work in creating a skateboard with his own face as the model. For this, he was featured on the front page of a local magazine called "the Brief" in Toronto On in January 2015. He also helped to design a skateboard for former PM Paul Martin at an Aboriginal

Education event, also in Toronto, On. Gage; we are so very proud of you, even though we didn't want you to go to school in Toronto; we supported you in your decision. You proved to us, at a young age, that you were able to take on whatever was put in front you. You are growing into such an amazing young man. You are pure potential and we can't wait to see where it takes you.



Love U!

Mom, Laurier,
Kieran, Tori,
Tristan and Brody

*In Memorium ~ Beatrice Honen
August 16th, 1930 - March 25th, 2014*



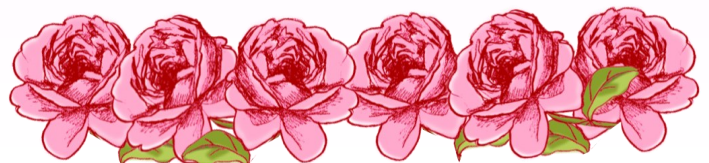
Are There Roses in Heaven

*If roses grow in heaven
Lord, please pick a bunch for me
Place them in my Mother's arms
And tell Mom they're from me*

*Tell her we love and miss her
When she turns to smile
Place a kiss upon her cheek
And hold her for awhile*

*Because remembering Mom is easy
We do it every day
But there is an ache in our hearts
That will never go away*

*Rest in Peace Mom ... Miss You and Love You
Baby daughter Eva & Ouimette Family and Friends*



Community Wishes for March



Happy 2nd Birthday
to our son and brother Saulus
on March 26th !!

Love
Mom, Dad, Ajay and Adin



Happy 75th Birthday
to a Wonderful Mom !!
(Theresa Goulet)

Love Rena, Dale and Winter
XO



Happy Birthday to my sister
Olivia
who celebrates her birthday
on March 7th !!

Birthday Wishes from Theresa



Happy Birthday to our
Granddaughter Trysta
who celebrated her birthday
on February 28th !!

Love Nanny & Papa



Happy Birthday to my sister
Vera
who celebrates her birthday
on March 9th !!

Birthday Wishes from Theresa



Happy Birthday to my daughter
Rena
who celebrates her birthday
on March 29th !!

Birthday Wishes from Mom



Happy Birthday to my daughter
Connie
who celebrates her birthday
on March 22nd !!

Birthday Wishes from Mom



Happy Birthday on March 28th
to the most amazing dad ever,
Arnold Simon !!

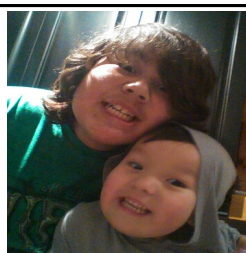
Love Tasha, Julia
& Grandpa's big man, Gavin !!



Happy 6th Birthday Jaxon !!

He celebrates his big day
on March 17th !!

Love Mommy & Carson



Happy Birthday Mom aka "Nona",
wishing you a great day
and an even greater year!!

Love you lots,
Tiddalow, Jason, Trent & Evin xox



Happy 3rd Birthday Carson !!

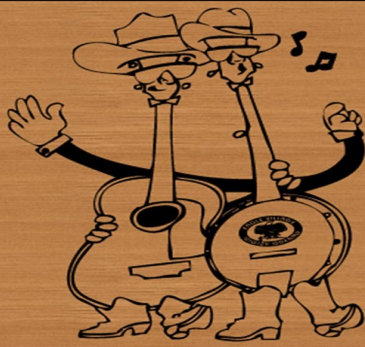
He celebrates his big day
on March 5th !!

Love Mommy & Jaxon



Happy Birthday Jungo,
have a good one !!

Love from you cuzzin's
Tiddalow, Jason, Trent & Evin xo



8^e édition / 8th Annual

Kipawa Countryfest

August 14-15-16 août 2015

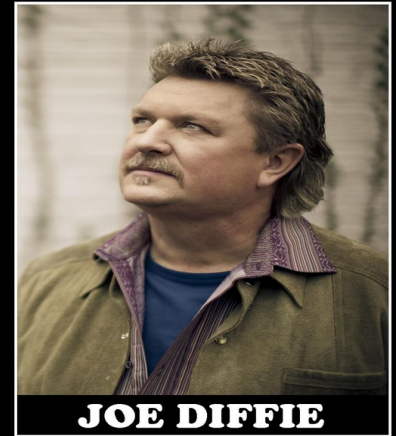
Kipawa, Québec



KIRA ISABELLA

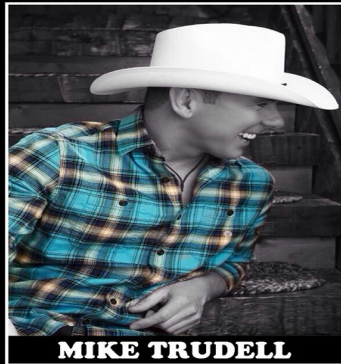


JOHNNY CASH AND THE QUEENS OF COUNTRY TRIBUTE
Tammy Wynette, Dolly Parton, Loretta Lynn, Patsy Cline



JOE DIFFIE

THE FENDER BENDERS (HOUSE BAND)



MIKE TRUPELL

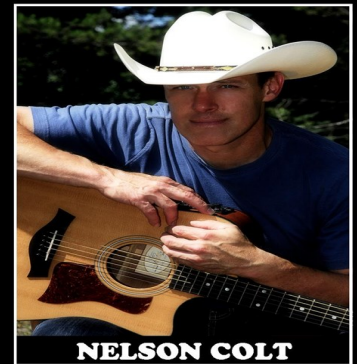


BIG TOBACCO & THE PICKERS



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

BRACELETS ADULTES / ADULT WRISTBANDS

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

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

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

POUR INFORMATION / FOR MORE INFORMATION

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



Countryfest MC's:
DJ Neil Pariseau and Josette McCann



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



An Update from the Health Director

Upcoming in March:

- FNHMA Board of Director's Meeting March 3rd to 6th
- Quebec's First Nations Health Directors Network on March 10th to 12th.

Files in Motion at EVFN Health Center:

- Advocacy for no cost services from the Province and their local CLSC's
- The position of Data Clerk/Admin Assistant filled by Ms. Donna Pariseau. Congratulations and welcome to our Team.
- Coalition for English Speaking First Nations Communities Project continuation
- Monitoring of Care Program

As more and more members of our community frequent the Quebec Health Care System in the Abitibi Region whether it be for orthopedics, maxi-facial surgeries or others, it is nice to mention that there are many positive experiences reported back to us. Notwithstanding, our leadership and those for the neighboring municipalities will continue to advocate to keep the corridor of service with North Bay due to the proximity, patient history and language issues.

Last week, Program Managers and our Diabetes & Chronic Disease Coordinator took part in the FNQLHSSC Health Forum in Quebec. Several new ideas will find its' place among our prevention and promotion strategies here in EVFN. Part of our strategy to have a larger contingency attending was geared towards maximizing our coverage on important subjects that affect us and to garner more information on the overall mechanics involved in hosting a Regional Forum since our Health Center is planning to host an Algonquin Diabetes Forum here in our community next fall.

I want to thank Sophie Picard, Health Sector Manager for such a great forum but more specifically for inviting my employees in attendance to participate in an operational debriefing during Wednesday lunch with all your team. Capacity building at its best. Meegwetch!

Quotes on Life, Management & Attitude:

"Management is doing things right; leadership is doing the right things" ~ Peter F Drucker

"In the end, it's not the years in your life that counts, it's the life in your years." ~ Abraham Lincoln



Congratulations to Clinical Programs Manager and Nurse Jennifer Presseault and Community Wellness Programs Manager Tina Chevrier-Raymond for the completion of their Trainer Certification in the Diabetic Retinopathy Screening Program. They will now be the trainers for the English Speaking Communities in Quebec for Diabetic Retinopathy.

In the photo are Louise Tanguay and Isabelle Cornet of the FNQLHSSC with our two recipients. Cheers with the Health Smoothies!

**Mark Your Calendar ...
The Next MCH Activities is:
Wednesday April 15th, 2015
Theme - Spring Time "Spring Craft"**

**For more information please call
Jennifer Presseault at the Health Center 627-9060**



First-Line Services



International Women's Day

International Women's Day 2015
Theme: MAKE IT HAPPEN

Sunday, March 8th

All around the world, International Women's Day represents an opportunity to celebrate the achievements of women while calling for greater equality.

Make It Happen is the 2015 theme for our international-womensday.com global hub, encouraging effective action for advancing and recognising women.

Each year International Women's Day (IWD) is celebrated on March 8. The first International Women's Day was held in 1911. Thousands of events occur to mark the economic, political and social achievements of women. Organisations, governments, charities, educational institutions, women's groups, corporations and the media celebrate the day.

International Women's Day has been observed since in the early 1900's, a time of great expansion and turbulence in the industrialized world that saw booming population growth and the rise of radical ideologies.

1908

Great unrest and critical debate was occurring amongst women. Women's oppression and inequality was spurring women to become more vocal and active in campaigning for change. Then in 1908, 15,000 women marched through New York City demanding shorter hours, better pay and voting rights.

1909

In accordance with a declaration by the Socialist Party of America, the first National Woman's Day (NWD) was observed across the United States on 28 February. Women continued to celebrate NWD on the last Sunday of February until 1913.

1910

In 1910 a second International Conference of Working Women was held in Copenhagen. A woman named a **Clara Zetkin** (Leader of the 'Women's Office' for the Social Democratic Party in Germany) tabled the idea of an International Women's Day. She proposed that every year in every country there should be a celebration on the same day - a *Women's Day* - to press for their demands. The conference of over 100 women from 17 countries, representing unions, socialist parties, working women's clubs, and in-

cluding the first three women elected to the Finnish parliament, greeted Zetkin's suggestion with unanimous approval and thus International Women's Day was the result.

1911

Following the decision agreed at Copenhagen in 1911, International Women's Day (IWD) was honoured the **first time** in Austria, Denmark, Germany and Switzerland on 19 March. More than one million women and men attended IWD rallies campaigning for women's rights to work, vote, be trained, to hold public office and end discrimination. However less than a week later on 25 March, the tragic 'Triangle Fire' in New York City took the lives of more than 140 working women, most of them Italian and Jewish immigrants. This disastrous event drew significant attention to working conditions and labour legislation in the United States that became a focus of subsequent International Women's Day events. 1911 also saw women's '**Bread and Roses**' campaign.

1913-1914

On the eve of World War I campaigning for peace, Russian women observed their first International Women's Day on the last Sunday in February 1913. In 1913 following discussions, International Women's Day was transferred to 8 March and this day has remained the global date for International Women's Day ever since. In 1914 further women across Europe held rallies to campaign against the war and to express women's solidarity.

1917

On the last Sunday of February, Russian women began a strike for "bread and peace" in response to the death over 2 million Russian soldiers in war. Opposed by political leaders the women continued to strike until four days later the Czar was forced to abdicate and the provisional Government granted women the right to vote. The date the women's strike commenced was Sunday 23 February on the Julian calendar then in use in Russia. This day on the Gregorian calendar in use elsewhere was 8 March.

1918 - 1999

Since its birth in the socialist movement, International Women's Day has grown to become a global day of recognition and celebration across developed and developing countries alike. For decades, IWD has grown from strength to strength annually. For many years the United Nations has held an annual IWD conference to coordinate international efforts for women's rights and participation in social, political and economic processes. 1975 was designated as '*International Women's Year*' by the United Nations. Women's organisations and governments around the world have also observed IWD annually on 8 March by holding large-scale events that honour women's advancement and while diligently reminding of the continued vigilance and action required to ensure that women's equality is gained and maintained in all aspects of life.

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2000 and beyond

IWD is now an official holiday in Afghanistan, Armenia, Azerbaijan, Belarus, Burkina Faso, Cambodia, China (for women only), Cuba, Georgia, Guinea-Bissau, Eritrea, Kazakhstan, Kyrgyzstan, Laos, Madagascar (for women only), Moldova, Mongolia, Montenegro, Nepal (for women only), Russia, Tajikistan, Turkmenistan, Uganda, Ukraine, Uzbekistan, Vietnam and Zambia. The tradition sees men honouring their mothers, wives, girlfriends, colleagues, etc. with flowers and small gifts. In some countries IWD has the equivalent status of Mother's Day where children give small presents to their mothers and grandmothers.

The new millennium has witnessed a significant change and attitudinal shift in both women's and society's thoughts about women's equality and emancipation. Many from a younger generation feel that 'all the battles have been won for women' while many feminists from the 1970's know only too well the longevity and ingrained complexity of patriarchy. With more women in the boardroom, greater equality in legislative rights, and an increased critical mass of women's visibility as impressive role models in every aspect of life, one could think that women have gained true equality. The unfortunate fact is that women are still not paid equally to that of their male counterparts, women still are not present in equal numbers in business or politics, and globally women's education, health and the violence against them is worse than that of men.

However, great improvements have been made. We do have female astronauts and prime ministers, school girls are welcomed into university, women can work and have a family, women have choices. And so the tone and nature of IWD has moved from being a reminder about the negatives to a celebration of the positives.

Annually on 8 March, thousands of events are held throughout the world to inspire women and celebrate achievements. A global web of rich and diverse local activity connects women from all around the world ranging from political rallies, business conferences, government activities and networking events through to local women's craft markets, theatric performances, fashion parades and more. Many global corporations have also started to more actively support IWD by running their own internal events and through supporting external ones. For example, on 8 March search engine and media giant Google some years even changes its logo on its global search pages. Year on year IWD is certainly increasing in status. The United States even designates the whole month of March as 'Women's History Month'.

So make a difference, think globally and act locally!! Make every day International Women's Day. Do your bit to ensure that the future for girls is bright, equal, safe and rewarding.

<http://www.internationalwomensday.com/about.asp>



MONDAY MARCH 16TH, 2015

DOORS OPEN at 6:15 PM
MOVIE STARTS at 6:30 PM

ADMISSION IS FREE - EVERYONE WELCOME

SNACKS AVAILABLE: \$0.50 EACH
FREE SANDWICHES

FEATURE MOVIE ... NIGHT AT THE MUSEUM 3 !!!



For every admission you will be given a ballot for a chance to win a special prize !! Must be present to win !!

All children under 8 years old require a chaperone !!

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



First Line Services would like to thank all the families that attend our Family Movie Night; it would not be a success without you !!

The winner of the movie, Big Hero 6 was Andree-Ann Monforton !!



10 things MEN CAN DO TO END VIOLENCE AGAINST WOMEN

1 **BREAK OUT OF THE
MAN BOX**

Challenge traditional images of manhood that keep you from taking a stand.

2 **ASK HOW
you can
help**

if you suspect abuse or an assault. And, if you are abusing others in any way, stop and seek professional help IMMEDIATELY.

3 **TEACH YOUR CHILDREN
NO
MEANS
NO**

Teach your children that "No" means "No" and that "Stop" means "Stop."

4 **don't buy**

the argument that sexual and domestic violence are due to mental illness, lack of anger management skills, chemical dependency, stress or other excuses.

5 **Stand Up &
Speak Out**

Silence affirms and supports sexual and domestic violence.

**DO
NOT
REMAIN
SILENT**



In Partnership With:

Christine Ann Domestic Abuse Services
Harbor House Domestic Abuse Programs
Sexual Assault Crisis Center - Fox Cities
Reach Counseling Services

6 **LOOK
IN THE MIRROR**

Do your own attitudes and actions help support the objectification and de-valuing of women and girls?

7 **BE A
MODEL
FOR YOUTH**

Mentor a boy. Teach boys with your words and actions that being a man means respecting women.

8 **EDUCATE
YOURSELF**

Listen to and learn from women. Attend programs and events and learn how to end domestic violence and sexual assault.

9 **STEP UP
TO CREATE A
culture shift**

that doesn't tolerate disrespecting or degradation of women. Make this a MEN'S ISSUE.

10 **host**

a VIDEO DISCUSSION or PRESENTER through work, school, church, service club or sports team.



www.voicesofmen.com



First-Line Services



**If you would like more information or would like to learn more about our services/resources in the area, please contact
First Line Services
819-627-9877**

Medical Transportation

The **MARCH** deadline for Medical Transportation Claims is **Monday March 30th, 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.

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.

**Priscillia Durocher
Medical Transportation Coordinator**



Planting Season is almost here for the
Eagle Village 2015 Community Garden
If you are interested in getting your hands dirty
planting seeds please contact Kim Chevrier
at (819) 627-9399.

(Dates to be determined for March and April—for indoor sowing)

Chronic Disease Prevention ... Colon Cancer



Brian Murray Really Having Impact on Men's Health

Testimonial that was sent in about the procedure.

He was like any other man, however he listened to the words of Brian Murray, and he went on to explain the procedure which he avoided, Mr. Murray truly made a positive impact on many men and this article was worth sharing.

I woke up Wednesday morning on a stretcher in the recovery room at the hospital and the first thing that came to my mind was, "They'd better do this soon because these drugs are really starting to wear off."

It was right around then the nurse came by and asked me whether I remembered speaking to the doctor. "Yeah, he came to talk to me while I was getting the anesthetic," I said.

"You don't remember talking to him after the procedure?" she said.

"What do you mean after? It hasn't already been done, has it?" I asked.

"I think I'd know whether or not he did the procedure," she said. "I was right here."

Wow, so that's why I'm was farting so much, I thought. And that, ladies and gentlemen, is the extent of the pain, misery, hardship and trauma one has to endure to undergo a colonoscopy these days. There was zero pain, unless you qualify taking a needle to administer the IV a harrowing experience.

I got a colonoscopy because Ottawa Senators GM Bryan Murray told me to. Well, he didn't tell me directly. He did so last November in an interview with Michael Farber of TSN, saying that a simple colonoscopy that he put off and avoided because, well, he's a guy, would have detected his colon cancer long before it reached Stage 4 and would have saved his life. There was something about seeing Murray in front of me, 40 pounds lighter because of the chemotherapy treatments, that told me I needed to face my fears and do this.

Now, I'm a full two decades younger than Murray, I have no history of colon cancer in my family, I keep myself in relatively good shape with regular exercise and decent eating habits (most of the time) and I like to think I live the kind of life that will keep me free from bad karma. But Bryan Murray said before his illness, he was never sick a day in his life and there were no discernible symptoms of the disease leading up to the Stage 4 discovery.

And if a lethal form of colon cancer can hit a man as fundamentally decent and good as Bryan Murray, then you know it doesn't play favorites.

So, I decided then to get it done, but it still took a couple of months for me to make the appointment. And most of that was out of fear of the unknown. But I'm here to tell you a colonoscopy is absolutely nothing to fear. Nothing. On the scale of medical ordeals, it's right up there with having your blood pressure checked.

Early detection is your best protection !!

Wellness and Addictions

I would just like to share a little something from the 'Codependency Workshop' that we had with Guest speaker Doug Pawis, on the evenings of February 16th & February 18th.

Characteristics of a Healthy Relationship

RESPONSIBILITY

- Ownership of what happens in a relationship.

HARD WORK

- Working together to make the relationship as healthy as possible.

ENJOYMENT

- Enjoying each the company of one another and the things you do together.

COMMITMENT

- A promise to be faithful/trustworthy.

CARING

- A concern for the wellbeing of the other person.

HONESTY

- Truthful to each other.

TRUST

- Believing that the other person is committed to the relationship.

COMMUNICATION

- Lines of communication are always open. Able to discuss how one feels.

SHARING

- Discussion of information, thoughts, feelings, opinions and having time together.

COMPROMISING

- Coming up with a solution which satisfies both/all people.

CLOSENESS

- Feeling connected with the other person.
-

RECOGNIZING DIFFERENCES

- Accepting differences of opinions, likes and dislikes and choices.

KNOWING HIS/HER VULNERABILITIES

- Sensitivity to the others feelings.

OPENNESS

- The freedom to express emotions or opinions.

FRIENDSHIP

- The enjoyment of each other's company.

STRONG POSITIVE FEELINGS

- Belief in the other person.

RESPECT

- Mutual understanding and caring for the other person's thoughts or feelings.

Characteristics of an Unhealthy Relationship

JEALOUSY

- Distrusting, mistrusting, suspicious. Person demonstrates insecurity or fear of being replaced in the relationship.

POSSESSIVENESS

- Disallowing person to talk or spend time with anyone else. Person demonstrates a desire to control/own another.

PAIN

- Can be emotional, physical or sexual pain.

VIOLENCE

- Behaviour involving physical force.

Wellness and Addictions

OBSESSION

- The need to constantly be in the presence of the other. If not one is consumed with knowing all the details about the other's whereabouts; who, what, where, when, why

SELFISHNESS

- Having one's way all the time.

CRUELTY

- Intentional meanness.

TRAPPING

- Intentionally becoming pregnant or making someone pregnant to control the other.

DEPENDENCY

- Feelings of inability to live or do anything without the other person.

GIVING UP ONE'S SELF

- Person stops doing the things he/she enjoys doing.

INTIMIDATION/FEAR

- Using threats or fear to control the actions of another.

MANIPULATION

- Controlling the relationship to get one's way.

EXPECTATIONS THAT ALL NEEDS WILL BE MET

- One's reliance on the other to meet all needs. Seeks feelings of acceptance, love, companionship and belonging. Not to realize that no one person can meet all needs and he needs to meet some on his/her own.

This workshop was very informative in terms of helping us to understand the core roots of a codependent person. He began by talking about how when we are young, while growing up at home there are 5 important components in determining who and why we become who we are as

adults. These components are: See **Learn**, **Practice**, **Become**, and **Consequences**.

The pattern is; we **Learn** what we see, we **Practice** what we learn, then we **Become** what we practice, therefore what we become has **Consequences**.

It was mentioned that people who grew up in a family where there were problems because of someone's drug and/or alcohol abuse that they usually learned these 3 rules: **Don't Trust**, **Don't Talk** and **Don't Feel**.

As a helper (NNADAP worker etc.) in a helping relationship with a person we must remember that... we "**didn't cause it**", we "**can't change it**" and we "**can't cure it**" **BUT** we "**can offer suggestions**".

We will be holding some up-coming information sessions (workshops) in the future on a variety of different topics and/or activities, targeting different age groups. Watch for posters within the community, on our Facebook page, and/or your personal invitation in the mail!

**We encourage you to attend!
If we don't have the participation we won't be inviting guest speakers to visit our community, as this can get very costly.**

**Vicky and Rodney
will be out of the office from
Mon March 23rd – Fri March 27th
to attend training in Montreal,
organized by the Health Commission.**

**They will be back in the office
Monday March 30th.**

March is Nutrition Month

Did you know? **Almost 40% of Canadians skip breakfast, increasing their risk for morning brain drain.**

Rushed mornings can leave little time for breakfast. If you skip the morning meal, your body and brain will lack fuel. That means you might be less alert and unable to concentrate at work or school.

You're also missing out on some big benefits. Eating a healthy breakfast is linked to:

- ♥ Health weights and reduced weight gain over time.
- ♥ Improved appetite control so you can avoid the morning munchies.
- ♥ Better intake of key nutrients including calcium, vitamin D, potassium and fibre.



**DRINK ...
REFILL ...
REPEAT ...**

Is this your coffee habit ??

Just three big mugs of coffee a day could deliver a caffeine surplus !!

Too much caffeine can make you lose sleep, cause jitters, upset stomach and increased heart rate in some people. [Health Canada recommends that adults have no more than 400 mg of caffeine a day.](#) A big mug, refilled a few times can put you well over that amount.

Here are some estimates of how much caffeine is in popular drinks:

- One cup (250 ml) of home brewed coffee: **80 - 180 mg**
- One cup (250 ml) of home brewed tea: **25 - 45 mg**
- A large (710 ml) coffee shop latte: **70 - 150 mg**
- One can (355 ml) of cola: **30 mg**

DIABETIC CLIENTS MAKING PROGRESS!!

The A1C test is a blood test that provides information about a person's average levels of blood glucose (also known as blood sugar) over the past 3 months. This specific test is the primary test used for diabetes management and diabetes research. Here at the Eagle Village Health Centre it is done quarterly each year; in January, April, July and October for program consistency. This clinic has been ongoing for quite some time, and we are pleased to say that the participation numbers has grown in the past few years, which is also great considering that it enhances self-care management for clients.

Following our Diabetic Clinics held on Tuesday January 20th and Thursday January 22nd, 2015 we had 75% of our clients take part in the clinic, and I am "very" happy to say that 1/3 of our clients are in the optimal area for their A1C, meaning; 2 out of 3 people are in the optimal range. This is such a positive step forward for diabetes management. It is always great to have statistics, but to have positive statistics is an enormous stride towards a healthier community. *(Unfortunately we do not have the numbers for our members who are being followed in Temiscaming CSSS).*

So give yourself a pat on the back because you deserve it, we understand that it is hard work, and it all comes down to habits, and you have made "Healthy" you're Habit, also you just proved that you can take control of your Diabetes, don't let Diabetes take control of you!!

Virginia McMartin (Diabetes/Chronic Disease Coordinator)

Family Doctor Registration Procedure

From the CSSST-K

AS OF DECEMBER 15TH, 2014 we will be setting up a registry for people who need a family doctor. The aim of this registry is to assign a family doctor fairly, prioritizing the medical condition of each person according to established criteria (prioritizing vulnerable patients). The act of giving your name for this registry does NOT guarantee the allocation of a family doctor. When one of our doctors will have availability to take new patients or a new doctor will settle in this area, you will be contacted in the order of priorities that have been assigned.

To register for this service, you have to come in person at the reception of the Temiscaming – Kipawa Pavilion (the hospital in Temiscaming) and complete the required forms. Hours for hospital reception are: Monday to Friday 8:30 am – 5:30 pm . For additional information, please call 1-855-629-2288 and leave your name and number. Someone will call you back in a timely manner.

INFO SANTE

For non-urgent problems, such as for symptoms of influenza, gastroenteritis, headache, or sore throat, please call Info-Sante at 8-1-1. The nurse will assess your problem, and give you advice and refer you to other professionals or advise you to go to the outpatient clinic or emergency if necessary to see a doctor.

CONSULTATION WITH A DOCTOR AT THE OUTPATIENT

In the event that you cannot get an appointment with your family doctor in a timely manner or that you do not have a family doctor, you can consult a doctor at the outpatient clinic. We do not give appointments at the clinic. The nurse evaluates each person coming in, gives a priority code and the doctor sees the patients based on these priorities.

THE OPENING HOURS OF THE CLINIC ARE:

Monday to Friday: 9:30 a.m. to 12:30 p.m. – 1:30 p.m. to 5:30 p.m.

Saturday and Sunday: 9:00 a.m. to 12:30 p.m.

Note that the waiting time to see a doctor at this clinic varies depending on the priority level of your case and the number of patients to be seen when you visit. This waiting period also depends on the cases arriving at the emergency department at any given moment. We insist that the doctor and the nurse working in the outpatient clinic also cover cases that arrive in the emergency department.

EMERGENCY DEPARTMENT

For urgent problems, go to the emergency room or call 9-1-1 to get help from the ambulance services.

In conclusion, we thank the population for their understanding and patience during this period of reduced medical staffing. Rest assured that the institution puts every effort forward and is working with the Agency for Health and Social Services of Abitibi-Temiscamingue and the Ministry of Health and Social Services to recruit new doctors.

Eagle Village First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 HOLIDAYS Glenda Moore Rose Jawbone Lisa Chevrier Priscillia Durocher	2 QUEBEC MARCH BREAK THIS WEEK	3	4	5 RECYCLE PICKUP	6	7
8 DAYLIGHT SAVINGS TIME STARTS	9	10	11 MCH ST. PATRICK'S DAY ACTIVITY	12 GARBAGE PICKUP	13	14 ST. PATRICK'S DAY YOUTH FORMAL DANCE (12+)
15 HOLIDAYS Jennifer Chevrier	16 FAMILY MOVIE NIGHT ONTARIO MARCH BREAK THIS WEEK	17 Glenda is in Montreal for a meeting (17th - 20th)	18	19 RECYCLE PICKUP	20 FIRST DAY OF SPRING	21
22	23 Rodney and Vicky are in Montreal for training. (23rd - 26th)	24	25	26 GARBAGE PICKUP	27	28
29	30 DEADLINE FOR MEDICAL TRANSPORTATION	31	March 2015			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2015			1	2 RECYCLE PICKUP	3 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR GOOD FRIDAY	4
5	6 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR EASTER MONDAY	7	8	9 GARBAGE PICKUP	10	11
12	13	14	15	16 RECYCLE PICKUP	17	18
19	20	21	22	23 GARBAGE PICKUP	24	25
26	27	28	29 DEADLINE FOR MEDICAL TRANSPORTATION	30 RECYCLE PICKUP		