



# Migizy Odenaw Mazinaigan

Eagle Village First Nation Community Newsletter

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

## An Update from the Chief

Last June, we signed a friendship accord with the Municipalities of Temiscaming and Kipawa and in February we met with the citizens to get feedback on a tourism plan. The results of this session can be found on any of the websites.

As a continued effort to work together, we are participating in **Neighbour's Day**, which will be held on June 6<sup>th</sup>. It will take place in Temiscaming at the 75<sup>th</sup> Anniversary Park (beside the Caisse). Please see page 6 for more information about this event.

We are planning Aboriginal Day for June 21st, we are looking for volunteers to help us, and if you are interested you can leave your name with Justin Roy at the band office. The number of volunteers will determine what activities we can offer, even if you want to sell your handicrafts that day you are welcomed to do so.

The finishing of the sidewalks and curbs on Amik Avenue and Wagosh Street will begin shortly.

The road for the new Waste Water Treatment facility has started, the trees are almost all down and the construction of the road will begin.

Frank Polson, an Algonquin Artist, has been contracted to do two projects for Eagle Village. In order to mark the entrances of the reserve he will carve 2 totem poles that say KWE and the second contract is to finish the Harbour floor. He will paint the 7 grandfather teachings on the floor. He is open to have community members help him, even if you are not a painter he will guide you on what needs to be done. Everyone is welcome to help him; you can just drop in and pass the brush a few times. We will let you know when he is ready to start the floor.

I want to warn members NOT to feed seagulls, as their feces are not healthy for humans as a matter of fact their droppings can contain Enterococcus bacteria which is resistant to antibiotic treatment. They can carry and potentially transmit a variety of bacteria including Salmonella, E. coli, Campylobacter and Listeria. Droppings from a large concentration of seagulls can cause water quality problems which can affect drinking water.

I wish all candidates the best of luck in the community election, June 5.

### Chief Madeleine Paul



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



**ANNUAL EAGLE VILLAGE  
BOAT RALLY ...  
SATURDAY JULY 18TH !!  
WATCH FOR MORE INFO !!**

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# Eagle Village Housing Department

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**Two Rental Units  
available June 2015**

**Two Bedroom Duplex**

Applications can be picked up  
at the Band Office.

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

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

## HOUSES FOR SALE

Please contact the Housing Department for more details.



## Eagle Village Land Management

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

- **GULL** is north of Lake Memewin around km 40 on the hardwood road
- **BANG** is west of Snake Creek along the Ottawa River
- **ENGLAND** is west of Lake Beauchene
- **RUSSELL-ALMA** is located at km 95 on Maniwaki Road
- **BURNS** is located east of Fabre
- **KESSIK-NORD** is located at km 65 on Maniwaki Road, east of the Garden River.

The Land Management has been collaborating with Public Works in keeping some of the crew from the last training to complete the area where the waste water treatment plant will be located.

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

*The Land Management Team*

# Election Notice

## Polling Notice

Notice is hereby given to the electors of the **Eagle Village First Nation** that a poll will be held to elect a chief and **3** councillors on **Friday**, the 5th day of **June, 2015**, from nine o'clock (9:00) a.m. until eight o'clock (8:00) p.m. at the following location(s):

Eagle Village Community Hall

Please be advised that an elector can vote in person at a polling place on the day of the election in lieu of voting by mail-in ballot.

The votes will be counted at the **Community Hall** at 8:00 p.m. on the **5<sup>th</sup>** day of **June 2015**. The results will be declared immediately following the count.

Given under my hand at **Eagle Village First Nation** this **29<sup>th</sup>** day of **April 2015**.

  
Signature of the Electoral Officer

If you have any questions, please call the Electoral Officer at **(705) 555-5555**.

## Candidates for Chief and Council for the June 5th, 2015 Elections.

### CHIEF

Jimmy Constant Sr.  
Lance Haymond  
Madeleine Paul

### COUNCILLOR

Gerald "Yogi" Chaput  
Lynda Chevrier  
Doris Hunter  
Rose Jawbone  
Clarence McKenzie  
Clifford McKenzie  
Justin "Chummy" McKenzie  
David McLaren  
Georgie McMartin  
Rosanne Mongrain  
Glenda Moore  
Harry "Lloyd" Paul  
Dennis "Jungo" Perrier  
Marnie Perrier  
Terry Perrier  
Justin Roy  
Robbie Young

## SCAM PHONE CALLS



Phone scams are increasing lately, usually with calls that contain the same Area Code of your area, or in some instances it may be your own telephone number.

Here are a few red flags to help you spot telemarketing scams. If you hear a

line that sounds like this, say "no, thank you," hang up.

- You've been specially selected (for this offer).
- You'll get a free bonus if you buy our product.
- You've won one of five valuable prizes.
- You have won big money in a foreign lottery.
- You have to make up your mind right away.
- You trust me, right?
- You don't need to check our company

with anyone.

- We'll just put the shipping and handling charges on your credit card.

### How to protect yourself and others:

- Do not give **ANY** of your personal information (credit card number, sin number).
- Always be very **CAUTIOUS**.
- If it's your phone number calling, do not answer it.
- You always have the **RIGHT** to ask questions.

# Eagle Village Police Department



**Just a friendly reminder to all Community Members to avoid being the victim of theft please lock your vehicle doors at all times. Please do not show any personal belongings in plain view of your vehicle for example: your purse, wallet, i-pad, i-pod etc. All valuable items should be taken inside to help prevent a thief from breaking into your vehicle and taking your personal belongings.**

## STATS FOR THE MONTH OF FEBRUARY AND MARCH

FEBRUARY 2015	MARCH 2015
2 - Infraction Tickets	8 - Infraction Tickets
2 - Arrest Warrants	1 - Family Dispute
2 - Public Assistance	1 - Assault
1 - SQ Assistance	1 - Failure to comply with Judge undertaking

Chief of Police - Nelly Mathias  
EVPD

# Eagle Village Fire Department

**Here are some general fire safety tips that will help your family enjoy all that summer can offer ...**



Do not allow children to get near fireworks, stoves, or grills. Make sure that all flammable and combustible materials are out of their reach. Never allow them to play with matches, candles, or lighters.

Bring a fire extinguisher or fire blanket to your outdoor trip. This way, you can easily extinguish fire before it grows out of hand. Fire accidents can happen anytime and it always pays to be prepared.

Before you use a grill, check first the connection between the propane tank and fuel line to see if this is not blocked. See to it that you do not overfill the propane tank.

Douse hot coals with plenty of water before disposing of them. Never put them inside plastic, paper or wooden trash bins or containers.

During picnics or camping trips, avoid building campfires. If you do build one, make sure you keep it small and that you douse it with water to put it out completely. Never leave the camping area without putting out the campfire. Check with your local fire department, municipality or Ministry of Natural Resource to ensure there is not a fire ban in effect.

Inspect fire equipment at home. Ensure your fire extinguisher is in top condition. If you see anything suspicious like a leak in the nozzle, have it repaired or checked by a professional immediately.

Double check plugs and switches at home before you leave. If you are going on a trip or picnic at be sure that everything is unplugged and turned off before you leave the house.

Formulate an escape route for the house or cottage. Practice fire drills regularly at least twice a year. Leave emergency numbers near the telephone.

Use barbecue grills away from the house, from the tent, or from anything that can easily catch fire.

When checking in at a hotel, B&B, motel or renting a seasonal property, do not forget to consider the fire safety of the place. Examine if there are fire exits, firefighting equipment, working smoke detectors and clear signage of the escape route.

When using a lawnmower, never fuel it while it is still hot. Give it a few minutes to cool down.

If outside and your clothes catch fire, use the **STOP, DROP and ROLL** method. Use a fire extinguisher to put out a small fire that is not yet spreading. Call the fire department immediately.

# 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: March 15th to April 11th 2015	Min. # of Hours Required	Min. # of Weeks Payable
21.7%	14.3%	N/D	11	525	21s
Unemployment Rate Stats Can – 2001	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate: April 11th to May 9th 2015	Min. # of Hours Required	Min. # of Weeks Payable
21.7%	14.3%	N/D	10.5	525	21s

**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.

## Gun Course

**to all who have paid registration fee for the Gun Course ...**

**Where:** Eagle Village Community Hall

**When:** Saturday May 23rd, 2015

**Time:** Doors will open at 7:30 am

**Course Starts at 8:00 am to 6:00 pm. Lunch Break is 1 hour**

### 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 the office June 15th to 18th, 2015 for a Convocation Meeting in Quebec City.**

# Neighbours Day

June 6<sup>th</sup>

75<sup>th</sup> Park



#### Activities:

- Garage sale
- Inflatable structures
- Music
- Fishing in town (pêche en ville)
- Plant's exchange and sale
- Drinking water conservation program (PEEP)
- ..... and other surprises



## Transportation

EVFN will be taking care of transportation for the day. So for anyone that wants to be there for the opening of the fishing at the dam, a bus will start to drive around and pick people up at 9:30 am, to be in Temiscaming for there for 10:00 am.

If people just want to go down for the opening ceremonies, we will have the bus come back up for 11:30 and do the same thing. For return trips, we will have the bus leave Temiscaming at 3:00 pm and 4:00 pm.

## Fee's

The whole day is free of charge but do bring money if you will need some drinks or food throughout the day !!

## Neighbors Day Details

10 am to 12 pm there will be fishing at the dam in Lumsden for everyone

Opening Ceremonies for the day will be at 12 pm and Eagle Village will have one of our Elder's say an opening prayer

12 pm to 4pm there will be all kinds of activities going on for people of all ages ...

- ☑ Garage sale being put on by the Youth Center
- ☑ Plant/Flower exchange and sale
  - ☑ Information and lessons on proper ways to do composting
- ☑ Inflatable Structures/Jumpers for the kids
- ☑ A band "Temusique" will be playing music all day
  - ☑ Face Painting

There will be a demonstration on how to conserve drinking water in our homes, but before this event starts Grand Chief Verna Polson will be there to do a Water Ceremony

There will be a booth showing and giving samples of all local foods from the region

As well as a few other activities that are yet to be announced !!

Eagle Village's contribution to the day includes having our Elder doing an opening prayer, Grand Chief Verna Polson doing a Water Ceremony and Justin Roy and Rodney St-Denis will be putting up the Tee Pee after the opening ceremonies as an event, it is Neighbors Day therefore you will have people from EVFN, Temiscaming and Kipawa working together to put up a TeePee !!

Once the Tee Pee is up, Rodney and Justin will be there all day serving Chaga and Cedar samples, as well as giving out information about both teas/plants, and there meanings and usage

# Spring Clean Up Time in Eagle Village



## Annual Spring Clean Up Wednesday May 20th and Thursday May 21st 5:00 pm - 7:30 pm

We will be providing pickup for the following categories of waste:

**Hazardous Waste, Electronics, Metals and Large Items**

All items must be separated into the proper categories to be picked up.

Recyclables and domestic waste, items that normally go into your blue and green bins, will not be picked up.

The following is a list of what is accepted at the Eco Center:

### HOW TO SEPARATE WASTE

If you have any of the listed items you must separate them into the correct piles for pickup.

#### 1st Pile (Non-Reusable)

- furniture
- mattresses
- vinyl

#### 2nd Pile (Metal)

- appliances (fridges, stoves, etc)
- bicycles
- scrap metal (rims with mounted tires will not be picked up)

#### 3rd Pile (Domestic Hazardous Waste)

- paint
- used oils
- light bulbs, fluorescent lamps
- batteries

#### 4th Pile

- tires (tires on rims will not be picked up)

#### 5th Pile

- electronics (computers, printers, telephones, etc.)

#### 6th Pile

- non-treated wood ... small quantities only  
leftover construction waste will not be picked up

#### 7th Pile

- treated wood ... small quantities only,  
leftover construction waste will not be picked up



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

August 14-15-16 août 2015

Kipawa, Québec



**KIRA ISABELLA**



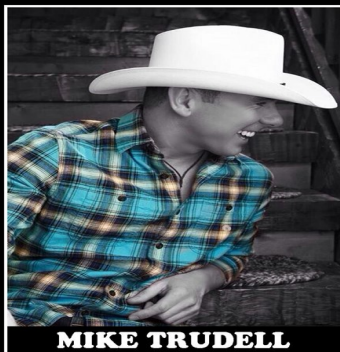
**JOHNNY CASH AND THE QUEENS OF COUNTRY TRIBUTE**  
Tammy Wynette, Dolly Parton, Loretta Lynn, Patsy Cline



**JOE DIFFIE**



**THE FENDER BENDERS  
(HOUSE BAND)**



**MIKE TRUDELL**



**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





# "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 5<sup>th</sup> day of this 5 day gathering, we will host a traditional feast to honour our ancestors and our heritage. This feast will be a "potluck" feast.

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

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

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

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

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

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

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

All participants can also receive their traditional names and clans.

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

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

Migwetch

# Community Notes and Information

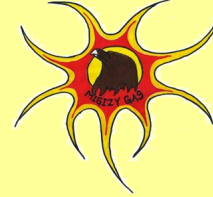
## Home Care Program

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

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

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

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



**Stop by Migizy Gas to fill out an application.**

**Thank You**  
**Darren Chapeskie**  
**819-627-3392**



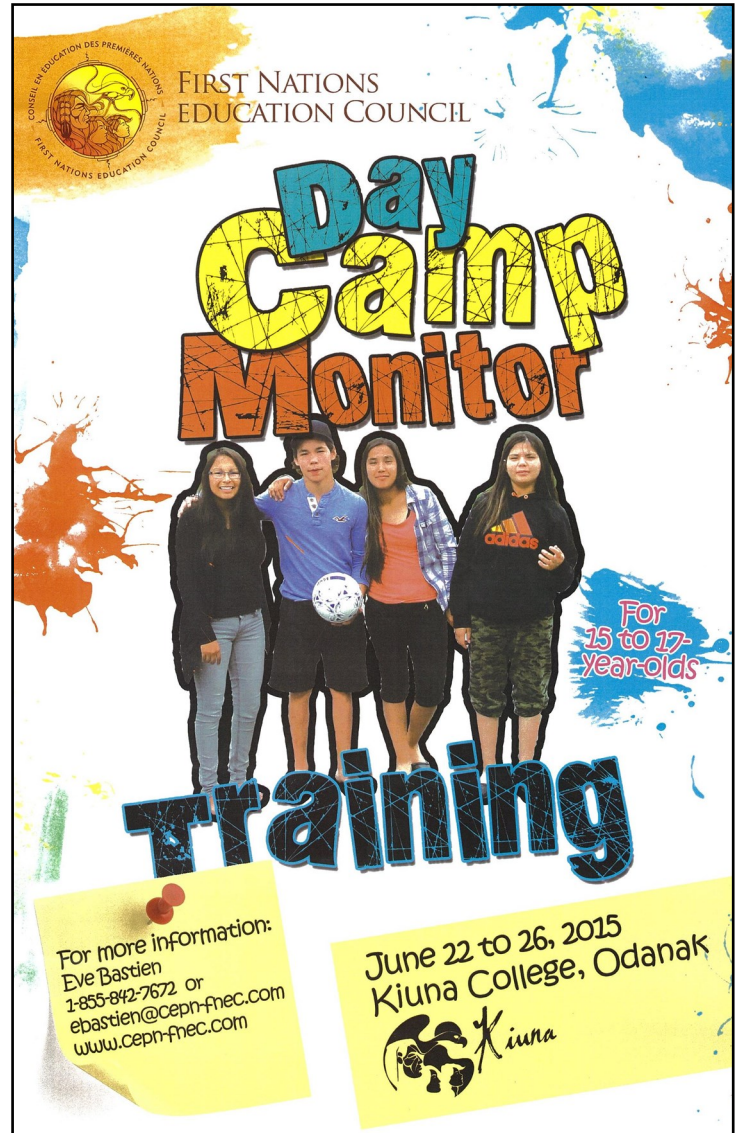
**33rd Annual**  
**PEACE HILLS TRUST**  
**ABORIGINAL ART CONTEST**

**DEADLINE:**  
**SEPT. 8, 2015**

<b>Adult</b>	1 <sup>st</sup> Place - \$5,000
	2 <sup>nd</sup> Place - \$3,000
	3 <sup>rd</sup> Place - \$2,000
<b>Youth</b>	1 <sup>st</sup> Place - \$500
	2 <sup>nd</sup> Place - \$350
	3 <sup>rd</sup> Place - \$200

**PHT**  
PEACE HILLS TRUST  
35<sup>th</sup> ANNIVERSARY  
EST. 1980

more details @ [peacehills.com](http://peacehills.com)  Find us on: [facebook.](https://www.facebook.com/peacehills)




**FIRST NATIONS EDUCATION COUNCIL**

**Day Camp Monitor Training**

**For 15 to 17-year-olds**

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

June 22 to 26, 2015  
Kiuna College, Odanak



# 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**

## **NOTE TO ALL MEMBERS**

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

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



Wishing our daughter (Tori) and son-in-law (Steven), all the best in their new home and professions at CFB Valcartier. Though we are sad to see you go, we are excited about the opportunities that are yet to come. Continue to make us proud as you face new challenges and adventures.

We love U... Mom, Laurier, Kieran, Gage, Tristan and Brody

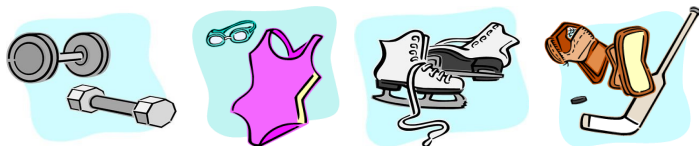
## **NON-RESIDENT FEES**

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 MAY 28TH, 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**



## **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

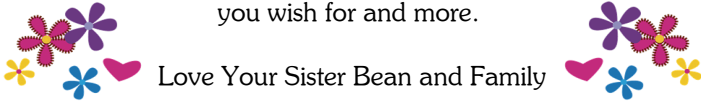
**Friday** 8 am - 7 pm

**Saturday** 8 am - 4 pm

**Sunday** 10 am - 2 pm

# Community Wishes for May

Happy Birthday to my beautiful sister Sylvia Ouimette who will be celebrating her Special Day on May 21st. It is a Big Year for Sylvia and we love her very much. We hope you have a wonderful day and get everything you wish for and more.



Love Your Sister Bean and Family



Happy Birthday to Clifford and Gail !!

Love Mom and Corina



Happy Birthday "Bocephus"

Love Coco



Cheers to my Mayflower Friends who celebrate their birthdays also this month !!

Corina



Happy Anniversary Wishes to Tuppy and Patsy !!

Love the Joly Crew



Wishing our grand-daughter li'l miss Haven a wonderful 2<sup>nd</sup> Birthday on May 17th, hoping her day is filled with sunshine, balloons and ice cream !!

Love Nanny and Poppa



Happy Birthday going out to our handsome outgoing grand-son Lennox who will be turning 1 year old on May 6th !! Hugs, Kisses and Jellyfish !!

Love Nanny and Poppa



A very Happy Birthday going out to our beautiful daughter-in-law Natacha Raymond who will be celebrating her special day May 21<sup>st</sup>, may it be filled with family, friends, laughter and of course lotsa gifts !!

Love Georgie and Virg



Mom's hold their children's hand for a while but their hearts forever!

Happy Mother's Day to my Mom

Love Roxane XO



Happy 18<sup>th</sup> Birthday to Jakob !!

Wishing you a good one !!

From Auntie Rox, Uncle Bill Jamie-Lee, Dylan and Meghan



Happy 18<sup>th</sup> Birthday to our young man Jakob!!

Best wishes for you always!!  
xoxo

Mom, Dad, Collin and Justin



Happy 18th Birthday Jakob

Enjoy your special day !!

Love Memere

The Eagle Village Health Centre is pleased to announce our ...

# SPRING HEALTH FAIR

Thursday May 28th, 2015

Please join us at the  
Eagle Village Health Center

1:00 pm - 7:30 pm

Receive Info and Ask Questions

Meet Key Resource People

Free BBQ Supper

Bring a canned/dry good and  
drop it off at the Food Bank to  
receive an extra prize ballot !!

Transportation Provided

(Call the Health Centre to make arrangements)

Come in and sign up for the  
Walking Challenge !!

Drumfit® Demonstration

## PRIZES TO BE WON !!

YOU CAN WIN ONE OF THE  
FOLLOWING GREAT PRIZES ...

- IPAD •
- FITBIT (3 TO BE WON) •

BALLOTS WILL BE GIVEN OUT  
BASED ON PARTICIPATION !!

PRIZES ARE FOR COMMUNITY AND OFF-RESERVE  
BAND MEMBERS ONLY

Join us for a  
community baseball  
game in the evening !!  
(bring your glove)

Watch for  
more info !!

ANNUAL CHOLESTEROL,  
BLOOD GLUCOSE AND  
BLOOD PRESSURE  
SCREENING CLINIC !!  
BE SCREENED AND RECEIVE A  
BALLOT FOR PRIZES !!

EARLY DETECTION IS KEY  
TO HELPING YOU LIVE A  
LONG & HEALTHY LIFE !!



Eagle Village Health Centre  
3 Ogima Street  
Kipawa QC J0Z 2H0

Tel: 819-627-9060  
Fax: 819-627-1885

Everyone Welcome

# Health Director's Update

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## **Meetings Attended in April:**

- Coalition for English Speaking First Nations Communities in Montreal on the April 14th and 15th.
- FNIGC BOD Meeting in Ottawa on April 16th.
- EVFN, TFN, LPFN Meeting with the representatives from the CISSS Ms. Annie Vienney and Carole Lahaie in Long Point, Winneaway on the April 30th.

## **Upcoming in May:**

- Regional Round Table for Social Services in Quebec
- On May 7th, Meeting in TFN with Long Point and TFN Health Directors. Mental Health Crisis Protocol Agreement.
- Management Training in Lac Delage the first week of June.

## **Files in Motion at EVFN Health Center:**

- Coalition for English Speaking First Nations Communities Project continuation and local research in accessing Social Services in English.
- Collaborative Agreement work with TFN & LPFN in mental health crisis.
- Protocol Agreement with CISSS for nursing orders.
- Mattawa Office Health Center representation.

I would like to extend a big thank you for our Band Members Murielle and Bobbie from the Mattawa area that helped with set up during EVFN's first Health Center visit to our Mattawa office on April 30th. We will be looking at future dates in the months to come and perhaps coordinate our visits with other department sectors to be of more efficiency.

As many of you may already be aware, I'm a strong proponent of the "Social Determinants of Health" as a means to improving our quality of life and overall well-being. One of the social determinants of health I like to promote is education. So on that note, I would like to congratulate all our EVFN students for their successful year that just ended; Honourable Mentions need to go out to Jamie-Lee McKenzie for obtaining her Bachelors of Arts in Political Science and Native Studies from Nipissing University. Way to go Jamie-Lee !!

So for the students who have completed their courses, diploma or simply a semester, what you are doing in simple words, is contributing towards a better opportunity for yourself and your current or future family. Education is proven to be closely tied to socioeconomic status and that effective education for our children and lifelong learning for adults, are key contributors to health.

## **IMPORTANT NOTICE**

***To all our Community Members and Band Members living off reserve, please mark your calendar for Thursday May 28<sup>th</sup>***

***for our***

***Annual Spring Health Fair.***

***Besides the important glucose, blood pressure and cholesterol screening clinic, you will be able to make connections with all Health Center personnel, participate in a few mini-surveys and take part in a friendly game of softball.***

***Keep your appetite for a delicious BBQ near the end of our day.***

***Everything is to take place at our Health Center and grounds.***

***Participation will be rewarded with the chance to win some fabulous prizes !!***

## ***Quotes on Life :***

***"A good head and good heart are always a formidable combination. But when you add to that a literate tongue or pen, then you have something very special."***

***~ Nelson Mandela ~***

***"The way to get things done is not to mind who gets the credit for doing them."***

***~ Benjamin Jowett ~***

***"At the end of the day let there be no regrets, only a desire to do more tomorrow than you did today."***

***~ Noel DeJesus ~***

# Summer Job Opportunity

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## EAGLE VILLAGE FIRST NATION HEALTH CENTER

### SEASONAL JOB OPPORTUNITY - 8 WEEK CONTRACT

### SUMMER ACTIVITY COORDINATOR (2 POSITIONS AVAILABLE)

Under the supervision of the Director - Health and Social Services the incumbent, in conjunction with the other health professionals, acts as the main resource person who is responsible for the implementation of physical activity and nutrition programs to the youth.

**Salary:** \$12.00 an hour for 35 hours a week.

**Duties:**

- Primarily providing different activities to the youth between the age of 5 and 12 years of age while including their family oriented activities in certain programming.
- Promoting a healthy lifestyle through physical activity, culture and good nutrition.
- Create activities that gear towards the development of gross and fine motor skills.
- To develop and explore partnerships with other workers and/or organizations for the purpose of providing the best possible service.
- Attend a Day Camp Monitor Training in Odanak, Quebec to get certified (June 22th-26<sup>th</sup>, 2015).

**Requirements:**

- Priority will be given to those with an Early Childhood Education or Human Sciences background.
- Extensive experience may replace formal education requirements.
- Must be able to work in a team setting.
- Experience in a group animation.
- Selected candidate must be a good listener and possess a high degree of confidentiality and discretion.
- Good communication skills in English. French is an asset.
- Good understanding and appreciation of the Eagle Village community values, culture and needs would be considered an asset.

**Please submit your resume in writing, specifying your education, experience and skills, before 12:00 pm Wednesday June 3rd, 2015 to:**

**In person with the front-desk receptionist at the Eagle Village Health Center  
or mail to:**

**Eagle Village First Nation  
c/o: Director of Health and Social Services  
3 Ogima Street, Kipawa Quebec, J0Z 2H0  
Tel: (819) 627-9060 Fax: (819) 627-1885**

*P.S. There will be a pre-selection process and only the pre-selected candidates will be contacted and interviewed.*

## Women's Screening Clinic

**“A 5 Minute PAP TEST can save your life”**

**THE EAGLE VILLAGE HEALTH CENTRE HAS ORGANIZED A  
2 DAY CLINIC  
TO ADDRESS WOMEN'S HEALTH,  
SPECIFICALLY STDI'S AND CERVICAL CANCER.**

**Once again this year, we have 2 female doctors;  
Dr. Slavica Zivkovic and Dr. Samar Raad  
that will be here at our Health Centre on**

**June 8th and 9th, 2015**

**and we will have appointments available for cervical screening.**

**Please note that these doctors do not need to be your family doctor  
for you to get your test done here.**

If you need transportation to the Health Centre, please call Priscillia at the Health Centre.

A PAP TEST is a quick and simple test that can be done in your Doctor's Office or Health Clinic.

**It is important to have the test even if you feel fine – it's a screening test,  
which means it checks for signs of disease BEFORE you've noticed a problem.**

A PAP TEST involves getting a sample of cells from the cervix, then looking at them  
under a microscope for abnormalities.

**Any women can get cervical cancer, no matter what her age,  
background, or sexual orientation.**

**If you ever have been sexually active you will need a PAP TEST  
every 1-2 years depending on your situation.**

**PLEASE CALL AND MAKE YOUR APPOINTMENT IF YOUR  
PAP TEST IS DUE !!**

**For appointments call Donna Pariseau at the Health Center  
819-627-9060**



# Medical Transportation

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

**MEDICAL VISIT ATTESTATION**

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

Professional or Delegated Authority Signature  
Signature du professionnel ou personne autorisée

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

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

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

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

The **MAY** deadline for Medical Transportation Claims is **THURSDAY May 28th, 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.**



**At the end of April, we visited Mattawa and met with some of our Band Members. I really enjoyed this opportunity and was able to provide some information on NIHB. I look forward to doing this again in the future!**



## **Don't Wait, Take Action!**

What do I mean by this statement? When you have an issue with your benefits, it's important to follow-up, make the phone calls and have a list of contacts. Get information on eligibility of services that are offered.

If you have questions regarding your benefits or just don't know where to start... You can call me! The Health Canada regional numbers are always included in my articles. I've also included information sheets highlighting the Navigators on the following two pages! I'd like to personally thank our Quebec navigator Isabelle Verret for her support and dedication with some of our NIHB cases.

## **We learn together!**

I'd also like to thank the members who do take the time to call me with their problems accessing their services. It's important that we document our issues.

## **Medical Transportation**

With the enforcement of provincial policies, we have seen our access to services being "re-routed" for first-nations as well as non-first-nations. We are travelling greater distances than once was done. It's important to call as soon as you receive your appointments and have the proper justification.

**Priscillia Durocher  
Medical Transportation Coordinator**



# NAVIGATORS

## Non Insured Health Benefits

### WHO WE ARE

*The objective of the NIHB Navigators is to improve access to the NIHB program (for clients) by working with community health workers, service providers, and a network of regional policy analysts. Navigators are mandated by their regional health organisation.*

### WHAT WE DO

Provide support & advocacy for community workers in their work assisting their clients accessing NIHB

Advocate with the federal government & health professionals on behalf of First Nations to resolve NIHB issues

Provide technical support through planning & research, assist in interpreting policies

Improve awareness of the NIHB Program & provide information on the eligible benefit areas

Address policy issues related to access to NIHB benefits through feedback to the national process

Work to strengthen relationships with health care providers, provincial & federal partners

Support leadership in the work of advocating for policy change within NIHB

### *This includes:*

- ✓ Guidance in accessing these eligible benefits
- ✓ Linkages with provincial programs as well as other administrative issues surrounding the NIHB program
- ✓ Procedures to address denial and appeals

### DID YOU KNOW

*You have the right to appeal the decision when coverage for a benefit has been denied by the NIHB program. An appeals committee of professionals will review the case and will provide the recipient or parent/guardian with a written explanation of the decision taken.*

# APPEALS PROCESS

For a case to be reviewed as an appeal, a letter from the recipient or parent/guardian must be mailed to the NIHB Program along with supporting information from the provider or prescriber. This information includes:

- 1 The condition for which the benefit is being requested.
- 2 The diagnosis and prognosis, including what other alternatives have been tried.
- 3 Relevant diagnostic test results.
- 4 Justification for the proposed treatment and any additional supporting information.

\*The envelope must be clearly marked "APPEALS-CONFIDENTIAL"

## DRUG BENEFITS

## DENTAL & ORTHODONTIC BENEFITS

## MEDICAL SUPPLIES & EQUIPMENT, VISION, MENTAL HEALTH & MEDICAL TRANSPORTATION BENEFITS

### LEVEL 1

Manager, Pharmacy Policy Development Division  
FNIHB, Health Canada  
200 Eglantine Driveway, 2nd Floor  
Address Locator 1902A  
Ottawa, Ontario K1A 0K9

Manager, Dental Policy Unit  
FNIHB, Health Canada  
200 Eglantine Driveway, 2nd Floor  
Address Locator 1902D  
Ottawa, Ontario K1A 0K9

Submit documentation to the Health Canada regional office in your province or territory and address the envelope to:  
NIHB Regional Manager, APPEALS-CONFIDENTIAL

### LEVEL 2

Director, Benefit Management and Review Services Division  
FNIHB, Health Canada  
200 Eglantine Driveway  
Postal Locator 1909A  
Ottawa, Ontario K1A 0K9

Director, Benefit Management & Review Services Division  
FNIHB, Health Canada  
200 Eglantine Driveway, 2nd Floor  
Address Locator 1902D  
Ottawa, Ontario K1A 0K9

Submit documentation to the Health Canada regional office in your province or territory and address the envelope to  
NIHB Regional Director, APPEALS-CONFIDENTIAL

### LEVEL 3

NIHB Director General  
FNIHB, Health Canada  
200 Eglantine Driveway  
Postal Locator 1909A  
Ottawa, Ontario K1A 0K9

NIHB Director General  
FNIHB, Health Canada  
200 Eglantine Driveway  
Address Locator 1902D  
Ottawa, Ontario K1A 0K9

NIHB Director General  
FNIHB, Health Canada  
200 Eglantine Driveway  
Postal Locator 1909A  
Ottawa, Ontario K1A 0K9

*Yukon*  
1 (867) 393-9205

## First Nations NIHB Navigators

*Ontario*  
Northern Ontario:  
1 (807) 626-9339  
Southern Ontario:  
1 (877) 517-6527

*British Columbia*  
1 (800) 317-7878

*Alberta*  
Treaty 6: 1 (780) 944-0334  
Treaty 7: 1 (403) 539-0361  
Treaty 8: 1 (780) 444-9366  
or 1 (888) Treaty8

*Saskatchewan*  
1 (866) 956-6442

*Quebec*  
Any First Nations experiencing difficulties in accessing health services must contact their community health centre or nursing station. For any other information, you can contact the Health Care Liaison Agent at the First Nations of Quebec and Labrador Health and Social Services Commission.  
Phone: 1 (418) 842-1540

*Atlantic*  
1 (877) 667-4007

\*NWT and MB are currently in negotiations to establish Navigators in their regions

# 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**



### **What is DrumFIT®?**

DrumFIT® is a fitness based drumming program that combines the mental health benefits of drumming with the overall health benefits of physical fitness for a full-body workout !!

The DrumFIT Difference: B3= B1RAIN + B2ODY + B3EAT

### **Who is DrumFIT® for?**

DrumFIT® is an innovative program that truly engages everyone! There is no learning curve, everyone can drum.

Drum away your stress and get yourself moving – keeping active has never been this fun!

**First Line Services and the Sports & Mentorship Worker are now proud to say they are certified DrumFit® Instructors!**

**We'll be starting summer classes shortly !!**



# First-Line Services



**Grow it Forward**

**Volunteers Needed**

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



**Family Movie Night**

**TUESDAY MAY 5TH !!**  
**MOVIE .... PADDINGTON**  
**5:00PM @ COMMUNITY HALL**  
**SNACKS, JUICE & POPCORN FOR \$0.50**  
**FREE SANDWICHES!!**

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

*\*All children under 8 years old require a chaperone\**



**Sarah BLACKWELL**  
HOLISTIC HEALTH COACH

**Mens' Health Workshop (18+)**

Do you want to add years to your life? Or life to your years?  
Feeling your best boosts your zeal for life!  
Want to ... boost mental wellness?  
... Improve physical wellness?  
... Prolong your optimal health?

So why not see for yourself? Attend our Men's Health Workshop! We think you'll agree that heart and health awareness is worth it!

**June 10, 2015**  
**5:00 - 8:00 pm**  
**Location: EVFN Community Hall**  
Registration is required by June 1st, 2015.

Contact Kim Chevrier at 819-627-9399 or Virginia McMartin at 819-627-9060.

Please note that your spouse is permitted to attend with you.



A workshop organized by Eagle Village Health Centre.




**Community Kitchen**

**On the menu this month:**  
**Spinach & Tomato Tortellini**

**Monday, May 11th**  
**4:30 pm - 6:00pm**  
**at the Community Hall**

**Please call 819-627-9877 to register !!**



## 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.



## WALKING GROUP CHALLENGE

### 100 KM + 8 WEEKS = SUCCESS

**WHO CAN JOIN ??  
ANYONE OVER THE AGE OF  
16 CAN REGISTER  
FOR THE 100 KM / 8 WEEK CHALLENGE !!**

**IF YOU ARE 15 YEARS OF AGE OR YOUNGER  
WE HAVE A CHALLENGE JUST FOR YOU ...  
60 KM / 8 WEEKS !!**

**CHALLENGE BEGINS  
MAY 28TH !!**

**GREAT PRIZES TO BE WON !!**

**TO REGISTER OR FOR MORE INFO PLEASE CALL  
(627-9060) OR DROP BY THE HEALTH CENTER  
TO SEE VIRGINIA OR MITCHELL.**

**COST FOR ADULT TO JOIN - \$5.00  
COST FOR YOUTH (-16) TO JOIN - \$2.00**

**COME OUT TO OUR ANNUAL SPRING  
HEALTH FAIR TO REGISTER FOR THE  
WALKING CHALLENGE AND  
RECEIVE AN EXTRA PRIZE BALLOT !!**



## 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.



## 2015 Medicine Cabinet Clean Up Contest

**THIS CONTEST WILL RUN ALL YEAR !!**

You clean out your refrigerator and your closet,  
so why not your medicine cabinet?

Bring your **expired medications or medications  
you no longer use** to the Health Center  
and become eligible to win a prize.

This includes **any prescription drugs and/or  
over the counter medication** that you may.  
(pills, cough syrup, cold remedies, blister packs)

If you need help cleaning out your medicine  
cabinet or if you have any questions please do  
not hesitate to call the Health Centre for help.

**All medications need to be dropped off  
before 4:30 pm on  
Wednesday December 16th, 2015  
to be eligible for the draw.**

**Please give your medications to our Clinical  
Programs Manager, Jennifer Presseault.**

For each bottle of medication brought in  
for disposal you will get a ballot giving  
you a chance to win a \$100.00 Gift Certificate  
at the Northgate Mall.

## RETINOPATHY SCREENING

Retinopathy Screening is completed once again for the year 2015, and we are very proud to announce that we have screened a vast majority of our clients. That number has risen drastically since we began this specific program, and we cannot stress how pleased we are with the attendance.

Clients diagnosed with Diabetes	62
Clients who moved away	-8
Clients followed by Dr. Kesty, or hospital	-6
Family decision	-3
Clients remaining to be screened	45
Clients screened	43
Clients declined (no reason)	1
Clients could not contact	1
Total	95%

**This is such an important part of prevention, because high levels of glucose can cause damage to the blood vessels that will result in high blood pressure, diseases to the kidneys, heart and to the eyes. The disease of the eyes associated with Diabetes is called Diabetic Retinopathy, which is what this program is geared towards.**

**Remember ... "Participation and Prevention is the key to a healthier you!" So just by attending is a step in the right direction.**

**COME OUT TO THE  
ANNUAL SPRING HEALTH FAIR  
ON MAY 28TH  
AND HAVE YOUR BLOOD  
GLUCOSE, BLOOD PRESSURE AND  
CHOLESTEROL CHECKED AND  
RECEIVE A PRIZE BALLOT !!**

# Wellness and Addictions

## Alcohol Awareness



Every year hundreds of people die as a result of boating-related activities. Almost 65% of these deaths involve the use of alcohol.

### The Facts

Many people, who would never drive their car after drinking alcohol, don't think twice about combining boating and alcohol.

- 37% of boaters in Canada admit to consuming alcohol every time they boat.
- 66% report they drink alcohol sometimes when boating.
- Alcohol is a factor in over 40% of recreational boating fatalities.

## Alcohol & the Boater



### How can alcohol affect the boater?

Alcohol is alcohol: 341 ml (12 oz.) of beer = 142 ml (5 oz.) of wine = 43 ml (1.5 oz.) of spirits

### **Alcohol:**

- diminishes judgment and the ability to process information,
- reduces motor skills, peripheral vision and balance,
- slows reaction and reflex response time,
- reduces depth perception, vision and focus,
- disturbs the inner ear thus reducing your ability to distinguish the water surface if you fall in, and
- accelerates hypothermia.

## Prom and Graduation Safety



With summer fast approaching and the school year coming to an end, also means graduation and a time for celebrating. Most often this time of celebrating will also involve a high chance of young people indulging in the consumption of alcoholic beverages.

With that being said, I would like to share with you a few safety tips for you, the teen and your parents to keep in mind for this special event, should you decide to attend your grad party.

*During Graduation season the numbers of traffic deaths are higher for teens than any other time of the year according to Mothers against Drunk Driving (MADD).*

## Tips for Throwing a Graduation Party

### **For Youth:**

- Share all of your plans for the evening with your parents, including after-Prom parties (give them locations and phone numbers).
- Stay with a group of friends throughout the night. Watch out for each other.
- Make sure your cell phone is fully charged before leaving home for the night.
- If you don't have a cell phone, take extra money with you in case you need to call for a cab or if an emergency arises.
- Don't leave possessions or any of your beverages/food unattended.
- Always wear your seatbelt.
- DON'T get in a vehicle with someone who has been drinking or using drugs.
- Know the warning signs for alcohol or drug overdose and call 911 immediately if you see someone presenting them.



# Wellness and Addictions

## **For Parents:**

- Make sure your son/daughter has a plan for the evening and that you know what it is.
- Know who is driving to and from.
- Take stock of your alcohol in your home prior to the beginning of the night.
- Talk to your son/daughter about the school's prom rules and your prom rules and the consequences of violating them.
- Always let your son/daughter know that you will be available to pick them up if they feel unsafe regardless of the circumstance.
- Communicate with other parents and school officials.
- DO NOT rent hotel rooms for after-Prom parties unless you plan on chaperoning the party.
- Stay up until your prom-goer returns home for the night and let them know you will be waiting up for them.

## **Tips for Throwing an After-Prom or Graduation Party:**

- Set clear rules in advance for the night of the party. Discuss the rules and consequences of breaking them with teens before the night begins and reinforce them.
- Invite other parents to chaperone with you. If you have a large number of guests you will need more adults to help keep order at the party and to help keep you awake all night.
- Make it clear that you will not allow any uninvited guests to crash the party. Parties can get out of control if the number of guests continues to grow and grow through the night. Unless the guest is invited they should not be welcome.
- Be prepared if your rules are broken. If an invited guest arrives to the party already drunk or if the guests become unruly you need to be prepared to call parents to come and pick them up. Communicate these rules with other parents ahead of time so they understand the consequence if their son/daughter becomes a problem.

***"It is better to be safe than sorry"***

## **Upcoming Activities**



### **Cradle-Board Making**

**(Adult Activity)**

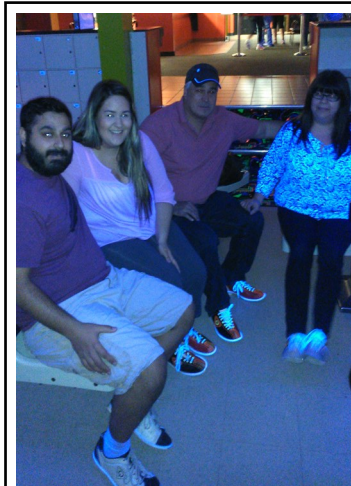
Sunday June 7th (Tentative)

If interested, please call Rodney St-Denis or Vicky Constant (819)627-9060 to sign up.

**Limited spaces available please call and register ASAP !!**

### **Feasting Our Medicines**

On Friday June 19<sup>th</sup> we will be feasting and preparing our medicines, honoring ourselves and loved ones with the youth at the teepee in the ball field. Watch out for more details !!



**Thank You  
to everyone who  
came out and  
participated in the  
Adult Bowling Night  
on May 1st that was  
hosted/organized  
by the  
Addictions and  
Wellness Program !!**

# Household Chemical Safety

You probably use many household chemical products in and around your home and garage. These products may include cleaning liquids and powders, polishes, drain cleaners, paint thinners, and windshield washer fluids. These types of products can be dangerous and cause burns, fires, poisonings and explosions

Household chemical products are among the top products responsible for injuries and deaths in children under the age of five years. Bad taste and odours often do not keep children away from household chemical products. Even a small amount of a chemical product can be harmful to a child.

Use, store, and dispose of household chemicals carefully. Learn the meaning of the hazard symbols and follow all directions on the label.

## Safety Tips

### **Read the label before you buy or use a household chemical product.**

- Follow the instructions every time you use a household chemical. By law, the label must include instructions on how to use and store the product safely. It must also show warnings of potential hazards.
- By law, household chemical products must have a bordered label on the back or side. Inside the border, you will find instructions for safe use and first aid treatment, and a list of harmful substances in the product.
- Look for hazard symbols on the front of the product. If you don't already know what these symbols mean, learn them. If you follow the instructions, you could prevent an injury. You could even save a life.
- Do not cover up or remove the labels from household chemical products.

### **Use household chemical products carefully, especially around children.**

- Never mix household chemical products together. Some mixtures can produce harmful gases.
- Check that child-resistant closures are in good working order.
- Child-resistant does not mean child-proof. Close the cap on the container all the way even if you set it down for just a moment.
- Teach children that hazard symbols mean **Danger! Do not touch.**
- Post emergency phone numbers by your telephone and/or program the number into your phone.

### **Store household chemical products safely.**

- Store all household chemical products in their original containers. Keep all safety information.
- Keep all household chemical products locked away, where children cannot **see** or **reach** them.
- Try not to store products that may release harmful fumes or catch fire inside your home. These items include paints, solvents, gasoline, fuels or varnishes. Store them according to the instructions on the product's label in a separate building if you can, or in an area that is well vented to the outside.

### **Dispose of leftover household chemical products safely.**

- Buy only the amount you need for the job so there is no waste.
- Check your city or town's guidelines for instructions on how to dispose of chemicals and other hazardous waste.

### **Never:**

- burn household chemical containers
- pour the contents down the drain unless directed
- inappropriately re-use empty containers

### **If someone has been in contact with a household chemical product and you think they may have been harmed:**

**Call a **Poison Control Centre** or your health care provider right away. You can find phone numbers for the Poison Control Centre nearest you at the front of your local telephone book or by searching Poison Control Centre + (your province or territory) on the Internet. In Quebec call 1-800-463-560. Depending on your cell/home phone provider you may have to call the Ontario Centre 1-800-268-9017.**

**Tell the person who answers the phone what the product label says. There should also be first aid instructions on the back or side of the product surrounded by a border.**

**Bring the product with you when you go for help.**

# Reminder Sheet for Upcoming Important Dates

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## MAY 2015

- May 5th** - Family Movie Night at the Community Hall (see page 21 for more info)
- May 6th** - Women's Health Workshop with Sarah Blackwell at the Community Hall
- May 10th** - Happy Mother's Day !!
- May 11th** - Community Kitchen (see page 21 for more info)
- May 15th** - Deadline for applications for the Two-Bedroom Duplex Units (see page 2 for more info)
- May 18th** - Band Office and Health Center are closed for Victoria Day holiday
- May 20th** - Day One for the Annual Spring Clean Up (see page 7 for more info)
- May 21st** - Day Two for the Annual Spring Clean Up (see page 7 for more info)
- May 23rd** - Gun Course at the Community Hall (see page 5 for more info)
- May 24th** - Community Baseball Game (14 yrs +) (see page 22 for more info)
- May 28th** - Annual Spring Health Fair at the Health Center (see page 13 for more info)
- May 28th** - Deadline for Medical Transportation Claims for the month of May

## JUNE 2015

- June 3rd** - Summer Activity Coordinators Job Posting Deadline (see page 15 for more info)
- June 5th** - Band Office and Health Center are closed for EVFN Elections
- June 6th** - Neighbor's Day at the 75th Park in Temiscaming (see page 6 for more info)
- June 7th** - Cradle-Board Making Workshop for Adults (see page 25 for more info)
- June 7th** - Community Baseball Game (14 yrs +) (see page 22 for more info)
- June 8th** - Day One for the Women's Health Screening Clinic (see page 16 for more info)
- June 9th** - Day Two for the Women's Health Screening Clinic (see page 16 for more info)
- June 10th** - Men's Health Workshop with Sarah Blackwell (see page 21 for more info)
- June 19th** - Guardian Angel Job Posting Deadline (see page 20 for more info)
- June 19th** - "Feasting our Medicines" Youth Activity (see page 25 for more info)
- June 21st** - National Aboriginal Day Activity (see article on front page 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 25th** - Deadline for Summer Student Employment (see page 5 for more info)
- June 29th** - Deadline for Medical Transportation Claims for the month of June

# Eagle Village First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>May 2015</b>					1	2
3	4	5 FAMILY MOVIE NIGHT	6 WOMEN'S HEALTH WORKSHOP	7 GARBAGE PICKUP	8	9
10 MOTHER'S DAY	11 COMMUNITY KITCHEN	12	13	14 RECYCLE PICKUP	15	16
17	18 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR VICTORIA DAY	19	20	21 GARBAGE PICKUP	22	23
24 31	25	26 Stacey and Darlene will be in Quebec City for training. (26th & 27th)	27	28 DEADLINE FOR MEDICAL TRANSPORTATION RECYCLE PICKUP	29	30

**ANNUAL SPRING HEALTH FAIR !!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>HOLIDAYS</u> Joan St-Denis	1	2	3	4 GARBAGE PICKUP	5 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR ELECTIONS	6
7	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 <u>HOLIDAYS</u> 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 - 18th)	17	18 GARBAGE PICKUP	19	20
21 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 <u>HOLIDAYS</u> Donna Pariseau (22nd - 30th)	25 RECYCLE PICKUP	26	27
28	29 DEADLINE FOR MEDICAL TRANSPORTATION	30	<b>June 2015</b>			