



Migizy Odenaw Mazinaigan

Eagle Village First Nation Community Newsletter

www.evfn.ca

An Update from the Chief



On Wednesday, December 10, 2014, First Nation leaders from across the country gathered for the AFN (Assembly of First Nations) Special Chiefs Assembly and we elected a new National Chief. The Federation of

Saskatchewan Indian Nations Chief Perry Bellegarde was elected as National Chief and he will serve a three-and-a-half year term as mandated by resolution from the Chiefs-in-Assembly at the 2014 Annual General Assembly. I want to congratulate our Regional Chief Ghislain Picard for presenting his candidacy for National Chief and filling in as interim National Chief after the resignation of former National Chief Shawn Atleo.



On January 15, 2015 we welcomed Minister of Aboriginal Affairs Geoffrey Kelly and Minister of Mines and Minister responsible for the Abitibi-Témiscamingue region and the Nord-du-Québec region Luc Blanchette.

Consultation Protocol

On November 27, 2014 we signed a Memorandum of Understanding (MOU) between the Algonquin First Nations of Timiskaming, Wolf Lake & Eagle Village regarding protocol and procedures for Crown Consultations and Accommodation. This is to ensure that the three communities handle the consultations in a similar way. This is done to affirm the Assertion of our Aboriginal Title and Rights in the SAR (Summary of Asserted Rights) Territory.

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



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

IMPORTANT

2015 is Election Year for Eagle Village First Nation.
It is very important to update your address with the Band Office to receive an electoral package in the mail. If you moved in the recent years please contact Joan St. Denis at 819-627-3455 or joan.stdenis@evfn.ca to update your mailing address.

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Update from the Chief (Con't)

Energy East Pipeline

Energy East Pipeline plans to construct and operate a 4,500 km of crude oil pipeline system from Alberta to New Brunswick, comprised of both new oil pipeline facilities and existing natural gas pipeline facilities to be transferred and converted from gas to oil. This pipeline will be passing through or traditional territory in the Mattawa area in

addition there will be construction of pumping station in that area.

We are in the process of negotiating a CEFA (Communication and Engagement Funding Agreement with Energy East Pipeline Ltd. to address our concerns along the pipeline route on our territory.

We participated in in the Ontario Energy Board First Nation Community discussion to raise our concerns. We will be officially submitting a document reiterating our concerns by February 6, 2015 to them.

In addition, the National Energy Board has the regulatory responsibilities for oil and gas exploration and production activities in Canada Lands not otherwise regulated under joint federal/provincial accords. These regulatory responsibilities are set out in the *Canada Oil and Gas Operations Act* and the *Canada Petroleum Resources Act*. The deadline to apply to participate in the hearing for the Energy East Project is March 3, and we will be sub-

mitting our application to participate as interveners to outline our interests and concerns.

CEDI (Community Economic Development Initiative) update

As part of the friendship accord we signed with the municipalities of Kipawa and Temiscaming in June 2014, we have been focussing on developing a joint tourism plan. **On February 11th at 5:00 p.m.** we are inviting the population to join us for a Spaghetti Supper at the Golden Age in Temiscaming so that we can share the direction we are taken and to get your feedback and ideas. We look forward to you being part of our plan.

Chief Madeleine Paul

I would like to congratulate Lynn Grandlouis and Shelly Grandlouis for the completion of two years of long distance education. They completed a Certificate in working with Special Needs Children through the University of Quebec in Montreal.



**I hope everyone is enjoying our great looking rink!
Thanks again to the guys for building the rink
and maintaining an excellent ice surface.**

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



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: Dec 7th to Jan 10th 2015	Min. # of Hours Required	Min. # of Weeks Payable
21.7%	14.3%	N/D	9.6	560	20s
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

Please be informed that effective January 1st, 2015, the maximum insurable earnings will increase from \$48 600 to \$49 500. This means that an insured worker will pay EI premiums in 2015 on insured earnings up to \$49 500. As a result of the increased MIE, beginning in January 2015, the maximum weekly EI benefit rate will increase from \$514 to \$524 per week. Claims established before December 28th, 2014, will not be affected by the 2015 MIE increase.

The premium rate for workers in Quebec will be \$1.54. This rate is lower than in the rest of Canada, because the Province of Quebec has been collecting premiums since January 2006 to administer its own maternity, parental, and paternity benefits under the Quebec Parental Insurance Plan. Concerning the QPIP the principal changes for 2015 are as follows: the maximum insurable earnings subject to QPIP premiums is of \$70 000. The employee premium rate is at 0.559%, and the employer premium rate is at 0,782%. As a result, the maximum employee premium is \$391,30 and the maximum employer premium is \$547,40. For further information, we remain available or you can visit the Website of Service Canada and QPIP at the following respective addresses.

<http://www.servicecanada.gc.ca/eng/ei/information/maximum2015.shtml>

http://www.cgap.gouv.qc.ca/financement/cotisation_en.asp

Firearms Course

I am currently working on achieving a tentative date for the Firearms Course. We have accumulated the maximum numbers allowed and those people will be contacted when more information is available.

Note: You will have to pay in advance to have the course book ordered in time and also to secure your seat for the course.

Check the newsletter for more updates.

Possible Job Opportunity: Salvage Diving (Logs)

Requiring 3 participants age 20 and over. If interested Mr. Stephan Beaulé will be giving a presentation for the job and requirements. Thursday March 5, 2015 at 7 p.m. at the community hall.

OUT OF OFFICE

Employment Integration Committee meeting;
February 4th, in Temiscaming First Nation

I will be gone to meeting in Quebec City,
February 16th to 19th 2015.
AFNQL Elected Women Conference

I will be out of office
February 23rd to March 6th 2015 inclusively.
I will be back in the office, March 9th, 2015.

Congratulations!!

We would like to congratulate Kyle McKenzie who has successfully completed the Truck Drivers AZ training. We wish him the very best in his future endeavors.

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.

Eagle Village Housing Department

Attention- All Article 95 (CMHC) homes.

As of December 2014, it is the responsibility of the resident to obtain their own content insurance, for all Article 95 housing. You can contact any insurance company to get your content insurance. The Article 95 program only covers insurance on the building.

If you are not aware of your housing program you can contact Tanya McKenzie at the office to verify.

Housing Update:

- We are in the process of building a two bedroom duplex; application date will be advertised in newsletter.
- I have conduction home visits to Article 95 units with two construction workers to develop a maintenance plan. This will enable the creation of a database for the housing department which in turn will help be more efficient to all.

Home Maintenance tip from CMHC

What Can I Do To Prevent Mold And Moisture?

Humidity is the amount of water in the air. We need humidity for our comfort and health but too much humidity can lead to moisture problems and mold. During the cold winter months, humidity problems show up as condensation on your windows, wet stains on your walls or ceilings and mold in your bathroom. Consult CMHC's free guide, Moisture and Air, Householder's Guide, to help you recognize and fix moisture problems.

You can download it by going to www.cmhc.ca/tips

Keep The Heat In During Winter.

Avoid opening windows if it gets too hot in your home in the winter. This wastes energy and money. When you open a window, you lose the heat you have already paid for and you make the heating system work harder to heat the house. If it's too hot, turn down the thermostat. Rising energy costs are a concern for all. This is true whether you pay your utilities directly or through your rental fees. Consult CMHC's free, Energy and Water-Saving Tips, for tips you can do yourself and things you can do in co-operation with your housing staff.

To download a free copy go to www.cmhc.ca/tips

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



HOUSES FOR SALE

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



Economic Development - Joint Tourism Strategy



The Communities of Eagle Village First Nation, the Municipality of Kipawa
and the Town of Temiscaming
Invite all **COMMUNITY MEMBERS** to share their ideas regarding our joint tourism strategy

Wednesday February 11th, 2015 - 5:00 p.m. - 7:30 p.m.

In the Golden Age Club at the Centre, we will be hosting a free Spaghetti Supper,
and invite you to an update and feedback session on our joint tourism plan!

Last January 2014, the 3 communities met to explore the possibility of collaborating on various projects. A year has passed and we would like to share with you the direction we have taken as well as get your ideas and feedback in order to ensure that we are moving in the right direction.

In June 2014, our communities signed an historic Friendship Accord and since then we have been focusing on developing a joint tourism plan – our hope and goal is for continued collaboration and to foster diversity within our area, expand services and as well for all to benefit economically!

As we value our community members' input,
we invite you to come participate in the creation of this plan.

Elected officials from the 3 communities and economic development officers, tourism operators, business owners, and community members are all welcome to attend this event.

Be a part of your future. Your opinion matters!

Taxi-Tem Inc. Hours

TAXI TEM PHONE NUMBER 819-627-3331

MONDAY – 8:00 am to 5:00 pm
TUESDAY – 8:00 am to 5:00 pm
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

REMINDER

The new automated solution for Tax Exemption on gas purchases has now been installed at Migizy Gas.
If you **have not** already applied for a Fuel Tax Exemption Card you please do so **immediately**.

For assistance on filing your claim for reimbursement, applying for your Fuel Tax Exemption Card,
or for more information regarding the new system see Justin Roy at the Band Office.

**For members who have not picked up their Gas Receipts, they are ready at the Gas Station.
You must fill them out and send them out yourself, the instructions are included in the envelope.**

Indian Registration / Membership

CERTIFICATE OF INDIAN STATUS (CIS)

Effective immediately, Certificates of Indian Status (CIS) will no longer be processed by mail. They will be issued in **person only** at an issuing Indian Registration Office.

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).

Information on how to apply for the SCIS is available at: www.aadnc-aandc.gc.ca
Click on *Indian Status* and then *Secure Certificate of Indian Status*.

You are required to submit the original copy of your Provincial Birth Certificate with your SCIS Application along with two passport size pictures (taken within the last twelve months) and copies of two pieces of valid identity documents. If you apply by mail, you will need a Guarantor.

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 for an amendment to your Registered Indian Record. (*Your 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.

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.

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DEATHS - ESTATES

As soon as possible after a registered Indian person’s death, the contact person for the Estate must submit a copy of the death certificate to the Indian Registration/Membership office.

A form entitled “Information for the opening of an Estate file with AANDC” must also be completed by the individual who submits the death certificate. This form will be presented and completed when the death certificate is submitted to the Indian Registration/Membership office.

Death Certificates are required to record deaths in the Indian Register. The deceased person’s name will no longer appear on active band lists, voters’ lists, etc.

The “Information for the opening of an Estate file with AANDC” will inform AANDC Program Officers regarding the opening of Estate files under the Minister’s responsibility and will allow them to contact the relevant person(s).

Education Department

INFORMATION FOR ALL STUDENTS ALREADY IN COLLEGE OR CONSIDERING POST SECONDARY FOR SCHOOL YEAR 2015 - 2016

NEW APPLICANTS:

Colleges in Ontario have begun accepting applications as of November 24, 2014. The deadline to submit your application to college is **February 1, 2015** for equal consideration. The website to apply is www.ontariocolleges.ca

CEGEPS in Quebec deadline to apply for the fall of 2015 is **March 1, 2015**. CEGEPS have different applications procedures than Ontario colleges so please feel free to come to my office to get the specific information of the CEGEP of your choice.

Ontario Universities also have different procedures for each university (and each program of study you can get information by going to the website www.ouac.on.ca

If you are interested in any other institutes please feel free to contact me at 819 627 9789 or 1 888 229 3224 if you require information for applying to the specific school you are interested in.

RETURNING POST SECONDARY STUDENTS AND NEW APPLICANTS:

All post-secondary students **MUST** also **apply** for **The Post-Secondary Education Assistance Program** for funding, if you want a living allowance while attending school. The deadline to apply for funding is **APRIL 1, 2015**. You can contact me at rose.jawbone@evfn.ca to get a copy of the application.

PLEASE NOTE: Any applications received later than April 1st, 2015 will automatically fall into the Priority 3 category and is subject to waiting to see if there is any money available within the post-secondary program.

Rose Jawbone, Education Administrator

Native Arts and Crafts Class

NEW LOCATION AND TIMES FOR THE NATIVE ARTS AND CRAFTS CLASS

We will no longer be holding the Native Arts and Crafts class at G. Theberge School.

The class will be taking place in the basement area of the Youth Center.

EVERY TUESDAY from 4:00 p.m. until 5:30 p.m. for ages 5 – 11

EVERY WEDNESDAY from 4:00 p.m. until 5:30 p.m. for ages 12 and up

Please encourage your children to come and participate to learn how to create native crafts.

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

Want a chance to win a ticket
to a Titan's Game ...

Call 627-3309
to leave your name with Laura !!

Draw will be held on the
Friday morning if there
is a game that week !!

Eagle Village members only !!

TITANS 2014-2015 HOME GAME SCHEDULE

DATE	TIME	OPPONENT
February 6th	8:00 pm	Grey Highlands Bravehearts
February 13th	8:00 pm	Parry Sound Islanders

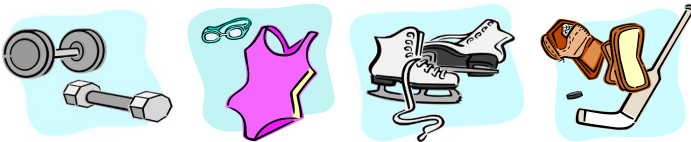
NON-RESIDENT FEES

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 FEBRUARY 26TH 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



Regal
GIFTS

Lynda Chevrier -
Regal Representative

Call 705-358-4410 to place an order or u can go to her web store and do your own order and ship directly to yourself www.lchevrier.shopregal.ca
(Ordering though Lynda means you save the taxes !!)

EAGLE VILLAGE FIRST NATION'S ANNUAL SNOWMOBILE RALLY Saturday February 14, 2015 *Valentine Poker Run*

REGISTRATION

10:00 am - 1:00 pm

Eagle Village Community Hall

\$10.00 Entry Fee (must be 18+)

May purchase 2 extra hands at \$10.00 each same name only

Must participate in rally to win

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

SUPPER

5:00pm - 7:00pm

Check menu and
price day of rally

DANCE

8:00 pm - 2:00 am

to the music of

DJ : Neil Pariseau

Bar Opens at 5:00 pm - 2:00 am



Community Wishes for February and March



Happy Birthday to Kieran
on Feb 25th!!

Lotsa love, Mom xoxo



Happy Birthday to Trysta
on February 28th!!

Love Mom, Dad & Kendra
xoxo



Happy Birthday to our
Big Brother Bully on Feb 25th!!

Love Tori and Gage



Happy Valentines
to my wife Jackie!

Love always Robbie xo

The group from the A.P.H.T.K would like to say Thank You to David McLaren and Eagle Village First Nation for their wonderful donation of a computer system to our school!!!



Happy Anniversary to
Kim and Robert
on February 8th!!

Love Mom xoxo



Happy Birthday to
Tiddalow & Kim on February 17th!!
May all your wishes come true,
but realistically mostly your dreams
and wishes!

Love you girls forever Mom xoxo



Happy 1st Wedding Anniversary to my sister
(Kim) and brother-in-law (Robert)
on February 8th, congratulations to you both
on your special day!

Blessings to you both in this coming year,
and in all the years to follow!

Love you guys!!

Tiddalow, Jason, Trent & Evin xox



Happy 4th Birthday to
our baby "Evin" on February 25th!!

Love you lots, your Nonna xoxo



Happy 50th Birthday to my brother
Larry (McLaughlin), have a good one!

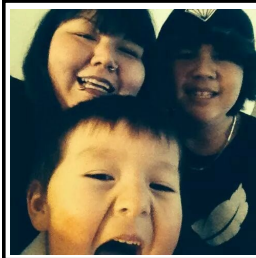
Love from Jason, Vicky, Trent & Evin
xoxo



Happy Birthday to my
sister Kim,
have a good one!

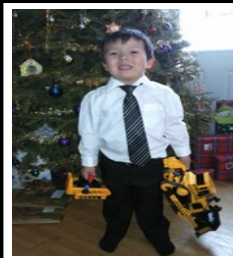
Love you!!
from Tiddalow & Jason xox

Community Wishes and Information



Happy Birthday to the best Auntie
in the world, our Auntie Kim!
Wishing you a great day!

Love from your nephews Trent & Evin
xoxo



Happy Birthday to the CUTEST and
most SPECIAL 4 year old around,
our Evin!
Love you to the moon and back!!
From Mommy, Daddy
& your bro Trent xox



Happy Valentine's Day
to my 3 Sweethearts
(Jason, Trent & Evin McLaughlin)
Love you guys
SO SO much!
From, Mom (Vicky) xox



Happy Birthday Georgette,
have a great day!

Love from,
Vicky, Jason,
Trent & Evin xoxo



EAGLE VILLAGE ELDER'S CLUB
(13 Amik Crescent)

SUNDAY, FEBRUARY 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 !!

G. Theberge School Pre-K & Kindergarten Registrations

To register your child for Pre-Kindergarten he or she must be 4 years of age on or before September 30th, 2015.

Registration Dates:

February 9 & 10 (9am to 12pm) & (1pm to 2pm) and;
February 11 (9am to 12pm) & (1pm to 5pm)

Required documents for registration:

- * Child's original long form birth certificate (bearing parents' names)
- * Certificate of Eligibility of the child, sibling or parent
- * Canadian Citizenship of parent
- * Québec driver's license of the parent/guardian responsible for the child
- * Québec proof of residency (ex: lease/house deed AND tax bill or hydro/cable/phone bill)
- * Child's last report card (if applicable)

Please call (819) 627-1212 to make an appointment

G.Theberge School

Temiscaming, QC J0Z 3R0 gtheberge@wqsb.qc.ca
Phone: (819) 627-1212
Fax: (819) 627-2424



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 February.

- **BOIS FRANC** is located south of Hardwood Road at km 20.
- **ENGLAND** is located about 5 km south of Temiscaming on Hardwood Road.
- **PEKAN_REVOLVER** first presentation and is located south of Lac du Fils.
- **COLLERETTE** first presentation and it located next to Whitefish Lake in the Belleterre area.

We were very fortunate enough to get training dollars in the Community to provide a 9 week Chain-Saw Course. It started on January 27th with 2 days of theory and the remainder will be out training on the field for the experience. The 9 participants will receive both a certificate from Rexforet & CSST.

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

The Land Management Team

An Update from the Health Director

Meetings Attended:

- FNHMA B.O.D via conference call
- Quebec's First Nations Health Directors Network Professional Development Training Week of December 1st to 5th
- B.O.D. of the FNQLHSSC December 15th -17th via conference call
- Health Directors, Director General and Chief Meeting on Governance in Quebec on January 27th & 28th

Upcoming:

- FNHMA B.O.D.
- Quebec's First Nations Health Directors Network Professional Development Training.
- Health Forum for the FNQLHSSC

Files in Motion at EVFN Health Center:

- Home & Community Care Program now in block mode funding
- Continuing work on collective prescriptions for nursing, forever ongoing.
- Business plan development for new Health Center.
- Employee evaluations underway.
- Position of Data Clerk /Admin Assistant in final steps in selection process
- Coalition for English Speaking First Nations Communities Project continuation proposal
- Implementation of Care Program

It seems that since the new Health Bill 10 was introduced following the election of a majority Quebec Liberal Government that many First Nations communities now find themselves at a disadvantage once again in

the spectrum of healthcare. One would think that as a people with two levels of government looking over their health needs that our situation would not be with such disparity, however it is becoming clearer that both the Federal and Provincial Government frequently use this "dual paternalistic" governance to create confusion as to WHO IS RESPONSIBLE FOR WHAT. Even with the transfer of responsibility over health to the province, we as First Nations are falling through the gaps in regards to having equal access to services as any other person living off reserve.

To all our members, please rest assured that many First Nations Health Directors are bringing this situation to our leaders and that even the AFNQL is now involved in this file for we need to close the gaps in accessing the services we are entitled to, whether we live on or off the reserve. Meetings with the Health Minister, Gaetan Barrette are to take place early February with Regional Chief Ghislain Picard in order to address this and many other issues related to Health. I will keep you informed.

Meegwetch shout out goes to Richard Mines Sr. for fabricating and personally field testing such a cool sliding hill next to the walking path stage.

Quotes on Life, Management & Attitude:

Education is our passport to the future, for tomorrow belongs to the people who prepare for it today."

Malcolm X

"We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses."

Abraham Lincoln

Diabetes News



Before the holidays we had Lorie McLean back for a workshop, although the attendance was lower it was a once again very successful. I would like to say Thank you to Alice McKenzie (President of the Elders Club) who let us host the workshop at the Elders Centre, due to the construction at the dome, it was greatly appreciated.

Following this activity in December, we had our Diabetes Clinic/Breakfast where again it was held on 2 separate dates, this was another successful clinic. I am very pleased with the participation, it demonstrates the commitment everyone has to try and manage their levels. At this clinic we had a power point which depicted "How to read labels" it seemed that everyone did follow along, and I hope that you all understood the importance of what to look for, and if not then please do not hesitate to call me at the Health Centre and I will try and answer any questions you may have.

Also during the breakfast, I did a short survey on how many would be interested in attending a "Just for the Health of it; Diabetic Luncheon" and because of the high percentage of people who agreed we will definitely host our first one, as soon as the construction is complete. I will contact you either letter form or telephone call, and of course it will also be advertised in the newsletter.

Virginia McMartin - Diabetes/Chronic Disease Coordinator

HEY GUYS !!

Take a minute and read what Bryan Murray had to say;



Murray was given the news by doctors on June 23 2014, only four days before the NHL entry draft was held on June 27-28 in Philadelphia.

A father of two, Murray said the doctors told him he may have had cancer for 7-to-10 years.

"The frustrating part - and I've said this to several doctors since then - is, 'How come there were no signs?'

"You're healthy, you're from a family that hasn't had any disease whatsoever, we can maybe wait many doctors said.

I didn't have a colonoscopy, which I should have had.

A simple colonoscopy, in my case, probably would have solved the problem that I have," Murray said.

With that being said, you may be wondering what age should I check my prostate?

Well it is recommended for men at the age of 40 !!

You can ask your doctor that you want one. Let's start the year off by taking care of us !!

Get your regular check-ups.

Prevention is the key to a healthier you!

Virginia McMartin

(Diabetes /Chronic Disease Coordinator)



Mark Your Calendar ... The Next MCH Activities are:

Wednesday February 11th, 2015
Theme - Be My Valentine
"Valentine's Day Craft"



Wednesday March 11th, 2015
Theme - St. Patrick's Day
"St. Patrick's Day Craft"



For more information please call Jennifer Presseault at the Health Center 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 _____ (Address) this _____ (Date) at _____ (Time)

Professional or Delegated Authority Signature
Signature du professionnel ou personne autorisée

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

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.

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.

NOTICE

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

THANK YOU

If you have any questions I can direct you in the right path and let you know where to call.

Priscillia Durocher
Medical Transportation Coordinator

Eagle Village Health Centre
3 Ogima Street, Kipawa, QC J0Z 2H0
Phone: 1-819-627-9060 Ext. 223
Fax: 1-819-627-1885
priscillia.durocher@evfn.ca



CARE

Safe Home-Aging For Our First Nation Elders

Benefits to Elders

- No direct cost to Elders who use the service or their network of family and caregivers
- Easy setup and maintenance free - CARE services works with any phone and requires no additional hardware or software
- Promote compliance and improve health outcomes
- Help manage individualized medication and health activities

There are some interesting and important facts about the Aboriginal people of Canada. It is estimated that the Aboriginal senior population is expected to triple by 2026. The life expectancy of First Nations males is expected to increase to about 72 years by 2010, and to 79 for females. Many of the chronic conditions and illnesses which put First Nations members at risk of requiring a continuing care service begin to appear in the 45-64 year age group.

In 1988 there was a moratorium placed on any new construction for on-reserve personal care home by the Government of Canada. With a shortage of local facilities and services in the community there is a high probability that our First Nations will see the exodus of many of our Elders from their homes, families and communities to be transferred to provincial or territorial care.

The National Aboriginal Health Organization (NAHO) outlined the need for home care in Aboriginal communities demonstrating the health status of First Nations, Inuit (and Métis) is profoundly worse than the Canadian average. This is due to many socio-economic factors affecting both life expectancy and quality of life for seniors; and as such, more resources are required to meet a growing and wider range of health needs at the community level both in the home and in personal care facilities.



New to Eagle Village First Nation

CARE Program

**A 3 month trial period started for 6 of our members on January 26th 2015.
More information on full implementation of the CARE program for all
“at risk” community members in the months to come !!**



Community Alert & Response for Elders (CARE) Features and Benefits

An effective solution for safe home-aging for our First Nation Elders that provides:

Health Management

CARE services provide a simple and efficient way to manage medication, doctor appointments and immunization reminders, while family and caregivers can track noncompliance by their loved ones.

Wellness Care Calls

CARE Daily Calls helps monitor Elders on a daily basis; our automated on-call monitoring service keeps them from isolation, while updating their day-to-day status on health and emotions, and notifying family and caretakers as required.

Emergency Notification

CARE provides a quick and reliable notification to family, caregivers, neighbors, police or emergency responders in event of personal crisis as pre-designated contacts automatically.

Connected Platform

CARE incorporates care giving and communication features; providing Elders and their network of family and caregivers the ability to stay connected.

Benefits

- No direct cost to Elders who use the service or their network of family and caregivers
- Easy setup and maintenance free
- CARE services works with any phone and requires no additional hardware or software
- Promote compliance and improve health outcomes
- Help manage individualized medication and health activities
- Reduce medication related errors - ensures taking the right drugs, right dose, at the right time
- Keep family and caregivers anywhere in the world informed on how you are doing, with our Wellness Daily Care Calls
- Simple emergency notification system using one's home or mobile phone
- Helps family and caregivers stay connected remotely

Who Needs CARE

- Elders who live alone
- People who take multiple medications
- People who have diabetes, dementia, stroke and other chronic ailments
- Individuals who would like an easy system to notify multiple people
- Family members who would like a platform to manage, track and communicate with their loved one's daily wellness activities
- Individual care providers to help manage, track and communicate with their patients daily wellness activities



HEART HEALTH

HEART HEALTH MONTH SCREENING CLINIC

Please come in to be checked for
Diabetes and High Blood Pressure

(for an accurate result please avoid eating /drinking for 2 hrs before you come in to be screened)

MONDAY FEBRUARY 16TH, 2015

If you can't make it Monday, please stop in anytime that week during office hours !!

Eagle Village Health Centre

9:00 am – 7:00 pm

Walk-In Clinic ... No appointment necessary !!

You are never too young to be screened ...
early detection is very important !!

SPECIAL DRAW FOR YOUTH WHO PARTICPATE
IN THE SCREENING !!

(13 YRS & YOUNGER MUST BE ACCOMPANIED BY A PARENT)

CHANCE TO WIN A GREAT DOOR PRIZE !!

For transportation please call Priscillia at the Health Centre 819-627-9060.



ANXIETY PREVENTION PROGRAM

Are you:

- Feeling stressed or anxious?
- Looking for tools to help manage these symptoms?
- Wanting peace of mind?
-

IF YOU ARE STRUGGLING WITH MANAGING STRESS AND SYMPTOMS OF ANXIETY, THEN THE ANXIETY PREVENTION PROGRAM IS FOR YOU!

**WE CAN HELP YOU TOWARDS A HEALTHY
AND PEACEFUL LIFE!**

**EVERY
WEDNESDAY**

**FROM
7 PM – 9 PM**

**STARTING
MARCH 11TH
2015**

**GROUP THERAPY
FOR AGES 18
& OVER**

**ONLY 10 SPOTS
AVAILABLE
REGISTER NOW**

**REGISTER BY
FEBRUARY 16TH 2015**

WITH:

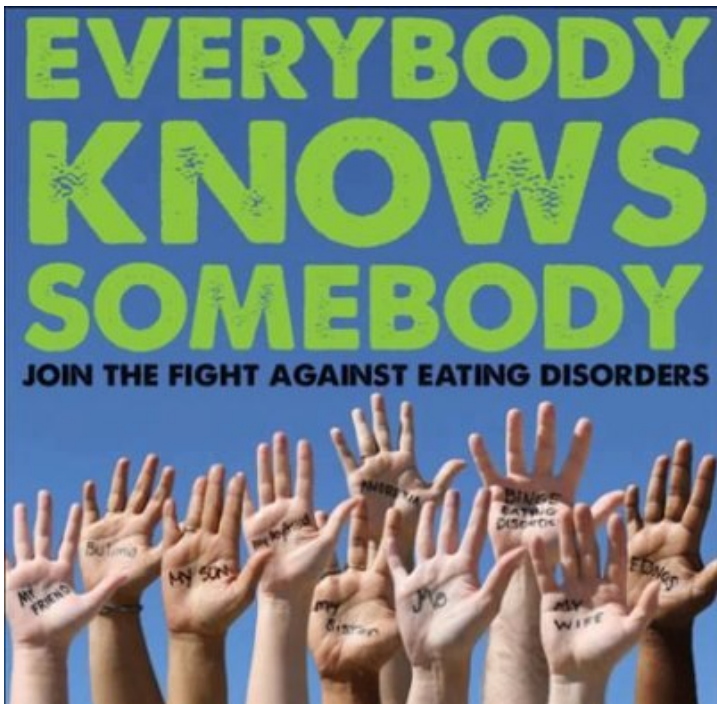
- **Melanie Thérien**
819-627-3385 ext.1274
- **Brittany Jennison**
819-627-3385 ext.1216

**CSSST – PAVILLON
TÉMISCAMINGUE-KIPAWA**

**IF YOU ARE INTERESTED IN REGISTERING FOR THE ANXIETY PREVENTION GROUP
YOU CAN PICK UP FORMS AT THE FIRST-LINE SERVICES OFFICE .**

First-Line Services

EATING DISORDERS AWARENESS WEEK FEBRUARY 1st – 7th



EDAW is an annual effort by groups across Canada, the U.S., Europe and Australia to educate the public on the relationship between dieting, body dissatisfaction and eating disorders. The goal is to increase awareness of the factors causing individuals, particularly women to develop anorexia, bulimia and weight preoccupation.

Self-esteem and social values are still unrelentingly connected to physical appearance, particularly for women. The beauty ideal today is uniformly thin, white, able bodied, smooth skin, young and “glamorous”. Given that less than 1% of us fit this ideal, it is not surprising that most women in our society are dissatisfied with their bodies. The displacement of other issues onto our bodies creates pressure to meet an unattainable standard of beauty, and leads to us to develop harmful feelings toward ourselves and our bodies.

Many women and men act on these feelings and go to dangerous and damaging lengths to change their bodies. Given that we have a genetic predisposition to a particular weight, shape and size; it is no wonder that dieting fails for 95% of individuals.

Prevention of Disordered Eating

What is the key to prevention? Understanding that you can make a difference and that you can affect the people around you. If we work together we can stop people from hating their bodies, thinking too much about their weight and developing eating disorders.

Prevention can be as simple as:

- Living a healthy life – it can inspire others.
- Focusing on health and well-being, no matter what size you are.
- Knowing the risk factors for problems with food and weight.

Prevention can also happen every time you talk to people. When you talk about food and weight problems, make sure you:

- Use language and ideas that are right for the person’s age.
- Take into account all the social and cultural messages people get.
- Talk to both sexes about eating disorders and unhealthy attitudes or activities.

You can start changes in your own home, school, workplace, sports or hobby group and anywhere else you can think of.

Ideas for Us All

Here are some additional things all of us can do:

Model a healthy lifestyle. When others see you eating well and being physically active in a normal, ongoing way, without preaching or over-emphasis, they will accept these behaviours as normal.

Remind people how to identify symptoms of stress: Shallow, fast breathing, sweaty palms, racing heart, headache or stomach aches, panicky sensation. Suggest things to do to calm down.

Model and teach ways to deal with stress and conflict. Deep breathing, progressive relaxation exercises, a solitary walk, quiet time alone, listening to or playing music. You can also teach ways to deal with stressful situations such as:

- Make a list of the things you have to do and put them in order of importance.
- Practice talking positively to yourself to get you through the effects of a poor decision or unhappy result: it was one incident, not your whole life.
- Keep a journal to help you understand your feelings and thoughts.
- Think up new ways to cope and share them with others.

Help others to develop self-esteem based qualities other than physical appearance: Comment on and affirm characteristics that contribute to the smooth working of a study group or class. Be specific with your compliment:

- Help other individuals to have a realistic expectation of themselves and others.
- Encouraging individuals to take ownership of their accomplishments and talents.
- Encourage and affirm personally and socially responsible behaviour.

Get rid of your diet! Fight against the main cause of eating disorders—dieting. All you need is a trash can. Put one in your office, school or home. Get rid of all those negative products in your life. Fill it with diet how to guides, calorie counters, bathroom scales, diet pills, laxatives and other diet products.

Avoid labelling food “bad” “sinful” or “junk food”. Labels like this can make you feel guilty or ashamed for eating bad food. If we think this way, we can restrict, and then binge on certain foods. Remember that a healthy diet includes both regularly eating nutritious food and occasionally eating less nutritious, high calorie food.

<http://nedic.ca/give-get-help/prevention-health-promotion>

First-Line Services

SEXUAL & REPRODUCTIVE HEALTH DAY ~ FEBRUARY 12TH

What is Sexual Health?

While no one can define what sexual health means for you, most people want to avoid sexual problems and enhance sexual enjoyment. It follows, therefore, that to be sexually healthy, every time you engage in sexual activity you should feel comfortable doing so. Comfortable with yourself, your partner and the If you're about to do something that makes you uncomfortable, stop before you start. This holds true whether you're in a long term relationship, or about to embark on a new relationship.

Make sure that if you aren't prepared to risk an unplanned pregnancy you are using a contraceptive that works well for both you and your partner. And safety first - use condoms for dual protection, since it is important that you minimize the risk of sexually transmitted infections.

How do I Take Care of My Sexual Health?

Use dual protection, all the time, with every partner - even if you're monogamous, even if you know and trust your partner. Condoms protect both partners from unwanted pregnancy and from most sexually transmitted diseases. They may not, however, provide adequate protection from herpes, warts and pubic lice since they may not form a barrier between the affected areas. They are readily available, inexpensive, and easy to use. Protection is vital to your continued good health.

Get tested. This is another way you and your partner can avoid the risk of STDs or HIV infection. Don't assume that because you're in a steady relationship that you shouldn't continue to get tested.

If you're a woman, have regular pap smears, and learn breast self-examination. If you're a man, learn how to examine your testicles. If you're over 40, ask your doctor about a digital rectal examination.

<http://www.sexualityandu.ca/sexual-health>

COMMUNITY KITCHEN COOKING WITH

WE ARE LOOKING FOR A HOST FOR
THE MONTH OF MARCH.

If you are interested please call
First-Line Services 819-627-9877



DIDN'T TAKE ANYTHING OUR FOR SUPPER?
DON'T KNOW WHAT TO MAKE?
WANT NEW RECIPES?

COME MAKE SUPPER WITH US !!

First-Line Services invites Community Members to
share recipes and host a cooking group !!

REGISTRATION REQUIRED

family MOVIE NIGHT

WEDNESDAY FEBRUARY 25TH, 2015

DOORS OPEN at 6:00 PM

MOVIE STARTS at 6:15 PM

ADMISSION IS FREE - EVERYONE WELCOME

SNACKS AVAILABLE: \$0.50 EACH

FEATURE MOVIE ... BIG HERO 6 !!!



All children under 8 years old require a chaperone !!

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

First-Line Services - EVFN Food Bank

Congratulations to all the winners!!

There were so many great homes... The children and seniors had a wonderful evening.

Thanks for sharing the Christmas Spirit!

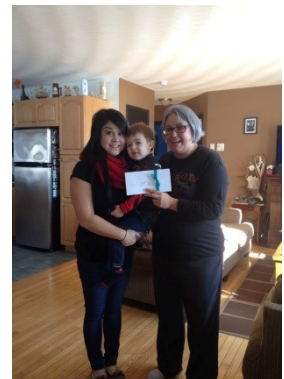
1st Place
Mitchell McMartin
and Family
\$300.00



2nd Place
Cary, Jungo Perrier
and Family
\$200.00



3rd Place
Rose Jawbone
and Family
\$100.00



**We also had 5 participant winners who received
\$30, \$25 and \$20 Gift Certificates.**

**Shirai Chevrier, Jennifer Chevrier, Doug Chevrier and LeeAnn Trudel,
Betty Lariviere and Maxine and Melvin McKenzie!!**

Happy New Year to all!

First-Line Services - EVFN Food Bank

Healthy Eating and the World Health Organization (WHO)

The WHO makes the following 5 recommendations* - they apply both to populations and individuals:

- We should aim for an energy balance and a healthy bodyweight.
- We should limit our energy consumption from total fats. We should also aim for more unsaturated fats and less saturated fats.
- We should up our consumption of fruits, vegetables, legumes, whole grains and nuts.
- We should consume as little simple sugars as possible.
- As well as making sure our salt is iodized, we should also limit our consumption of salt/sodium.

Healthy Recipe - Spinach Salad



- 5 cups baby spinach
- 1 apple, cut into 2 inch matchsticks
- ¼ cup currants
- 1 cup walnuts
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar

1. In a large bowl, place spinach, apple and currants
2. In a cast iron skillet, toast the walnuts over medium-low heat until they are browned, about 10 minutes
3. Add warm nuts to salad
4. Drizzle oil and vinegar over the salad
5. Toss and serve

Reminder

How often can I receive services?

In order to ensure we have enough food for everyone, a client household is eligible to receive a full box, one time per month. If there are special circumstances that you may require an additional basket, please discuss these with the Community Service Worker.

Other Services Available

If you are in need of assistance or special accommodations in order to access the food bank, please do not hesitate to contact the EVFN Food Bank.

Contact Information

Kim Chevrier – Community Service Worker
Telephone: (819) 627-9399



**Feeding the
Community**

Living With & Loving An Addicted Person

Recommended Tips ...

1. Come face-to-face with reality.

Learning how to deal with reality is the most important first step in “surviving” when you love an addicted person. Although it may seem easier to stay in the “fantasy space” where you can continue to believe that things are going to magically get better, there is no such magic. Things will not get better just because you wish they would.

Coming face-to-face with reality means accepting that parts of your life may be out of control as a result of loving someone who is engaging in addictive behaviours. These addictions can include mind-altering substances such as drugs and alcohol, as well as mood-altering addictions such as eating disorders, compulsive over-spending, smoking, being “glued” to the internet, gambling or codependency in relationships.

You may be feeling a constant, gnawing worry that you live with every day. You may find yourself being asked for money often, and feeling guilty if you say no. Perhaps you are watching everything you say and do, in order to “keep peace” in your home and not make the addict angry. Or you may be asked to do favours for the addict on a consistent basis, such as watching their children or doing their errands, and you may not know how to say no.

Whatever your particular situation is, acceptance of what you are dealing with in your life is the first tip for loving an addicted person.

2. Discover how to love an addicted person – and stay healthy.

There are effective ways to deal with the addicted person in your life, just as there are ways that are not only effective but can also be dangerous. Learning to distinguish between them can save you a lot of time and can also produce much healthier results for you and your addicted loved one.

For example, learning how to set and maintain appropriate boundaries is a very important skill. You may need to explore the reasons why you have a problem doing that, and then learn some assertiveness techniques that will help you say “yes” when you mean yes, and “no” when you mean no.

Another way to keep yourself healthy while caring about an addicted person is to make sure you are looking after your own life and keeping a good balance with such things as work or volunteering, supportive friendships, fitness and good nutrition, and time for the fun activities that you enjoy.

3. Choose to practice the healthier ways of loving your addicted person.

You cannot control or “fix” another person, so stop trying!

The only person you have control over is yourself. You do not have control over anything the addicted person does. Many people choose not to believe this, but that doesn't make it any less true. Once you can really grasp the reality of this concept and live by it, your life will become much easier.

The Serenity Prayer can give you a helpful gauge to see whether you are trying to control people and situations that you simply cannot control.

*God, Grant me the Serenity
To accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know that difference.*

Cultivate your wisdom, so that you know the difference between what you can and can't change, and stop trying to control or “fix” anyone other than yourself.

4. Stop blaming the other person and become willing to look at yourself.

As easy and tempting as it may be for you to blame the addict in your life for your struggles and suffering, there is actually more value in exploring what you may be contributing to this situation, since that is the only thing you can really do anything about.

Even though the addict has undoubtedly contributed his or her share of the trouble, in some way you also have a part to play in what is going on. For example, you might be keeping the “drama” going by lending money to your addicted loved one. Or perhaps you are always willing to be there to listen when they tell you all about the problems they are encountering as consequences of their addictive behaviours.

These kinds of action on your part will not help your loved one in the long run. It is your responsibility to recognize and “own” your unhelpful behaviours, and to get professional help in doing this if necessary.

Understanding why you choose to behave in unhealthy ways is the key to making a change. Become courageous enough to be willing to look at yourself.

5. Learn the difference between “helping” and “enabling”.

Just like most people, you might think that you need to help your addicted loved one. You probably fear that if you don't provide help, he/she will end up in a worse predicament. When you try to “help” addicts by giving them money, allowing them to stay in your home, buying them food on a regular basis, driving them places or going back on the healthy boundaries you have already set with them, you are actually engaging in “rescuing” behaviours that are not really helpful. Another term for this kind of unhealthy helping is “enabling”.

Addictions & Wellness

When you can be as truthful as possible with yourself about your own enabling behaviours, you can begin to make different choices. This will lead to healthier changes in your addicted loved one as well. For example, you might decide to tell the addict in your life that you will no longer listen to them complain about their lives. However, you can let them know that you are very willing to be there for them as soon as they are ready to work on resolving their problems.

Once you stop your enabling behaviours, you can then begin to truly help your loved one.

6. Don't give in to manipulation.

It has been said that the least favorite word for an addict to hear is "No". When addicts are not ready to change, they become master manipulators in order to keep the addiction going. Their fear of stopping is so great that they will do just about anything to keep from having to be honest with themselves. Some of these manipulations include lying, cheating, blaming, raging and guilt-tripping others, as well as becoming depressed or developing other kinds of emotional or physical illnesses.

The more you allow yourself to be manipulated by the addict, the more manipulative the addict is likely to become. When you hold your ground and refuse to give into their unreasonable demands, they will eventually realize that they are not going to get their way.

Saying "no" is an important first step toward change – for you, as well as for the addict.

7. Ask yourself the "Magic Question."

It is important to understand that you might be just as "addicted" to your enabling behaviours as the addict in your life is to his or her manipulations.

In the same way that addicts use drugs, alcohol and other addictive behaviours to avoid dealing with their shame about feeling unworthy and unlovable, you may be focusing on the addict's behaviours in order to avoid having to focus on living your own life. Your enabling behaviours toward the addict may be helping to keep you busy and to fill up your life so that you don't have to see how lonely and empty you are feeling inside.

Ask yourself the question "How would my life be better if I wasn't consumed by behaviours that enable my loved one?" Allow yourself to answer honestly, and be aware of any feelings that come up.

Although it may be scary to think about giving up behaviours that have formed your "comfort zone", it may be even more scary for you to think about continuing them.

8. Know that "Self-care" does not equal "selfish".

Too many people get these two ideas confused: they think that if they practice healthy self-care and put themselves first, they are being selfish. "Selfishness" basically means that you want what you want when you want it, and you are willing to step on whomever you have to in order to get it. That actually sounds more like the behaviour of the addict. If you try to take care of someone else before taking care of yourself, you will simply become depleted and exhausted.

"Self-caring" means that you respect yourself enough to take good care of yourself in healthy and holistic ways such as making sure your physical, mental, emotional and spiritual needs are met.

As an adult, it is your job to determine what your needs are, and you are the only one responsible for meeting them.

9. Rebuild your own life.

The best way to come out of your own "addictive behaviours," such as enabling and people-pleasing, is to focus on your own life. If your life seems empty in any areas such as career, relationships or self-care, begin to rebuild your life by exploring the kinds of things that might fulfill you. Would you like to make a career change or go back to school? Perhaps you would like to develop different hobbies or activities that would help you meet new people.

Rebuilding your life so that you feel a greater sense of happiness and self-fulfillment is your most important over-all responsibility. Enjoy!

10. Don't wait until the situation is really bad ~ reach out for help NOW!!

When those who love people with any type of addictive behaviour finally reach out for help, they usually have been dealing with their situation for a long time. If you have been waiting to see whether things would get better without professional help, please consider getting help NOW, before things become even worse.

If this situation is just beginning for you, it is best to get some support as soon as possible, so that you don't make the mistakes that could make things more difficult.

The sooner you reach out for help, the better it is for everyone concerned.

Source:
www.candaceplattor.com

Addictions & Wellness

The Students from GTS Visit Eagle Village December 18th, 2014

As 2014 came to an end, students and teachers from GTS stopped by the community for a traditional cultural activity, just before Christmas holidays.

Venturing out and walking the nearby trails students learned by watching, listening and asking their questions to the demonstrators that gave demonstrations of marten trapping and setting rabbit snares. Afterwards groups of students were given a snare wire to practice looking for rabbit roads and a proper place to set a rabbit snare. The students learned quickly and did an excellent job!



The students of GTS will be visiting Eagle Village on Friday February 27th for a day filled with outdoor fun and activities to kick off their March Break !!



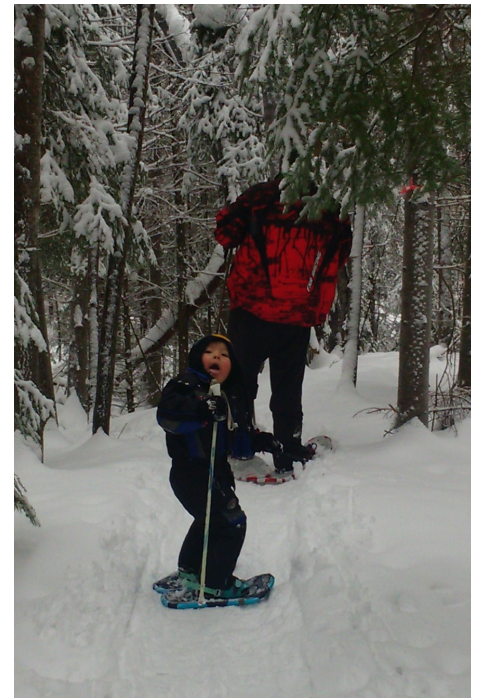
While one group was busy learning how to set rabbit snares and set marten traps, another group was busy having fun sliding, colouring and sitting by the fire. What greater way to spend the afternoon than having fun outdoors. Each of the students took their turns sliding down the hill by the Health Center, while some stood by the fire. Once they were done sliding they decided to head inside to colour while waiting for the other group to return. They ended the day with hot chocolate and cookies.

Addictions & Wellness



Cross Country Skiing and Snow Shoeing at the North Bay Nordic Ski Club Saturday January 24th, 2015

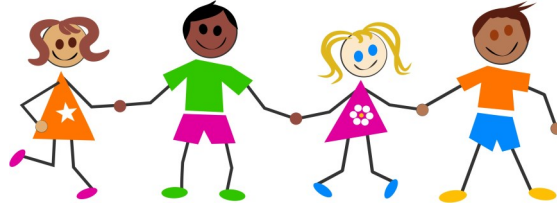
There was 11 participants (3 families) that participated.
We had a lot of fun and even had some anniversary cake with them as they were celebrating 39 years of business!
Ask anyone who came they will tell you they had a great time!
Hoping to plan another trip, so come on out and give it a try next time!



Sports and Mentorship

March Break Activity Schedule

(Open to all Youth of EVFN and WLFN)



Friday February 27th - G. Theberge School Activity Day in Eagle Village

G. Theberge students will be coming to the Eagle Village Health Centre to spend the day enjoying activities hosted by EVFN and WLFN.

They will be arriving at 9:00 am and be returning to the school at 2:30 pm.

For any parent that would like to take part in the activities with their children, please come on out.

From 9:00 am until noon there will be cultural activities and from 12:45 pm to 2:30 pm will be various outside activities.

Lunch will be provided at the Community Hall for the kids, teachers and parents that participate with their children.

A detailed activity schedule will be given to the children at school in mid-February, so parents can expect a sheet in their child's school bag by February 19th the latest.

Monday March 2nd - Activities at the Center in Temiscaming

The Health Centre has booked the Curling Rink from 1:00 pm to 2:00 pm.

Please bring a pair of shoes, we cannot use our winter boots as the sand will mess up the ice.

The ice is rented from 2:00 pm to 3:00 pm - Hockey will be played on one side with skating on the other.

We are awaiting confirmation from the pool manager as we asked to have it rented from 3:00 pm to 4:00 pm. (This will be confirmed)

Tuesday March 3rd - Skiing at Laurentian Ski Hill

We will be going skiing at Laurentian Ski Hill in North Bay. The deadline to sign up will be Thursday February 26th, 2015

PLEASE CALL IN AND REGISTER HEIGHT, WEIGHT, SHOE SIZE THIS NEEDS TO BE RECORDED AND SENT TO LAURENTIAN SKI HILL.

We will be leaving Eagle Village at 8:30 am as the ski hill is open at 10:00 am. Transportation will be provided.

Wednesday March 4th - Trip to Science North in Sudbury

Wolf Lake First Nation has organized a day trip to Science North in Sudbury and has invited EVFN to join in the fun ...

The bus will be leaving the Island on Wednesday March 4th, 2015 at 8:00 am. (Coach bus with a bathroom.)

This activity will be free of charge with the exception the cost of food (snacks and lunch).

There is limited seating so you must call to register ASAP as it will be on a first come first serve basis !!

All children 5 yrs of age and under must be accompanied by an adult ... chaperones will be available for all other youth.

NOTE ... for the Trip to Science North WLFN will call and register with their contact person, EVFN members must call and register with me !!

Monday March 9th - Ice Fishing Trip

We will be going ice-fishing (Location to be determined). We will be leaving the Health Centre at 9:30 am.

Lunch/Snacks/Drinks and Transportation will be provided. Please call to register to reserve your spot !!

**To register for any or all of these activities please call me at the Health Center
Mitchell Mc Martin 819-627-9060**

Sports and Mentorship

PILATES BEGINNER CLASS

Joanie Morin will teach a Pilates Beginner class at the Community Hall for Community Members.

These classes will take place every Tuesday and Thursday at 5:30 pm until the end of March.

Call the Mitchell at the Health Center to confirm start date as this will depend on completion of hall renovations. Please bring appropriate footwear, clothing, bottle of water and if you have a mat please bring one as there is a limited supply available.

This class will be given free of charge !! Mitchell 819-627-9060 for more info !!

Announcing our Weight-loss Challenge ...



**TAKE IT OFF + KEEP IT OFF = SUCCESS
& A CHANCE TO WIN A GREAT PRIZE !!**

Part One

Choose to Lose:

Just for the Health of It!

Start Date:

February 16th, 2015

for 10 Weeks

Ending on April 24th, 2015

(Optional)

Part Two

Choose to Maintain:

Take care of your body

and it will take care of you

Start Date:

April 25th, 2015

ending on

December 12th, 2015

**Every participant has
to weigh in during the**

week of

February 16th, 2015.

**If weighing in later,
participant has less time
to lose weight !!**

WHO CAN JOIN ??

**ALL EVFN AND WLFN BAND MEMBERS
OVER THE AGE OF 16
INCLUDING THEIR SPOUSES AND CHILDREN !!**

IS THERE A COST ??

**ABSOLUTELY NOT ...
JUST REQUIRES YOUR TIME AND EFFORT !!**

REGISTRATION OR NEED MORE INFO ??

**CALL MITCHELL 819-627-9060 OR CHECK EAGLE
VILLAGE HEALTH CENTER PAGE FOR DETAILS !!**

Part One ... Choose To Loose ... PRIZES !!

- For each of the 5 different week's weigh in, there will be a draw. To be eligible, a participant must weigh in and their name will be put in a hat.
- The winner of the Part One - Choose to Lose Challenge will be decided by the highest body percentage loss.
- There will be a 1st, 2nd and 3rd prize. The prize being a \$200, \$150 and \$100 gift card for the winners.

Part Two ... Choose To Maintain ... PRIZES

The winner of Part 2 - Choose to Maintain gets to choose one from the following 4 prizes.

Prize 1 - Two hockey tickets for a game in Ottawa for the remaining 2015-2016 season, 1 Night Accommodations, and a \$50 dollar gas card.

Prize 2 - Golf Package 18-holes with cart in Orillia at Hawkrigde Golf & Country Club, 1 Night Accommodations, and \$50 dollar gas card.

Prize 3-A one night Great Wolf Lodge package in Niagara Falls, Ontario, which includes a \$50 gas card

Prize 4 - A Canada's Wonderland Trip for 4 people in Toronto, with 1 Night Accommodations and a \$50 gas card.

**Starting Monday February 16th, 2015 !!
We are open on this day until 7:00 pm !!**

Eagle Village First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 HOLIDAYS Mitchell McMartin	2	3	4	5 RECYCLE PICKUP	6 TITAN'S HOCKEY 8 P.M.	7 CANADORE COLLEGE POW WOW
8 HOLIDAYS Tina Chevrier	9	10	11 MCH VALENTINE'S DAY ACTIVITY JOINT TOURISM STRATEGY MEETING	12 GARBAGE PICKUP	13 TITAN'S HOCKEY 8 P.M.	14 VALENTINE'S DAY EAGLE VILLAGE ANNUAL SNOWMOBILE RALLY
15 HOLIDAYS Terry Perrier	16 SCREENING CLINIC AT THE HEALTH CENTER 9:00 AM - 7:00 PM	17 Glenda is in Quebec for AFNQL Meeting (16th - 19th)	18	19 RECYCLE PICKUP	20	21
22 ELDER'S BINGO	23 HOLIDAYS Glenda Moore	24	25 FAMILY MOVIE NIGHT	26 DEADLINE FOR MEDICAL TRANSPORTATION GARBAGE PICKUP	27 GTS ACTIVITY DAY IN EAGLE VILLAGE	28

February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 HOLIDAYS Glenda Moore Lisa Chevrier Priscillia Durocher	2 QUEBEC MARCH BREAK THIS WEEK ACTIVITY SCHEDULE ON PAGE 26 !!	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	16 ONTARIO MARCH BREAK THIS WEEK	17	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	31	March 2015			