

Nov. 1, 2007
Issue 16
Volume 1



EN-WE-OW-LE-TENEH
WOODSTOCK FIRST NATION HEALTH CENTRE
NEWSLETTER

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Woodstock First Nation Health Centre
10 Turtle Lane
Woodstock First Nation, NB
E7M 3B4

PHONE: 506-325-3570 FAX: 506-325-3580

E-MAIL:
melissa.sappier@aernet.ca

We're on the Web!

See us at:
www.woodstockfirstnation.com

*November 11th
Lest We Forget*

WFN HEALTH CENTRE CONTACT LIST

NAME	POSITION	OFFICE/EMERGENCY AFTER HOURS
James Paul	Director of Health	EXT 593/325-2326
Ethel McAllister	Finance	EXT 585/325-2869
Melissa Sappier	Reception/Newsletter/Editor/ Administrative Assistant	325-3570/328-9430
Susanne Priest	Director of Nursing/ Home & Community Care	EXT 575
Tobi Paul	Licensed Practising Nurse	EXT 594/325-7364
Holly Polchies	Home & Community Care/ Licensed Practising Nurse	EXT 592
Debbie MacKenzie	Home & Community Care Worker	EXT 582
Randy Paul	Prescription Pick Up	325-3570/328-6116
Mary Duffield/Faye Paul Linda Tomah	Hot Lunch Program	328-3303 EXT 589
Charlene Tomah/ Tanya Anderson	FASD/FAE Mentors	328-3303 EXT 576
Lorraine Polchies	Community Health Rep.	EXT 574/328-8178
Karen Paul	Director of Child & Family Services	325-3576/325-8985
Child & Family Services	Tracy Polchies 325-3572	
Janet, June, Deidra, Pauline	HeadStart/After School Program	328-4332
Linda Paul	Drug & Alcohol Worker NNDAP	EXT 581/328-8096
Kim Demerchant	Medical Transportation/COHI Environmental Health	EXT.571 328-5636
Krysta Oland	Mental Health	325-3570

Woodstock First Nation Health Centre
Hot Lunch Program

For the week of November 5th-8th, 2007

DAY	MEAL	VEGETABLE	GRAIN	DESSERT
MONDAY	SLOPPY JOES	TOSS SALAD		DESSERT
TUESDAY	PORK CHOPS	POTATOES/VEGGIE	ROLL	DESSERT
WEDNESDAY	CHICKEN POT PIE	TOSS SALAD		DESSERT
THURSDAY	BEEF BARLEY SOUP		SANDWICHES	DESSERT

Please note: HOT LUNCH IS NOW \$2.50. If you would like to place a take-out order, please call 328-0589 or 325-3570.

Woodstock First Nation Health Centre
Hot Lunch Program

For the week of November 12th-15th, 2007

DAY	MEAL	VEGETABLE	GRAIN	DESSERT
MONDAY	CLOSED	DUE TO	REMEMBRANCE	DAY
TUESDAY	CLOSED	CURRICULUM	DELIVERY DAY AT SCHOOL	
WEDNESDAY	LASAGNA	TOSS SALAD	GARLIC BREAD	DESSERT
THURSDAY	MEATLOAF	POTATOES/VEGGIES	ROLL	DESSERT

Please note: HOT LUNCH IS NOW \$2.50. If you would like to place a take-out order, please call 328-0589 or 325-3570.

RIVERVIEW CANTEEN
328-6948—Located by Maliseet Fuels
Hours of Operation Sunday-Thursday 11:30 am-10 pm
Friday and Saturday 12pm-12pm

Fries	\$2.00		
Poutine	\$4.25		
Burger Poutine	\$5.75		
Onion Rings	\$2.50		
Mozza Sticks	\$4.50		
Fish & Chips	\$6.50		
Clam Strips	\$6.00		
Clams & Fries	\$7.50		
Chicken Wings (12)	\$7.00		
Popcorn Chicken	\$4.50		
Chicken Strips	\$4.50		
Hot Dog	\$1.25		
Red Hot Dog	\$1.75		
Cheese Dog	\$1.50		
Hamburger	\$3.75		
Cheese Burger	\$4.00		
Pizza Burger	\$4.25		
Bacon Cheese Burger	\$4.50		
Bacon Dbl. Cheese B.	\$6.00		
Battered Mushrooms	\$4.50		
Add fries to meal	\$1.50		
Add Gravy	\$1.00		
Extra Dipping Sauce	\$0.75		
		Ice Cream	
		Small—2 scoops	\$1.50
		Medium—3 scoops	\$1.75
		Large—4 scoops	\$2.00
		Sundaes	\$2.25
		Milkshakes	
		Small	\$2.00
		Large	\$2.50
		Pop/Water	
		.75 plus .10 bottle deposit =	.85



RIVERVIEW CANTEEN

SUPER SPECIAL

1/2 ORDER PLATTERS

Special #1

6 wings
4 mozza sticks
onion rings
\$7.00

Special #2

6 mushrooms
Onion rings
4 mozza sticks
\$5.75

Special #3

6 wings
6 mushrooms
fries
\$6.75

Special #4

popcorn chicken
6 mushrooms
fries
\$5.65

Special #5

popcorn chicken
6 wings
onion rings
\$7.15

Special #6

clams
6 mushrooms
onion rings
\$6.50

Special #7

2 chicken strips
4 mozza sticks
onion rings
\$5.75

Special #8

popcorn chicken
4 mozza sticks
onion rings
\$5.90

Special #9

3 potato skins
4 mozza sticks
popcorn chicken
\$6.90

Special #10

3 potato skins
6 mushrooms
fries
\$6.75

Special #11

3 potato skins
6 mushrooms
onion rings
\$5.75

Special #12

3 potato skins
clams
fries
\$6.25

SPECIALS

Fried Bread
\$1.50/piece

Italian Sandwich
\$2.25

Fried Bologna on
English Muffin
\$2.25

Homemade Turkey
Rice Soup
\$2.25/bowl

Homemade Fries
or Chips
\$2.50 each

Chicken Strips
Chips
Pop
\$6.25

Bowl of Chili
Fried Bread
Drink
\$5.00

Potato Skins
Choice of:
—cheese
—bacon bits
—green onions
—sour cream
—salsa
\$4.50

RESIDENTIAL/DAY SCHOOL SURVIVORS

What: Information Session for Residential School Survivors
Day School Survivors

When: **Monday, November 5, 2007** at **10:00** am

Where: Woodstock First Nation
Gymnasium, Band Office

Speaker: Kathleen Mahoney
Assembly of First Nations Chief Negotiator,
Residential School Settlement Agreement

Topic: Ms. Mahoney will address the following issues:

- Overview of the Residential School Settlement Agreement
- The Common Experience Payment
- The Truth Commission
- The Independent Assessment Process:

Who is eligible or may apply to the IAP

Look at the application process

Finding Counsel

Legal Costs

General Directions

Greetings from the Nursing Office!

Thus far, we have given almost 70 flu shots! This is excellent but we still have lots of serum left for anyone wanting a flu shot. The flu shot immunizes against 5 strains of flu this year and should last at least four months and probably much longer. The higher risk age groups which are strongly recommended for coverage are the following:

1. Babies 6 months to 23 months
2. Elder population
3. People living with a chronic illness such as diabetes, cancer, asthma, liver disease, etc.
4. Anyone living with people who have a chronic illness as described in number three.
5. Pregnant women who will deliver during flu season (women in their last trimester).

Since many people are asking, my baby is due to arrive the last week of January 2008. If everything remains well, I plan to work until January 11th. I appreciate all the kind words and questions of how I am doing. I am now 27 weeks and both of us are doing well.

For those living with diabetes, Holly Polchies and I will be going to the annual Aboriginal Diabetes meeting in Moncton the last week in November. We will update you all upon our return.

Warmly,

Susanne Priest

Community Health Nurse

FN FASD MENTOR PROGRAM

If you're a pregnant teen, you're not alone. About half a million adolescents give birth each year. Most teens who have babies didn't plan on becoming pregnant. You may have been surprised when you found out or even hoped it wasn't true. You may have been terrified to tell your parents. You may have worried how this might affect your relationships with your family, friends, and the baby's father. Sharing the news of your pregnancy can be one of the most difficult conversations to have.

Whether you feel confused, worried, scared, or excited, you'll want to know how your life will change, what you can do to have a healthy baby, and what it takes to become a good parent.

The most important thing you can do is to take good care of yourself so that you and your baby will be healthy. Girls who get the proper care and make the right choices have a very good chance of having healthy babies.

Prenatal Care

If you are pregnant, you need to see a doctor as soon as possible to begin getting prenatal care (medical care during pregnancy). The sooner you start to get medical care, the better your chances that you and your baby will be healthy.

If you can't afford to go to a doctor or clinic for prenatal care, there are social service organizations that can help you. Ask your parent, school counselor, or another trusted adult to help you locate resources in your community.

During your first visit, your doctor will ask you lots of questions including the date of your last [period](#). This is so he or she can estimate how long you have been pregnant and your due date. Doctors measure pregnancies in weeks. It's important to remember that your due date is only an estimate: Most babies are born between 38 and 42 weeks after the first day of a woman's last menstrual period, or 36 to 38 weeks after conception (when the sperm fertilizes the egg). Only a small percentage of women actually deliver exactly on their due dates.

A pregnancy is divided into three phases, or trimesters. The first trimester is from conception to the end of week 13. The second trimester is from week 14 to the end of week 26. The third trimester is from week 27 to the end of the pregnancy.

The doctor will examine you and perform a [pelvic exam](#). He or she will also perform blood tests, a urine test, and tests for [sexually transmitted diseases \(STDs\)](#), including a test for [HIV](#),

which is on the rise in teens. (Some STDs can cause serious medical problems in newborns, so it's important to get treatment to protect the baby.)

The doctor will explain the types of physical and emotional changes you can expect during pregnancy. He or she will also teach you to how to recognize the signs of possible problems during pregnancy (called complications). This is especially important because teens are more at risk for certain complications such as [anemia](#), [high blood pressure](#), miscarriage, and delivering a baby earlier than usual (called premature delivery).

Your doctor will want you to start taking prenatal vitamins that contain the minerals folic acid, calcium, and iron as soon as possible. The [vitamins](#) may be prescribed by the doctor, or he or she may recommend a brand that you can buy over the counter. These vitamins and minerals help ensure the baby's and mother's health as well as prevent some types of birth defects.

Ideally, you should see your doctor once each month for the first 28 to 30 weeks of your pregnancy, then every 2 to 3 weeks until 36 weeks, then once a week until you deliver the baby. If you have a medical condition such as [diabetes](#) that needs careful monitoring during your pregnancy, your doctor will probably want to see you more often.

During visits, your doctor will check your weight, blood pressure, and urine, and will measure your abdomen to keep track of the baby's growth. Once the baby's heartbeat can be heard with a special device, the doctor will listen for it at each visit. Your doctor will probably also send you for some other tests during the pregnancy, such as an ultrasound, to make sure that everything is OK with your baby.

One part of prenatal care is attending classes where expectant mothers can learn about having a healthy pregnancy and delivery and the basics of caring for a new baby. These classes may be offered at hospitals, medical centers, schools, and colleges in your area.

It can be difficult for adults to talk to their doctors about their bodies and even more difficult for teens to do so. Your doctor is there to help you stay healthy during pregnancy and have a healthy baby - and there's probably not much he or she hasn't heard from expectant mothers! So don't be afraid to ask questions. Think of your doctor both as a resource and a friend who you can confide in about what's happening to you. And always be honest when your doctor asks questions about issues that could affect your baby's health.

Changes to Expect in Your Body

Pregnancy causes lots of physical changes in the body. Here are some common ones:

Breast Growth

An increase in breast size is one of the first signs of pregnancy, and the breasts may continue to grow throughout the pregnancy. You may go up several bra sizes during the course of your pregnancy.

Skin Changes

Don't be surprised if people tell you your skin is "glowing" when you are pregnant - pregnancy causes an increase in blood volume, which can make your cheeks a little pinker than usual. And hormonal changes increase oil gland secretion, which can give your skin a shinier appearance. [Acne](#) is also common during pregnancy for the same reason.

Other skin changes caused by pregnancy hormones may include brownish or yellowish patches on the face called **chloasma** and a dark line on the midline of the lower abdomen, known as the **linea nigra**.

Also, moles or freckles that you had prior to pregnancy may become bigger and darker. Even the areola, the area around the nipples, becomes darker. Stretch marks are thin pink or purplish lines that can appear on your abdomen, breasts, or thighs.

Except for the darkening of the areola, which is usually permanent, these skin changes will usually disappear after you give birth.

Mood Swings

It's very common to have mood swings during pregnancy. Some girls may also experience [depression](#) during pregnancy or after delivery. If you have symptoms of depression such as sadness, changes in sleep patterns, or bad feelings about yourself or your life for more than 2 weeks, tell your doctor so he or she can help you to get treatment.

Pregnancy Discomforts

Pregnancy can cause some uncomfortable side effects. These include nausea and vomiting, especially early in the pregnancy; leg swelling; varicose veins in the legs and the area around the vaginal opening; hemorrhoids; heartburn and constipation; backache; fatigue; and sleep

loss. If you experience one or more of these side effects, keep in mind that you're not alone! Ask your doctor for advice on how to deal with these common problems.

Things to Avoid

Smoking, drinking, and taking drugs when you are pregnant put you and your baby at risk for a number of serious problems.

Alcohol

Doctors now feel that it's not safe to drink any amount of [alcohol](#) when you are pregnant. Drinking can harm a developing fetus, putting a baby at risk for birth defects and mental problems.

Smoking

The risks of [smoking](#) during pregnancy include stillbirths (when a baby dies while inside the mother), low birth weight (which increases a baby's risk for health problems), prematurity (when babies are born earlier than 37 weeks), and sudden infant death syndrome (SIDS). SIDS is the sudden, unexplained death of an infant who is younger than 1 year old.

Drugs

Using illegal [drugs](#) such as cocaine or marijuana during pregnancy can cause miscarriage, prematurity, and other medical problems. Babies can also be born addicted to certain drugs.

Ask your doctor for help if you are having trouble quitting smoking, drinking, or drugs. Check with your doctor before taking any medication while you are pregnant, including over-the-counter medications, herbal remedies and supplements, and vitamins.

Unsafe Sex

Talk to your doctor about sex during pregnancy. If you are sexually active while you are pregnant, you must use a [condom](#) to help prevent getting an STD. Some STDs can cause blindness, pneumonia, or [meningitis](#) in newborns, so it's important to protect yourself and your baby.

Eating

Many girls worry about how their bodies look and are afraid to gain weight during pregnancy. But now that you are eating for two, this is not a good time to cut calories or go on a [diet](#). Don't try to hide your pregnancy by dieting - both you and your baby need certain nutrients to grow properly. Eating a variety of [healthy foods](#), drinking plenty of water, and cutting back on high-fat junk foods will help you and your developing baby to be healthy.

Doctors generally recommend adding about 250 [calories](#) a day to your diet to provide adequate nourishment for the developing fetus. Depending on your prepregnancy weight, you should gain about 25 to 35 pounds during pregnancy, most of this during the last 6 months. Your doctor will advise you about this based on your individual situation.

Eating additional fiber - 20 to 30 grams a day - and drinking plenty of water can help to prevent common problems such as constipation. Good sources of fiber are fresh fruits and vegetables and whole-grain breads, cereals, or muffins.

Exercise

[Exercising](#) during pregnancy is good for you as long as you choose appropriate activities. Doctors generally recommend low-impact activities such as walking, swimming, and [yoga](#). Contact sports and high-impact aerobic activities that pose a greater risk of injury should generally be avoided. Also, working at a job that involves heavy lifting is not recommended for women during the last trimester of pregnancy. Talk to your doctor if you have questions about whether particular types of exercise are safe for you and your baby.

Sleep

It's important to get plenty of [rest](#) while you are pregnant. Early in your pregnancy, try to get into the habit of sleeping on your side. Lying on your side with your knees bent is likely to be the most comfortable position as your pregnancy progresses. Also, it makes your heart's job easier because it keeps the baby's weight from applying pressure to the large vein that carries blood back to the heart from your feet and legs.

Some doctors specifically recommend that girls who are pregnant sleep on the left side. Because your liver is on the right side of your abdomen, lying on your left side helps keep the uterus off that large organ. Ask what your doctor recommends - in most cases, lying on either side should do the trick and help take some pressure off your back.

Stress can interfere with sleep. Maybe you're worried about your baby's health, about delivery, or about what your new role as a parent will be like. All of these feelings are normal, but they may keep you up at night. Talk to your doctor if you are having problems sleeping during your pregnancy.

Emotional Health

It's common for pregnant teens to feel a range of emotions, such as fear, anger, guilt, and sadness. It may take a while to adjust to the fact that you're going to have a baby. It's a huge change, and it's natural for pregnant teens to wonder whether they're ready to handle the responsibilities that come with being a parent.

How a girl feels often depends on how much support she has from the baby's father, from her family (and the baby's father's family), and from friends. Each girl's situation is different. Depending on your situation, you may need to seek more support from people outside your family. It's important to talk to the people who can support and guide you and help you share and sort through your feelings. Your school counselor or nurse can refer you to resources in your community that can help.

School and the Future

Some girls plan to raise their babies themselves. Sometimes grandparents or other family members help. Some girls decide to give their babies up for adoption. It takes a great deal of courage and concern for the baby to make these difficult decisions.

Girls who complete high school are more likely to have good jobs and enjoy more success in their lives. If possible, finish high school now rather than trying to return later. Ask your school counselor or an adult you trust for information about programs and classes in your community for pregnant teens.

Some communities have support groups especially for teen parents. Some high schools have child-care centers on campus. Perhaps a family member or friend can care for your baby while you're in school.

Life takes unexpected turns. These changes often bring opportunities to learn and grow and develop new strengths. You can stay informed by reading books, attending classes, or checking out reputable websites on child raising. Keep communications open in your own family and talk to your parents about this new phase in your life. Your baby's doctor, your parents, family members, or other adults can all help guide you while you are pregnant and when you become a parent.

2007 – 2008 Application / Declaration HOME ENERGY ASSISTANCE PROGRAM

Mail to: Department of Finance
Revenue and Taxation Division
P.O. Box 7000, Fredericton, NB E3B 5G4

ELIGIBILITY CRITERIA

To be eligible for this program you must:

- Maintain a principal place of residence (home) within New Brunswick at the time of application. Note: Principal place of residence is a house or an apartment.
- Provide a copy of an electricity bill for your home dated after July 1, 2007. If electricity costs are included in your rent, provide the name and telephone number of your landlord at the time of application.
- Have a total family income (applicant and spouse or common-law partner) for 2006 that was \$28,000 or less. If it was more than \$28,000 in 2006 and expected to be \$28,000 or less in 2007, you may apply for a benefit under special circumstances.
- Be a resident of New Brunswick as of December 31, 2006 and have filed a 2006 New Brunswick Income Tax Return.
- **FINAL DATE TO APPLY: June 30, 2008**
- Only one payment per home is available no matter how many persons live there.
- Information provided will be subject to audit for verification.
- Please mail the application to the address above.

INSTRUCTIONS

- f) This is the street address of your principal place of residence (home) at the time of application.
- h) If you pay for the cost of electricity in your home, you must provide a copy of an electricity bill dated after July 1, 2007. If you rent and your electricity costs are included in your rent, you must provide the name and telephone number of your landlord at the time of your application.
- i) In order to be eligible for this benefit, you must have been a resident of New Brunswick on December 31, 2006.
- j) Provide your total family income for 2006. If you were living with a spouse or common-law partner in 2006, you must:
- provide his or her name and Social Insurance Number; and
 - his or her income for 2006.
- k) This section should only be completed if your total family income for 2006 was over \$28,000 and your expected total family income will be \$28,000 or less for 2007. You may be required to provide your 2007 Notice of Assessment at a later date. **Important:** You must also complete section j.

l) THE APPLICATION FORM MUST BE SIGNED AND DATED.

DECLARATION AND CONSENT

By signing this application, I/we declare and certify that the information given on this application, and in any documents attached, is correct and complete.

I/we consent to the New Brunswick Department of Finance using the information provided on this application, and on any documents attached, for the purpose of verifying my/our eligibility for the Home Energy Assistance Program. This includes sharing this information with the Canada Revenue Agency, my/our electricity supplier, my/our landlord (if applicable), and any other entity identified by the Department of Finance, and collecting information about me/us from those entities.

This will also serve as my/our consent for the Canada Revenue Agency, my/our electricity supplier, my/our landlord, and any other entity identified by the Department of Finance, to disclose any information about me/us that is required by the New Brunswick Department of Finance for the purpose of verifying my/our eligibility for the Home Energy Assistance Program.

Note: Every person who knowingly provides false or misleading information in the course of making an application for the Home Energy Assistance Program will be prosecuted to the fullest extent of the law.

Page 2 of 2

INCOMPLETE OR UNSIGNED APPLICATIONS MAY NOT BE PROCESSED

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HOME ENERGY ASSISTANCE PROGRAM

Mail to: Department of Finance
 Revenue and Taxation Division
 P.O. Box 7000, Fredericton, NB E3B 5G4

Income up to and including \$28,000	Benefit \$100	Please allow two to four weeks for processing from date application is received by the Department of Finance. For further information call 1-800-669-7070
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For instructions on how to complete this form and the eligibility criteria please refer to page 2.

APPLICANT INFORMATION (PLEASE PRINT)

a) Last Name: _____ b) First Name: _____ c) Middle Name: _____

d) Social Insurance Number: _____ e) Daytime Telephone Number: _____

f) Home Address at the time of application (Street, Apartment #, Rural Route, City, Province, Postal Code):

g) Mailing Address (if different from home address) (P.O. Box #, Street, Rural Route, City, Province, Postal Code):

h) Electricity Bill dated after July 1, 2007
 Yes A copy of an electricity bill is enclosed.
 No My electricity costs are included in my rent and I have provided my landlord's name and telephone number below.

i) Residency - Were you a resident of New Brunswick on December 31, 2006?
 Yes No

Landlord's Name _____ Telephone # _____

j) Total 2006 Income
 Were you living with a spouse or common-law partner in 2006?
 Yes → { Name of spouse or common-law partner _____ and
 his or her Social Insurance Number _____ - _____ - _____
 No If not, only include your income in number 1 below.

1. Applicant Income \$ _____ (See line 150 of Notice of Assessment or 2006 income tax return.)
 2. Spouse or Common-law Partner's Income (if applicable) \$ _____ (See line 150 of spouse's or common-law partner's Notice of Assessment or 2006 income tax return.)
Total Family Income for 2006 \$ _____ Add lines 1 + 2

k) Special Circumstances - Total Family Income for 2007 will be less than the previous year
 Reason for decrease in income: _____ Indicate your expected total family income for 2007:
 \$ _____
 (Examples: loss of employment, retirement, death, separation, divorce, etc)

l) Signature(s) - I / we have read and agree with the Declaration and Consent on page 2

Signature of Applicant or Applicant's Representative _____ Representative's Relationship to Applicant _____ Date _____

Signature of Applicant's Spouse or Common-Law Partner _____ Date _____

INCOMPLETE OR UNSIGNED APPLICATIONS MAY NOT BE PROCESSED



CONGRATULATIONS

TO

ASHLEY AND KIRK

ON THE BIRTH OF THEIR

DAUGHTER

KIERSTEN LELA GILLESPIE

BORN OCTOBER 22, 2007

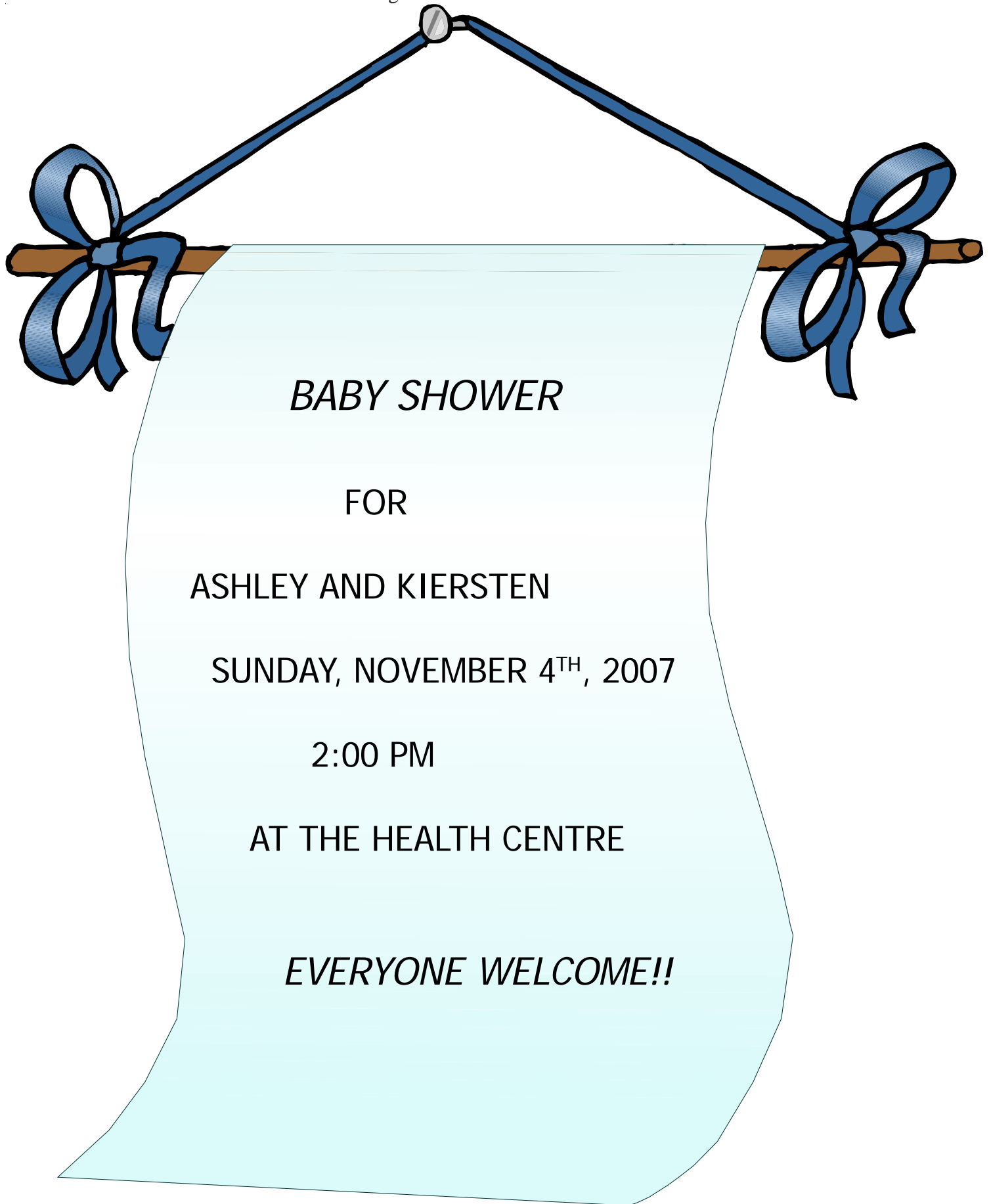
6 LBS 10 OZ.

21 INCHES LONG

A SISTER FOR

SHAELYNNE AND BRIANNA





BABY SHOWER

FOR

ASHLEY AND KIERSTEN

SUNDAY, NOVEMBER 4TH, 2007

2:00 PM

AT THE HEALTH CENTRE

EVERYONE WELCOME!!



AQUAFITNESS

CARLETON CIVIC CENTER POOL

SUNDAY 7:30 PM
WEDNESDAY 6:00 AM

\$5.00 per class

LOW IMPACT : KNEES/JOINTS -GREAT FOR INJURIES/ REHAB
LOADS OF EXERCISE
ALL FITNESS LEVELS WELCOME
DO NOT NEED TO SWIM



Instructor : Kathy Sherwood Orser 375-8516

*Amazing how many times
you will nod in agreement
to this:*

*A Message by George Carlin (a
comedian of the 70s &
80s):.....*

*The paradox of our time in history is that we have
taller buildings but shorter tempers, wider Freeways,
but narrower viewpoints. We spend more, but have less,
we buy more, but enjoy less. We have bigger houses
and smaller families, more conveniences, but less time.
We have more degrees but less sense, more knowledge,
but less judgment, more experts, yet more problems,
more medicine, but less wellness.*

*We drink too much, smoke too much, spend too
recklessly, laugh too little, drive too fast, get too
angry, stay up too late, get up too tired, read too
little, watch TV too much, and pray too seldom.*

*We have multiplied our possessions, but reduced our
values. We talk too much, love too seldom, and hate too
often.*

*We've learned how to make a living, but not a life.
We've added years to life not life to years. We've been
all the way to the moon and back, but have trouble
crossing the street to meet a new neighbor. We
conquered outer space but not inner space. We've done
larger things, but not better things.*

*We've cleaned up the air, but polluted the soul. We've
conquered the atom, but not our prejudice. We write
more, but learn less. We plan more, but accomplish
less. We've learned to rush, but not to wait. We build
more computers to hold more information, to produce
more copies than ever, but we communicate less and
less.*

These are the times of fast foods and slow

digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete...

Remember; spend some time with your loved ones, because they are not going to be around forever.

Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember, to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.

Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak! And give time to share the precious thoughts in your mind.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

George Carlin

The Health Centre has been working on an Emergency Preparedness plan for Woodstock First Nation. As part of the plan, it is important that we know where you are living and who is living with you, along with your full civic address and telephone number. You may call the Health Centre at 325-3570 with the information or you may fill out the form below and drop it off to Melissa at the Health Centre. Thank you for your cooperation.

Your Name: _____

Names of those living with you: _____

Full civic address: _____

E7M _____

Telephone: _____