

Thinkin of You

Someday, I'll get over you
And leave you in the past
But now is not the time to let you go
Cause you left my heart so fast

I think of you always
And I hang your picture high
Sometimes I get so sad inside
That I hang my head and cry

I shed my tears in silence
For no one else to see
I think of all the things you told me
And how great it is to be me

Thank you, for all you've done for me
For you have given me your best
And for that I thank you
As you lay in eternal rest

I now have kids who never met you
And grandchildren you don't see
But each of them love you dearly
For you are their grampee

You guide their lives from up above
Cause to them you are an angel
Their hearts are filled with innocent love
And you keep them from any danger

But just a little note to let you know
That my love for you is true
I just can't seem to let you go
No matter what I do

Yeah, maybe someday I'll get over you
And leave you in the past
But now is not the time to let you go
And eight years has gone by so fast

 Denise

(In memory of Patrick Polchies who passed away on April 16, 1999)



ON-LINE ACCESS

On-line accessibility available daily from
Monday to Thursday
**(9:00-4:00) for the community at the
Health Centre in the Community Health
Room.**



BEADING CLASS

Any adults interested in beading, we still have our classes at the Health Centre on Tuesday nights from 6:30-8:30. Come check us out!! You may even bring your knitting or crochet and teach us a thing or two. For more information, contact Annie Nicholas at 325-2958.



QUOTE FOR THE WEEK

No man or woman is worth your tears, and the one who is,
won't make you cry.

YOUTH PREVENTION/ACCESS CENTER

The Access Center will be open on Wednesdays from 6-9pm at the Health Centre.

6:00-6:30 Meet and Greet

6:30-7:00 Information Session

7:00-7:30 Discussion/Feedback

7:30-9:00 Snacks/Free Time

Any questions, please contact Karen 325-1124 or Terri 328-8670.



MILK COUPONS

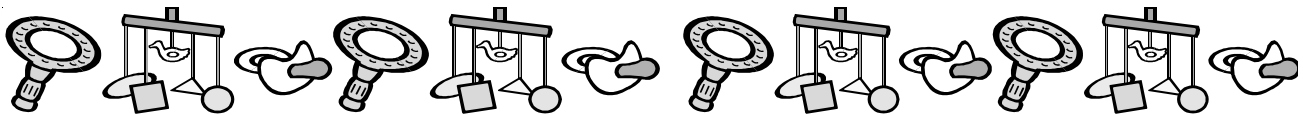
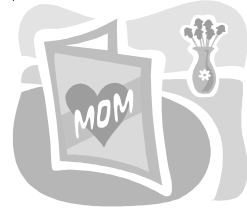
Please remember to pick up your milk coupons for the 0-6 years youth milk program from Melissa at the Health Centre the first of every month.

Happy Mother's Day



To all you Mom's who don't hear it enough but yet know it deep down in your heart, THANK YOU for everything you do, say and teach us. It is because of your unselfish ways that we are able to grow and seek new adventure with your careful guidance and advice.

HAVE A GREAT DAY!!



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Congratulations

Jaime and Peter

On your beautiful

Baby girl—Charlee Jane



The following is a letter sent on April 30th, 2007 regarding the Valley Rally on May 18, 2007:

Hi, my name is Gloria Lawrence, I work at Service Canada, I have been asked to be a representative on the committee which is organizing a huge Valley Rally in support of the troops on May 18th, 2007. I went to my first meeting, and asked if the First Nations had been contacted, and I was asked to do this. It is my pleasure to inform you of the activities for the rally and to invite your attendance. Please note the fact that if your community has anyone involved in Afghanistan, please give me the name and I will submit it to the organizers; who will invite the soldiers family to participate in the parade by helping in carrying the banner. This is looking to be a huge event and there will be activities for everyone, and your attendance would be greatly appreciated. Please read the following e-mail which I have sent to the people at my office, and am sending to you for information. Any questions, please give me a call at 325-3208. Thank you in advance for making your community aware of this event.

—Original Message—

From: Lawrence, Gloria M [NB]
Subject: Valley Rally May 18, 2007
Importance: High

I have been asked by ANAVETS to be a representative on their committee which is organizing the Valley Rally for May 18, 2007. This Rally is in support of our troops. I attended my first meeting (their 3rd or 4th) on April 24th. They are very much organized with the banner being already developed, there will be posters announcing the event, etc.

May 18th they are hoping people will gather at the armouries around 5:30 to 6 pm. There will be a parade from the Armouries to the Farmers Market commencing around 6:15 to 6:30. There has been a banner generated, which will be carried by the parents, spouses, and children of any soldiers who are in Afghanistan. This banner will then be on display for all to sign, and it will be sent overseas.

There will be guest speakers at the Farmers Market; there will be red balloons for the kids, a barbeque of hotdogs by donation, fireworks, face painting, etc.

Anyone who would like to donate to this are welcome to. Each and every person is invited to attend and to bring family. Also; and most important: IF YOU KNOW THE NAME OF ANY

SOLDIER WHO IS SERVING IN AFGHANISTAN PLEASE LET ME KNOW SO THAT THEIR NAME CAN BE ADDED TO THE LIST OF NAMES ALREADY ACCUMULATED TO BE READ THAT EVENING; AND THEIR FAMILIES WILL BE INVITED TO ATTEND AND BE IN THE PARADE CARRYING THE BANNER.

Beth MacFarlane is at the Farmers Market on Friday mornings selling red T-shirts, if anyone is interested.

This Valley Rally will be for people from Nackawic to Plaster Rock. The schools are also on the committee and they are attempting to have an assembly with a speaker and will conduct a walk in the afternoon wearing red.

I would be more than happy to convey any suggestions you may have, as well as names of soldiers, etc. Our next meeting is Monday, May 7th.

Thank you very much for your attention to this worthy cause.

Gloria M. Lawrence
Programs Operations Consultant/Conseiller en Operations de
Programme
Woodstock, Fredericton
Client & Community Services/Services a la Clientele et a la
Collectivité

Telephone/Telephone: (506)325-3208 (Woodstock); (506) 452-3357
(Fredericton)

(Wednesdays)

Facsimile/Télécopieur: (506)325-3222 (Woodstock);(506)452-3303
(Fredericton)

E-mail/Courrier: gloria.lawrence@servicecanada.gc.ca

Service Canada
P O Box/C.P. 2001, Woodstock, New Brunswick, Canada E7M 5C1

On Thursday, May 03, 2007, Gloria wrote and said:

We have since learned that there will be greetings from Afghanistan, the key note speaker will be Col. Ryan Jestin, and that Army News will be covering the rally taping it, etc.

Donations are continuing to come in. Remember to let me know of any troops that you know who are serving in Afghanistan, they will be remembered at the Rally and their family will be asked to assist in leading the parade by carrying the banner.

About the only item we have left that we are hoping for donations of are hot dogs.

Thank you for your continued interest in this wonderful project.

Gloria Lawrence



Elder's Birthdays For the Month of May

Happy Birthday to the following Elders who are celebrating a birthday this month from the staff of the Health Centre:

Charles Polchies
Lorraine Pelkey
Raymond Tomah



EMERGENCY PREPAREDNESS WEEK

MAY 6TH TO 12TH , 2007

How ready do you think you are if an emergency were to happen? Do you think you have enough supplies to do you 72 hours? Do you have a family plan in case disaster strikes? Where is the nearest local emergency shelter for everyone in your community to take refuge in?

For more information visit www.getprepared.ca or www.epweek.ca



**ELDERS TRIP TO ST. ANNE DE BEAUPRE
MEETING**

Any Woodstock First Nation Band Member 50 years and over that is interested in going to St. Annes this year are being asked to please attend an information meeting.

When: May 29th, 2007

Where: Band Hall kitchen area

Time: 7:00 pm

For more information, please contact Shawn Sappier at 324-3949.

LOST AND FOUND

A set of keys was found around the mailbox area of the Band Hall. Owner may call the Health Centre or stop in and see Melissa at the front desk.



WHAT IS MUMPS (INFECTIOUS PAROTITIS)?

A contagious viral infection caused by a paramyxovirus, which causes the salivary glands, especially the parotid gland, to swell. The virus can be found in the nose, mouth and throat of the infected person.

What are the symptoms?

Mumps causes fever, headache, swollen, painful cheeks and neck, pain around the ears, and difficulty swallowing. Symptoms usually start 14-24 days after infection with the virus.

How is mumps spread?

The mumps virus is easily spread through close contact with an infected person with the infected person through breathing, coughing or sneezing, or in contact with infected saliva (e.g. kissing or sharing drinks, food and cigarettes).

Who can get the Mumps?

Anyone at any age who has not had the disease nor received the vaccine. Young people in their 20s are more prone to get the mumps because they were born in a period when only one dose of the vaccine was administered.

Treatment

There is no specific treatment for mumps. Persons with mumps should drink plenty of fluids, get bed rest, and take acetaminophen to control fever.

Getting Your Shape Back

During pregnancy, we're told to eat healthy, balanced, nutritional diets and gain 25 to 35 pounds. For some of us, limiting it to 35 pounds is hard to do, especially when our bodies are craving all kinds of odd things. A craving for chocolate milkshakes by one of our subscribers resulted in a weight gain of over 70 pounds. Her doctor finally told her "no more milkshakes, you're gaining too much weight." Though she planned on heeding her doctor's advice, the decision was made much easier since her blender had given out from running so hard.

We all know how to put on weight, but how do we lose this excess weight after pregnancy? The process can be extremely difficult, even depressing at times. Our bodies may change so drastically - skin can stretch almost to the point of being transparent, and our hips can spread like we never knew they could. You have to have the initiative and willingness to exercise and change your eating habits in order to get back into shape!

It can take a long time to lose unwanted pounds. Since it took 9 months for your body to gain all that weight, give yourself at least 9 months to lose it. It will not disappear overnight, unless you're one of the fortunate women who pops right back into their old body immediately after delivering. The first 20 pounds usually come right off after delivery.

Shedding the rest will take a commitment by you to exercise and eat a sensible diet. Many women find it difficult to exercise because they're tired from caring for a new baby. Not liking the way you look, however, can serve as the best reminder that you'll have to overcome the fatigue and take action.

Most doctors recommend waiting six weeks before you begin any exercising routine, especially if you had a cesarean birth, so get the OK from your doctor first. The extra weight tends to balance between your tummy and hips, therefore you may want to start with simple exercises that work these areas the most.

Aerobic exercise increases your heart rate, and will have you huffing and puffing, burning off the pounds. Jogging, swimming, cycling, dancing, or a brisk walk are all great ways to shed those extra pounds. Always warm up before exercising with simple stretches. Remember to wear appropriate clothing and supportive shoes.

Stretching Tips

Shoulder Lifts - lift one shoulder up to your ear, let down, switch to the other shoulder, lift up to ear, let down. Repeat 5 times each side.

Shoulder Rolls - lift right shoulder, roll forward, move back and down, switch to other shoulder, lift, roll forward, move back and down. Repeat 5 times each side. Neck Roll - standing straight, move right ear to right shoulder, return to center, repeat with left ear to left shoulder, return to center. Repeat 5 times.

Arm Stretch - extend right arm over head, bending at the waist, reach left, repeat with left arm, reaching over right side, bending at the waist. Repeat 5 times each side.

Hamstring Stretch - Lie on your back, knees bent. Lift one leg, bring it up towards you. Hold your calf, gently pulling closer towards your chest. Hold to the count of 10, release and switch to other leg.

Leg Stretch - sitting on floor with legs apart, reach to right foot, switch to left foot. Repeat 5 times each side.

Exercise Tips

Tummy Crunches - Lie on the floor (on your back), bend knees, and look forward. Curl shoulders and head up off the floor, pulling in abdominal muscles, blowing air out as you come up, lower back down to floor, breathing in. Repeat 5 times, increasing as you get stronger. Tummy Crunch with twist - Lie on the floor (on your back), bend knees, blowing air out, lift head and shoulders up, stretch right hand across to left knee, switch to left side. Repeat 5 times each side, increasing as you get stronger. Leg Lifts - Standing nice and straight with a chair in front of you, knees slightly bent, extend one leg out behind you, lift and lower keeping tummy tucked in, switch to other side. Repeat 5 times each leg. Hips and Thighs - Lie on right your side, slightly bend leg, tuck in abdomen keeping toes facing forward. Raise left leg, then lower. Switch to other side, repeat 5 times each leg. Follow your exercise with a cool down, like the stretching tips mentioned before. Set realistic goals for yourself and gradually increase your repetitions as you get stronger. Remember, if you're unable to do these exercises, there are alternatives. But whatever you choose, be consistent with your exercise and in keeping a healthy diet, and you'll be looking and feeling like your "old self" in no time. Be patient and committed to getting yourself back into shape and it will happen.

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Baby Shower

For Jamie and Peter Hall's beautiful little girl,

Charlee Jane Hall

When: Friday, May 11, 2007

Where: WFN Gymnasium

Time: 3:00 pm

Everyone Welcome!

Dear Community Members:

It is with mixed emotions that I share with you my decision to resign as your community health nurse at Woodstock First Nation. I have grown to love so many of you. We have shared some tears together and a lot of laughter. I will be here until the end of this month.

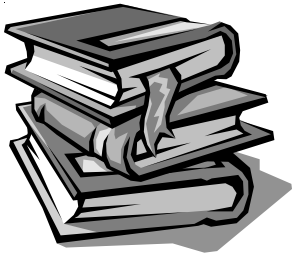
I realize that I do not have to share my reasoning behind my decision, but I want each and every person to know that it is only because of the lengthy commute I have to and from work. I travel approximately 180 kms per day since getting married and moving to Fredericton. I also have a very ill family member and I feel the need to be closer to home and the Fredericton hospital.

To the Chief and Council, I am grateful for all the support you have given to me. It has made my job so much easier.

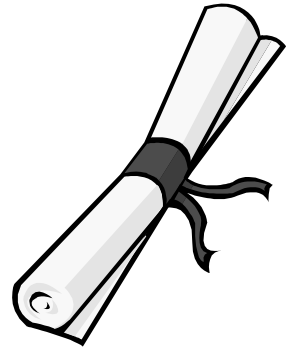
Please feel free to call or drop in if you need to follow up on any health-related issues prior to my last day of work on May 31st. Tobi Paul will be remaining as part of the nursing team.

I appreciate each of you, for who you are. I have been mentored and taught more in my life during the last 1½ years than ever before.

In health,
Susanne Priest



POTLUCK SUPPER



WHEN: FRIDAY, MAY 18TH, 2007

WHERE: WOODSTOCK BAND HALL
GYMNASIUM

WHY: CALL TO COMMUNITY
MEMBERS TO COME HELP CELEBRATE
LEAH WHERRY RECEIVING HER
MASTERS DEGREE IN ANTHROPOLOGY
FROM THE 178TH ENCAENIA AT
UNIVERSITY OF NEW BRUNSWICK

TIME: 6:00 PM



EVERYONE IS WELCOME

HOPE TO SEE YOU THERE



HOT LUNCH MENU FOR THE WEEK OF May 14th–17th, 2007

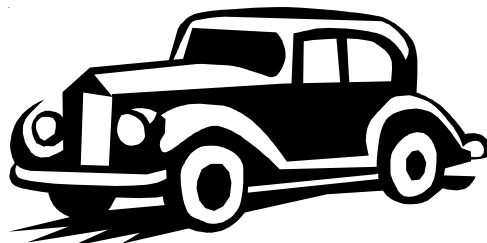
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| Monday | CLOSED |
| Tuesday | SHEPHARDS PIE/TOSSED SALAD/ROLLS/JELL-O |
| Wednesday | LASAGNA/TOSSED SALAD/GARLIC BREAD/SQUARES |
| Thursday | SUB SANDWICHES/POTATO CHIPS/CAKE |

HOT LUNCH MENU FOR THE WEEK OF May 21ST-24TH

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|-----------|--|
| Monday | CLOSED |
| Tuesday | SPAGHETTI/TOSSED SALAD/GARLIC BREAD/JELL-O |
| Wednesday | PORK CHOPS/POTATOES/VEGGIES/ROLLS/SQUARES |
| Thursday | MEATLOAF/POTATOES/VEGGIES/ROLLS/CAKE |

CHANGE OF RATE

Please be advised that Kim Demerchant's
Courier Service Fee has changed from \$5.00
to \$10.00 effectively immediately.



NEXT MEETING FOR OUR SECOND ANNUAL

BUDGIE TOMAH

ATV RALLEY

MAY 17TH , 2007 AT 7:00 PM

IN THE COMMUNITY HEALTH ROOM

AT THE HEALTH CENTRE

FOR MORE INFORMATION, PLEASE

CONTACT

KIM @ 325-3215 (WORK)

OR

325-9241 (HOME)

