

H.V.F.D. Fire Report for the Month of December

- 2 Structure fires
 - 1 Garage fire
 - 1 Recall to structure fire
 - 3 Car fires
 - 3 Car accidents
 - Jaws used once
 - 2 Electrical shorts
 - 1 Furnace malfunction
 - 1 False alarm
 - 1 No duty.
- Total calls for December were 15

Diet Tips

1. If no one sees you eat it, it has no calories
2. If you drink a diet soda with a candy bar they cancel each other out.
3. When eating with someone else, calories don't count if you both eat the same amount.
4. Food used for medicinal purposes NEVER counts, such as hot chocolate, brandy, toast, and Sara Lee Cheese cake
5. If you fatten up, everyone else around you then you look thinner
6. Movie related foods don't count because they are simply part of the entire entertainment experience and not a part of one's personal food, i.e. Milk Duds, popcorn with butter, Junior Mints and red licorice
7. Cookie pieces contain no calories, the process of breakage causes caloric leakage

Art Exhibit

The Cornwall Regional Art Gallery will be hosting a solo exhibition by Pierrette St-Amour-Lavolette. The exhibition "Poetry of Winter/Poesie de l'hiver" is a collection of Pierrette's photographs accompanied by poetry by Paul Prud'homme. Pierrette has been a photographer since childhood where she would claim her mother's box Kodak. During the Gallery's recent Juried Photo Competition, Pierrette won first place in the nature category, and three honorable mentions in the abstract category. The exhibit begins January 2nd and runs to the 28th of January. The Gallery is located at 161 Pitt Street Mall and the hours of operation are Monday to Saturday 9:30 a.m. to 4:30 p.m.

Diane Foster
Gallery Assistant

Recycling Information Fact Sheet

WHAT ARE SOME OF THE POSITIVE EFFECTS ON A RECYCLING PROGRAM?

1. It has been proven that recycling lowers pollution in the atmosphere.
2. It relieves pressure on landfills and incinerators.
3. It costs less to recycle plus we can achieve economic benefits for the community.

WHAT DO WE NEED TO KNOW ABOUT RECYCLING?

1. First, we have to start realizing what role we play in contributing to the causes of pollution as individuals and as a community.
2. Every week we discard unwanted items that we have left over from our daily lives.
3. We carelessly throw away, left over foods, different types of holding containers, old radios, TV's, tin cans, refrigerators, kitchen sinks and many more items that end up in local landfill sites.
4. We should realize that our wastes deposited in landfill sites eventually leak and contaminate the ground-water.

WHAT ARE SOME WAYS TO REDUCE WASTE?

1. You can reduce waste by buying items that can be reused instead of readily disposable goods.
2. You can reduce waste by buying products which are made from, or packaged in, recycled materials.
3. Buying in bulk and large sizes is also helpful in reducing waste.
4. When you buy products make sure to buy items which are durable and repairable.
5. If you should have items you no longer need and you know the item can still be used give it to friends or charitable organizations.

HOW DOES COMPOSTING FIT IN TO THE REDUCTION OF WASTE?

1. Composting is a form of waste reduction which recycles plant nutrients for reuse in the garden or, in some cases landscaping.
2. It has been shown through study that 25% of the waste a community generates can be used in composting.
3. Composting can be done on a large scale with the community involved, or by individuals in their own backyards.

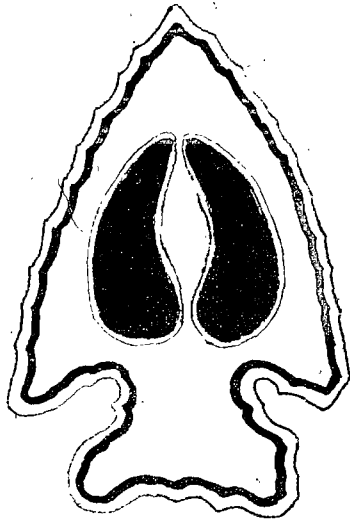
Red Cliff Honored

The Red Cliff Alcohol and Drug Prevention Curriculum Project initiated in 1984 by the Red Cliff Band of Lake Superior Chippewa of Wisconsin, was selected as a showcase project and presented with a certificate of recognition by the U.S. Department of Education at the National Indian Education Association Conference in Tulsa, Oklahoma in October 1988. The certificate of recognition was presented to the project for significant contributions to the progress of Indian education in the United States.

The Red Cliff Wellness Curriculum was developed and written by Indian people from Wisconsin, Minnesota and Michigan. The Project Director Ron DePerry, Chippewa, and Eva Olson-Petoskey, Ottawa, were brought together over 10 years ago and were highly influenced into the field of prevention under the leadership of Laurence Guth, respectfully referred to by many Indian people as the grandfather of prevention.

Ron and Eva sought participation from various Indian communities throughout the tri-state area to serve as an advisory board to the project, which resulted in this innovative approach to prevention education. The curriculum utilizes traditional Indian stories to teach children the necessary skills to deal with this contemporary universal problem. The flexibility of the Red Cliff Wellness Curriculum allows its use in any school with all students regardless of cultural background. It is presently being used successfully in 35 schools in 7 states with an additional 5 schools and 2 states being added in January.

The Curriculum Project also boasts a strong training component which is included in the initial package and is completed before implementation. The training consists of a dynamic 3 day session that provides teachers with knowledge of the dynamics of alcoholism, historical perspective, and among other things the opportunity for hands on experience in the use of the curriculum. If you are interested in more information contact Lynn M. Basina, 715/779-5808



R.C.M.P. Arrests Two For Smuggling

The R.C.M.P. in Valleyfield confirmed the arrest of two Akwesasne residents December 31st for attempting to smuggle \$250,000 worth of cigarettes into Quebec using a dump truck.

The names of the alleged smugglers were withheld pending their appearance February 14th in provincial court.

New MP to use Cree During Maiden Speech

EDMONTON (CP) — Willie Littlechild, the first treaty Indian elected to the House of Commons, is determined to make history again by speaking Cree when he delivers his maiden speech to Parliament. Littlechild, the Tory member for the central Alberta riding of Wetaskiwin, has already asked the Speaker's office for procedural advice on using Cree.

Source: The Toronto Star, December 10, 1988

Newsbriefs

From the Office of the Honourable Bill McKnight Minister of Indian Affairs and Northern Development

Labrador Inuit Comprehensive Land Claim (October 12, 1988)

Indian and Northern Affairs Minister, Bill McKnight expressed optimism that a framework agreement could be found to resolve the Labrador Inuit Association's comprehensive land claim, after the Government of Newfoundland consented to enter into tripartite negotiations on October 11, 1988.

Comments on Lubicon Land Claim Developments (October 13, 1988)

Bill McKnight commented he was "delighted" to learn that Alberta Premier Don Getty and Lubicon Chief Bernard Ominayak had agreed to begin to face the fact in negotiations on some aspects of the Lubicon Lake land claim.

The Minister noted that he had been urging negotiations between the band and the Alberta since May.

McKnight Responds to Lubicon Land Claim Developments (October 26, 1988)

Indian and Northern Affairs Minister Bill McKnight made a public statement in Edmonton regarding Lubicon land claim developments between Alberta Premier Don Getty and Lubicon Chief Bernard Ominayak.

With Mr. Getty and Chief Ominayak having agreed on 79 square miles surrounding Lubicon Lake to be used as a reserve for the band, Mr. McKnight responded that, in his view, this was "a generous appropriation for a reserve, and, as soon as the province conveys that land to Canada, the federal government would create a reserve."

Hoping there would be a ground-breaking ceremony at Lubicon Lake this spring, the Minister confirmed that "Canada would provide a full economic and community development program, including roads, a water and sewage system, health facilities, community facilities, and housing."

McKnight Addressed the 11th National Northern Development Conference (October 26, 1988)

In a speech to the 11th National Northern Development Conference in Edmonton, the Minister spoke of the recently approved Northern Political and Economic Framework. He mentioned that "this framework sets out clearly the government's commitment to northern development and its priorities in achieving the long term goals of political maturity and economic self-sufficiency."

Also mentioned were the Northern Mineral Policy, the Yukon Mine Safety agreement, the Tungavik Federation of Nunavut and the Council of Yukon Indians land claim negotiations, the Dene/Metsis Agreement in principle and energy accords with both the Northwest Territories and the Yukon.

For further information, contact Pam Forward, Special Assistant, Media and Communications Office of the Minister, 997-0002.

For copies of complete texts, contact Public Inquiries Kiosk, Department of Indian Affairs and Northern Development, 997-0380.

\$2.7 Million Claim Settlement For Maniwaki Band Approved

OTTAWA (November 18, 1988) — The Honourable Bill McKnight, Minister of Indian Affairs and Northern Development today announced that the River Desert Indian and has signed a \$2,686 million agreement with the Government of Canada which will compensate the band for 231.12 acres (94.87 hectares) of land patented by Canada in 1868.

The specific claim, filed by the band in 1983, dates back to 1853 when the Province of Canada set aside for the Algonquins, Nipissingues and Tetes de Boules of Lower Canada 45,750 acres (18,514.4 hectares) of land on the west bank of the Gatineau River and south of the River Desert.

The Government of Canada, in 1868, patented some 240 acres (93.1 hectares) of land from the Maniwaki Reserve of the River Desert Band, without obtaining the required surrender from the band.

Of the settlement amount, \$2.5 million may be used by the band to purchase land. An additional amount has been provided for costs related to land acquisition and negotiating the settlement.

A Checklist of Symptoms Leading To Relapse of Substance Abuse

While the individual himself must maintain the disciplines that insure sobriety, there are ways in which other can help. Nearly every person close to the alcoholic is able to recognize behavior changes that indicate a return to the old ways of thinking. Often these individuals and fellow AA members have tried to warn the subject, who by now may not be willing to be told. He may consider it nagging or violation of his privacy. There are many danger signs. Most alcoholics if approached properly, would be willing to go over an inventory of symptoms periodically with a spouse or other confidante. If the symptoms are caught early enough and recognized, the alcoholic will usually try to change his thinking, to get "back on the beam" again. A weekly inventory of symptoms might prevent some relapses. This added discipline is one which many alcoholics seem willing to try. Following is a list of common symptoms leading to "dry drunk", to possible relapse, or to what AA commonly call's "stinking thinking".

1. **EXHAUSTION** — Allowing yourself to become overly tired or in poor health. Some alcoholics are also prone to work addictions — perhaps they are in a hurry to make up for lost time. Good health and enough rest are important. If you feel good, you are more apt to think well. Feel poor and your thinking is apt to deteriorate. Feel bad enough and you might begin thinking a drink couldn't make it any worse.

2. **DISHONESTY** — This begins with a pattern of unnecessary little lies and deceits with fellow worker, friends, and family. Then come important lies to yourself. This called rationalizing-making excuses for not doing what you do not want to do, or for doing what you know you should not do.

3. **IMPATIENCE** — Things are not happening fast enough. Or others are not doing what they should or what you want them to do.

4. **ARGUMENTATIVENESS** — Arguing small and ridiculous points of view indicates a need to always be right. "Why don't you be reasonable and agree with me?" Looking for an excuse to drink?

5. **DEPRESSION** — Unreasonable and unaccountable despair may occur in cycles and should be dealt with talked about.

6. **FRUSTRATION** — At people and also because things may not be going your way. Remember everything is not going to be just the way you want it.

7. **SELF-PITY** — "Why do these things happen to me?" "Why must I be alcoholic?" Nobody appreciates all I am doing, for them?

8. **COCKINESS** — Got it made no longer fear alcoholism-going into drinking situations to prove to others you no problem. Do this often enough and it will wear down your defenses.

9. **COMPLACENCY** — "Drinking was the farthest thing from my mind." Not drinking was no longer a conscious thought either. It is dangerous to let up on disciplines because everything is going well. Always to have a little fear is a good thing. More relapses occur when things are going well than otherwise.

10. **EXPECTING TOO MUCH FROM OTHERS** — I've changed, why hasn't everyone else? It's a plus they do but it is still your problem if they do not. They may not trust you yet, may still be looking for further proof. You cannot expect others to change their lifestyles just because you have.

11. **LETTING UP ON DISCIPLINES** — Prayer, meditation, daily inventory, AA attendance. This can stem either from complacency or boredom. You cannot afford to be bored with your program. The cost of relapse is always too great.

12. **USE OF MOOD-ALTERING CHEMICALS** — You may feel the need to ease things with a pill, and your doctor may go along with you. You may never have had a problem with chemicals other than alcohol, but you can easily lose sobriety starting this way, about the most subtle way to have a relapse. Remember you will be cheating! The reverse of this is true, for drug-dependent persons who start to drink.

13. **WANTING TOO MUCH** — Do not set goals you cannot reach with normal effort. Do not expect too much. It's always great when good things you were not expecting happen. You will get what you are entitled to as long as you do our best, but maybe not as soon as you think you should. Happiness is not having what you want, but wanting what you have.

14. **FORGETTING GRATITUDE** — You may be looking negatively on your life, concentrating on problems that still are not totally corrected. Nobody wants to be a Pollyanna-but it's good to remember where you started from — and how much better life is now.

15. **"I CAN'T HAPPEN TO ME"** — This is dangerous thinking. Almost anything can happen to you and is more likely to as you get care less. Remember you have a progressive disease, and you will be in worse shape if you relapse.

16. **OMNIPOTENCE** — This is a feeling that results from a combination of many of the above. You now have all the answers for yourself and others. No one can tell you anything. You ignore suggestions or advice from others. Relapse is probably imminent unless drastic changes takes place.

Copied from "A Look At Relapse" Charles W. Creve

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1989 Louis M. Lyons Award

The Nieman Foundation at Harvard University invites nominations for the 1989 Louis M. Lyons Award for conscience and integrity in journalism.

The winner of the 1989 award, which carries a \$1,000 honorarium, is to be selected by the twenty-one Nieman Fellows, Class of 1989.

The award, created by the Nieman Class of 1964, is named in honor of the late Louis M. Lyons, curator of the Nieman Foundation for 25 years.

Past winners include Joseph Tholove, a South African journalist who, in spite of 22 months in solitary confinement, retained his courage and integrity; Tom Renner, a Newsday reporter, for his coverage of organized crime; Maria Olivia Monckeberg, a Chilean journalist with Analysis, for her reporting in the face of official harassment; Allister Sparks, for his courageous coverage from South Africa; Violeta Chamorro, publisher of La Prensa, for her newspaper's efforts to keep a free press alive in Nicaragua; Zwelakhe Sisulu, imprisoned editor of the New Nation, for his courage and dedication in providing South African blacks with an alternative voice; and, in 1988, Monica Gonzalez, a journalist with Analysis, for her courage in reporting objectively and honestly on events in Chile.

Eligibility: Any full-time print or broadcast journalist, domestic or foreign, for work done in 1988.

Nominations. Must be made by third parties, whether individuals or organizations. News organizations may nominate one of their own employees. Applicants must contain the following:

- * an official letter of nomination,
- * one-page biography of the nominee,
- * two letters of recommendation,
- * three samples of the nominee's work.

Deadline: Entries must be postmarked by March 1, 1989. Material will not be returned. Applicants must be submitted in one packet to: Louis M. Lyons Award Committee, Nieman Foundation, Harvard University, One Francis Avenue, Cambridge, MA 02138; Tel: 617-495-2237.



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Teenagers and Smoking

About two-thirds of all smokers begin before the age of 18.

The majority of those who begin to smoke do so before becoming adults. In fact it is rare for anyone to begin smoking after age 25.

College-bound teenagers have lower smoking rates than those who aren't planning on education past high school.

Half of all teenagers who have started to smoke say they don't intend to continue the habit, and 90% say they want to quit.

Teenagers most likely to quit are those who've smoked a low number of cigarettes per day, have high educational goals, acknowledge the health risks of smoking, and have many nonsmokers among their friends. Potential quitters are also more interested in physical exercise, see themselves as more popular, and are more active in clubs and organizations than smokers.

Cigarette smoking can be both physically and psychologically addictive, making it difficult to quit.

It is estimated that every day 4,000 youths under the age of 17 initiate smoking.

In addition to long-term negative effects of smoking — such as increased incidence of cancer, heart disease, ulcers and emphysema — smoking can cause numerous short-term negative effects including increased heart rate and blood pressure, eye irritation, yellow stains on teeth, reduced stamina and throat irritation.

Among current smokers, younger persons and females are more likely than older persons and males to have attempted to quit and to have actually quit during the previous 12 months. Success at quitting smoking increased with the number of efforts made about 48.5% of adolescents who kept trying eventually succeeded, with about half of the successes occurring after the second try.

Results of a survey reported recently by the U.S. Office on Smoking and Health suggest that offspring of smokers experience high prevalence and incidence of several chronic respiratory symptoms and acute respiratory illnesses and a lower lung function than unexposed offspring.

Children from households where parents and siblings smoked tend to take up the habit more frequently than young people living in smoke-free households. The results are from a study reported in the 1986 Smoking and Health Bulletin of the U.S. Department of Health and Human Services.

Recent data indicate that among school-age children, use of tobacco products is not "in." A sampling of school children in Texas indicates that more than three-fourths (76%) use no tobacco products. Regular cigarette smokers numbered 15% and users of smokeless tobacco products totaled 9%.

The National Collegiate Smokeless Tobacco Survey results indicate that 12% of college students use smokeless tobacco products. This disturbing statistic was announced in the spring 1986 issue of **World Smoking and Health**, published by the American Cancer Society.

Results of a recent survey done among Texas school children indicate that 55% of smokeless tobacco users started before the age of 15 and 46% of cigarette smokers began that early.

Among the age group 13 to 19, there are about 6 million regular smokers. Under the age of 15, there are an estimated 100,000 smokers.

In 1985, television star Don Johnson joined the ranks of nonsmokers. Many other celebrities popular with teenagers are outspoken nonsmokers, including Brooke Shields, Michael Jackson, Greg Louganis, members of Menudo, and Linda Evans.

A survey of college students shows that they consider dipping or chewing tobacco a safer alternative to smoking. Smokeless tobacco is not safe. Habitual use of smokeless tobacco is linked to an increased incidence of leukoplakia, an oral condition which is precancerous 5% of the time and leads to decreased senses of taste and smell and an increased incidence of dental problems, such as receding gums and tooth decay.

In 1986, the American Cancer Society launched a "Smoke Free Youth America" program, designed to encourage young people to adopt a lifelong nonsmoking habit. The goal of the campaign is to reduce by 50% the rate of smoking among young people ages 12-18 by 1990.

A survey supported by the National Institute on Drug Abuse indicated that the percentage of high school seniors (aged 17 and 18) who smoked cigarettes daily decreased from 28.8% in 1976 to 18.7% in 1986.

In the 1960's about twice as many boys smoked as girls. Today, at every age level, the percentage of girls smoking is higher than that of boys. Daily smoking among high school seniors is 21% for females and 18% for males. In college, the rate is 17.5% for females and 10.0% for males. Among young adults, generally, 27% of females and 25% of males smoke daily.

This year, the Coalition on Smoking and Health (the American Cancer Society, the American Heart Association and the American Lung Association) began an ambitious project called the Smokefree Class of the Year 2000. Youngsters from around the country, entering the first grade in the fall of this year, will graduate in the year 2000 as the world's first totally smokefree classes.

Most teenagers prefer to date nonsmokers, according to a survey conducted last year for the American Lung Association. Among teenage boys, aged 12-17, 78% said they'd prefer to date someone who doesn't smoke cigarettes. Of the teenage girls queried, 69% said they'd prefer a date with a nonsmoker. Only 1% said they preferred to date a smoker!