for the delay with

Kebaowek First Nation Mazinaigan

Kebaowek First Nation Community Newsletter

An Update from the Chief

As I write this article, we are getting our first real nice weather of the summer which is good for our families and staff who are busy taking my needed and deserved vacation time.

As you know the postal boxes for members are now located in the community and you should have received your box number and keys. We are waiting on the material to relocate the door and put in windows and in addition it will be handicap accessible. We anticipate that the work will be done in the upcoming weeks. We have now received the numbers for the houses and community buildings and we will have someone going house to house to change the numbers on your homes to coincide with the changes that have been made to all addresses in the community. They will be located on the front of the homes so they can be visible from the road.

The work on the new Sewage Treatment Plant is almost complete, the new lift stations have been installed and the paving of the road to the plant is finished. We had left over pavement so we used this to patch spots in the community, expanded the Band Office parking and finally created a paved shoulders down Ogima Street to reduce the washouts every time we have a heavy rainfall.

In the past month we have met with Premier Couillard twice concerning issues that are important to all First Nations in Quebec and also to ours. The discussions were frank and the Gov't of Quebec has committed to discussing these important issues with us. Meetings are now in the process of being set up with Aboriginal Affairs Minister Kelly. Quebec has also asked us to intervene in a court case involving a person claiming Metis rights in Zec Magnasipi. We have agreed as this area is part of the traditional territory of our community and if any rights are to be recognized it is ours. The court dates are in early November and our lawyers are preparing our intervention and submissions.

I have just returned from the Assembly of First Nations Annual Assembly in Regina, Saskatchewan. The first day was spent getting presentations and speeches from a number of Federal Cabinet Ministers all professing to wanting to improve the relationship with First Nations. It all sounds good but what this government isn't very good at doing is having concrete actions that match their nice words, we are patiently waiting but frustration is growing amongst First Nations with the slow progress that has been made to date. A good portion of day two was spent listening to families of murdered and missing women and girls and the complaints with the inquiry. The stories were both sad and heartbreaking as well as emotionally draining as these families want closure and the truth as to what has happened to their love ones. It reminded me that we have many cases here in Quebec, including a missing young man from our community. There are also the two young ladies missing from Kitigan Zibi and a lady from Pikogan just to name a few cases that directly affect our Algonquin communities. In the end the Chiefs voted to request important changes to the inquiry so that it is more family friendly and less bureaucratic.

I invite all members to come out and enjoy the 10th Annual Countryfest.
Chief Lance Haymond

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Kebaowek First Nation
110 Ogima Street
Kebaowek QC J0Z 3R1
Tel: (819) 627-3455
Fax: (819) 627-9428
Toll Free: 1-888-229-3224

Kebaowek Police Department
104 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9624/8229
Fax: (819) 627-3277

Kebaowek Health and Wellness Center
110 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9060
Fax: (819) 627-1885

Migizy Odenaw Childcare Center

SPACES AVAILABLE AT MIGIZY ODENAW CHILD-CARE CENTER.

FOR MORE INFORMATION PLEASE CALL 819-627-1000

Kebaowek Education Department

The Education Department would like to congratulate the following students on the completion of their studies …

Cynthia Duguay
Certificate in Personal Support Work
Fleming College

Erica Miness
Diploma in Practical Nursing
Canadore College

Ian Crawford
Degree in Criminal Justice
Nipissing University

Jennifer Downie
Diploma in Community Service Worker
George Brown College

McKaylii Jawbone
Diploma in Environmental Technician

IMPORTANT NOTICE FOR PARENTS

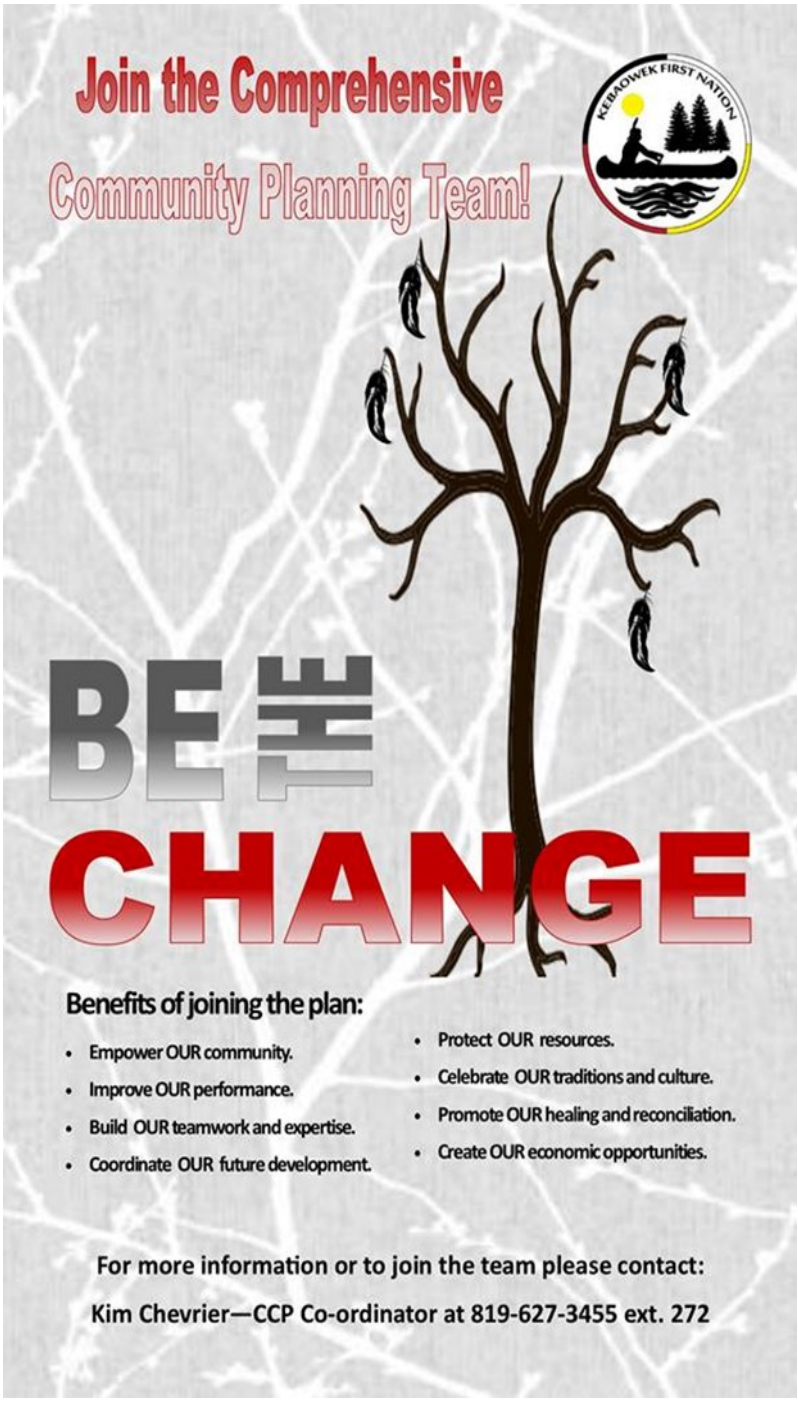
who have children that are registered to the Kebaowek First Nation Band and live locally in Kebaowek, Kipawa or Temiscaming.

<u>If you have a child or children attending school</u>
(Pre-K to Secondary 5 /Grade 12) please contact the Kebaowek Education Department to update your contact information including:

- **Home Phone Number**
- **Cell Phone Number**
- **Email Address**
- **Mailing Address**

Contact Rose Jawbone
rjawbone@kebaowek.ca
or call 819-627-3455

Drum
Making Workshop
August 22, 23, 24
From 9:00am to 3:00pm
Hosted by Rodney
St-Denis
WILL TAKE PLACE UNDER THE
ARBOUR
We have 30 spots available. Kebaowek Band Members have until August 17th to register and if there are any available spots left we will open the registration up to all residents of Kebaowek. If you would like to register please contact Rose Jawbone or Samantha Green at 819-627-3455
THANK YOU AND WE HOPE TO SEE YOU THERE!
FUN FOR ALL AGES!!!



CCP Update

Welcome!

With summer holidays almost over and with the recent hiring of the new CCP Co-ordinator we are pleased to announce that the CCP Project will be very busy in the upcoming months.

The CCP Co-ordinator will be attending the first ever CCP Co-ordinator's Workshop in Montreal to discuss issues, concerns and share ideas that will assist in developing our own personalized CPP that will have an impact for the future of our community. Also in the month of September, the CCP Co-ordinator along with two community members will be attending the **1st Regional CCP Workshop**. We will be sharing once again and acquiring valuable tools and resources that will assist in achieving our long and short term goals.

The CCP Planning committee and all those involved fully understand that all people, whether literate or not, whether rich or poor, whether children, women or men, have a remarkable understanding of their surroundings and are capable of analysing and assessing their situation, often better than trained professionals from outside the community. It is our mission to respect local perceptions, choices and abilities and involve local people in realizing Kebaowek First Nations goals and strategies.

We are always reaching out to the community for input and participation and extend an invitation to those who are not yet involved. Our next CCP Meeting will be scheduled in September 2017. We look forward to seeing you there! Remember, now is the time to "Be the Change"!

For more information please contact Kim Chevrier - CCP Co-ordinator at:
819-627-3455 ext. 272
Via e-mail at kchevrier@kebaowek.ca
Facebook Page: https://www.facebook.com/kebaowek.cpp.1

Countryfest is soon arriving!
Come and visit our display booth and find out more about Kebaowek CCP.
I will be there on Saturday August 19, 2017 to answer any questions you may have. Come on out and get involved. Thanks and see you all there.

KEBAOWEK FIRST NATION

LIKE AND SHARE OUR KEBAOWEK CCP PAGE

Unleash your

CREATIVITY

join now

KEBAOWEK FIRST NATION

Logo Design Competition

Call for submission

Design a logo for

CCP—Comprehensive Community Planning

and have your design featured on CCP Information Publications

CCP—Comprehensive Community Planning is a holistic process that enables a community to build a roadmap to sustainability, self-sufficiency and improved governance capacity.

The Power of a Collective Process

Prize: $400 cash and a $100 voucher from Migizy Gas.

Judging Panel : Chief and Council, the Economic Development Officer and CCP Coordinator.

Submissions Schedule

Deadline: September 29, 2017 at Noon

Drop off submission with Roxane at the band office reception desk.

For Criteria Outline contact Kim Chevrier at 819-627-3455 or a PDF version is available at https://www.facebook.com/kebaowek.cpp.1

Check pages 6 & 7 for info ...

CCP Logo Contest – 2017
Rules & Guidelines

Official Contest Rules

When submitting artwork for contest consideration, you agree to abide by the following rules.

Eligibility

- Must be a member of Kebaowek First Nation

Age Requirement

- All contestants MUST be age 5 or over at time of entry.

Contest Entry Guidelines

- No Copyright Infringement
- All work must be released for individual usage
- All entries must contain copyright-free art or art released for entrants' and public use.
- No unauthorized use of any copyright images, text, or other material will be accepted. E.g. google, clipart. You may use ideas but they must be your original work.

All Entries Must be Submitted through e-mail at kchevrier@kebaowek.ca or in Person to Roxane McKenzie at the Band Office no later than September 30, 2017 at Noon.

If you are under the age of 16, your parent of legal guardian must give permission to submit your entry. Entries must be submitted using this form. There is a space for signature.

Contest entries must be submitted in either .JPG, .PNG or .GIF format, have dimensions for a file size not exceeding 2MB (2048 KB) or original artwork no bigger than 8.5" x 11".

No limit to entries

- There is no limit to how many entries each contestant can submit.

Technical Difficulties/Support

- Kebaowek First Nation cannot be responsible for entries not received due to technical issues and accepts no responsibility for technical support of any entries.

Guidelines & Judging Criteria

This section describes general guidelines for what our judges are looking for when deciding to approve your artwork and its award merits. Before submitting your entry for consideration, please understand the following guidelines.

Appropriate Content

- Content should fit the category of Comprehensive Community Planning
- Content should be appropriate for public use. (If it wouldn't be acceptable for a billboard, it won't be accepted here.)
- The content/design should be unique and interesting to a wide audience of Kebaowek First Nation members.

- The design should embrace the Kebaowek First Nation and the Comprehensive Community Planning Project. (Each entry will be judged on its contribution to organization and clear communication.)

Overall Design

The layout should be clean and communicate clearly. As well as immediately appealing or noticeable and striking:

Other considerations

Keep in Mind...

- Although photography is fine to use, come up with a unique use of it by incorporating it into your overall design.
- Avoid designs with personalized images and names of family, friends, or other organizations. (Remember that your design needs to relate to Comprehensive Community Planning.)

Saving Files

Files must meet the dimensions and file size to fit the product type you are designing for. If you are a winner, you will be required to submit an original and/or a high resolution digital copy.)

General Conditions

- Authorize Rights to Kebaowek First Nation.
- By submitting your artwork you authorize Kebaowek First Nation to post your entry on our site indefinitely, and grant Kebaowek First Nation the right to use and display prints of your design for marketing purposes.
- Kebaowek First Nation Reserves the Sole Right to Determine Eligibility - Each entry will go through an approval process to determine if the artwork meets our criteria before the entry will be available for judging.

I have read the official rules and guidelines and agree to all conditions.

_____ _____

Print Name Date

_____

Signature

Child under 16 years of age permission.

I give permission to _____ permission to submit artwork to the CCP Logo Contest and have read the guidelines to my child.

_____ _____

Print Name Date

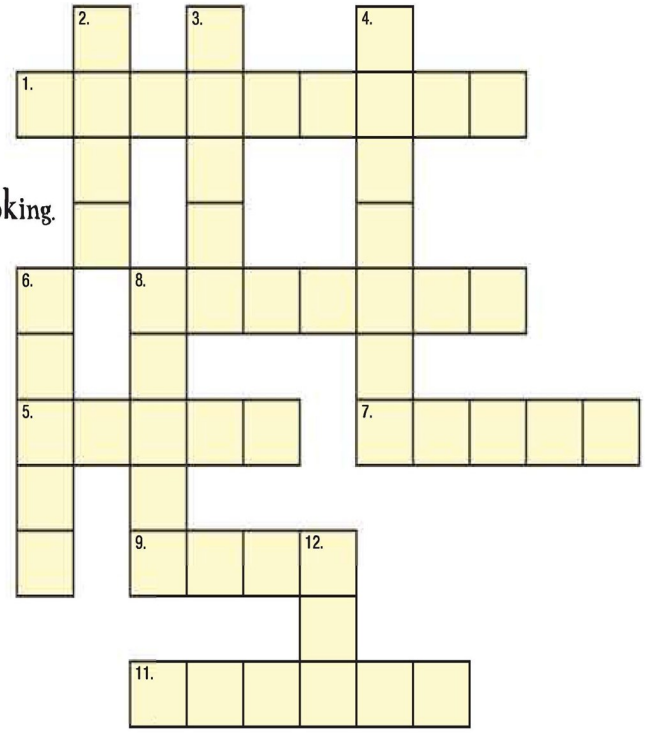
_____

Signature

The Kebaowek Police Department is asking the community of Kebaowek to join us in the fight against the drug trafficking going on in our community. If you have any information about drugs being sold in the community please contact us at (819) 627-9624 or come meet with us at the Police Station. No names will be mentioned for the information provided. We cannot do this alone, we need your help, together we can accomplish anything.

Kebaowek Fire Department

FIRE-SAFE CROSSWORD PUZZLE

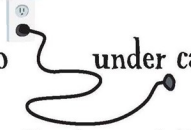


ACROSS

1. Food cooked in a should be opened slowly.
5. Stay "3" feet away from the stove when grown-ups are cooking.
7. Keep curtains away from the .
8. Adults should wear tight-fitting when cooking.
9. drop and roll if your clothes catch fire.
11. Give a space space.

©2013 NFPA

DOWN

2. If there is a in your home, get OUT and STAY out!
3. Use a barbecue only outdoors.
4. Keep lighters and out of kids' sight and reach.
6. Cool a burn with cool for 3 to 5 minutes.
8. Make sure there are no  under carpets.
12. Turn all handles toward the back.

Clothes Dryer Safety

Doing laundry is most likely part of your every day routine. But did you know how important taking care of your clothes dryer is to the safety of your home? With a few simple safety tips you can help prevent a clothes dryer fire.

- Have your dryer installed and serviced by a professional.
- Do not use the dryer without a lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.
- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.
- Keep dryers in good working order. Gas dryers should be inspected by a qualified professional to make sure that the gas line and connection are intact and free of leaks.
- Make sure the right plug and outlet are used and that the machine is connected properly.
- Follow the manufacturer's operating instructions and don't overload your dryer.
- Turn the dryer off if you leave home or when you go to bed.

AND DON'T FORGET...

Dryers should be properly **grounded**.

Check the **outdoor vent** flap to make sure it is not covered by snow.

Keep the area around your dryer **clear** of things that can burn, like boxes, cleaning supplies and clothing, etc.

Clothes that have come in contact with **flammable substances**, like gasoline, paint thinner, or similar solvents should be laid outside to dry, then can be washed and dried as usual.

FACT

The leading cause of home clothes dryer fires is failure to clean them.

REPRODUCED FROM NFPA'S WEBSITE
www.nfpa.org/publiceducation

LOOKING FOR A GIFT IDEA ??
OR WANT TO PAY NOW WHILE YOU HAVE EXTRA CASH ??

Kipawa Countryfest

$25

Present this gift card at the Kipawa Countryfest Admin Office and receive 5 bar tickets!

NEW

Sold by: _____

$25.00 COUNTRYFEST
GIFTCERTICIATES FOR BAR TICKET PURCHASES !!

AVAILABLE FOR PURCHASE AT THE BAND OFFICE ONLY !!

We are currently looking for additional parking for campers for the Countryfest ...
If you have any extra space in your yard or driveway please call Roxane and let her know.

Thank You !!

KIPAWA COUNTRYFEST

BBQ STEAK SUPPER

SATURDAY AUGUST 19, 2017

5:00 p.m. - 6:30 p.m.

$17.50

Only 175 Tickets Available

The BBQ SUPPER will be located at the community hall. No wristband is needed.

FRIDAY, AUGUST 18, 2017		
1.	6:00 - 7:00 p.m.	Gravitas
2.	7:15 - 8:15 p.m.	Celine Tellier
3.	8:30 - 10:00 p.m.	EmiSunshine
4.	10:30 - 12:00 a.m.	Sawyer Brown
5.	12:30 - 2:00 a.m.	Gravitas
SATURDAY, AUGUST 19, 2017		
1.	12:00 - 2:00 p.m.	Open Stage
2.	2:15 - 3:30 p.m.	Kipawa River Band
3.	3:45 - 5:00 p.m.	Gravitas with Sam Depatie
DINNER BREAK		
4.	6:45 - 8:00 p.m.	Weekend Crew
5.	8:30 - 10:00 p.m.	Tanya Tucker
6.	10:30 - 12:00 a.m.	Tennessee River - Alabama Tribute
7.	12:30 - 2:00 a.m.	Kipawa River Band
SUNDAY, AUGUST 20, 2017		
1.	12:00 - 12:30 p.m.	Kipawa Choir
2.	12:45 - 1:45 p.m.	Naomi Bristow
3.	2:00 - 3:30 p.m.	The Highway Men Tribute
4.	3:45 - 4:45 p.m.	Ramblin Fever
5.	5:00 - 6:00 p.m.	Gravitas

10e édition / 10th Annual

Kipawa Countryfest

August 18-19-20 août 2017

Kipawa, Québec

TENNESSE RIVER
TRIBUTE TO ALABAMA

TANYA TUCKER

SAWYER BROWN

THE HIGHWAY MEN
MUSICAL TRIBUTE

EMISUNSHINE

MIKE COLIN JASON RAMEO
GRAVITAS

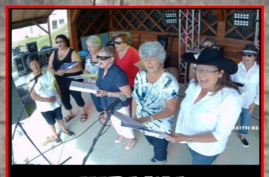
CELINE TELLIER

NAOMI
BRISTOW

WEEKEND
CREW

KIPAWA RIVER
BAND

RAMBLIN
FEVER


KIPAWA
CHOIR

PRIX / PRICES

WEEKEND PASSES ADVANCE SALES UN LAISSER-PASSER DE FIN SEMAINE	WINTER SPECIAL December 1, 2016 to March 31, 2017	HIVER SPÉCIAL 1er décembre 2016 Au 31 mars 2017	SPRING SPECIAL April 1, 2017 to June 30, 2017	PRINTEMPS SPÉCIAL 1er avril 2017 Au 30 juin 2017
ADULT (18 + years) ADULTES (18 ans et plus)	$50.00		$65.00	
YOUTH (4 - 17 years) ENFANTS (4 - 17 ans)	$20.00		$25.00	
GATE PRICES À LA PORTE	**WEEKEND FIN DE SEMAINE**	**FRIDAY VENDREDI**	**SATURDAY SAMEDI**	**SUNDAY DIMANCHE**
ADULT (18 + years) ADULTES (18 ans et plus)	$75.00	$40.00	$60.00	$20.00
YOUTH (4 - 17 years) ENFANTS (4 - 17 ans)	$30.00	$10.00	$20.00	$10.00

CHILDREN (3 years & under are free) / ENFANTS (3 ans et moins) gratuit

(Regular gate prices will only be available at KFN Band Office and the Countryfest Gate Entry)
(Les prix de portail réguliers ne seront disponibles qu'au bureau de bande de la KFN et à l'entrée de la porte de Countryfest)

Kipawa Countryfest M.C: DJ Neil Pariseau
Sound and Lights: DBSL Inc. Pro Sound & Lighting

EN VENTE / ADVANCE TICKETS ON SALE AT

Migizy Gas	Kipawa, QC	819-627-3392	Argent / Cash, Debit, Visa
KFN Band Office	Kipawa, QC	819-627-3455	Argent / Cash, Debit, Visa
Lake View Store	Kipawa, QC	819-627-1307	Argent / Cash
Depanneur Dandys	Temiscaming, QC	819-627-9663	Argent / Cash / Debit
Depanneur Stop 102	Temiscaming, QC	819-627-3190	Argent / Cash / Debit
Shear Oasis Hair Design	789 McKeown Ave. North Bay, ON	705-474-4247	Argent / Cash
Maryann Babin	N.D.D.N, QC	819-723-2934 819-629-7341	Argent / Cash

POUR INFORMATION / FOR MORE INFORMATION
819-627-3455 / www.kipawacountryfest.ca
Facebook (Kipawa Countryfest)

Coors LIGHT
RADIO-COM JBM
Centre de Rénovation Home hardware
DIONNE SCHULZE
Entreprises W. Sirard inc.

Kebaowek Band Member, Gage King McGregor works at a West49 in Toronto and was asked to be in a photo shoot for their clothes. His poster will be in most stores across Canada. You can see his photo in the West 49 Store in North Bay !

Recreation Department

A big THANK YOU to Lou Ann Grandlouis for all your help throughout the day of the Boat Rally. Thank you Dora Baptiste for taking care of the tickets and the shuffling of cards, all your efforts ladies are very much appreciated as we know I could not do it alone. Thanks Again !

Another BIG THANK to Laurette & Gerald Young for your welcoming destination stop for the Annual Boat Rally, it is very much appreciated . Thanks a million Gerald & Laurette !

A huge Thank You to Lakeview Store for the gifts received from Molson for this year's Rally. Very much appreciated by all for your continued support . Thanks again Rose & Ivan !

Boat Rally Results

1st Place
Bryan Young $1890.00 (60%)

2nd Place
Maxine Noah $630.00 (20%)

3rd Place
Dylan McKenzie $472.50 (15%)

Participation Draw
Clarence McKenzie $157.50 (5%)

Bingo Night

Kebaowek Community Hall

Thursday August 31st, 2017

Doors Open at 5:45 pm

50/50 Early Bird Bingo starts at 6:45 pm

Prize Payout

6 Games of 1 line ... $50.00 2 lines ... $100.00

4 Games of 1 line or the 4 corners ... $75.00

1 Games ... Outside Square ... $500.00

1 Jackpot Game ... Full Card ... $1000.00

Entry Pack $30.00
(every game except Early Bird)

Extra Packs ... $10.00

16 years + to play

Available at the Canteen:
Pop, Water, Coffee, Chips & Steamed Hot Dogs

Good Luck to all &
Thank You for your support !!

Camp For Sale

Camp for sale in Mongo Bay

- **2 Bedrooms**
- **Bunkie**
- **Generator Shed**
- **Ice House**
- **Fish Cleaning Shed**

Call 819-627-3780

Kipawa Countryfest

SHUTTLE BUS

$5.00 per person, per trip (one way)

Friday:	**Pick up:**	6:00 p.m.
	Return:	12:30 a.m., 2:00 a.m.
Saturday:	**Pick up:**	Noon, 5:00 p.m., 8:00 p.m.
	Return:	4:00 p.m.,12:30 a.m., 2:00 a.m.
Sunday:	**Pick up:**	Noon
	Return:	6:00 p.m.

Pickup will start in Eldee at the Store and continue with pickups along the way at the following locations: Thorne Ice Factory, Hong Kong Restaurant, TemRose, Motel au Bercail, Auberge Canadienne and Tee-Lake (old church).

Wishes for the Month of August

Happy Birthday Gabrielle !!

11 years old -
you'll always be Young ☺

Love:
Vanessa, Mom and Dad

Happy Birthday to Aunty Vicky !!

From:
Robbie, Jackie, Kendra, Trysta,
Niko, Milo and Mikey
We love you !!
xoxo

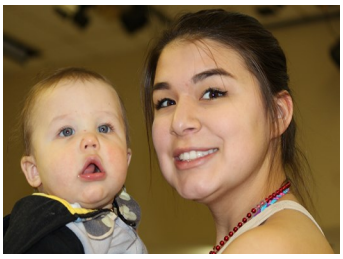
Twenty fingers, twenty toes … Every day our love grows and grows
Four little hands, four little feet …Two precious hearts have made our life complete!

Happy 3rd Birthday to Noah and Nodin!

Love from: Mommy and Daddy, Granny (Joan) and Papa (Jim) and
Grandma (Lucy) and Grandpa (Wes), and Grandpapa Gauthier who is with the angels and in your hearts.
xoxoxo

Congratulations to our GRADUATES !!

Everett graduated from Grade Eight at South River Public School.
Cassandra graduated Grade Twelve from Al-maguin Highlands Second-ary School, with numerous awards



Happy 1st Birthday to Mikey !!

Love Aunty Trysta
xoxo

Happy 1st Birthday to our Little
Grandson Mikey (Dugg a Dugg)
We love you so much !!

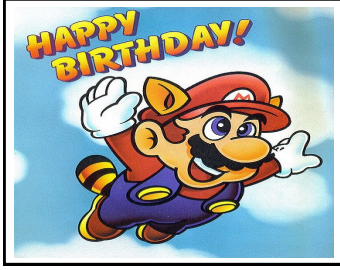
Love Gampa and Gamma
xoxo

Happy 1st Birthday to Mikey !!

Love Great Grandpa
xoxo

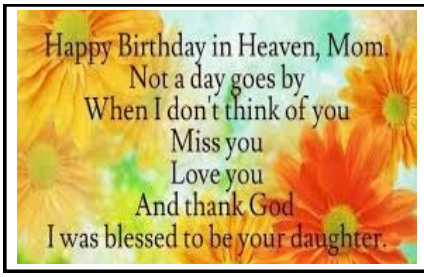
Happy Birthday
to my brother Ringo
who celebrates his birthday
on August 16th !!

Love Roseann



Happy 5th Birthday
to my grandson Damien
who celebrates his birthday on
August 12th !!

Love Grandma



Thinking of you Mom !!
(Mary Fudge)

Love Roseann

Wishes Cont'd

Wishing all the best to a great guy "Happy Birthday" Blake Joly !!

Hoping your day and year are as great as you !!

G Jawbone

Happy Birthday Gerri !!

All the best to you !!

Love,
Gail, Claudette & Googs
and families xoxo

Happy Birthday Wishes to …

Blake Joly - August 18th
Mathieu McKenzie - August 20th

From your
Fire Department Team

Congratulations

Danielle Joly has graduated with honours from the 4 year program at Nipissing University with a Bachelor of Science in Nursing. Danielle has accepted an RN position at Hospital Montfort, Ottawa, Ontario

Renee Joly graduated in 2016 from Canadore College with a 3 year (Advanced Diploma) Program in Dental Hygiene. Renee is employed as a Registered Dental Hygienist at the New Sudbury Dental, Sudbury, Ontario

Love Mom, Dad and Family
Granny, Aunts, & Uncles

We are all so proud of both of you !!

Announcements

2017-2018 Calendars are now available for purchase. Calendars are $10 each and can be purchased in person at the Kebaowek First Nation Band Office (Mon - Thursday 8 - 430 and Friday 8 - noon). These 18-month calendars run from July 2017 - December 2018 and feature beautiful photographs of the Kipawa area. All proceeds go to the Kipawa Lake Preservation Society to cover operating expenses, awareness initiatives and water quality testing. Additional locations for purchase as well as online sales will be available

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 AUGUST DEADLINE FOR NON-RESIDENT FEES IS AUGUST 31ST AT 12:00 PM

An Update from the Health Director

July Meetings

- Onimiki Project Meeting Conference Call
- FNIGC Annual General Assembly
- Chief's Committee on Health (CCOH)
- FNQLHSSC BOD & AGA in Quebec

Upcoming in August

- CISSSAT Committee Orientation
- Onimiki Project Update
- Reserve Expansion Meetings with the Municipalities of Temiscaming and Kipawa

Files in Motion :

- New Health & Wellness Center Business Development Plan
- Onimiki P.R. Campaign to continue
- 5 Year Health Plan Renewal & Evaluation Analysis
- Community Annual Report Completion
- Filling of Positions for targeted project under First-Line Services

Annual Reporting

Like most First Nations Health Organizations June, July and August are busy months when we wrap up our previous fiscal year and put together a summary of the activities undertaken and compare them to the goals and objectives we set out to accomplish. We will also take a good look at what we had set out to do over the course of the last 4 years since our 5-year agreement will end in March 2018.

Pulling on all available stats and focus group discussions with you, we will attempt to put forth a compendium of program and activities with the objective of improving on our overall health status, thus closing the gaps of inequality to accessing health services.

On a Council Note

There are plenty of files on the go on the political level but the ones I've been focusing on a bit more are the Onimiki Hydro Project in partnership with the MRC which includes the towns of Kipawa and Temiscaming and the Reserve Expansion. Both files will have huge positive impacts for our community should we be granted the water rights and direct access to the 101 highway.

Please continue to have a safe and fun summer.

David McLaren - Health Director/Councillor

Quotes on hard work:

"Hard work beats talent when talent fails to work hard."
~ Kevin Durant ~

"I'm a greater believer in luck, and I find the harder I work the more I have of it" ~ Thomas Jefferson ~

Summer Schedule Changes

The Summer Vacation Months are here!

Please call the Health Centre before arriving to insure that the staff person you would like to meet with is in the office. All staff will be in and out of the office due to summer vacation.

Clinic

Lab days will continue to be on Tuesday and Thursday mornings from 8:00am - 10:00am. There will be a nurse working in the clinic at that time.

All other times during the day, the nurse will be in and out of the Health Centre. It is best to make an appointment to see the nurse or call before arriving to insure the nurse is available.

Have a happy and safe summer.

Our Contact Information

If you need to reach the Kebaowek Health and Wellness Center please call between the office hours of:

Monday to Thursday 8:00 am to 4:30 pm
(closed for lunch from 12:00 pm to 12:45 pm)
Friday 8:00 am to 12:00 pm

Phone Number 819-627-9060
Cell Number for Text Messages 819-627-6888

You can leave a message with the receptionist or you can ask to be transferred to the voicemail of the person with whom you wish to reach.

You can also access our Facebook Page and leave a private message. Do not worry if you accidently post on the wall, the administrators must approve the post before it can be seen.

Sports and Mentorship

Hello Everyone,

During the month of July, I had the privilege to go to the North American Indigenous Games that were being held in Toronto and Hamilton. I was the coach for the Team Eastern Door and the North's Girls Softball 16U and our team finished 8th out of 9 teams. In our pool B; we had Ontario, British Columbia and New York and in Pool A there was Wisconsin, Alberta, California, Manitoba and New Brunswick.

The N.A.I.G. was quite the experience as there were representatives from all the provinces and territories in Canada and approximately 8 different states from the USA that were participating in several different sports like softball, baseball, lacrosse, badminton, wrestling, etc. In one of the pictures below, you can see different sections had a whole state, province or territory taking up all the seats in the Aviva Center at York University. During the opening ceremonies, Taboo from the Black Eyed Peas made a performance.

It was some long days as we practiced and played for 25+ hours during the week. The girls gained a lot of experience from playing and they have more to learn about the game and their own development. I had fun at the N.A.I.G. and thank the organizers of the event along with the work from the FNQLHSSC for their help with the games as well.

Mitchell McMartin

HEART HEALTH SCREENING CLINIC

THE WEEK OF AUG 28TH - SEPT 1ST DURING OFFICE HOURS …

PLEASE STOP BY THE KEBAOWEK HEALTH AND WELLNESS CENTER TO HAVE YOUR BLOOED PRESSURE, BLOOD GLUCOSE AND CHOLESTEROL CHECKED !!

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

WALK-IN CLINIC … NO APPOINTMENT NECESSARY !!

Chance to win a great participation prize !!

THERE WILL BE SPECIAL PARTICIPATION PRIZES FOR ALL YOUTH (14 - 17 YEARS OF AGE) WHO ARE SCREENED !!

EARLY DETECTION AND PREVENTION IS KEY TO LIVING A HEALTHY LIFE !!

FOR TRANSPORTATION (KEBAOWEK AND WOLF LAKE BAND MEMBERS ONLY) PLEASE CALL PRISCILLIA/DONNA AT THE HEALTH CENTER 819-627-9060

Diabetes in Summer: Tips to Manage Diabetes in the Heat

Coping with diabetes in summer can be a challenge. However, you can still soak up all the joys of the season by making some simple lifestyle changes and a few adjustments to your diabetes care routine.

Protect Your Diabetes Medications and Tools

Hot weather can breakdown insulin, and affect your glucose meter and test trips. Proper storage and transportation can help you to better manage your diabetes in summer. Store insulin in the fridge, and carry it in an insulated bag with an ice-pack when you're out and about.

Be Sun Smart

Sun safety is important for everyone, but when you're managing diabetes in summer you should take extra precautions. Too much sun exposure causes dehydration, which will raise your blood glucose levels. Also, if you have nerve damage, you may be less sensitive to the sun's hot rays or scorching sand at the beach. Apply a sunblock with at least 30 SPF or wear sun protective clothing. Try to avoid the sun during peak hours between 11 am and 3 pm.

Drink More to Avoid Dehydration

During summer's hot days you perspire more, which increases your risk of dehydration. Remember, you're already more likely to suffer dehydration when you have diabetes if your blood glucose levels aren't under control.

Limit your intake of diuretic drinks such as caffeine and alcohol, and fill up on water, diluted fruit juice, green tea, and lemonade made with natural sugar substitutes such as stevia. Watch for signs of dehydration such as cold, clammy hands, cramps, dizziness, muscle cramps, nausea and excessive sweating.

Exercise Indoors

Hot humid days aren't the ideal conditions for exercising. A better option is to exercise in an air-conditioned environment such as your home or gym. You can also go walking or stair climbing in a nearby mall.

Swim Safely

Swimming is a great way to cope with diabetes in summer. You just need to take a few extra precautions. Try these recommendations from the American Diabetes Association:

- Check your blood glucose levels before you dive in. If necessary, take your medication as prescribed by your doctor. Because swimming gives your muscles a real workout.
- Keep snacks or glucose tablets nearby to take care of low blood sugar levels.
- Always swim with a buddy, and make sure they know you have diabetes. Or, let the lifeguard know about your condition.
- Drink lots of water to prevent your blood glucose levels from shooting up.
- Wear proper sandals or water shoes to protect your feet and avoid injury.

Breakfast Casserole

Makes 6 servings

Ingredients

- 12 slices of bacon
- 2 large sweet potatoes
- 1 tbsp. bacon grease
- salt to season
- 3 cups veggies of your choice (broccoli, peppers, mushrooms, kale, spinach etc…)
- 1 large thin onion
- 12 eggs
- ½ full fat coconut milk
- ¼ cup parmesan cheese or cheddar cheese
- ½ tsp. garlic powder

Directions

1. Pre heat oven to 400 Fahrenheit
2. Grease a 9 inch X 13 inch baking tray with cooking oil
3. Cut bacon in 1 inch pieces, cook till brown
4. Save 3-4 tbsp. of bacon grease to caramelize the onions
5. Dice 1 onion and pour in bacon grease, cook until caramelized
6. Oil baking tray
7. Peel and cut sweet potatoes in ¼ inch slices and place in the bottom of baking tray
8. Add 1 tbsp. of oil to the sweet potatoes and pinch of salt, then cook for 20 minutes in oven
9. On a separate cookie sheet, place parchment paper on cooking sheet, add veggies, sprinkle oil and salt to veggies, cook until crisp
10. In a large bowl whisk eggs, coconut milk, salt, pepper, garlic powder
11. Remove sweet potatoes out after 20 minutes
12. Place your vegetables over the sweet potatoes, then the onions, then bacon, then pour the egg mixture over casserole, then add cheese last
13. Cook in over for 25 minutes

Tobacco Use

Tobacco Addiction in Older Adults

Nicotine, the primary compound in tobacco that affects the brain function, is a highly addictive substance. Nicotine's effects on the brain include alleviating some symptoms of schizophrenia and reducing side-effects of neuroleptics. Any amount of tobacco use is hazardous at any age, as is exposure to second-hand smoke.

The health risks of smoking include:

- heart disease, stroke
- cancers of the lung, head, neck, mouth, esophagus, stomach, pancreas, colon, bladder and cervix
- peripheral vascular disease (blocking blood flow to vessels outside the heart and lungs, especially to the legs, arms, stomach or kidneys
- chronic obstructive pulmonary diseases, such as emphysema and bronchitis
- increased risk of cognitive decline and dementia

Smoking can also:

- reduce the effectiveness of some medications, such as antidepressants, olanzapine and some benzodiazepines; this means that people who smoke usually need higher doses, and that when they quit smoking, they may need to have their dose lowered
- increase the risk of fire-related injury and death.

Nicotine dependence is very complex and highly individual. Some older adults continue to smoke even when they use an oxygen tank, despite the fire risk. Nicotine dependence can be more severe than dependence on alcohol, cocaine or heroin. Nicotine replacement therapy (NRT) by patch, gum, lozenge or inhaler is a recommended treatment for those who smoke. People who use NRT continue to get nicotine and whatever benefits they derive from the drug, without the physical harm to themselves and others.

How Common is Tobacco Use by Older Adults?

In the last few decades, overall rates of smoking in the general population have decreased dramatically. Among people aged 65 and over, smoking is less common than in younger adults. However, the proportion of people who smoke *daily* increases with age. Twelve per cent of seniors living in private households smoke; 92 per cent of this group smoke daily.

Rates of smoking are higher in some groups of older people, such as:

- aboriginal people
- those who have certain psychiatric conditions such as depression or schizophrenia
- those who drink heavily

Many older adults are former smokers. In 2006, almost 43 per cent of people over 55 were former smokers (Health Canada, 2006).

Screening for Nicotine Dependence

Screening for nicotine dependence helps to determine the severity of dependence and the treatment approach that is most likely to be effective.

The Fagerstrom Test for Nicotine Dependence has been validated for use with older adults, and focuses on morning smoking and overall consumption of cigarettes.

Benefits of Quitting Smoking

While some older adults may prefer to try to cut down their smoking, stopping altogether remains the most effective way to slow down or reverse smoking-induced-disease – at any age. The benefits of quitting for older people include:

- immediate reduced risk of heart disease and stroke
- reduced risk of cancers

- gradual improvement in breathing; rapid improvement in circulation and blood flow to the lungs; reduced ncidence and progression of chronic obstructive lung disease
- improved wound healing following surgery and of chronic wounds including pressure ulcers
- protection against poor health, increasing with the number of years since smoking stopped
- improved mental health; people who quit report feeling more active, rested, in control; they also experience an increased sense of self-worth and pride, increased social function and decreased stress.

For those with an anxiety disorder, quitting can have quite a positive effect on their level of anxiety and often reduces need for anxiolytic medications. For those with depression, the effects are mixed; people with a history of depression are at higher risk of experiencing a depressive episode or negative mood after quitting.

Quitting Success

Older people are less likely than younger people to be advised by their health care providers to quit smoking, and to be prescribed medication or nicotine replacement therapy for quitting. Older people are also less likely to attempt quitting smoking than younger people. However, they are more likely to be successful in their attempts.

Older people are also more likely than younger people to say that nothing will get them to quit smoking. Less than one-quarter say they are planning to quit in the next three months. Those who still smoke may doubt that quitting later in life will have any benefits.

Predictors of quitting success for older smokers include:

- a lower nicotine dependence
- higher quitting self-efficacy
- higher level of education
- a diagnosis and hospitalization for smoking related disease
- prior success in quitting (smoking relapses commonly occur)
- stronger quitting motivation
- few or no acquaintances who smoke and/or non-smoking spouse
- a combination of frequent contact with physicians and pharmacists and nicotine replacement therapy.

Success is also more likely when the older person perceives the health benefits rather than the barriers to quitting. Older adults who have developed smoking-related diseases often identify their efforts to cut down or stop smoking as either their having “no choice” but to do so, or as giving themselves “a second chance”.

Smoking Cessation Support

As with other mental health and substance use issues, older adults merit the quality of life and health benefits of quitting smoking as much as younger people, and it should never be considered “too late to bother.” Service providers can assist by promoting the message that there are quality of life benefits to stopping smoking for everyone, at whatever age.

Older smokers respond well to smoking cessation programs. Individualized approaches tailored to the person’s specific needs and circumstances improve receptivity and the chances of successfully changing behaviours. One-fifth to one-third of quitting attempts are made with assistance.

Effective ways to support older adults who wish to quit smoking include providing them with:

- individual, group or telephone counselling that provides social support and training in problem-solving
- pharmacotherapy (nicotine replacement therapy, bupropion, varenicline) that is appropriate to level of dependence
- self-help materials
- brief advice by medical providers
- health promotion information geared specifically to older adults (e.g., with appropriate pictures, large print).

scheduled care. However, sometimes “as needed” care will make it difficult to implement this type of non-smoking agreement. Always problem solving with the client and family where possible, and recognizing the need to balance rights and needs, will help attain a positive outcome.

Source:
Centre for Addiction and Mental Health (CAMH)

Medical Transportation and NIHB

August 2017 - Medical Transportation After Hours Pilot Project						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AFTER HOURS 8:30 A.M. TO 12:30 P.M. CALL 819-627-6887	AFTER HOURS 4:30 PM TO 8:30 P.M. CALL 819-627-6887				AFTER HOURS 12:00 P.M. TO 5:00 P.M. CALL 819-627-6887	AFTER HOURS 8:30 A.M. TO 12:30 P.M. CALL 819-627-6887

AUGUST MONTH END DEADLINE: AUGUST 30TH AT NOON !!
Claims received after this date will be processed in the following month.

Signature and Stamp

Please make sure you get your attestations signed and stamped by the professional or authorized personnel. If you are unsure of where to get the stamps, please ask. Most receptions have a stamp. If for some reason there is absolutely not stamp,

I will be on Holidays for the following two weeks in August:
Week of August 13, 2017 and the Week of August 27, 2017
In my absence calls for medical transportation or NIHB inquiries will be handled by Donna Pariseau.

For Quebec residents you need to contact me for medical transportation arrangements. When accessing medically required appointments it is important to obtain the proper justification. This can include but is not limited to the following:

- Completed medical attestation that is available here to pick up before your appointments or from the drivers when they bring you to your appointments
- Completed medical escort form – also available forms here
- Other receipts that are pertinent
- All out of town (overnight) need to advise and bring in a copy of the confirmation that you will have an appointment at a future date. Required before your appointments.

All other Kebaowek First Nation residents from other provinces need to contact the NIHB regional offices. If you require help in doing this, you can call me and I may assist you in the process.

NIHB – Please call me if you are having difficulties accessing medical services or other NIHB programs such as medication, vision care, dental, medical supplies and equipment, mental health services.

It is important to note the information and file processing procedures to access certain services does not necessarily reflect the process recommended by the Kebaowek Health & Wellness Center in any way. I'm here to help guide you through the process.

JORDAN'S PRINCIPLE

A new program has been established in our community aiming to seek and help all children with many types of health services.
This applies to all children 0-18 years who are members of a First Nation, and who reside on and off of the community.
Jordan's Principal addresses the needs of our children by ensuring that there are no gaps in any government services to them.

Examples are: Mental Health, Special Education, Dental, Physical Therapy, Speech Therapy, Physiotherapy, Medical Equipment and more.

If your child's needs have not been met or has been refused from any health service, please contact us at the Kebaowek Health and Wellness Center
Donna Pariseau or Priscillia Durocher - Local Jordan's Principal Coordinators
819-627-9060
We will be happy to help ensure our First Nations children, living on and off reserve, can access public services on the same terms as other children.

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Background of Jordan's Principal

The principle is named after Jordan River Anderson, who was born in October 1999 on Manitoba's Norway House Cree Nation reserve. Thanks to an extremely rare neuromuscular disorder called Carey-Fineman-Ziter Syndrome, Jordan spent the first two years of his life in a Winnipeg hospital, 800 kilometres away from his home. When he was two years old, the doctors decided he was ready to leave the hospital, provided he had special home-care services. This led to a long fight between the provincial and federal governments over which was on the hook for the bill. They argued over high-cost items, such as home renovation needed for installing a wheelchair ramp, to very low-cost items, like a showerhead. The dispute lasted for over two years until 2005, when Jordan died in the hospital at five years old, having never spent a single day at home with his family. If Jordan were a child living off-reserve, the province would have immediately covered the costs to provide home-care for him. The sad reality is, Jordan's situation—like Jeremy's—is not unique. In the same year Jordan died, a First Nations Child and Family Caring Society of Canada report found that across 12 First Nations child welfare agencies in Canada, 393 children faced denied or delayed services because of jurisdictional disputes. And, that's just the tally from a handful of agencies—there are 108 in Canada. They're all services that would be readily available to an off-reserve child. Jordan's Principle was designed to stop the disparity. When the private member's motion to adopt the principle was introduced, there was very little debate. Everyone agreed what happened to Jordan shouldn't happen again. Before the vote, Conservative MP Steven Blaney, who spoke on behalf of the Conservative government, told the House that the feds were already working hard to "transform the commitment we make here today into a fact of daily life for First Nations parents and their children."

- Source: https://this.org/2016/03/30/marchapril-2016-cover-story-a-sick-inequality/
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BACK 2 SCHOOL
lunch ideas

GRAINS and MEATS

PB&J SANDWICH	TORTILLA WITH CHEESE	THERMOS SOUP
TURKEY SANDWICH	LUNCH MEAT ROLL-UPS	SUB SANDWICH
PASTA SALAD	HARD-BOILED EGGS	WAFFLES
BAGEL	CRACKERS & CHEESE	MUFFINS
PIZZA	ROLLS + TUNA	GRILLED CHICKEN

FRUITS and VEGGIES

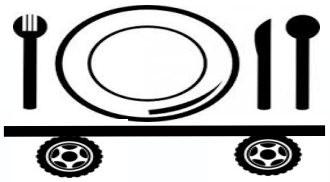
CUCUMBERS	SNAP PEAS	RASPBERRIES	ORANGES	APPLESAUCE
CARROTS	EDAMAME	CHERRIES	BANANAS	PEARS
CELERY	STRAWBERRIES	CANTALOUPE	GRAPES	RAISINS/CRAISINS
SALAD	BLUEBERRIES	WATERMELON	PLUMS	DRIED FRUIT
PICKLES	APPLES	PINEAPPLE	APRICOTS	KIWI

SNACKS and TREATS

STRING CHEESE	GRANOLA BAR	DRY CERAL	RICE CAKES
CHEESE SHAPES	FISH CRACKERS	NUTS	GRANOLA
YOGURT	FRUIT SNACKS	PUDDING	FRUIT LEATHER
CREAM CHEESE	PRETZELS	POPCORN	GRAHAM CRACKERS
CEREAL BAR	BAKED CHIPS	VEGGIE STRAWS	TRAIL MIX

- Young people (aged 15-24) are more likely to experience mental illness and/or substance use disorders than any other age group.
- Suicide is the #1 cause of non-accidental death among youth.
- For 90% of teens who die by suicide, there is an underlying mental health problem
- Parents and caregivers can play a vital role in supporting teens' mental well-being, and the first step is talking more about mental health at home.

First-Line Services



MEALS ON WHEELS

NUTRITIOUS AND TASTY MEALS DELIVERED TO YOUR DOOR

CAN'T DECIDE WHAT TO EAT? TOO TIRED TO COOK?

We firmly believe that easy access to nutritious food is important for people who want to lead a healthy life. Our service is designed to make it easier for seniors and people with disabilities to eat well. The meals we provide are specially designed to provide one third recommended daily nutritional needs.

CRITERIA:

You must meet the following criteria:

- Age 65+
- Reside on-reserve
- Special referral…

WE ARE LOOKING FOR VOLUNTEERS TO HELP WITH THE MEALS ON WHEELS DELIVERY TWICE A MONTH. PLEASE CONTACT FIRST LINE SERVICES FOR MORE INFORMATION.

YOU GET: Soup, Hot Main Meal, Juice & Dessert

- Meals are delivered (with dates and times to be determined).
- Meals will be prepared fresh by our local catering professional
- We work and aspire to meet clients' individual dietary needs, medical condition, physical ability and personal taste.

For More Information

About delivery options, meals and prices or to find out if you are eligible for this service, please contact at:

Kebaowek First Line Services 819-627-9877

Kwe Kwe Kebaowek Members,

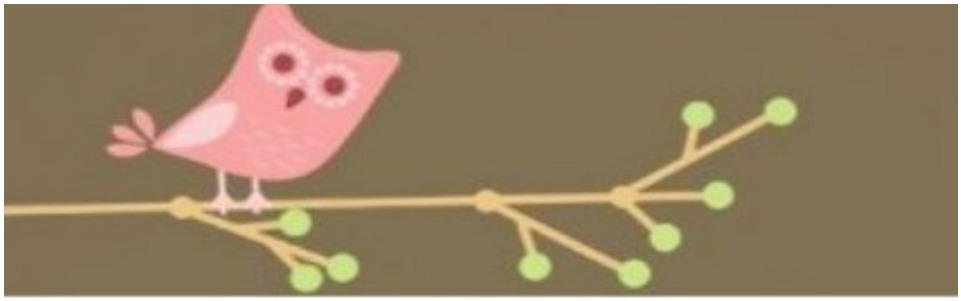
I would like to introduce myself as the new Youth Cultural Worker for Kebaowek First Nation. Most of you may know me, but for those who don't, my name is Kayla Lariviere. I am from the community, and have grown up here for most of my life. Kebaowek is such a beautiful community, and I am extremely proud to have been blessed with this amazing opportunity to not work only with the community, but especially our youth.

Culture revitalization within our community is a very important asset, of which I know I can pursue to the best of my abilities along with the help and ideas from everyone within our community. I am here not only to help revitalize culture, but to provide a safe haven for the youth to come and talk to and to seek assistance for anything they may need.

Don't be shy to stop in at First-Line Services, or give me a call. I am also encouraging the parents to encourage their youth 12 to 17 years old to participate in the weekly activities that I have planned. I strongly believe that it takes a community to raise a child, and the youth are our future. They are our leaders of tomorrow, and if we start now with a cultural-based approach, we can only imagine the amazing things they will continue to do in life.

Meegwetch!

Kayla Lariviere
Youth Cultural Worker



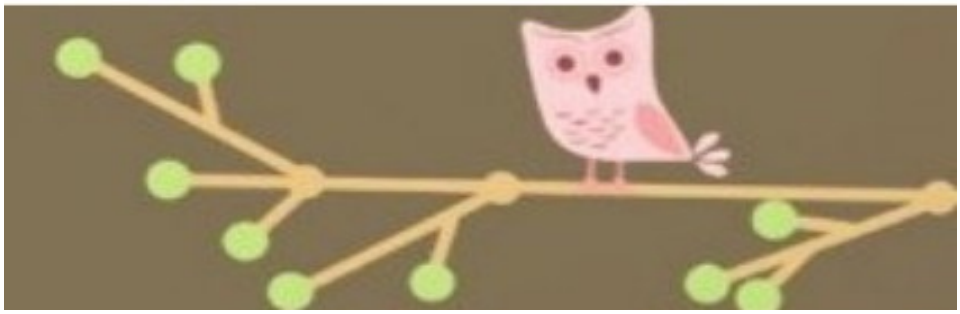
BABYSITTER'S COURSE

On Saturday September 29th 2017 St. John's Ambulance will be coming to the community to teach the Babysitter's Course and also touching base on the Home Alone component and some CPR.

We require a minimum of 10 participants and a maximum of 20. The cost of the course is covered however we are asking for a $10 non-refundable deposit to reserve your child's spot. Lunch will be provided. It will be offered to youth (boys and girls) as young as 9 years old however they must be turning 10 years old within 6 months of the course. The maximum age is 15 years old.

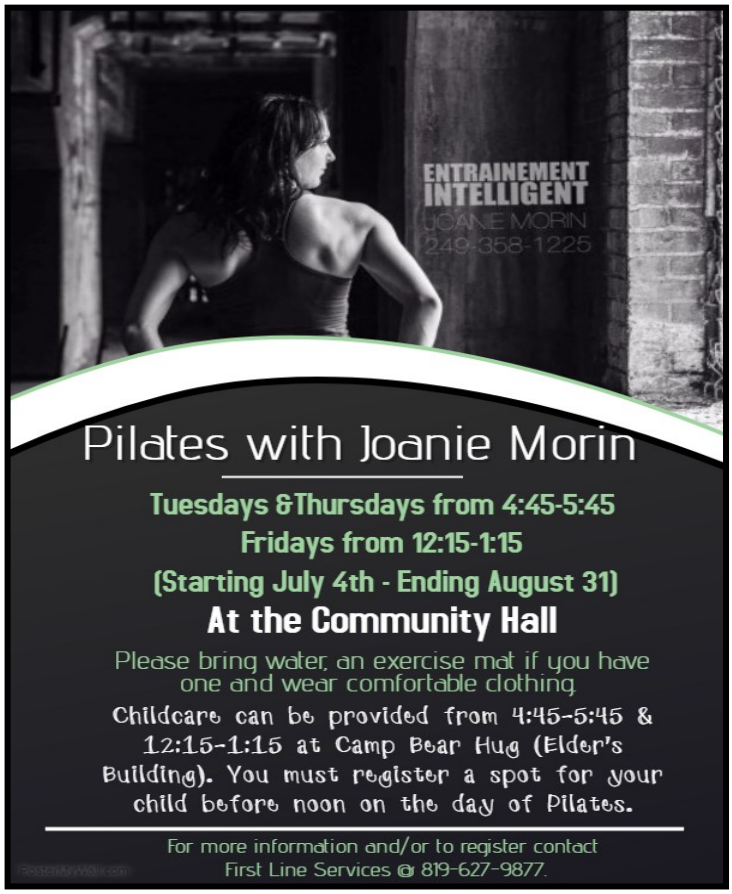
Deadline September 22nd at 12 pm (noon)

To register or for more information please call



On July 19th, I had a brief meeting with the some youth 12 to 17 years old from our community to discuss what issues first nation youth are facing today, and what kind of activities (including cultural) they would like to do, and what kind of workshops they would like to see in the future. They all gave some very important input, and gave amazing ideas. I'd like to thank them all again for attending, because their input is most important. As a participation draw, we drew for a tablet and headphones. Zander McKenzie was our lucky winner! I look forward to seeing you all again in the upcoming weeks!

Kayla Lariviere
Youth Cultural Worker
First Line Services - Kebaowek Health & Wellness Centre
Phone: 819-627-9877 ext. 263 Fax: 819-627-9399



Pilates with Joanie Morin

Tuesdays &Thursdays from 4:45-5:45
Fridays from 12:15-1:15
(Starting July 4th - Ending August 31)
At the Community Hall

Please bring water, an exercise mat if you have one and wear comfortable clothing.

Childcare can be provided from 4:45-5:45 & 12:15-1:15 at Camp Bear Hug (Elder's Building). You must register a spot for your child before noon on the day of Pilates.

For more information and/or to register contact First Line Services @ 819-627-9877.

MINI-PALS

For parents and children from 0-2 years of age.

Every Thursday from 10:00 am - 12:00 pm.
At the First Line Services offices.

If you require transportation please contact First-Line Services @ 819-627-9877

WOMEN'S PAINTING NIGHT

When: August 23rd

Where: First Line Services (Basement)

Time: 6 pm - 8pm

Ages: 18 and up

Please come and enjoy a creative night out painting with Michelle and friends in a relaxed atmosphere. The paints/ paint brushes will be provided for, sign up by calling Michelle at First Line Services 819-627-9877, there will be room for 10 people only! There will be light snacks and drinks served.

LIMITED SPACE AVAILIBLE, SIGN UP RIGHT AWAY TO MAKE SURE YOU HAVE A SPOT RESERVED.

Community Shopping Trip

The first Saturday of every month !!

Please call First Line Services to submit your name.
Important … Spaces are limited !!

Next Trips:
August 5th, September 9th, October 7th

We will be leaving the Health Center at 9:00 am

1st Stop - Northgate Mall & Walmart (10:00 am - 1:30 pm)

2nd Stop - Freshco Grocery Store (1:30 pm - 3:00 pm)

We will leave North Bay at 3:00 pm to return to KFN.

Pow Wow in Timiskaming First Nation

First-Line Services is organizing a day trip to Notre-Dame-du-Nord for Timiskaming First Nation's annual Pow Wow on Saturday, August 26th, 2017.

We will be using the school bus, so limited seats are available. You are responsible for your own food and beverage purchases.

We will be departing from the community hall at 10:30am & departing TFN at 5pm.

Please call Kayla at First-Line Services @ 819-627-9877 to reserve your seat, or for any questions. Those that are 12 years old and under must be accompanied by a chaperone.

Kebaowek First Nation Community Calendars

AUGUST 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 **HOLIDAYS** Glenda Moore Bonnie Down Joan St-Denis Billy Trepanier	2	3 RECYCLE PICK UP	4 HUNTER'S POINT CAMPING TRIP WEEK ONE	5 COMMUNITY SHOPPING TRIP
6 **HOLIDAYS** Jennifer Presseault Donna Pariseau Vicky Constant Stacey McBride	7 CIVIC HOLIDAY The Band Office and Health Center are closed for the day.	8	9 WOMEN'S PAINTING CLASSES	10 GARBAGE PICK UP	11 HUNTER'S POINT CAMPING TRIP WEEK TWO	12
13 **HOLIDAYS** Helene Savard Priscillia Durocher Billy Trepanier	14 **HOLIDAYS** Lisa Chevrier (16th - 22nd)	15	16	17 RECYCLE PICK UP	18 KIPAWA COUNTRYFEST	19 KIPAWA COUNTRYFEST
20 KIPAWA COUNTRYFEST	21 **HOLIDAYS** Helene Savard Jennifer King Stacey McBride Darlene McLaren	22 **HOLIDAYS** Mitchell McMartin Vicky Constant Virginia McMartin Justin Roy	23 WOMEN'S PAINTING CLASSES	24 GARBAGE PICK UP	25	26
27 **HOLIDAYS** Jennifer Presseault Mitchell McMartin Priscillia Durocher	28 Kim will be in Montreal for training. (28th - 31st)	29	30 MEDICAL TRANSPORTATION CLAIMS DEADLINE	31 BINGO NIGHT RECYCLE PICK UP	HEART HEALTH SCREENING CLINIC THIS WEEK AT THE HEALTH CENTER	

SEPTEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labour Day The Band Office and Health Center are closed for the day.	5	6	7 GARBAGE PICK UP	8	9 COMMUNITY SHOPPING TRIP
10	11	12	13	14 RECYCLE PICKUP	15	16
14	18 Kim will be in Quebec City for training. (18th - 22nd)	19	20	21 GARBAGE PICKUP	22	23
24	25	26	27	28 MEDICAL TRANSPORTATION CLAIMS DEADLINE RECYCLE PICKUP	29	30