



Kebaowek First Nation Mazinaigan

Kebaowek First Nation Community Newsletter

An Update from the Chief

In this month's article, I will be providing updates on a few key files and addressing concerns raised by the members.

I have received many calls and many other members have approached me directly concerning the issue of fishing with dead minnows. In mid-March there was notice printed in the Contact from the Government of Quebec announcing that effective April 1st, 2017, it was prohibited for anyone to use dead minnows for fishing. This notice was the first time we became aware that the province was making these changes to its fishing laws. I followed up with our Land Management Office as well as the other Algonquin communities to find out whether we had received notice of the changes. I found out that the province had not advised or consulted any of us on the proposed changes which is frustrating as they have a legal obligation to do so. We have written a letter to Minister Luc Blanchette, whose Ministry is responsible for the implementation of these new regulations advising him that we were not consulted and that the proposed changes should not be applied to our members, and that we wanted a meeting with him and his officials to discuss this issue. In this meeting we will be informing him, we want to be exempted from these changes as we believe that it is our right to determine by what method we get to exercise our aboriginal right to fish. We also will present him with facts that show if the dead minnows were caught in the same watershed as they are used, there is no risk of introducing diseases to the fish population; which is Quebec's reason for making the changes. In the meantime, I met with the Game Wardens and asked that until we have this meeting and discussion with the Minister, that if they encounter our members on the territory fishing and using dead minnows, that they not charge any of the members. I argued that the law doesn't make sense and reminded him that we were not consulted and that we had a constitutionally protected right to fish and that if they did charge any of our members that we would go to court and defend any and all members charged. Surprisingly they agreed that as an interim measure they would not press any charges against our members but would simply do a report and create a file. I am not convinced however that they will be true to their word so I am advising all members that should you run into the game wardens while fishing and are using dead minnows and that you are questioned or harassed to contact me and I will intervene directly and in the event you are charged we will provide legal support and fight your cases before the courts. We cannot continue to let Quebec limit our rights or determine how as a community we will exercise those rights and if they insist on (Page2)

Attention Students

Job Posting Info:

**Summer Student Employment
Page 7**

**Guardian Angels Job Posting
Page 27**

Inside this issue:

An Update from the Chief Cont'd	2
An Update from the Chief Cont'd	3
Election Notice and Housing Department News	4
Handicraft Sessions ... Pictures from the Group	5
Local First Nation Human Resources	6
LFNHR cont'd and Kebaowek Police Department	7
Kebaowek Fire Department Prevention Info	8
Kebaowek Fire Department ... Children's Page	9
Upcoming Activities and Events	10
Spring Clean Up Information	11
Community Wishes for the Month of May	12
10th Annual Kipawa Countryfest Announcement	13
An Update from the Health Director	14
Proposed Plans for New health and Wellness Center	15
Spring Health Fair Announcement	16
Sports and Mentorship Information	17
Diabetes and Chronic Disease Prevention	18
Addictions and Wellness ... Relationships	19
Medical Transportation and Cystic Fibrosis Info	20
MCH & Head Start Program ... Update and Info	21
For Your Health ... Egg Safety	22
First-Line Services ... Importance of Summer Activities	23
First-Line Services ... Children, Youth and Depression	24
Kebaowek Bear Hug Day Summer Camp	25
First-Line Services ... Upcoming Activities	26
Meals on Wheels and Youth Job Posting	27
Community Calendar for the Months of May and June	28



Kebaowek First Nation
P.O. Box 756
Temisaming QC J0Z 3R0
Tel: (819) 627-3455
Fax: (819) 627-9428
Toll Free: 1-888-229-3224

**Kebaowek
Police Department**
2 Ogima Street
Kipawa, QC J0Z 2H0
Tel: (819) 627-9624/8229
Fax: (819) 627-3277



**Kebaowek Health and
Wellness Center**
3 Ogima Street
Kipawa, QC J0Z 2H0
Tel: (819) 627-9060
Fax: (819) 627-1885

An Update from the Chief Cont'd

applying their regulations we will fight them every step of the way.

The Council will be submitting to INAC, a proposal to enlarge the land base of the community as we are rapidly running out of space and with anticipated community growth we need more land for economic, social and cultural development. I have included the map which shows the current reserve boundaries and the area we will be requesting for expansion. As some of the land is in the municipal boundaries of Temiscaming, Kipawa and the MRC we have met with them and presented our proposal. We have the support of the MRC and both municipalities have indicated they are not opposed to our expansion. We have members who want to start businesses and we have no place for them as most of the available land remaining in the community has been earmarked for new residential development. We also need space for our own cemetery as Jawbones Bay is full and I have been told by many that this should be a priority as many want and prefer to be buried in the community. We have been strategic in defining the area we want as we also want to ensure that we have access to highway 101 for economic development projects that could benefit from the creation of Opemican Park and it would also give us another entrance and exit to the community in the event of an emergency. We believe that if all parties work together we can get this done in 18-24 months.

The work on the Red Pine road has begun and as previously mentioned, we will be the main contractor for this project and will co-manage the project directly with Tembec. We are currently putting the final touches on an agreement which will define the scope of the work and a work plan to realize this project. The work will be done over the next two years and this will allow us to maximize job opportunities and give work and training to our members while gaining experience in managing these types of projects. This could lead to more contracts and good paying jobs for our members. Tembec also wants to sit down with us and tell us what their staffing needs will be in the coming years as they indicated they need skilled trades people like electricians, instrumentation, millwrights, etc so that we can advise and get our young people educated and trained to acquire the necessary skills to fill these positions. I will get assistance in doing this by having both our Education and HRSDC Departments involved in the meetings and discussions so that we can again maximize the future work opportunities for our members.

We are also moving forward with the Fish Habitat

Restoration project, we have partnered with a company called WaterFirst who has experience and capacity in realizing these types of projects. We have been granted a budget to this this work over the next two years from Fisheries and Ocean Canada and this project will create seasonal work for our members. The intent is to acquire experience and capacity and at the end of this project we will be able to apply for additional funding and do similar projects which will improve fish habitat while creating much needed employment for our members. This is an exciting opportunity as it will allow our youth and members to work with community Elders in realizing this project. Land Management will be responsible for the implementation of this project and job postings will be widely publicized for all interested members to apply. We were also able to secure a contract for site preparation in advance of tree planting from the MNR for this year, this will also create employment opportunities and could become a regular annual contract for us in addition to the brush cutting contracts that we have. RexForet has also indicated that they have funds for another brush cutting training program for this current year and we will most certainly take advantage of the opportunity to train more interested community members and expand the size of our brush cutting crew. I had the pleasure, a couple of weeks ago, to present certificates to our brush cutters for training they undertook last year which expanded their knowledge and their capacity. I want to be clear that all new positions and training, all jobs and opportunities will be posted and if required those who meet the minimum requirements for the positions will be invited to an interview process and that those who are recommended by the interview committee will be offered the positions.



Group Photo of Members of our Brush Cutting Crew after receiving their certificates for successfully completing the training that was given to them by RexForet. From left to right, Brian Young, Ivan Pulchinski, Pascal Bibeau (Kebaowek Land Management), Richard Grondin (Rexforet), Chief Lance Haymond, Councillor Gerald Chaput Front Row, Tyler Polson Young, Dominic Lariviere and Marcel Paul, Absent, Clifford Joly

An Update from the Chief Cont'd



Picture of the Quebec Chiefs delegation that met with Federal Justice Minister Judy Wilson Raybold. From left to right is Real Mckenzie (Innu Nation Representative), Regional Chief Ghislain Picard, Chief Connie Lazaar (Mohawks of Akwesasne), Justice Minister Judy Wilson Raybold, Chief Conrad Sioui (Huron Nation), Chief Lance Haymond, Chief Patricia Meilleur and seated Grand Chief Serge Simon (Mohawks of Kanesatake).

Last week I was asked by Regional Chief Picard as part of a Quebec Chiefs delegation to attend a meeting with Federal Justice Minister Judy Wilson Raybold in Montreal. The Justice Minister is in charge of a Ministerial Committee tasked by the Prime Minister to review all legislation and policies that negatively impact First Nations and it was at her request, she wanted to get a sense of the issues affecting Quebec First Nations before she launched a National Consultation with all First Nations and their organizations. I was tasked with detailing the challenges of the current Comprehensive Claims Policy (CCP); this is the policy to resolve outstanding land claims. We told her it was unreasonable to ask us to forgive Canada for all past injustices just to get to a negotiating table and that we do not want to give up our rights and title to get a deal. We also advised her that we do not want to give 99% of our traditional lands and get a small land base and cash in return for a settlement. I also took the opportunity to remind the Minister that we have major issues with the Government of Canada negotiating away Algonquin rights and title with the Algonquin's of Ontario (AOO) and that we would go to court if necessary to seek an injunction to stop the land claim process. We also questioned why our members have to prove three generations of direct Algonquin ancestors to get status while the AOO only had to show that they might have some Algonquin ancestry and yet this group was allowed to vote on a land claim which excluded 11000 real status members of the Algonquin Nation. Finally we reminded her that the Nation through our Tribal Council has launched an Aboriginal Title case for the lands in the Ottawa area including Parliament, Supreme Court and the islands in the Ottawa River. She indicated that the CCP would be

one of the policies reviewed as this is an issue for all First Nations in Canada but she also cautioned that it will take time and she was unsure whether all the work could be done before the next Federal election. I am hopeful that this will lead to important policy change and that we can finally get to a point where we can resolve our outstanding land claims with both the Federal and Provincial Governments.

Two final points, the new Post Office boxes have been ordered and will be installed close to our Community Hall, this location was chosen as it is central to the community and that all homes would be within 600 meters of the boxes. Our Tribal Council is currently doing the plans and specs for the cement pad and building which we will construct to accommodate the mailboxes.

Finally for those not aware the Bank of Canada had a contest for pictures that would be put on the new \$10 bill. A picture of the Kipawa River near Laniel was chosen as one of the images that will appear on the new bill. This is significant in that a the picture is from a place which is located in the traditional territory of our community and it will serve as a lasting legacy to the importance and beauty of the Kipawa River. The Governor of the Bank of Canada acknowledged our Community and our traditional territory at the unveiling. I have attached a picture of the new bill which will be in circulation June 1st so if you have a chance, get one and hold on to it as a lasting memento, I know I will.

Chief Lance Haymond



The Canadian Shield

A forest stands on the bank of the Kipawa River, which ripples across the ancient rock of the Canadian Shield in Parc national d'Opémican in the Abitibi-Témiscamingue region of Quebec. Stretching from northern Alberta to Newfoundland and Labrador and from central Ontario to the Northwest Territories and Nunavut, the Shield covers 4.8 million square kilometres, roughly half the total land area of Canada.

Kebaowek Election Notice

Polling Notice

Notice is hereby given to the electors of the **Kebaowek First Nation** that a poll will be held to elect a chief and **3** councillors on **Friday**, the 2nd day of **June, 2017**, from nine o'clock (9:00) a.m. until eight o'clock (8:00) p.m. at the following location(s):

_____ Kebaowek Community Hall (Dome)

Please be advised that an elector can vote in person at a polling place on the day of the election in lieu of voting by mail-in ballot.

The votes will be counted at the **Kebaowek Community Hall** at 8:00 p.m. on the **2nd** day of **June** 2017. The results will be declared immediately following the count.

Given under my hand at **Kebaowek First Nation** this **26th** day of **April 2017**.



Signature of the Electoral Officer

If you have any questions, please call the Electoral Officer at **(819) 627-3455**.

Candidates for Chief and Council for the June 2nd, 2017 Elections.

CHIEF

Lance Haymond
Madeleine Paul

COUNCILLOR

Gerald "Yogi" Chaput
Jimmy Constant JR
Doris Hunter
Merle Joly
David McLaren
Laura Moore
Harry Paul
Dennis "Jungo" Perrier
Justin Roy
Robbie Young

Kebaowek Housing Department

Four (4) - Two Bedroom Rentals

- Rent: \$365.00 month plus utilities
- Applications are available at the Housing Department, deadline for submission June 2, 2017 by 12 noon.
- Tenants will be chosen by criteria formula if there are any ties then it will be based on date of application

Tanya McKenzie, - Housing Administrator
tmckenzie@kebaowek.ca or 819 627-3455



CONGRATULATIONS GIRLS !!

Here are two of our community members Emma McLeod (right) and Aliyah Gervais (left) who recently attended the MOVE Dance Competition in Niagara Falls on April 27 & 28. Emma danced in a small jazz group. Aliyah danced in small jazz group and small open group. They danced together in a large group contemporary. Together they brought home 5 medals. Emma brought home 2 Gold and Aliyah brought home 2 Gold and 1 Diamond. Emma and Aliyah worked very hard all year on their routines for this competition with their dance teacher, Lexie Gauthier.. Hard work pays off when you get to bring medals home !!



Handicraft Sessions

Handicraft Sessions

Every **WEDNESDAY**
from 6:00 p.m. until 8:00 p.m.

NEW LOCATION FOR SESSIONS:
ELDER'S BUILDING

For Band Members
who are ages 8 and up !!

School-age children get **THEIR**
material for **FREE !!**

Adults – costs vary depends on
materials needed for each project

We encourage everyone to come out, learn about
how to make handicrafts and enjoy this opportunity
to sit and socialize with other community members
for a couple of hours a week. Projects are anything
and everything from mitts, moccasins, dream
catchers, purses, keychains, etc ... **YOU DECIDE !!**

Children younger than 12 years of age
MUST be accompanied by an adult.

The sewing group has 10 to 15 people who come regularly and here are some of the finished products that they have created.

There is still room for more people to come out and join us !!



Made by
Wilford Young



Made by
Margaret Drouin



Made by
Rose Perrier



Made by
Inara Trepanier



Made by
Mike Lafrance



Made by
Diane Lafrance

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 MAY DEADLINE FOR NON-RESIDENT FEES IS
MAY 25TH AT 12:00 PM

Local First Nation Human Resources

Glenda Moore - LFNHR Manager Tel: 819-627-3455 Fax: 819-627-9428 Email: gmoore@kebaowek.ca

Information on Employment Insurance Economic Region 18 (North-West of Quebec)

NOTE: Since July 3rd 2016, the number of hours required to qualify to EI is now the minimum required by economical region. If you apply for special benefits, you will need 600 hours of work. It is strongly recommended to check with your local Service Canada Center for the minimum number of hours required to qualify. **Please also note that since January 1st, 2017, the two-week waiting period has been reduced to one week.** Updated and revised on April 10th, 2017 by the First Nation Human Resources Development Commission of Quebec (FNHRDCQ).

Unemployment Rate Stats Can – 1996	Unemployment Rate Stats Can – 2001	Unemployment Rate Stats Can – 2006	Unemployment Rate: March 12th - April 7th, 2017	Min. # of Hours Required	Min. # of Weeks Payable
16.9%	21.7%	14.3%	7.7	630	17
Unemployment Rate Stats Can – 1996	Unemployment Rate Stats Can – 2001	Unemployment Rate Stats Can – 2006	Unemployment Rate: April 9th - May 6th, 2017	Min. # of Hours Required	Min. # of Weeks Payable
16.9%	21.7%	14.3%	7.3	630	17

COMMISSION DE DÉVELOPPEMENT DES RESSOURCES HUMAINES DES PREMIÈRES NATIONS DU QUÉBEC

FIRST NATIONS HUMAN RESOURCES DEVELOPMENT COMMISSION OF QUEBEC

2017 SUMMER CAREER PLACEMENT

OBJECTIVE

The objective of the **2017 Summer Career Placement (SCP)** program is to help students to obtain work experience in their field of study and / or for job skills development.

Secondary, Collegial and University students, as well, as eligible promoters are encouraged to apply for the SCP 2017.

WHO CAN PARTICIPATE

- Must be enrolled as a full-time student in a recognized secondary or post-secondary institution and must be returning to full-time studies in the fall 2017;
- Be fifteen (15) + years of age before July 1 of the current year ;
- Possess a Social Insurance Number;
- Have a permanent address in the urban area.

Deadline for students to apply is June 9, 2017

Application deadline for promoters is June 9, 2017

For further information, please contact your Local First Nations Commission (LFNC) or the USC of your region.

2016

The Summer Career Placement Program is to enable young people to acquire work experience in their field of study.

Due to budget restraints, urban strategy will fund 7 requests for **all LFNC's**.

If anyone is interested in this program please contact me at 819-627-3455 or at gmoore@kebaowek.ca.

Deadline for receipt of application forms from the LFNC is June 17th, 2017

Local First Nation Human Resources

Summer Student Employment 2017, hiring of students who have graduated, Secondary Five in Quebec Grade 12 in Ontario, and who are beginning and or continuing on to post-secondary studies.

To apply, **continuing students** (Secondary Graduates and Post-Secondary) must be returning to Post Secondary school in fall 2017.

The student must provide the following:

- Resume
- Final grades for the academic year
- Document stating the student is entering/returning to Post-Secondary School in the fall of that year.

Please submit all documents **at the Band Office on Wednesday June 28th, 2017 before 4:30 pm.** **No submissions will be accepted after this date .**

Please note that we are aware that final grades may not be ready for this deadline date but we ask that they are provided as soon as they can.



CONGRATULATIONS TO ...

Robert Joly has completed a Truck Driver Program in April 2017.

Brian McKenzie Thompson has completed Heavy Equipment Operator Program in April 2017.

Our best wishes to both on their future endeavors.

VISION - TRAVAIL

Employment Councillor Patricia Barrette, will be pleased to meet with you, every Tuesday. She will be at Centre l'Envol, 451 Kipawa Road, Temiscaming Quebec. To make an appointment please call 1-819-629-2743.

SERVICE CANADA

Outreach Site is located at: Le Centre - 20 Humphrey Street, Temiscaming, Quebec
Please call the Center at 819-627-3230 for more info.

Kebaowek Police Department



WE WANT YOUR INFORMATION NOT YOUR NAME !!

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 ... Information

1 Fire Safety Card

If you smoke, smoke outside.

Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand. Never smoke in bed. Never smoke if medical oxygen is used in the home.



2 Fire Safety Card

Give space heaters space.

Keep them at least 3 feet (1 meter) away from anything that can burn – including you. Shut off and unplug heaters when you leave your home or go to bed. Always plug space heaters directly into a wall outlet, never into an extension cord or a power strip.



3 Fire Safety Card

Stay in the kitchen when frying food.

If you leave the kitchen, even for a short time, turn off the burner and move the pan to a cool burner. Use a timer when cooking. If you are cooking on the stovetop and leave the room, take a timer, an oven mitt, or a wooden spoon as a reminder that you have something cooking. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication. Do not cook when taking new medication until you know how it will affect you. Wear tight-fitting, rolled up, or short sleeves when cooking. Use oven mitts to handle hot pans. Use light-weight manageable pans.



4 Fire Safety Card

If your clothes catch fire: stop, drop, and roll.

Stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. If you cannot drop and roll, keep a blanket or towel nearby to smother flames. If you use a wheelchair, scooter, or other device and are able to get to the floor, lock the device first before getting out and then roll until the flames are out. If you are a bystander, consider grabbing a rug, blanket, or fire blanket to help extinguish the flames. Use cool water for 3-5 minutes to cool the burn. Get medical help right away.



5 Fire Safety Card

Smoke alarms save lives.

Have smoke alarms installed on every level of your home, inside each bedroom, and outside each sleeping area. For the best protection, make sure the alarms are interconnected so when one sounds, they all sound. Have someone test your smoke alarms once a month by pushing the test button. Make sure everyone in your home can hear the smoke alarms. Replace all alarms that are 10 year old or older. If you are hard of hearing or remove your hearing aids to sleep, consider purchasing a strobe alarm and/or bed shaker. Install carbon monoxide alarms outside each sleeping area and on every level of the home. Test alarms monthly.



6 Fire Safety Card

Plan and practice your escape from fire and smoke.

If possible, plan two ways out of every room in your home and two ways out of your home. Make sure windows and doors open easily. If the smoke alarm sounds, get outside and stay outside.



7 Fire Safety Card

Know your local emergency number.

Your emergency number may be 9-1-1 or the fire department's phone number. Once you have escaped a fire, call the fire department from a neighbor's phone or a cell phone. In case of a medical emergency, have other emergency contact numbers (neighbor, family member) near the phone to call for assistance while waiting for first responder to arrive.



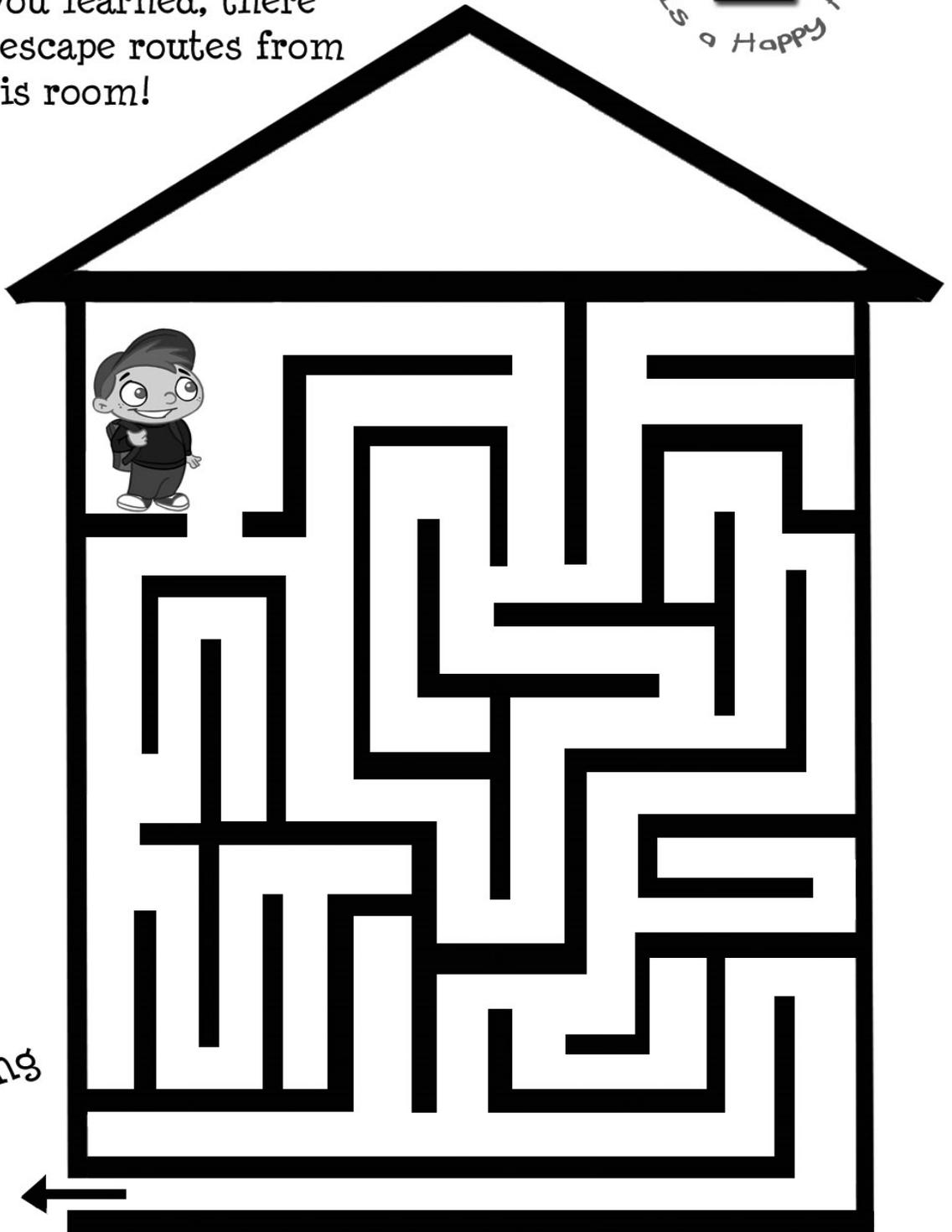
8 Fire Safety Card

Plan your escape around your abilities.

Have a landline telephone or cell phone and charger near your bed, with the local emergency number posted nearby in case you are trapped by smoke or fire. Consider subscribing to a medical alert system, which will provide you with a button you wear around your neck or on your wrist. If you have an emergency, just push the button and the service will send emergency responders. Have other necessary items near your bed such as medications, glasses, wheel chair, walker, scooter, or cane. Keep a flashlight and whistle near your bed to signal for help.



Help Timmy find his way out of this smoke filled house and get to his safe meeting place!
Just like you learned, there should be 2 escape routes from his room!



Upcoming Activities and Events



Kebaowek Community Hall

**Thursday
May 25th, 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 !!**



**KEBAOWEK ELDER'S CLUB
(13 Amik Crescent)**

SUNDAY, MAY 7, 2017

1:00 - 4:00 p.m.

(Doors open at 12:30 p.m.)

**10 Pack of Cards for \$10.00
Extra Pack for \$5.00**

**6th Game Special (not in pack)
for \$1.00 a Strip of 3 - Prize: \$50.00**

**Jackpot Game (not in pack)
for \$1.00 a Strip of 3 - Prize: \$50.00**

Regular Game Prizes - \$20.00

**You Must Buy a Regular Game Pack
to Play in All Games.**

CANTEEN OPEN

Hotdogs, Chips, Pop, Tea, Coffee

EVERYONE WELCOME !!

Spring Clean Up Time in Kebaowek First Nation



2017 Annual Spring Clean Up Wednesday May 10th and Thursday May 11th 8:00 am - 4:30 pm

We will be providing pickup for the following categories of waste:

Hazardous Waste, Electronics, Metals and Large Items

All items must be separated into the proper categories to be picked up.

Recyclables and domestic waste, items that normally go into your blue and green bins, will not be picked up.

The following is a list of what is accepted at the Eco Center:

HOW TO SEPARATE WASTE

If you have any of the listed items you must separate them into the correct piles for pickup.

1st Pile (Non-Reusable)

- furniture
- mattresses
- vinyl

2nd Pile

(Metal)

- appliances (fridges, stoves, etc)
- bicycles
- scrap metal (rims with mounted tires will not be picked up)

3rd Pile (Domestic Hazardous Waste)

- paint
- used oils
- light bulbs, fluorescent lamps
- batteries

4th Pile

- tires (tires on rims will not be picked up)

5th Pile

- electronics (computers, printers, telephones, etc.)

6th Pile

- non-treated wood ... small quantities only
leftover construction waste will not be picked up

7th Pile

- treated wood ... small quantities only,
leftover construction waste will not be picked up

Wishes for the Month of May



Happy Birthday to my Mom !!
(Elizabeth Honen)
Wishing you an extra special day
on May 16th !!
Love from Jackie, Robbie, Trysta,
Kendra, Niko & Mikey xoxo



Happy Birthday to Slippery Rickie
on May 18th !!
Love from Jackie, Robbie, Trysta,
Kendra, Niko & Mikey xoxo



Wishing a Happy Mother's Day
to our Mom, Diane McKenzie !!
She's One of the Best !!
We love you and wish you a great day !!
~ Roxane, Billy and Scott ~



We wish Jamie-Lee McKenzie good luck and
safe travels on her new journey to Whitehorse,
YK to complete an Internship with the Yukon
Human Rights Commission, as part of the
completion of her Journalism, Master's Degree
with Western University !!
Love from all your family and friends



Special Happy Birthday Wishes to
Tweets !!
Love all your family !!
Have a great birthday !!



Happy Birthday Wishes to
Doug Chevrier who celebrates his
birthday on May 15th !!
From your
Fire Department Team



Wishing Robbie a very
Happy Birthday !!
Love from Jackie,
your girls Kendra & Trysta
and son-in-law Niko !!



Happy Birthday to this precious
little girl, Haven !!
4 years old already on May 17th !!
Mommy, Daddy and all your brothers
and sisters love you so much



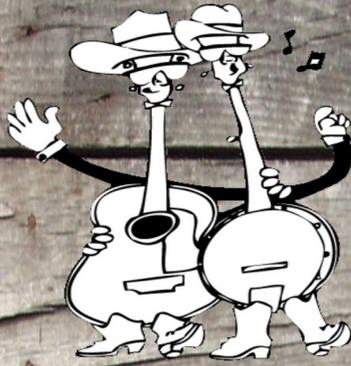
Happy Birthday to my Gampa !!
Love you !!
Your Grandson, Mikey !!
XOXO



Happy Birthday to our outgoing
little man, Lennox who celebrates his
special day on May 6th !!
We love you so much !!
Love Mommy, Daddy and all your
brothers and sisters.



Happy Birthday to my really Special Sister, Sylvia Ouimette, who will be celebrating her day on May 21st !!
There's no Friendship in the world quite like that of a Sister like you Sylvia.
You are the Sweetest Sister a person could ever have and I'm so grateful to have you in my life.
You are Loved in so Many Ways.
I will always respect you and love you more than you'll ever know. Happy Birthday My Special Angel !!
Love Always, Your Little Sister Irene and Family



10^e édition / 10th Annual

Kipawa Countryfest

August 18-19-20 août 2017

Kipawa, Québec



TENNESSEE RIVER
TRIBUTE TO ALABAMA



TANYA TUCKER



SAWYER BROWN



A Musical Tribute to
THE HIGHWAY MEN
MUSICAL TRIBUTE



EMISUNSHINE



MIKE COLIN JASON ROMEA
GRAYITAS



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)



An Update from the Health Director

April Meetings

- Onimiki Project Meeting with Reeve Warolin
- Meeting with OBVT- Director
- Working Group on Doctor Recruitment / Welcoming
- CARE Program Evaluation
- Health Governance - FNQLHSSC
- Joint Meeting with Municipality of Kipawa concerning Onimiki Project and Reserve Expansion Project
- Quebec Health Directors Network
- PGD of CISSS A-T First Nation Action Plan or axis
- Conference Call with Regional Director on new Health Center

Upcoming in May

- FNQLHSSC Board of Directors Conference Call
- Reserve Expansion presentations to Municipalities & MRC
- Preparing for BOD of FNQLHSSC to be held in Kebaowek

Files in Motion

- Protocol with CISSS for Nursing Orders is very slow file. Waiting on response from CMDP of CISSSA-T
- New Health & Wellness Center
- Onimiki PR campaign to continue
- 5 Year Evaluation of our Health Plan wrap up work

PDG Jacques Boissonneau quits CISSS A-T

Over the course of the past 2 years, the Quebec Health Care system has seen a huge organizational transformation with the optimal results expected of better services and reduced costs. With the jury still out on those goals, First Nations in the Abitibi – Temiscamingue Region were not left on the sidelines with no consideration. In fact, under the leadership of Mr. Boissonneau, our area will have 3 more doctors by the end of summer and for the first time from what I can recall, a distinct action plan that deals with our issues as we access health services with the province.

More specific to our people, 5 different axes of intervention have been approved by the B.O.D. of the CISSS A-T and will remain active despite the departure of Mr. Boissonneau.

1. Reinforce the bi-lateral relations with First Nation communities of the region.
2. Improve services for First Nations living in the urban setting.
3. Act upon any form of racism or discrimination
4. Work on cultural safety and culturally adapted services.
5. Support communities by improving services in proximity.

The Algonquin Health Directors are looking forward in collaborating to ensure that these intervention axis are live and

sustainable. We will need your help in addressing axis 3 that deals with discrimination and racism. You will be asked to report to us as soon as possible any of these issues you may face so we can deal with it in a prompt and effective manner. I understand that it may not be easy, but we need to nip things in the bud if we want to create a better place for our future generations.

I have also come to learn that Jacques hired former Health Agency Director Mr. Noel Neveu to work solely on the access to the North Bay corridor of services file. This is the only way to ensure that this file advances for the numerous logical reasons associated with proximity and historical health services.

Mr. Boissonneau had his ear to the ground and always demonstrated his openness to help all the people on the CISSS A-T territory, including the First Nations population. The region's community Health Directors are sad to see him go but we look forward with hope that his successor will be as collaborative with our people as he was.

New Health & Wellness Center Request

As per our New Health & Wellness Center Project, we have come up with a good layout and rough estimate of our project in accordance to our needs moving forward. Fiscal year 17/18 could see us filling 3 to 4 positions without having the current office space available. We have undersized evaluation rooms, closet and storage offices and a lack of space for visiting professionals. Talks are ongoing with our Regional Office and we are hoping that the Federal infrastructure dollars will be made available for our needed community project. You will find on the adjoining page, an initial concept as to our new Health & Wellness Center.

On a Council Note

Just recently during a meeting with the person responsible for the INSPQ (Quebec's National Institute of Public Health, I learnt that having access to Health Care and the advancement of medicine contributes to only 8 years of the 30 years we gained in life expectancy over the last 100 years. This means that the 22 years of the 30 are attributed to other important *social determinants of health*. Therefore longer term projects may not always seem important in the 'now', but rest assured, their impacts are important to our grandchildren and future generations.

As Health Director, for our community and being a member Council, this has offered me the opportunity to work on files that have significant impacts as a "*Social Determinant of Health*" such as long term community planning, education and training, sustainable economic, cultural and social development projects to name a few. Therefore it is very easy for me to support the on-going files undertaken over the course of the last few years.

David McLaren - Health Director/Councillor

Proposed Plans for New Health and Wellness Center



SERVICES

- CLINIC RECEPTION SERVICES
- CLINICAL SPACES
- HOME CARE DEPARTMENT

- ADMINISTRATION
- SOCIAL AND COMMUNITY SERVICES
- TECHNICAL SERVICES SPACES



CLINIC RECEPTION SERVICES		
1.1	MAIN ENTRANCE	12.5 m ²
1.2	WAITING ROOM	22.0 m ²
1.3	RECEPTION	13.0 m ²
1.3	RECEPTION	11.5 m ²
1.4	W.C. PUBLIC MEN	5.0 m ²
1.5	W.C. PUBLIC WOMEN	8.0 m ²
1.6	MEDICAL & RECORDS	20.5 m ²
1.7	ADMINISTRATION & RECORDS	18.5 m ²
1.8	GENERAL STORAGE	24.0 m ²
1.9	PAPER STORAGE	7.0 m ²

CLINICAL SPACES		
2.1	NURSE IN CHARGE OFFICE	17.0 m ²
2.2	NURSES OFFICE	12.5 m ²
2.3	PUBLIC HEALTH NURSE	13.0 m ²
2.4	W.C. CLINIC MEN	5.5 m ²
2.4	W.C. CLINIC WOMAN	5.5 m ²
2.5	LABORATORY	5.5 m ²
2.6	EXAM ROOM	32.5 m ²
2.7	MEDICAL EQUIPMENT	14.0 m ²
2.8	PHARMACY	7.5 m ²
2.9	BIOMEDICAL WASTE STORAGE	8.0 m ²
2.10	FEET TREATMENT	10.5 m ²
2.12	VISITING STAFF	15.5 m ²
2.13	EXTRA ROOM VISITOR STAFF	15.0 m ²
2.13	EXTRA ROOM VISITOR STAFF	15.0 m ²

HOME CARE DEPARTMENT		
3.1	HOME CARE NURSE	10.5 m ²
3.2	HOME CARE STAFF	14.5 m ²
3.4	HOME CARE STORAGE	25.5 m ²

ADMINISTRATION		
4.1	HEALTH DIRECTOR	20.5 m ²
4.2	ADMINISTRATION ASSISTANTS	20.0 m ²
4.4	SSNA MEDICAL TRANSPORT	14.0 m ²

4.4	SSNA MEDICAL TRANSPORT	14.5 m ²
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SOCIAL AND COMMUNITY SERVICES		
5.1	COMMUNITY HEALTH ROOM	43.5 m ²
5.2	COMMUNITY HEALTH STORAGE	12.5 m ²
5.2	S.S. WAITING ROOM	14.5 m ²
5.3	CHR	13.5 m ²
5.4	NNADAP	10.0 m ²
5.5	INTERVIEW ROOM	11.5 m ²
5.6	TRADITIONAL MED.	11.0 m ²
5.7	MENTAL HEALTH	10.0 m ²
5.8	PRENATAL MCH / DIABETE	11.0 m ²
5.9	BRIGHTER FUTURES	11.0 m ²
5.10	HEAD START	10.5 m ²
5.11	OBSERVATION ROOM HEAD START	16.5 m ²
5.12	E HEALTH	10.5 m ²
5.13	PHYSIO	16.0 m ²
5.14	WATER LAB	9.5 m ²
5.15	COHI	11.0 m ²
5.16	CONFERENCE ROOM	23.0 m ²
5.17	ENTRANCE	11.0 m ²
5.18	W.C. S.S. WOMAN	6.0 m ²
5.18	W.C. S.S. MEN	4.5 m ²
5.19	S.S. KITCHEN	29.0 m ²
5.21	S.S. OFFICE	11.5 m ²
5.21	S.S. OFFICE	11.0 m ²
5.21	S.S. OFFICE	11.0 m ²
5.21	S.S. OFFICE	11.5 m ²
5.22	S.S. STORAGE	12.5 m ²

TECHNICAL SERVICES SPACES		
6.1	SERVERS	9.0 m ²
6.2	GENERAL STORAGE	12.5 m ²
6.3	HAZARDOUS STORAGE	5.0 m ²
6.4	JANITOR CLOSET	11.0 m ²
6.5	MAINTENANCE ROOM	9.5 m ²
6.6	MECHANICAL ROOM	44.0 m ²
6.7	STAFF KITCHEN	19.5 m ²
6.8	COPY ROOM	10.5 m ²
6.9	STAFF LOCKERS	23.5 m ²

CIRCULATION : 223 m²
TOTAL : 1275 m²

The Kebaowek Health and Wellness Center is pleased to announce our ...

SPRING HEALTH FAIR

Thursday May 19th, 2016

Kebaowek Community Hall
1:00 pm - 7:00 pm

LEARN ABOUT OUR PROGRAMS AND SERVICES • MEET KEY RESOURCE PEOPLE • ASK QUESTIONS • RECEIVE INFORMATION



CHOLESTEROL, BLOOD GLUCOSE & BLOOD PRESSURE SCREENING CLINIC • CALL THE HEALTH CENTER FOR TRANSPORTATION

Special Guest and Demonstration
Free Supper for Participants
Participation Prizes

Prizes are for community and off-reserve Band Members only.

Bring a canned good for the Food Bank and receive an extra ballot !!
Ballots will be given out based on participation !!

Everyone Welcome



Sports & Mentorship

This month we will have 3 youths participating in the FNEC Games in Quebec City at the Laval University site PEPS. It will be a special year as this will be the 10th Edition of the FNEC Games.

The Biggest Loser challenge is over and we have 3 winners!

Amanda Joly came in first place by losing 6.18% of her body weight and won a \$200 gift certificate to SportChek.

Richard Miness Sr came in second place by losing 5.85% of his body weight percentage and won \$150 gift certificate to Canadian Tire.

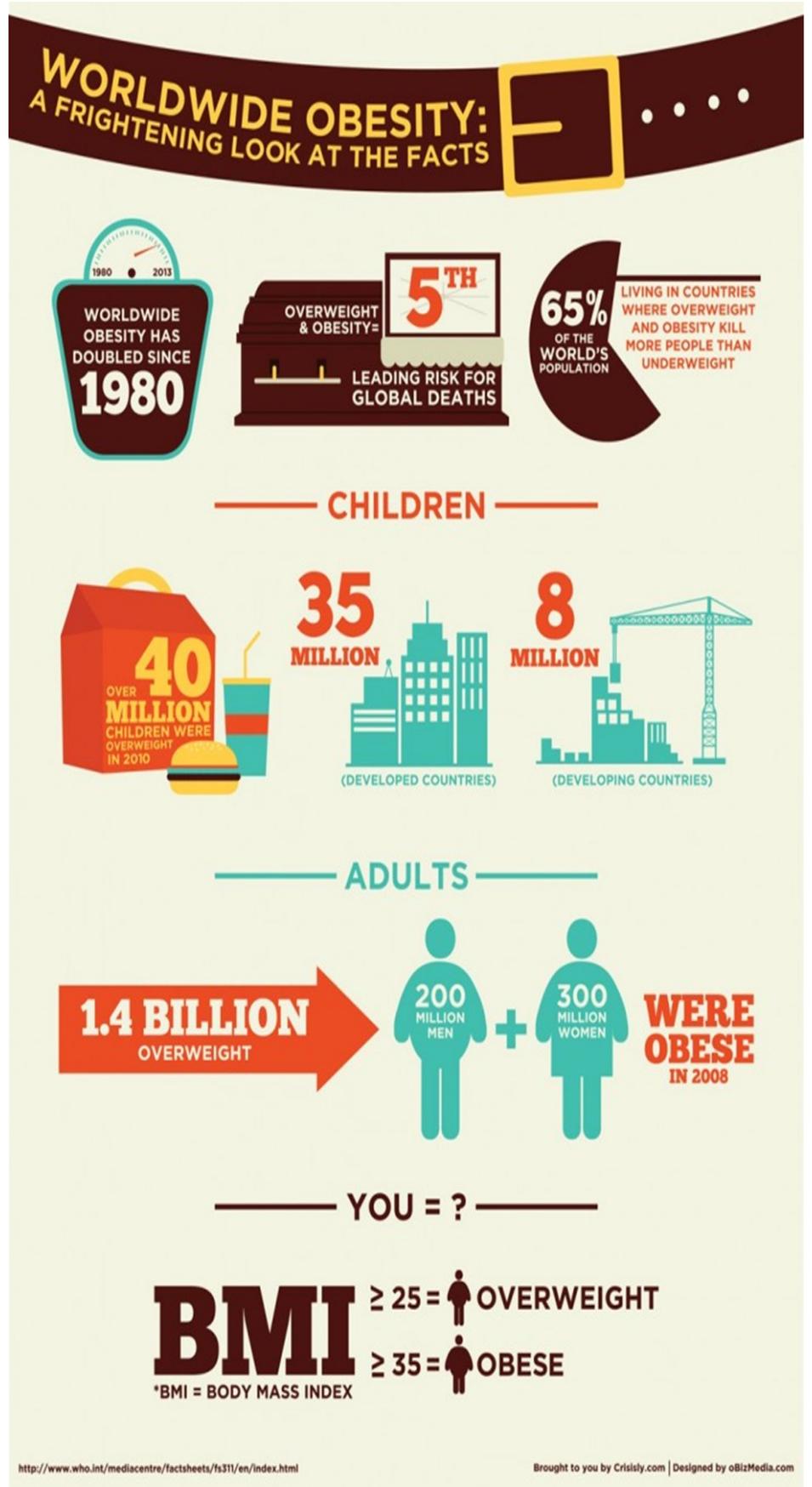
Georgie McMartin came in third place by losing 5.72% of his body weight percentage and won a \$100 gift certificate to SportChek.

All three participants will be continuing onto the next phase of the program that is the Choose to Maintain. Good luck in the next program.

I would like to congratulate the 3 winners and every other participant that took part in the challenge. It is these types of challenges that people take the time to look at label reading, calories and implementing physical activity to their lifestyle. We must continue to try and challenge ourselves into eating well and maintain a healthy lifestyle as obesity is continuing to grow in today's society.

Mitchell McMartin
Sports & Mentorship Coordinator

STOP BY MY TABLE AT THE SPRING HEALTH FAIR TO SIGN UP FOR OUR WALKING CHALLENGE !!



PREPARING HEALTHY MEALS WORKSHOP

This is an enthusiastic and entertaining way to present healthy cooking !!

When: Tuesday May 23rd, 2017

Where: Community Hall

Time: 5:00 pm

This workshop will be similar to the TV version, where a group of people will take turns creating a 3 course (healthy) dinner.

Each host will be required to hand in a recipe for their meal prior to preparing it, and their guests will receive a short demo of how to prepare the meal along with the recipe, and health information .

Ingredients will be purchased for you !!



If you are interested in joining our "Dinner Party" or for more information about the workshops just call Virginia at the Health and Wellness Centre (819-627-9060). So call early to reserve your spot !!

10 Simple Healthy Eating Tips

1. Fiber, fiber, fiber !
2. Fish
3. LOTS of water
4. Salads before meals
5. Limit the sugar
6. Portion control
7. Cook more, eat out less
8. Fruits and vegetables
9. Snack healthy
10. Cut out bad fats



Blood Pressure, Cholesterol, Blood Sugar Screening Clinic at the Spring Health Fair !!

CHARACTERISTICS OF A “HEALTHY” RELATIONSHIP

Responsibility Ownership of what happens in the relationship.

Hard Work Working together to make the relationship as health as possible.

Enjoyment Enjoying each the company of one another and the things you do together.

Commitment A promise to be faithful/trustworthy.

Caring A concern for the well-being of the other person.

Honesty Truthful to each other.

Trust Believing that the other person is committed to the relationship.

Communication Lines of communication are always open. Able to discuss how one feels.

Sharing Discussion of information, thoughts, feelings, and opinions and having time together.

Compromising Coming up with a solution which satisfies both/all people.

Closeness Feeling connected with the other person.

Recognizing Differences Accepting difference of opinions, likes and dislikes and choices.

Knowing his/her Vulnerabilities Sensitivity to the others feelings.

Openness The freedom to express emotions and opinions.

Friendship The enjoyment of each other's company.

Strong Positive Feelings Belief in the other person.

Respect Mutual understanding and caring for the other person's thoughts or feelings.

CHARACTERISTICS OF A “JEALOUS” RELATIONSHIP

Jealousy Distrusting, mistrusting, suspicious. Person demonstrates insecurity or fear of being replaced in a relationship.

Possessiveness Disallowing person to talk or spend time with anyone else. Person demonstrates a desire to control/own another.

Pain Can be emotional, physical or sexual pain.

Violence Behaviour involving physical force.

Obsession The need to constantly be in the presence of the other. If not one is consumed with knowing all the details about the other's whereabouts; who, what, where, when, why.

Selfishness Having one's way all the time.

Cruelty Intentional meanness.

Trapping Intentionally becoming pregnant or making someone pregnant to control the other.

Dependency Feelings of inability to live or do anything without the other person.

Giving up one's self Person stops doing the things he/she enjoys doing.

Intimidation/Fear Using threats or fear to control the actions of another.

Manipulation Controlling the relationship to get one's way.

Expectations That All Needs Will Be Met One's reliance on the other to meet all needs. Seeks feelings of acceptance, love, companionship and belonging, not realize that no one person can meet all needs and he/she needs to meet some on his/her own.

I will be attending the NNADAP Quarterly Meeting in
Pikwagnagan (Golden Lake) on May 24th & 25th.

Vicky Constant

Medical Transportation & NIHB

May 2017 - Medical Transportation After Hours Pilot Project

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>AFTER HOURS</u> 8:30 A.M. TO 12:30 P.M. CALL 819-627-6887		<u>AFTER HOURS</u> 4:30 PM TO 8:30 P.M. CALL 819-627-6887			<u>AFTER HOURS</u> 12:00 P.M. TO 5:00 P.M. CALL 819-627-6887	<u>AFTER HOURS</u> 8:30 A.M. TO 12:30 P.M. CALL 819-627-6887

Monday May 24th – The Health Center is closed so for other than previously scheduled Appointments. Please call 819-627- 6887 from 8:30 am to 12:30 pm.

MAY MONTH END DEADLINE: MAY 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, please have them attest there's no stamp.

May is Cystic Fibrosis Awareness Month

WHAT IS CYSTIC FIBROSIS?

Cystic fibrosis (CF) is the most common fatal genetic disease affecting Canadian children and young adults. At present, there is no cure.

CF causes various effects on the body, but mainly affects the digestive system and lungs. The degree of CF severity differs from person to person, however, the persistence and ongoing infection in the lungs, with destruction of lungs and loss of lung function, will eventually lead to death in the majority of people with CF.

Typical complications caused by cystic fibrosis are:

- Difficulty digesting fats and proteins
- Malnutrition and vitamin deficiencies because of inability to absorb nutrients

- Progressive lung damage from chronic infections and aberrant inflammation
- CF related diabetes
- Sinus infections

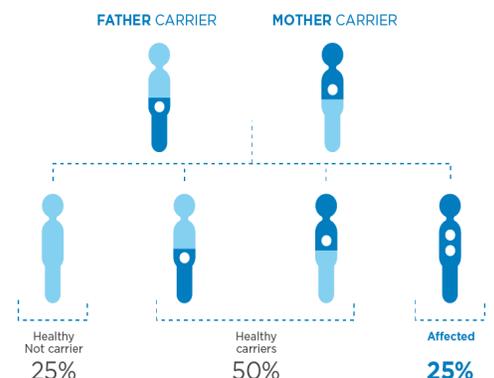
It is estimated that one in every 3,600 children born in Canada has CF. More than 4,100 Canadian children, adolescents, and adults with cystic fibrosis attend specialized CF clinics.

CAUSES OF CYSTIC FIBROSIS

CF is a genetic disease that occurs when a child inherits two defective copies of the gene responsible for cystic fibrosis, one from each parent. Approximately, one in 25 Canadians carry one defective copy of

the CF gene. Carriers do not have CF, nor do they exhibit any of the related symptoms.

When two CF carriers have a child, there is a 25 percent chance that the child will be born with CF. There is also a 50 percent chance that the child will be a carrier, and a 25 percent chance that the child will not be a carrier, nor have CF.



MCH / Head Start Program



I would like to thank Michelle St-Denis for doing such a fantastic job while I was on Maternity Leave. The children learned so much and they all loved to learn with her, the children will certainly miss her. I am very happy to be back working with these bright little minds. We are doing so much by recognizing the letters in the alphabet to knowing how to spell their name. May is here so we will now enjoy the outdoors too.

Language and Loving it!

Language is very important when it comes to your child's development. This gives infants, toddlers and preschoolers the ability to communicate with their parents and other children too. Everyone in a child's life has the capability to teach a child language, simply by talking, reading, and playing with children.

Why is Language important?

Language is a crucial part of a child's development that will affect many aspect of a child's life. A child that has difficulty in language will have a hard time to communicate with others and often children become upset, and it can lead to becoming aggressive because no one understands them. For a child to do well in school they need to understand what is being asked of them, as well as being able to be understood their peers and teachers.

What stimulates Language skills?

Starting at infancy you can talk and sing to babies and introduce books and continue up to preschool age. This will help babies, toddlers and preschoolers become aware of new sounds in their mother tongue and they begin to understand more quickly.

When you read to babies and toddlers imitate sounds of the pictures in the book and you can have the child repeat you even if they can't it will give them motivation to try. You can ask simple questions like "Show me the ..." "Where is the ..." "Point to the ...".

Try to choose books that are about daily life so things that are familiar to them like bath time, nap time, potty time, go to grandmas, go to the park, etc.

When you read to preschoolers have the child tell you about the book. Try to choose books that has a beginning, middle, end. You may also ask question about the book and while you are reading ask your child "what do you think will happen next?" and give them time to answer you.

Lynn Grandlouis,
MCH/Head Start Special Educator



For Your Health ... Egg Safety

Eggs provide essential nutrients that are part of a healthy diet. But like all foods, they should be produced, handled, and prepared with care to minimize the risk of food poisoning.



Eggs and Food Poisoning

While eggs are usually clean when laid, they can sometimes be contaminated with *Salmonella* or other bacteria that can cause food poisoning, even if they look clean.

While most bacteria including *Salmonella* are found on the shell itself, *Salmonella* can sometimes get inside an egg or it can already be inside an egg when it is laid.

Shopping

- Choose only refrigerated eggs with clean, un-cracked shells.
- Pick up eggs and other cold foods at the end of your shopping trip so they stay cold.
- While all eggs sold in Canadian grocery stores are graded Canada A, those sold elsewhere (such as at farms and farmers' markets) may be ungraded. Ungraded eggs are not subject to the same food safety standards as graded eggs. For example, ungraded eggs can be unclean, cracked, washed improperly, stored unrefrigerated, or sold in packaging that has not been disinfected. As such, there is a higher chance for them to be contaminated by harmful bacteria such as *Salmonella*. Check for the maple leaf symbol on the carton or ask the vendor if you're unsure whether the eggs have been graded.

Chilling

Do

- If you have eggs in your lunch (such as egg salad sandwiches), make sure to include a frozen icepack to keep them cold.

Do not

- Don't crack the shell of an egg until you're ready to use it.

Other tips

- Eggs should be refrigerated as soon as possible in the coldest section of the refrigerator (usually the body of the fridge). Keeping eggs in the carton will help protect them from damage.
- Eggs (whether raw or cooked) should not be kept at room temperature for more than two hours. Eggs that have been at

room temperature for more than two hours should be thrown out. Foods spoil quickly in the "temperature danger zone" range of 4°C to 60°C (40°F to 140°F).

- Hard boiled eggs can be stored in a sealed container in the refrigerator for up to one week.

Cleaning

Washing your hands and following proper cleaning techniques can help you avoid cross-contamination and prevent the spread of food poisoning.

1. Use warm water and soap to thoroughly wash all utensils, countertops, and cutting boards after handling raw eggs.
2. Once you've cleaned your cooking equipment, sanitize it with a mild bleach solution:
 - * Combine 5 mL (1 tsp) of bleach with 750 mL (3 cups) of water in a spray bottle.
 - * Spray the bleach solution on the surface and let stand briefly.
 - * Rinse thoroughly with clean water.
 - * Air dry.

Preparing /Cooking

Wash your hands thoroughly with warm water and soap for at least 20 seconds, before and after handling eggs.

Raw eggs can contain harmful bacteria. Eggs and egg-based foods should be cooked to an internal temperature of at least 74° C (165°F) to ensure they are safe to eat.

Eating raw or lightly cooked eggs can be especially risky for:

- young children
- the elderly
- pregnant women
- people with weakened immune systems

Use pasteurized egg products instead of raw eggs when preparing foods that aren't heated (such as icing, eggnog or Caesar salad dressing).

Leftovers

- Refrigerate leftovers in containers within two hours of cooking.
- Eat leftovers within three to four days or freeze for later use.
- Hard-boiled eggs can be stored in a sealed container in the refrigerator for up to one week.

<https://www.canada.ca/en/health-canada/services/meat-poultry-fish-seafood-safety/eggs.html>

The Importance of Fun Summer Activities

In the May issue of Pediatric News Magazine behavior experts Dr. Swick and Dr. Jellinek provide parents with smart advice on planning fun summer activities for children.

In the article, both doctors advise parents to focus on their child's strengths rather than weaknesses. They note that "with proper planning, summer activities can help build a child's self-esteem and autonomy."

As a pediatrician for over 25 years, I found this advice to be right-on-track and important for all parents to understand. If we focus on a child's weaknesses, summer activities are likely to feel like a punishment rather than an enjoyable opportunity. Further information in the article encourages parents to cultivate skills such as initiative, discipline, patience, frustration, and tolerance, which are all skills used during the academic year. Presenting such skills in a fun way will have positive, long-lasting effects that reflect in a child's school performance.



The key takeaway here is emphasized by the word "fun". Many parents look for activities that not only keep their child busy, but also utilize skills that the child already has. While practicing specific skill-sets is important, brain growth actually happens more-so with free play rather than with any other activity, especially during the preschool and elementary school years. Therefore allowing a child to engage in daily, safe, adult-supervised free play will encourage the development of creative skills, resulting in better brain function.

It's also important to note that this particular article makes no mention of math camp, summer literature activities or tutoring. For children struggling with academics, such activities may be required, however allowing those children to also have free play will result in a better attitude and improved academic performance all-together.

Fun Summer Activities with Improved Psychological Effects

Finding the right summer activities can also help to improve your child's emotions. The summer is the time to help a shy child feel more comfortable with peers; to encourage a fair athlete to become better; to encourage an interest in theater; to help an obese child to lose weight.. If all of these can be done with enjoyment and while creating new friendships, what more can we ask for?

Fun Summer Activities To Try

While looking for summer activities for your child, consider the following suggestions:

- For young school-aged children: Sport camps or mixed activities camps with a strong social component. Focus on social skills more than competition.
- For ages 9-12: Sleepaway camps, camping, woodworking, canoeing camps. Choose activities that strengthen self-direction and independence.
- For ages 13-15: Choose camps that focus on a single area of interest. This will improve the child's ability to better evaluate specific skill-sets.
- For ages 16-19: Consider experiences such as living with a family in another country, learning a language, or a residential work experience such as on a cooperative farm.
- For College students: Most students want to rest during the summer, but they should also consider a summer internship to help with career decision-making.

"Enjoyment is the fuel that drives the developmental engine, and may be what distinguishes it from children's experiences at school". – Dr. Swick and Dr. Jellinek

Children, Youth, and Depression

While we may think of low mood or other challenges as adult problems, they can affect people at any age. Children and teens can experience mental illnesses like depression. Sometimes it can be difficult for adults to understand how difficult children's problems can be because we look at their problems through adult eyes. But the pressures of growing up can be very hard for some children. It's important that we remind ourselves that while their problems may seem unimportant to us, they can feel overwhelming to young people. It's important to take depression in young people seriously.



What is Depression?

Depression is a type of mental illness called a mood disorder. Mood disorders affect the way you feel, which also affects the way you think and act. With depression, you may feel 'down,' hopeless, or find that you can't enjoy things you used to like. Many people who experience depression feel irritable or angry. And some people say that they feel 'numb' all the time.

Recognizing depression in young people can be more difficult than recognizing depression in adults because young people experience so many changes. You may wonder what is 'normal' and what might be a problem. Also, many children and teens may not want to talk about their feelings, or may have their own explanation for their experiences. However, you may still notice the following changes.

Changes in feelings: Your child may show signs of being unhappy, worried, guilty, angry, fearful, helpless, hopeless, lonely, or rejected.

Changes in physical health: Your child may start to complain of headaches or general aches and pains that you can't explain. They may feel tired all the time or have problems eating or sleeping. Your child may unexpectedly gain or lose weight.

Changes in thinking: Your child may say things that indicate low self-esteem, self-dislike or self-blame—for example, they may only talk about themselves negatively. They may have a hard time concentrating. In some cases, they may show signs that they're thinking about suicide.

Changes in behaviour: Your child might withdraw from others, cry easily, or show less interest in sports, games, or other fun activities that they normally enjoy. They might over-react and have sudden outbursts of anger or tears over small incidents.

Some of these changes may be signs of mental health problems other than depression. It's important to look at the bigger picture: how

intense the changes are, how they impact your child's life, and how long they last. It's particularly important to talk to your child if you've noticed several changes lasting more than two weeks.

Who does it affect?

Depression often starts between the ages of 15 and 30, but it can affect anyone—even teens and younger children. While we don't know exactly what causes depression, many factors are likely at play. These include family history, personality, life events, and changes in your child's body. Certain medications and physical illnesses can also contribute to depression.

What can I do about it?

Depression is very treatable. Children, teens, and adults can all recover from depression. For children and teens in particular, early treatment is important so they can get back to their education and other goals as quickly as possible.

Support for a young person who experiences depression may come from several different people and places. Your family doctor is often the first place you start, but you may also find support through people like psychiatrists, psychologists, counsellors, social workers, or peer support workers. Many communities offer programs that support healthy children and build social connections - these are also helpful in preventing depression.

Schools are also an important place for all children. Many schools offer programs that build skills, resiliency, and supports. If you're concerned about your child's health, teachers and school counsellors can describe changes they've seen or problems they've noticed during the school day. If your child is diagnosed with a mental illness, your child's school may make small changes to support your child's learning goals. Many schools offer counselling or referrals to community services.

Counselling and Support

Many children start with counselling like cognitive-behavioural therapy (or 'CBT'). CBT teaches people how their thoughts, feelings, and actions work together. It also teaches skills such as healthy thinking, problem solving, and stress management. CBT has been widely adapted for different groups and different situations, and it's also useful to prevent depression.

Self-care strategies to stay well are important for everyone. This includes eating well, exercising, spending time with others, and making time for fun activities. Ask your care team for ideas. They can also recommend programs or services in your community that support healthy living.

Support groups may also be helpful. Support groups are an opportunity to share experiences and learn from others. There are also groups specifically for caregivers and family members.

Medication

Your child may also be prescribed an antidepressant if other options don't seem to help. This is a group of medications used to treat depression and other mental illnesses. The decision to use medication can be complicated, especially if your child is young. Medications can be helpful for some children, but there may be extra risks to consider. It's important to have an honest discussion with your doctor so you know what to expect. Most professionals will consider medication for children under the age of 18 as a second option to other approaches, like counselling.

How can I help the entire family?

It is important to recognize your own feelings about your child's depression. Many people feel guilty or frustrated when a loved one is diagnosed with a mental illness, and this can affect family relationships. It can also be difficult

First-Line Services

to cope with your child's unhappy feelings.

Many of the strategies that help your child can help the entire family. Family counselling can give everyone an opportunity to share their experiences and help you develop strategies that take care of the entire family's well-being. Support groups can connect you with other caregivers who are supporting a loved one. And, of course, wellness strategies at home are helpful for everyone.

It's best to be honest with siblings and other family members about a child's illness. That way, your child has several sources of support and understanding.

Do you need more help?

Contact a community organization like the Canadian Mental Health Association to learn more about support and resources in your area

or contact First-Line Services.

Founded in 1918, The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness.



Kebaowek First Nation Bear Hug Day Camp



First Line Services will have their first Summer Camp for children ages 6 -12 years and we will be accepting 12 children in total.

Applications will be available June 1st at First-Line Services.

The Day Camp is offered to parents who work in the community.

Bear Hug Day Camp is a place to where your child/ children have access to care during the summer months starting in July 4th, 2017 ending on August 26th, 2017.

Our purpose is for the children to be surrounded by a healthy environment, have fun through learning, building relationships and exploring with exciting adventures.

2017 summer will be a time to create those everlasting childhood memories !!

For more information to contact Michelle St-Denis, Summer Camp Coordinator at 819-627-9877.

First-Line Services ... Upcoming Activities



Tuesday, May 9th
1:00 PM - 4:30 PM

Tuesday, May 16th
4:30 PM - 6:30 PM

Tuesday, June 6th
1:00 PM - 4:30 PM

Tuesday, June 13th
4:30 PM - 6:30 PM

Please register with 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.



PLEASE JOIN US FOR ...

FAMILY MOVIE NIGHT

Wednesday May 24th !!
Wednesday June 14th !!

Doors Open at 5:45 PM
Movie Starts at 6:00PM

Popcorn, Juice/Water, Snacks Available!

Children under 8 must be accompanied by an adult.

Community Shopping Trip



The first Saturday
of every month !!

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

Next Trips:
May 6th and June 3rd

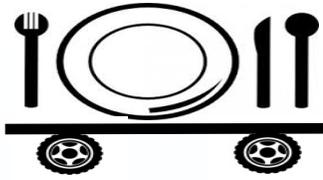
We will be leaving the Health Center
at 9:00 am

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.

First-Line Services ... Notices



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...



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



KEBAOWEK HEALTH AND WELLNESS CENTER

GUARDIAN ANGEL JOB POSTING (SUMMER 2017)



Under the supervision of First Line Social Services and Police Department, the 'Guardian Angels' Program is designed for targeted youth to be more involved and proactive in our community in a positive way.

- TITLE:** Guardian Angels (4 Positions Available), Ages 14 to 17.
- SUPERVISOR:** First-Line Social Services
- SUMMARY:** Guardian Angels Program will operate every day of the week from 6:00 pm – 11:00 pm. Guardian Angels will be required to work rotating shifts including weekends.
Start date will be Monday July 3rd, 2017. End date will be Friday August 25th, 2017.
- SALARY:** \$11.25 / hour
- DUTIES:** Tour the community on the bikes (will be provided) to keep an eye out for any vandalism, mischief, underage drinking etc. and contact the Kebaowek Police when these events occur, crime prevention with police officers, assist elders (courtesy).
- REQUIREMENTS:** First-Line Services will be providing two bikes, two vests and a pre-paid cell phone for the Guardian Angels. They will be required to wear these vests and have them present at all times during their scheduled shift.

Please submit your resume to Stacey McBride at the First Line Services Building on or before 12: 00 pm on Friday June 16th, 2017. Phone Number: 819-627-9877

Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 GARBAGE PICKUP	5	6 COMMUNITY SHOPPING TRIP
7 PAINTING CLASS	8	9 COMMUNITY KITCHEN	10 ANNUAL SPRING CLEAN-UP	11 ANNUAL SPRING CLEAN-UP RECYCLE PICK UP	12	13
14 MOTHER'S DAY PAINTING CLASS	15	16 COMMUNITY KITCHEN	17	18 ANNUAL SPRING HEALTH FAIR GARBAGE PICKUP	19	20
21	22 VICTORIA DAY The Band Office and Health Center are closed for the holiday.	23	24 FAMILY MOVIE NIGHT	25 COMMUNITY BINGO RECYCLE PICKUP	26	27 TEXAS HOLD'EM TOURNAMENT
28	29	30 MEDICAL TRANSPORTATION CLAIMS DEADLINE	31	MAY 2017		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE 2017				1 GARBAGE PICK UP	2 BAND ELECTION The Band Office and Health Center are closed for the day.	3 COMMUNITY SHOPPING TRIP
4	5	6 COMMUNITY KITCHEN	7	8 RECYCLE PICK UP	9	10
11	12	13 COMMUNITY KITCHEN	14 FAMILY MOVIE NIGHT	15 COMMUNITY BINGO GARBAGE PICK UP	16	17
18 FATHER'S DAY	19	20	21 NATIONAL ABORIGINAL DAY The Band Office and Health Center are closed for the day.	22 RECYCLE PICK UP	23 The Band Office and Health Center are closed Thursday afternoon and Friday.	24 ST. JEAN BAPTISTE HOLIDAY
25	26	27	28 MEDICAL TRANSPORTATION CLAIMS DEADLINE	29 GARBAGE PICK UP	30 The Band Office and Health Center are closed Thursday afternoon and Friday.	