



Kebaowek First Nation Mazinaigan

Kebaowek First Nation Community Newsletter

An Update from the Chief



I must begin this month's article by commending the organizing committee of Countryfest for a great event again this year. This small group of people put in a lot of time and energy to ensure that we have a quality show and manage all the logistics of organizing a three day event. They are not alone as this event could not succeed without the work of the many volunteers, Band Office staff and employees. It is quite something to see our community morph in population with all the people who come from near and far to spend days with us while they attend the festival. I have heard nothing but positive comments from the many people whom I spoke to while on the grounds. They commented on the cleanliness of the community, big thank you to our summer students for doing a terrific job at keeping our community clean. They also commented on the great lineup and mostly the welcoming, friendliness and hospitality of the community and its members. I enjoyed the meet and greet with the entertainers and was glad to hear that they were happy to be at our festival and community. (In pic ... Chief Lance Haymond Countryfest Welcome)

Well with fall just around the corner it's that time of the year when we begin to think about our students returning to school after a long summer break and moose hunting of course. To all returning students on behalf of the Council and myself, I wish you all a successful school year.

To our many hunters, I respectfully ask that you be safe when hunting and only take what you need to feed your families. The wardens will be out again this year checking all hunters including our Members and they will be targeting hunting at night, if you are caught hunting at night, the Council **will not** be defending these charges. If you are stopped, simply provide your status card when requested and they will just take the information and you should be on your way. Don't hesitate to contact me directly if you need assistance. Good luck and I hope you are successful in your hunt.

In closing I want to advise the community that I will be presenting before the Viens Commission on September 16th, which is looking at racism and discrimination in Public Services delivered by the Province of Quebec. I, along with Health Director David McLaren, will present on the challenges with accessing services in English and getting services on-reserve. We will also address the changes which force our Members to go to hospitals in Quebec when for many years we were better served by being allowed to access services in Ontario. I will also address the issue of underfunding our Police Service and discriminating against our Officers who are paid much less than their SQ counterparts. I will also be addressing the challenges of getting appropriate Mental Health Services for our population.

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



Drum Making Workshop

The Education Department held a Drum Making Workshop on August 22nd, 23rd and 24th.

This was hosted by band member, Rodney St-Denis.

Thank you to the everyone who came out to participate in this workshop.



School-Age Family Science Trip to Toronto

61 people, which was comprised of 15 families, attended the 3 day trip to Toronto, Ontario. We visited several of Toronto's attractions; such as, Ontario Science Center, Royal Ontario Museum, CN Tower, Ripley's Aquarium and Wonderland. It was a lots of fun and a great opportunity for children to see some of Toronto's best attractions.

Thank you to the everyone who participated in this trip.

Rose Jawbone - Education

IMPORTANT NOTICE

FOR PARENTS

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

If you have a child or children attending school

(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



**COMMISSION SCOLAIRE WESTERN QUÉBEC
WESTERN QUÉBEC SCHOOL BOARD
ATTENDANT TO THE HANDICAPPED
25 HOURS PER WEEK – END DATE June 22, 2018
G. THEBERGE SCHOOL**

Nature of the Work

The principal and customary work of an employee in this class of employment consists in assisting handicapped students in participating in activities related to their schooling. He or she assists a student in moving from one location to another, ensures his or her well-being, hygiene and safety according to the instructions received in keeping with the individualized education plan.

Characteristic Functions

- The employee in this class of employment assists the student in moving from one location to another; pushes his or her wheelchair, helps him or her to change position and, if necessary, to transfer to another chair. For the student's added comfort, he or she helps him or her drink and eat during snacks and meals and, if necessary, reheats foods; helps him or her get dressed and undressed. He or she ensures the student's personal hygiene; helps him or her wash; helps him or her in the washroom; if necessary, changes his or her diaper and washes him or her. He or she ensures the student's safety when getting off and on vehicles;
- He or she assists teachers in conveying to students basic concepts regarding cleanliness, dressing, drinking and eating. He or she helps students to use or, handles for them, the materials and objects necessary for preparing and carrying out pedagogical and student activities. He or she may be required to accompany a student to physiotherapy, occupational therapy or body and muscle relaxation sessions;
- He or she records observations concerning a student's needs and behaviour and may be required to inform teachers, parents and other designated staff and give his or her advice on the measures specified in the individualized education plan;
- He or she supervises students during recess, meal periods, naptime and recreation time and accompanies them to the pool. He or she helps them to understand and respect school rules;
- If necessary, he or she administers medication according to medical requirements and the school policy in effect and to the parents' instructions; administers first aid. He or she takes the necessary measures to help the student calm down following a fit while ensuring his or her own safety and that of others;
- He or she washes and, if necessary, disinfects articles of clothing, dinnerware, tables, orthotic devices and material used for student activities;
- He or she may be required to use a computer and the necessary software to perform his or her duties;
- If need be, he or she performs any other related duty.

Required Qualifications

Hold a Diploma of Vocational Studies in Assistance in Health Care Facilities or a Secondary School Diploma or a diploma or an attestation of studies recognized as equivalent by the competent authority, and have one (1) year of pertinent experience in those areas requiring self-discipline, general concepts in psychology and human relations skills.

Other Requirements

- Hold a certificate dated no more than three (3) years attesting to the successful completion of:
 1. a standard first aid course of a minimum eight (8)-hour duration;
 2. a refresher course of a minimum six (6)-hour duration updating the skills acquired in the course mentioned in subparagraph 1.

Working Conditions

Salary: \$17.26 – \$19.96 per hour (based on qualifications and experience).

**APPLICATIONS MUST BE SENT TO:
aboone@wqsb.qc.ca**

by 4:00 p.m., September 15, 2017

Subject: Attendant to the Handicapped - 25 hours G. Theberge

Att.: Allison Boone, Principal

Only those candidates chosen for interviews will be contacted.

Priority will be given to Kebaowek Band Members



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.



On Saturday August 19th, 2017, the Mayor of Ville Marie, Bernard Flebus and his daughter Anaïs won a Pastry Contest at the Foire Gourmande in Ville Marie, Quebec. They won with a recipe that was given to them by Kebaowek Band Member, Vicky Young.

Vicky shared her recipe and gave a cooking lesson for making the fried bannock. During the contest Bernard explained that this is a staple often made and served by First Nation's people.

Bernard and Anaïs would like to say "Thank You" their super bannock teacher Vicky Young.

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: July 9th - August 5th, 2017	Min. # of Hours Required	Min. # of Weeks Payable
16.9%	21.7%	14.3%	7.8	630	17
Unemployment Rate Stats Can – 1996	Unemployment Rate Stats Can – 2001	Unemployment Rate Stats Can – 2006	Unemployment Rate: August 6th - Sept. 9th, 2017	Min. # of Hours Required	Min. # of Weeks Payable
16.9%	21.7%	14.3%	7.9	630	17

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.



*Jakob McKenzie who has completed his Secondary Five.
Our best wishes in your future endeavors.*

*Jason Young who has completed training for Heavy Equipment.
Best wishes in your future endeavors.*

*Billie Chevrier, Danielle Duguay, Sandra Duguay and Kendra Young
on the completion of the Early Childhood Education Program in July 2017.
Best wishes for all your future endeavors.*

10th Annual Kipawa Countryfest

Wow what can we say... 10 amazing years of Kipawa Countryfest have come and gone already! Thank you to everyone who came out and enjoyed their weekend with us and to each and every one of you for the help you gave to make this weekend event happen! It takes a lot of long hours and hard work to organize and host an event of such a large size and without the help of many people it would be impossible for this weekend to happen. We could definitely use more help in certain areas however we manage to pull together and make it work and at the end of the day when many people are giving us so much positive feedback and telling us that they're looking forward to next year, then all those long hours and hard work is well worth it.

We'd like to express our gratitude to Mary Down for her years of taking on the responsibility of being in charge of the Countryfest security team. We know this is a huge task and sometimes not an easy one especially when it comes to dealing with sometimes difficult people. This year was Mary's last as she decided to retire her position as head of security, we are grateful for all she did and we will miss her.

Another enduring task is camping and we are most certainly thankful and appreciate the long hours that Lynda Chevrier and Stephane Goulet put into registering the campers throughout the year and then parking them when they arrive in

our community, again not always an easy task especially when struggling to find a camping spot for everyone to park. This year we had 170 campers registered (61 more than last year).

We'd also like to say thank you to all the stores and individuals for selling our advance wristbands and our sponsors, prize donations and everyone, who helped out in any way, and without our amazing volunteers, Countryfest would not be possible! We appreciate each and every one of you for a job well done!

The Countryfest continues to grow in popularity and this year we had record-breaking crowds. For many it's a summer highlight especially for one couple as they chose to get married on the festival grounds and have their first dance as husband and wife on the Countryfest dance floor.

Here are a few pictures of our awesome weekend. The official pictures are also posted on the Kipawa Countryfest Facebook page. Once again thank you for supporting Kipawa Countryfest!

**We hope to see you next year for the
11th Annual Kipawa Countryfest
August 17-18-19, 2018!**

Jennifer Chevrier, Tina Chevrier,
Roxane McKenzie, Gail Jawbone



Attention Community Story Tellers/Writers



Kids Short Stories for 6 Children's Algonquin Story Book

The Anicinabe Mikana Cultural Group would like to invite all community story tellers/writers to submit a sample children's short story for an upcoming Algonquin Language Project that would appeal to young children.

Project Background

6 children's stories will be created and requires the assistance of an experienced story teller/writer, to create the story for each book. This book will be printed, targeting young children in school and daycare.

Statement of Work:

If Chosen, artist will be asked to:

- Complete 6 children short stories ranging from 15 to 25 lines in length.

One story teller/writer will be chosen by the Anicinabe Mikana group according to applicants that supply and meet all mandatory requirements.

Should you be chosen for the work:

1. *Your name would be acknowledged as the story teller and a short paragraph biography will be included in the story book.*
2. *All stories that are used for this project will then become property of Anicinabe Mikana*
3. *Be **well compensated** for all your drawings*

Mandatory Requirements to Apply :

- Registered Kebaowek First Nation Band Member
- Sample kids short story that would appeal to young children (could be done in word document or written by hand, etc..)
- For sample story ideas, themes we have in mind for the books are the 4 Seasons (Summer, Winter, Fall, Spring), Family, Friends, Culture, Sports, etc...

Deadline for Submissions:

Received by Friday, September 29th, 2017 at 12:00 pm by mail/delivered or by email:

→ To Anicinabe Mikana at the Kebaowek Band Office or by email at jroy@kebaowek.ca

Should you have any questions, you can contact:

Justin Roy

Tel: (819) 627-3455 or by Email jroy@kebaowek.ca

Attention Community Artists



Illustrations for 6 Children's Algonquin Story Book

The Anicinabe Mikana Cultural Group would like to invite all community artists to submit a drawing for an upcoming Algonquin Language Project that would appeal to young children.

Project Background

6 children's stories will be created and requires the assistance of an experienced artist, to create the illustrations for the story. This book will be printed, targeting young children in school and daycare.

Statement of Work:

If Chosen, artist will be asked to:

- Complete 8 – 10 drawings for each page in the book for 6 books (Approx. 48 to 60 drawings)
- All drawings must be 8.5x11 letter size portrait format
- Illustrations may be high resolution digital illustrations or hand drawn/ hand painted colour artwork.

One illustrator will be chosen by the Anicinabe Mikana group according to applicants that supply and meet all mandatory requirements.

Should you be chosen for the work:

1. *Your name would be acknowledged as the illustrator and a short paragraph biography will be included in the story book.*
2. *All drawings that are used for this project will then become property of Anicinabe Mikana*
3. *Be **well compensated** for all your drawings*

Mandatory Requirements to Apply :

- Registered Kebaowek First Nation Band Member
- Sample drawing, on 8.5 x 11 paper, that would appeal to young children (could be digital drawing, hand drawn, painted, etc..)
- For sample drawing ideas, themes we have in mind for the books are the 4 Seasons (Summer, Winter, Fall, Spring), Family, Friends, Culture, Sports, etc...

Deadline for Submissions:

Received by Friday, September 29th, 2017 at 12:00 pm by mail/delivered or by email:

→ To Anicinabe Mikana at the Kebaowek Band Office or by email at jroy@kebaowek.ca

Should you have any questions, you can contact:

Justin Roy

Tel: (819) 627-3455 or by Email jroy@kebaowek.ca

Kebaowek Fire Department



See if you can find:

- a snake, bat, hot dog, kite, comb, zipper, diamond ring, sneaker,
- ice cream cone, chess pawn, palette, mushroom, pancakes, bowling pin, sand shovel,
- coffee pot, battery, fried egg, football, hockey stick

Snake Alarm Safety Hidden Pics



The name and image of Sparky are trademarks of the IFPA.

Sparky says... "Hear the BEEP where you sleep!"

- ★ Have working smoke alarms on every level of your home.
- ★ Have a working smoke alarm inside every bedroom.
- ★ Have a grown-up test your smoke alarms at least once a month.
- ★ Have a home fire escape plan with two ways out of every room and an outside meeting place.

CHECK OUT SPARKY.ORG FOR MORE FUN!



Downed utility lines, power company blackouts, heavy snow falls or summer storms can all lead to power outages. Many people turn to a portable generator for a temporary solution without knowing the risks.

- Generators should be used in well ventilated locations outside at least 5 feet away from all doors, windows, and vent openings. Measure the 5-foot distance from the generator exhaust system to the building.
- Never use a generator in an attached garage, even with the door open.
- Place generators so that exhaust fumes can't enter the home through windows, doors or other openings in the building. The exhaust must be directed away from the building.
- Make sure to install carbon monoxide (CO) alarms in your home. Follow manufacturer's instructions for correct placement and mounting height.
- Turn off generators and let them cool down before refueling. Never refuel a generator while it is hot.



- Store fuel for the generator in a container that is intended for the purpose and is correctly labeled as such. Store the containers outside of living areas.

Just Remember...

When plugging in appliances, make sure they are plugged directly into the generator or a heavy duty outdoor-rated extension cord. The cords should be checked for cuts, tears and that the plug has all three prongs, especially a grounding pin.

If you must connect the generator to the house wiring to power appliances, have a qualified electrician install a properly rated transfer switch in accordance with the National Electrical Code® (NEC) and all applicable state and local electrical codes.

FACT

- ! CO deaths associated with generators have spiked in recent years as generator sales have risen.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

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

Handicraft Sessions

Starting Tuesday September 19th !!

Every TUESDAY from 6:00 p.m. until 8:00 p.m.

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.

NOTICE FROM THE FIRE DEPARTMENT



FOR SALE!

If you are interested in a Smoke Alarm for your cottage, we can now order the 3-in-1 battery operated, **Smoke Alarm, Carbon Monoxide and Propane.**

Cost is \$69.00

Call Roxane at the Band Office
819-627-3455 and leave your name.

Thank You

Thank you for all your continued support throughout the summer !!

Kipawa Bait and Tackle

MIGIZY ODENAW CHILDCARE CENTER



SPACES AVAILABLE AT
MIGIZY ODENAW CHILDCARE
CENTER



FOR MORE INFORMATION
PLEASE CALL 819-627-1000
ASK FOR PATTY OR KIM
SPACES FILL UP FAST !!

Bingo Night

**Kebaowek
Community Hall**

**Thursday
September 21st, 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 !!**

Community Notices

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 SEPTEMBER DEADLINE FOR
NON-RESIDENT FEES TO BE REIMBURSED
IS SEPTEMBER 28TH AT 12:00 PM**



Camp for Sale in Mongo Bay



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

**Call
819-627-3780**

Congratulations

Congratulation to Laura Moore on receiving her BA in Sociology with Certification in Health and Gerontology.

So very proud of you !!

Love your Family



Scentsy
INDEPENDENT CONSULTANT

Ask me for a catalogue

Scentsy
INDEPENDENT CONSULTANT

Amanda Joly
YOUR SCENTSY CONSULTANT

705-477-7490
Amanda.Joly25@gmail.com
amandajoly.scentsy.ca

Fall IN LOVE...
Orders: September 11 and September 25

Wishes for the Month of September



There's 2 to kiss and 2 to hug,
and best of all, there's 2 to love !!
Happy 4th Birthday to our loving
twin boys Kobe and Keshon !!

Love Always,
Mommy & Daddy xoxo



Happy 4th Birthday
to the bestest big brothers
that a sister can ask for !!

Love Always, Kaylee
xoxo



Happy 4th Birthday to
Papa's little buddies !!
Have a great day you 2 !!

Love Always, Papa
xoxo



I would like to wish the
Love of my Life
a Happy 5th Anniversary

Love your husband, Jungo
Always and Forever



Happy 89th Birthday
to our Mom (Sylvia Joly)
on September 9th !!

Love from your
Family, Grandchildren and
Great-Grandchildren xoxo



I would like to wish my wife, Cary
a very happy birthday !!
She celebrates her special day on
September 14th !!

Love your husband, Jungo
xoxo



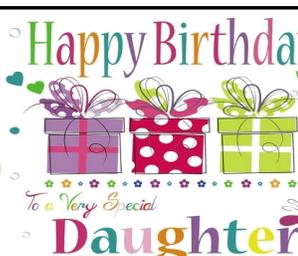
Happy Birthday to our
Mommy, Kayla who
celebrates her special day
on September 12th !

Love Kaylee, Keshon & Kobe
xoxo



We would like to wish
our Mom, Cary
a very Happy Birthday !!

We love you !!
Stephen, Adam and Noah
xoxo



Happy Birthday to my daughter
Kayla on September 12th !!

Love Dad
xoxo



We are proud to announce that our
son Noah was promoted to
Foreman at CUNA Railway !!

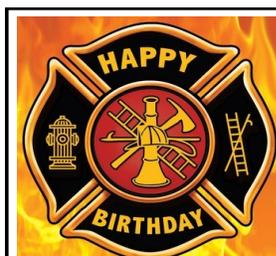
Way to go, keep up the good work !!

Love Mom and Jungo



Happy Birthday
to my wonderful wife Kayla
on September 12th !!

Love Always, Lucius
xoxo



Happy Birthday Wishes to ...

Shelly Grandlouis - September 3rd
Collin McKenzie - September 18th
Ronnie Raymond - September 25th
Dylan McKenzie - September 27th
From your Fire Department Team

An Update from the Health Director

August Meetings

- PDG and Liaison Meeting at CISSSA-T
- Reserve Expansion Meetings with the Municipalities of Temiscaming and Kipawa
- Conference call with Coalition for English FN's

Upcoming in September

- Onimiki Project conference call update
- FNQLHSSC BOD Meeting
- CISSSA-T BOD Meeting
- Coalition for English FN's of Quebec Meeting

Files in Motion

- New Health & Wellness Center Business Development Plan
- Onimiki PR campaign to continue
- 5 Year Health Plan renewal and evaluation analysis
- Community Annual Report completed

The business of the job was dampened somewhat with the holiday period for which I took 2 weeks in Hunters Point to recharge the batteries. At the Health Center, we were able to operate close to normal this summer despite of temporary illness and employees taking their well-deserved holidays. Final adjustments were done to our 5 Year Health Plan Evaluation so now we are just waiting for the document to come back from graphics and printing. Distribution to the public will be done sometime in September.

With changes in the recent Federal Government shuffle that put an emphasis on First Nations, we will be informing you as soon as we here more on the

impacts these changes will bring. Here are a few lines from Justin Trudeau's press conference.

At a news conference held after the announcement: Trudeau said this means the government will hold extensive consultations as it moves through the restructuring process. This dissolution of INAC will be staged," A key part of Bennett's new mandate will be to lead a consultation process on how to replace INAC with two new departments, Trudeau's office said. At the same time, Philpott will focus on improving the quality of day-to-day services provided to First Nations, Inuit and Métis.

On a Council Note

Your Chief and Council presented our Reserve Expansion Project to both municipalities in August. We are hoping that they will be in a better position to present our case to their population in order for a favourable outcome. More maps need to be developed and our Council will be presenting to the people of Kipawa on September 11th.

Best of luck this fall to all the moose hunters.

David McLaren - Health Director

Quotes on Change Management

Any change, even a change for the better, is always accompanied by drawbacks and discomforts.
~ Arnold Bennett ~

He who rejects change is the architect of decay.
~ Harold Wilson ~

WOODY'S WALK

THURSDAY OCTOBER 5TH, 2017

Luminaries can be purchased in advance at Health Centre/Band Office for \$2.00 beginning Tuesday September 5th, 2017.

More details will follow on the Kebaowek Health and Wellness Facebook Page and Community Notices.

Come out, bring your spouse, children, grandchildren and friends, to show your support for those who are cancer survivors, currently fighting cancer or in memory of those who have lost their battle.

Medical Transportation and NIHB

September 2017 - Medical Transportation After Hours Pilot Project

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

SEPTEMBER MONTH END DEADLINE: SEPTEMBER 28TH AT NOON !!
Claims received after this date will be processed in the following month.

Eagle Village Health Centre
 3 Ogima Street
 Eagle Village First Nation
 Kipawa QC J0Z 2H0
 Tel: (819) 627-9060 Fax: (819) 627-1885

MEDICAL VISIT ATTESTATION

This is to certify that _____
 was here to receive professional services from _____
(Name and Title of Professional)
 at _____
(Address) (Date) (Time)

Professional or Delegated Authority Signature
 Signature du professionnel ou personne autorisée

Please affix your official stamp.
 S.V.P. veuillez apposer votre estamp.

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,

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.

September 9th is Fetal Alcohol Spectrum Disorder (FASD Awareness Day) Here is some information to bring awareness to you about what FASD is.

What is FASD?



FASD is a brain injury that can occur when an unborn baby is exposed to alcohol. It's a lifelong disorder with effects that include physical, mental, and behavioral and learning disabilities. These can vary from mild to severe.

FASD is the leading known cause of preventable developmental disability in Canada. The number of people who have FASD is not known in Canada or anywhere else in the world. This is because FASD is difficult to diagnose and also because it often goes undetected.

However, based on studies conducted between 1985 and 1997, an estimated 1% of Canadians (360,000 people) have FASD. More recent studies from the US and other Western European countries of first grade students estimate that between 2 to 5% have FASD.

What causes FASD?

FASD is caused when a mother drinks alcohol during pregnancy. FASD is not hereditary.

Alcohol is known to harm the normal development of cells. If you're pregnant and drink alcohol, it passes into your developing fetus. This can cause harm to the baby's brain and body.

The impact of alcohol on a developing fetus is influenced by the:

- amount (how much you drink at once)
- frequency (how often alcohol was consumed)
- timing (when alcohol was consumed in pregnancy)

It can also be affected by other factors such as:

- stress
- the mother's age
- nutrition of the mother
- smoking or other drug use

What are the signs and symptoms of FASD?

Each unborn baby will be affected by alcohol differently. This means that each person affected by FASD will have their own unique set of challenges and strengths. FASD is often called an invisible disorder because the majority of people with it have no outward signs of disability. Their learning and behavioral challenges are often mistaken for other disorders or problems. People with FASD may have an IQ ranging from low to high, so IQ isn't an indicator of FASD. Some babies are born with facial features that are characteristic of FASD. These features only occur when a fetus is affected by alcohol at a particular stage in pregnancy. Only a small number of people with FASD will have these features. The features include:

- thin upper lip
- little or no groove or ridge between the nose and upper lip
- small eyes or shorter distance between one corner of the eye to the other

For all individuals with FASD, there will be different degrees of brain damage. Signs of this may include problems with:

- learning
- memory
- attention
- language
- social skills
- motor skills
- controlling behavior
- reasoning and judgment
- academics like math and reading

Someone with FASD may also experience physical impairments, such as problems with their:

- vision
- kidney
- hearing
- heart and bones

In everyday life, problems with behaviors may

look like:

- being impulsive
- acting out from frustration
- not understanding consequences
- being unfocused and easily distracted
- difficulties with keeping up with classroom learning
- forgetting how to do something they've done before
- a hard time with handling money or learning how to tell time

Should you get diagnosed for FASD?

You may be concerned about FASD possibly affecting:

- yourself
- your child
- someone you care for

If you are, you should speak to your health care provider about getting a referral to a specialized expert in FASD.

How is FASD diagnosed?

Diagnosing FASD can be difficult. This is because there's no single or simple test that can cover the wide range of signs and symptoms. FASD is usually diagnosed by a team of health professionals, which may include:

- a physician
- a psychologist
- a social worker
- an occupational therapist
- a speech and language specialist

They will gather a lot of information and do tests. This will determine if a person has FASD and what their functional weaknesses and strengths are.

A diagnosis is helpful so that people can get relevant and targeted services and supports, including financial support where available.

It can also be comforting for individuals and

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their families to know:

- what's behind the behavior and feelings
- that the parents or caregivers haven't done anything wrong

An early diagnosis followed by appropriate interventions and support help to minimize the disabilities associated with FASD.

What is the health conditions associated with FASD?

Specific birth defects and the degree of the disability depend on:

- the health status of the pregnant woman
- how often a woman drank during pregnancy
- how much alcohol a woman drank during pregnancy
- other risk factors such as the mother's nutrition and age, and if she smokes

Primary disabilities are the conditions that someone is born with as a result of the prenatal brain damage. These include the physical impairments, as well as the learning, behavioral and mental problems.

When someone does not receive a diagnosis and the appropriate support, they will have a greater chance of developing secondary conditions. These are problems that occur as a result of not effectively managing the primary conditions. Secondary disabilities include:

- homelessness
- trouble with the law
- mental health problems
- difficulty with daily living
- disrupted school experiences
- problems holding on to a job
- problems with alcohol and other drugs

Because people with FASD do not usually have any outward signs, there's often confusion or misdiagnosis related to the symptoms. It's more likely that a child with a short attention span is diagnosed with attention deficit hyperactive disorder (ADHD) rather than FASD. If the treatment is for ADHD, it may not be effective since it wouldn't address the underlying brain damage caused by alcohol.

Someone with FASD may have other health conditions associated with their FASD. More than 400 other health conditions are related or

occur together with FASD. They can affect almost all systems in the body. The conditions found most often in people with FASD are problems with:

- behavior
- communication
- attention and hyperactivity
- physical and mental development

How can FASD be prevented?

If you're planning a pregnancy, the best thing to do is to stop drinking alcohol in advance of your pregnancy. If you aren't planning a pregnancy, you can help prevent FASD by properly using:

- condoms
- contraceptive pills
- other contraception

Some pregnancies are not planned, and you may have been drinking alcohol before you knew you were pregnant. Once you find out you're pregnant, it's best to stop drinking alcohol immediately. Every day without alcohol makes a difference. If you're concerned about the risks to the fetus, it's best to seek the advice of a health care provider.

If you're a partner, family member or friend, you can support a pregnant woman by:

- not drinking
- encouraging her not to drink alcohol while pregnant

Who is at risk?

FASD can affect anyone. No single group has been proven to be at higher risk for drinking alcohol during pregnancy than any other group.

There are many reasons why women may drink during pregnancy:

- Because up to 50% of pregnancies are unplanned, they may drink before they know they are pregnant.
- They may have problems quitting because of addiction issues.
- They may use alcohol to cope with trauma or violence.
- They may not be aware of the risks of alcohol use during pregnancy.

What types of prevention programs are available?

If you think you drink too much or others have suggested you do, you should seek help from your:

- Doctor, Community Health Nurse, Midwife or other Health Care Provider
- Local Public Health Unit, Community Health/Resource Centre or Friendship Centre
- Provincial or Territorial Ministry of Health, or Health and Social Services

In First Nations and Inuit communities, contact your:

- Health Centre
- Nursing Station
- Community Health Nurse
- Addictions and Treatment Programs

If you're unsure if you have a problem with alcohol, Canada's Low-Risk Alcohol Drinking Guidelines indicate what amounts of alcohol are considered moderate. They also outline situations when you should not drink at all, including while pregnant or planning a pregnancy.

What kinds of support can help people with FASD?

FASD is a life-long condition. However, with appropriate interventions and support, people with FASD can be successful in many areas of their lives. It's most helpful to intervene as early as possible and get a diagnosis. This can improve:

- self-esteem
- self-awareness
- daily functioning like cooking and hygiene
- adaptability like learning how to cope with new situations

Programs and supports are available for people diagnosed with FASD, including:

- Physicians and Pediatricians
- Speech and Language Pathologists
- Occupational Therapists
- Psychologists and Psychiatrists
- Physiotherapists
- Social Workers
- Educators
- Training for parents and caregivers

Addictions & Wellness

Physicians and Pediatricians

Physicians and pediatricians can refer someone to a specialist or they can provide a diagnosis. They will:

- recommend appropriate ways to address health care issues
- arrange for medications that are appropriate for the diagnosis and its symptoms, such as: anxiety, attention deficit hyperactive disorder (ADHD)
- Speech and language pathologists
- Speech and language pathologists help people develop their verbal and social communication abilities.

They can help people:

- speak more clearly
- use words appropriately in phrases or sentences
- improve speech and language delays and weaknesses
- develop communications skills, such as waiting for the right time to speak, some people who are affected by FASD may seem to speak well.

Others may have problems:

- speaking clearly
- finding words to use in sentences
- understanding what's being said to them

Occupational Therapists

Occupational therapists help teach daily life skills to people with FASD. This helps improve their ability to perform everyday activities. Depending on the person's abilities and weaknesses, the therapist can help them:

- work on motor skills, such as working with:
 - their hands or fingers
 - strength, balance and coordination
- develop skills to look after themselves (self-care)
- develop memory, organizational and coping strategies
- improve their social and emotional abilities, including how to:
 - self-calm (or calm down)
 - increase attention and focus
 - give people appropriate space
- adapt to sensory sensitivities, such as being overly sensitive to clothing tags or loud sounds

Psychologists and Psychiatrists

Psychologists and psychiatrists treat the emotional, social and psychological challenges that people face. They can help someone with FASD understand how and why they think, feel and behave the way they do. They will help individuals develop:

- social skills
- self-awareness
- self-confidence
- coping mechanisms, such as breathing exercises

They also address problems with mental health, such as:

- anxiety
- depression
- behavioral issues

Physiotherapists

Physiotherapists help individuals to develop and maintain physical movements, including:

- balance
- strength
- coordination

Social Workers

Social workers work with the family or individuals to help understand the impact of FASD on the family. Social workers can provide counseling and help families:

- access financial assistance
- connect with community resources

Financial Support

Families or individuals can contact the following websites or offices to get information on financial assistance.

- Child disability benefit
- Registered disability savings plan

Educators

At school, parents and staff can develop an individual education plan (IEP) to help support and structure a child's learning. The plan will identify the areas in the school curriculum and environment that can be changed or adapted. These changes aim to help a child living with FASD succeed academically.

Parents, Families and Caregivers

FASD can be a challenging issue for parents, family members and caregivers, and they need support as well. Training and community-based programs are available to help them understand more about:

- FASD itself
- strategies to best support someone living with FASD
- how to help someone living with FASD care for themselves

For more information:

Ontario

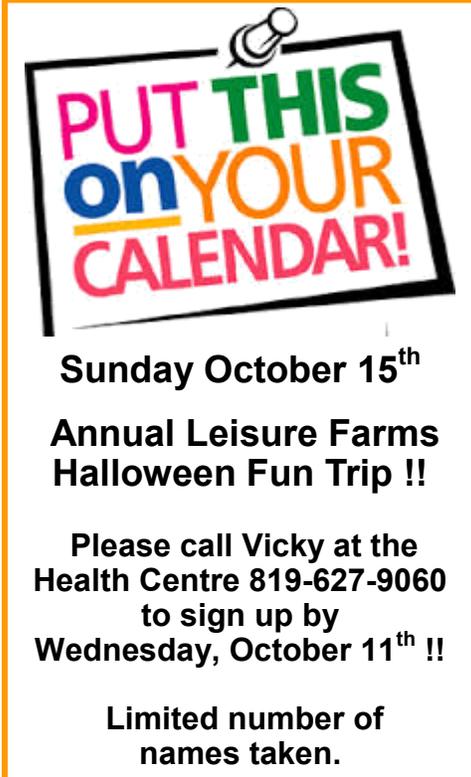
- FASD One: Fetal Alcohol Spectrum Disorder Ontario Network of Expertise
- Best Start
- Centre for Addiction and Mental Health
- Lutherwood: Fetal Alcohol Spectrum Disorder

Quebec

- Syndrome d'alcoolisation fœtale Québec (only available in French)

Source:

<https://www.canada.ca/en/public-health/services/diseases/fetal-alcohol-spectrum-disorder/health-professionals.html>



**PUT THIS
on YOUR
CALENDAR!**

**Sunday October 15th
Annual Leisure Farms
Halloween Fun Trip !!**

**Please call Vicky at the
Health Centre 819-627-9060
to sign up by
Wednesday, October 11th !!**

**Limited number of
names taken.**

Annual Hunter's Point Camping Trips

Attached are photos of the Annual "Youth Diabetes Summer Camp" once again it was nothing short of a success. Both age groups participated in a variety of physical activities, while eating healthy meals and snacks. And this year we were joined by **Erica and Karleigh Miness** who are both enrolled in University to become Nurses, it was truly a pleasure to have them attend, they are outgoing, encouraging and supportive, and participated in every activity that Mitchell organized, they also had prepared several presentations concerning topics of healthy living and the importance of staying healthy, these young ladies were absolutely amazing and we wish them well in their upcoming school year, where they are following their dream.

Although the activities varies for the ages groups, our biggest focus is on physical activity and healthy eating, thus you will notice the pictures of the annual canoe trip, where they prepare to leave just after breakfast for a day long trip of portaging and canoeing, followed by a shore lunch. It seems that many youth tend to get distracted by technology and lose interest in physical activity however they really look forward to this trip, and that in itself says a lot for reaching our goals for promoting being physically active.

Just to give you an idea of what we do, below is a sample of what is planned out and displayed on our daily activity board; (They begin their day anywhere around 6:30 am to 7:30 am depending on the age group)

- Breakfast
- 8:00 am - Board games
- 9:00 am - Swimming, paddle boat, canoeing, kayaking
- 10:00 am - Snack
- 10:15 am - Game of capture the flag
- 11:15 am - Swimming, paddle boat, canoeing, kayaking
- 12:00 pm - Lunch
- 1:00 pm - Dodge ball
- 2:00 pm - Swimming, paddle boat, canoeing, kayaking
- 3:00 pm - Snack
- 3:15 pm - Scavenger hunt
- 4:00 pm - Swimming, paddle boat, canoeing, kayaking
- 5:00 pm - Dinner
- 6:00 pm - Board games
- 7:00 pm - Volley ball
- 8:00 pm - Game of man hunt
- 9:00 pm - Outdoor fire with snacks/ story telling/games/relaxing
- 10:00 pm - Bedtime for little ones and movies for older age group

Depending on the weather the swimming times always remain the same to help cool down, however the physical activity games change daily. I believe that we are making a difference, and the youth truly enjoy this trip.

And this would not be possible without the help of the Health Centre, Keboowek Band and of course Health Canada, so THANK YOU for making a difference in the lives of our youth.

Mitchell McMartin
Sports & Mentorship Coordinator

Virginia McMartin
Diabetes/Chronic Disease Coordinator



Employment Opportunity

KEBAOWEK FIRST NATION JOB POSTING (Term Project)

Title: Community Wellness Worker

Hours Per Week: 35 hours per week
16 month contract/project

Salary: In accordance to qualifications and experience

Supervisor: First-Line Services Supervisor

Summary:

Under the direction of the First-Line Services Supervisor, the Community Wellness Worker will work alongside Kebaowek Health & Wellness Centre Staff and other community services departments to incorporate cultural programs and services for the Kebaowek Community. The Community Wellness worker is a first point of contact with clients in providing identification/screening and aftercare/follow up and facilitating personal development to clients. The Community Wellness Worker will be responsible for managing a caseload of clients including assessments, individual and group program planning, counselling of individuals and/or families, referral and follow-up to other service systems, and crisis interventions.

Duties (Included but not limited to):

The role of the Community Wellness Worker is varied and involves a mix of interpersonal, administrative and community network. Depending on the setting, daily duties may include:

- To provide education, promote wellness and lead prevention activities in the areas of cultural awareness, food security and mental wellness.
- Willingness to work with individuals, families, seniors.
- Identify people who need help
- Assess clients' needs, situations, strengths, and support

networks to determine their goals

- Develop plans to improve their clients' well being
- Help clients adjust to changes and challenges in their lives.
- Research and refer clients to community resources.
- Follow up with clients to ensure that their situations have improved.

Requirements:

- Post Secondary diploma in Social work.
- A combination of education and experience may be considered
- Experience in group animation and counseling
- Extensive experience working with First Nation Families.
- Must be able to work alone and/or in a team setting.
- Have a high degree of confidentiality and discretion.
- Good communication skills in English with French being an important asset.
- First-Aid & C.P.R
- Criminal record check including vulnerable sectors
- Valid driver's license
- Capable of working flexible hours including weekends

Key Competencies:

- Excellent listening and communication skills.
- Time management and organizational skills.
- Problem Solving Skills
- Critical Thinking skills

Deadline:

Please submit CV and Cover Letter to the Health Centre or email no later than September 29th, 2017 at 12:00 pm.

Attention:

**David McLaren,
Health & Social Services Director
110 Ogima Street
Kebaowek QC J0Z 3R1
Email: dmclaren@kebaowek.ca**

First-Line Services

Wishing our Camp Bear Hug children another great school year!

We want to thank the parents and children who were part of Camp Bear Hug Day Camp. It was such a success and we will miss everyone who shared their summer with us. The children learned and grew together as they experienced and participated in many creative crafts and educational activities. I want to thank our educators who built memorable relationships with the children, each one of them were very special to us and have a special place in our heart.

I'd like to give a big thank you to Chief and Council, as well as all of the visitors who gave their time to share and educate the children. We believe that this summer made a lasting impression on everyone involved!

Michelle, Billie, Jessica and Aleah



On August 2nd, we had a brief presentation on Algonquin History & Culture. I presented a PowerPoint Presentation and played some videos.

The youth that attended were very intrigued by some facts that they didn't know of our Algonquin culture. We all enjoyed scones and chili for lunch. These youth also expressed how proud they are of their culture and how they wish to do more; they especially wanted to build a Wigwam, which a plan is in the works for that. We had 2 participation draws. Candice Sache won a beautiful dreamcatcher, and McKinnley Tepiscum-Moore won a book titled "The Reason You Walk" by Wab Kinew. I believe that this is a great start to culture revitalization within our beautiful community of Kebaowek.

On August 14th, the youth, elders, and kids from the Bear Hug Day Camp went for a little

excursion by Pontoon boats on the lake to the Jawbone's Bay area, and stopped at Squirrel's Island on the way back to enjoy the scenery and have lunch. It was a beautiful afternoon enjoyed by all!

On August 26th, a group of individuals and I traveled to Timiskaming First Nation for their annual Pow Wow. It was such a beautiful sunny, culture-filled day enjoyed by all. It was so nice to see everyone enjoying the dancing and the drumming. A lot of the individuals reconnected with old friends, and said that just going to the Pow Wow made them want to get back into their culture. It made me so proud, and I'm sure a lot of others as well, just to hear this. This cultural outing was a great success. We will definitely be doing more in the future. Being involved in your culture is truly refreshing!

Kayla Lariviere - Youth Cultural Worker



First-Line Services ... Upcoming Activities



Wednesday September 27th

4:30 PM - 6:30 PM

Monday October 16th

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 September 13th !!

Wednesday October 18th !!

**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:
September 9th, October 7th, November 4th**

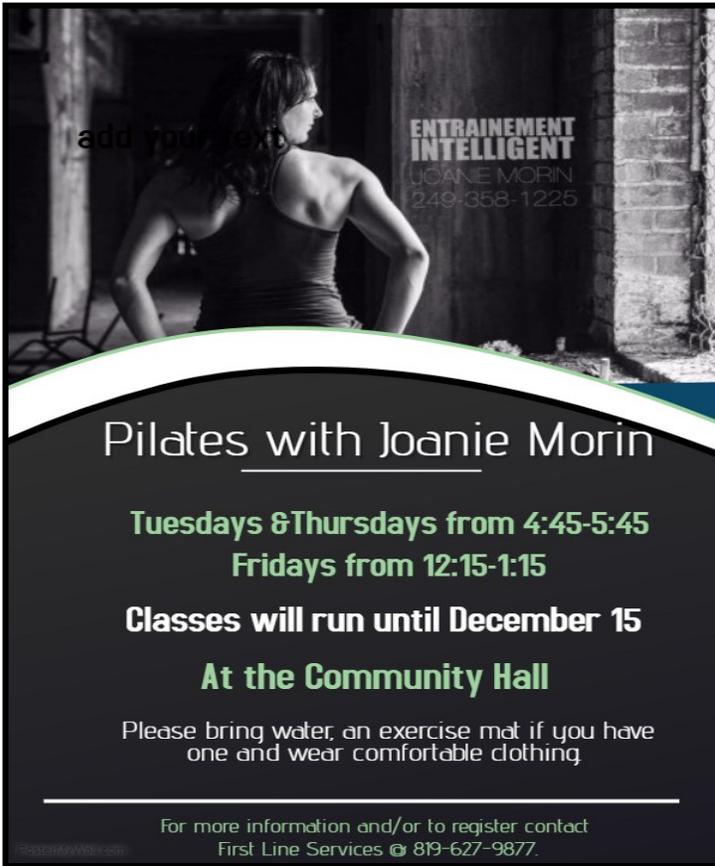
**We will be leaving the Health Center
at 9:00 am**

**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 ... Activities and Information



add you to the list

**ENTRAINMENT
INTELLIGENT**
JOANIE MORIN
249-358-1225

Pilates with Joanie Morin

Tuesdays & Thursdays from 4:45-5:45
Fridays from 12:15-1:15

Classes will run until December 15

At the Community Hall

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

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

NOTICE

There will be no
Women's Paint
Night
for the month of
September.
Classes will
resume in
October.



SENIOR SOCIAL

Thursday September 14th, 2017
1:00 pm - 3:00 pm
(Community Hall)

Thursday October 19th, 2017
1:00 pm - 3:00 pm
(First-Line Services Basement)



Snacks, Tea, Coffee, Water
Cards, Board Games

For more information or if you require
transportation please contact
First-Line Services @ 819-627-9877

THANK YOU

First-Line Services would like to thank the community for their continuous donations to help support our local food bank.

Also, a huge thank you to all of our volunteers! Your kind, warm hearts make a difference to us at First Line and to the community as well.

A little help goes a long way and we truly appreciate all of your hard work.

**Good Luck to our Guardian Angels
Trysta, Jonah, Cameron & Delyssa
in their upcoming school year!
Hope you had a great summer and
we wish you all the best!**

Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SEPTEMBER 2017					1	2
3	4 Labour Day The Band Office and Health Center are closed for the day.	5 HOLIDAYS Vicky Constant	6 Kayla will be in Pikogan for a meeting. (5th - 7th)	7 GARBAGE PICK UP	8	9 COMMUNITY SHOPPING TRIP
10 HOLIDAYS Tina Chevrier	11	12	13 FAMILY MOVIE NIGHT	14 SENIOR SOCIAL RECYCLE PICKUP	15	16
17	18 Kim will be in Quebec City for training. (18th - 22nd)	19 HANDICRAFT NIGHT	20	21 BINGO NIGHT GARBAGE PICKUP	22	23 TEXAS HOLD'EM TOURNAMENT
24	25 Stacey and Michelle will be in Quebec City for meetings (25th - 29th)	26 HANDICRAFT NIGHT	27 COMMUNITY KITCHEN	28 MEDICAL TRANSPORTATION CLAIMS DEADLINE RECYCLE PICKUP	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Darlene and Michelle will be in Quebec City for meetings (3rd - 5th)	3 HANDICRAFT NIGHT	4	5 ANNUAL WOODY'S WALK GARBAGE PICK UP	6	7 COMMUNITY SHOPPING TRIP
8	9 THANKSGIVING The Band Office and Health Center are closed for the day.	10 HANDICRAFT NIGHT	11	12 RECYCLE PICK UP	13	14 TEXAS HOLD'EM TOURNAMENT
15	16 COMMUNITY KITCHEN	17 HANDICRAFT NIGHT	18 FAMILY MOVIE NIGHT	19 BINGO NIGHT SENIOR SOCIAL GARBAGE PICK UP	20 YOUTH HALLOWEEN PARTY	21
22	23 Glenda will be in Montreal for a Regional Meeting (23rd - 26th)	24 HANDICRAFT NIGHT	25	26 RECCYLE PICK UP	27 ADULT HALLOWEEN PARTY	28
29	30 MEDICAL TRANSPORTATION CLAIMS DEADLINE	31 HALLOWEEN	OCTOBER 2017			