



Kebaowek First Nation Mazinaigan

Kebaowek First Nation Community Newsletter

An Update from the Chief

In this month's article I want to focus on the challenges we are encountering as Governments slowly but surely are whittling away our rights on our traditional territory. They have a simple two pronged approach which I will attempt to explain as best as I can. While this explanation is a beginning, it reminds me that we need to have more meetings and I need the people of this community to come out and engage as we need your views, opinions and at some point in the not too distant future, we will need your support to take actions against this constant erosion of our rights. I know this is really boring stuff and most people are not interested, but it for me is the most important work we are doing as a Council, defending the rights and interests of Kebaowek members, because no one else will do it for us.

Where to begin, I guess the best way to start is to tell you how the Governments are taking away our rights. If not eliminated entirely, the Government is using very narrow interpretations of what our rights are. They are doing this in two specific ways, overwhelming amounts of requests for consultations, some of which are extremely complex with very short deadlines (30-45 days at the most) and secondly they are doing it by creating new laws and modifying or tweaking existing laws. Allow me to explain further.

When the Federal or Provincial Governments are developing new laws, modifying existing law, or contemplating to allow promoters and proponents to develop projects on our traditional territory they have a constitutional obligation to consult with our First Nation community. So they send us consultation requests and advise us, that we have in most instances, 30 days to respond to the request. These requests are complex, those coming from the province are usually in French and we have to wait for the courtesy translation of the document. Then they overwhelm us with just the sheer number of requests and they also never attach funding to these requests and many require a review by subject experts, for example, if the consultation is on forestry, we need to work with a forestry engineer, if it's about water or land and animals and their habitat, we engage biologists etc. The Governments know we struggle with these requests as we either have had very little time and capacity to respond and by us not responding they interpret this as us accepting what is being proposed.

The reason I am bringing this to your attention is that we take great pride in ensuring we provide our views and input in those files which are most important to the community and those which will have the greatest impact on our collective rights. I will speak to our collective rights a little further in this article. As I write this article, I can tell you that we are currently be requested to participate in 17 Provincial consultations excluding all forestry requests and another 22 at the Federal level. Many of these requests especially at the Provincial level are related to new laws or modifying existing ones. I will give a few examples as to the type of requests we receive and address. At the Provincial level, Quebec is asking us to participate in consultations related to: (Page 2)

**NEVER GIVE UP ON
SOMEONE WITH A
MENTAL ILLNESS.
WHEN "I" IS REPLACED
BY "WE", ILLNESS
BECOMES WELLNESS.**

-SHANNON L. ALDER

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Wellness Center**
110 Ogima Street
Kebaowek, QC J0Z 3R1
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An Update from the Chief Cont'd

- Aboriginal Community Consultation specific to the Mining Sector
- Draft Regulations respecting the Application of the Environment Quality Act
- Draft Regulations respecting Environmental Assessments
- Bill 161, an Act to amend the Act respecting the Conservation and Development of Wildlife
- Government Direction on Land Use Planning
- Bill 106, an Act to amend various legislations including the Mining Act
- Timber Production Strategy
- Fur Animals Management Plans for 2018-2025 and Black Bear Management Plan 2018-2015
- Bill 102, Modernization of the Environmental Quality Act
- Bill 132, an Act to amend the use of Wetlands and Aquatic Environments
- And the one that aggravates and impacts us immediately is Bill 122, an Act to recognize that Municipalities are local
- Governments and increase their autonomy and powers.

On the Federal side we have:

- Species at Risk
- New Canadian Environmental Assessment Regulations (CEAA)
- Changes to the National Energy Board

I could go on however my point being is each one of these consultations lead to a diminishing of our rights and worse many of these become laws which we must follow even when we don't agree. If not our only other recourse is the court system which is extremely costly. I will give a couple of real examples that are affecting us and our rights. Bill 102 was passed by the Quebec Government in 2016 but only comes into force April 1st, 2018. This law will have huge consequences and we were not consulted before the law was adopted. We have now been asked to provide any comments or concerns with this new law so we had our lawyer attend a meeting as changes to laws are complex and this is the type of expertise we needed on this file. This was on December 6th, 2017, and at this meeting we were given the new law and told we needed to provide comments no later January 10th, 2018. As you know we close the office during the Christmas break and this year we came back to work on January 8th giving us two days to prepare and submit comments. We ultimately sent in a 16 page letter (which I will post on our website) outlining our concerns with this law. In summary here a few points we identified:

- We should have been consulted when the law was being drafted and not after the fact.
- The changes to the law will make it easier for promoters to develop projects on our territory and not necessarily oblige them to consult with us.
- Environmental assessments will be easier for the promoter, as

they can now develop projects in wetlands and other areas where as they couldn't before.

- Any new projects they develop, do not require our free prior and informed consent.
- The Government can delegate its responsibilities for consulting us to the promotor etc. This means in short that they have now made it easier for promoters like mining companies to develop projects on our territory and that they will also be tasked with consulting us.

This law simply makes it easier for companies to develop new or expand existing projects while at the same time opening up other areas once protected from development. As well, with this law, they can change the course a river runs etc, all in the name of development. This law worries us as we all know that Matamic is still alive and our review indicates that they and any other mining companies for that matter will have easier access to the territory with less need to consult us and less need to worry about the environment.

A second example is Bill 122, an Act to give municipalities and the MRC increased autonomy and powers to manage their territory. This law was passed and we have felt the immediate impacts. As you know our members have been building camps and cottages on our territory for years and while this was managed by the Ministry of Natural Resources we never had issues with our camps other than the occasional notice that someone was misusing a member's Band Number to register a camp. In 2016, the responsibility to manage the territory was transferred to the MRC and they did an inventory of every camp and dwelling on the MRC territory including camps and cottages belonging to Kebaowek members. Shortly thereafter, members began receiving tax bills from the MRC and the School Board and of course they came to see us to find out what was going on. We met with the MRC and found out that in the law, the MRC was given powers to tax all camps including First Nation camps. We advised them that this was unacceptable and we would challenge these assessments and tax bills. The MRC advised us that there was an exemption for First Nations camps in the law but the MRC was not able to distinguish between a non-native camps or native camps even though in most instances our members had their Band Numbers displayed on their camps and in many cases the same Band Number was being used on more than one camp. We continued our discussions and finally we agreed that the way around this was for us to develop and issue our own Registry Certificates proving the camp belonged to a Kebaowek member. This was agreeable to the MRC and they stopped sending notices. Fast forward to fall of 2017 after the Municipal Elections in Quebec, the MRC had a newly elected Prefet and wouldn't you know it, our members began to receive tax bills once again and even worse, they received a letter stating their camp would be sold on March 8th, 2018 for non-payment of back taxes. This is totally unacceptable and we called the Prefet to find out what was going on and we were advised that the MRC now had the power to tax all camps including First Nations. We reminded them of the exemption in the law and further that, we explained that we thought this issue was previously (page 3)

An Update from the Chief Cont'd

resolved. They confirmed the exemption but in the law it states that the camp must be recognized by the First Nation and that it was to be used for trapping and not hunting, fishing or gathering. We immediately advised them that these are camps for the exercising of all our rights, not just trapping and our Registry Certificate clearly states that it to be used for exercising all our rights. They then advised us, and from reading the law ourselves, that the camps were exempted from taxes if the value of the camp was less than \$26,500. The MRC has done assessments on all of our member's camps and if the evaluations of those camps exceeded \$26,500, the MRC and the School Board were then entitled to send a tax bill. The problem is that the camps are actually worth anything as you cannot sell the camp to a non-native because the land has no lease. Comparing and evaluating our camps in the same way they do for the non-native folks is both wrong and unfair. It does not recognize that all this land belongs to us and that we never gave up that right and that the MRC is taxing us for using our own territory. This is just not right, therefore we have taken a two pronged strategy. First we filed an appeal with the courts saying there is a problem with evaluation process to determine the value of our camps. It should not be the same process used for non-natives. We need our day in court to explain our member's rights and how we see things. Secondly we have a meeting next week with the MRC to try and find a solution. The only solution we will accept is to continue to register our camps under our own registry system and that our members be exempt from any form of taxation. In the event this fails, then we will proceed to ask for a meeting with Quebec and in particular with Ministers Kelly and Blanchette to try and find a political solution. If this fails, we will have no choice but to go through the court system to protect the rights of our members.

Although we have taken on two individual cases, we have done so to protect the rights of all members who may be affected by the application of this law. This case is bigger than one individual or family, this is about our collective rights to hunt, fish, trap and gather and to occupy our land. These collective rights belong to the Nation and the individual First Nation communities. Although these rights are exercised by the individual members of each community, an attack like taxation to individuals, is an attack on our collective rights and we must do everything in our power to protect those rights from being taken away or diminished. All of the examples I have listed in this article, is what the Governments are doing, they are slowly but surely trying to eliminate or diminish or give a very narrow interpretation of our rights. They are accomplishing this through new legislation and modifying existing laws and as a Chief and Council this is our major responsibility. I spend most of my time doing this by reading the material, prioritizing the consultations and then identifying the resources we need to be able to respond and provide our views and concerns and finally delegating the work to make sure we are on top of everything happening. When required, I attend trainings to better understand the issue or attend meetings where the topic will be discussed and I make sure I have a position such as the one taken in regards to Kebaowek being opposed to any and all mining on our traditional territory. We also send in briefs, positions

etc., which I am happy to post on our website so people can read for themselves because unfortunately the task is too overwhelming to send a copy to each and every household.

An important reason for raising the issue of collective rights is that the Governments are telling us that some of these changes are a result of our members abusing their individual rights this includes multiple camps with the same Band Number, members who over fish and over hunt and then sell their catch. The Government attacks our collective rights because it is easier than attacking the individual who is abusing their rights. This is why at some point it will be very important as a community to manage our own affairs and eliminate this type of abuse of rights. We must remember that individual members would have no rights at all if it wasn't for collective rights. We need to ensure that we do not give the Government more reason and ammunition to continue to attack and try and diminish our collective rights. This is what I would like to discuss with the community, do we continue to fight or do we just roll over and let government do what it wants? I am of the opinion, that we must fight to retain what we have left and further to develop our own rules and laws so that we can stand up and tell all levels of Government we can govern ourselves based on rules and laws developed by the community for the community. It is a monumental task but we need to start somewhere or risk having someone else telling us how and when and where we can exercise our rights. I would like to hold a community meeting before the end of February to discuss this issue, the consultation overload and any other topic you the members, will want to discuss. A notice will be sent out advising of the date and time of meeting once a date has been selected. Hopefully we will be able to give an update on the camp taxation file at the same time.

In closing I want to bring to your attention two points:

We have been advised that Quebec has passed a law creating a new gun registry and that we will be impacted. We are supposed to be getting a briefing at our next Chiefs Meeting on February 13-16, 2018. I will be advised as to what it means for us and of course we will also have a legal opinion done. Hopefully I will be able to brief members at the upcoming community meeting.



We were offered the opportunity to purchase the church in Hunters Point and we have advised the Parish that we accept their offer. We are currently awaiting information on how this will be done. We plan to send someone to assess the building, prioritize the work that needs to be completed before the Church falls down. We would like to get the community involved to help fundraise so we can continue to fix up and preserve the church as it is an important and sentimental part of our history and community.

Chief Lance Haymond



Another fun night of painting with Local Artist, Joanne Abbott, was very successful. This group's talent for painting ranged from true beginners to fairly talented amateur painters. It was a great evening for all who participated. Joanne is able to walk even the most basic painter through the process to allow for some quite amazing results.

We will hold another standalone session in March 2018. Please check the next Newsletter for the date and time. If you wish to participate please contact Rose Jawbone at 819 627 3455 or send an email

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)

Unemployment Rate Stats Can – 1996	Unemployment Rate Stats Can – 2001	Unemployment Rate Stats Can – 2006	Unemployment Rate: Dec. 3rd 2017 - Jan. 6th, 2018	Min. # of Hours Required	Min. # of Weeks Payable
16.9%	21.7%	14.3%	7.1	630	17
Unemployment Rate Stats Can – 1996	Unemployment Rate Stats Can – 2001	Unemployment Rate Stats Can – 2006	Unemployment Rate: Jan. 7th - Feb. 10th, 2018	Min. # of Hours Required	Min. # of Weeks Payable
16.9%	21.7%	14.3%	6.5	665	15

NOTE Since July 3rd 2016, the number of hours required to qualify to EI is now the minimum requires by economical region. If you apply for special benefits, you will need 600 hours of insurable work. It is strongly recommended to check with your local Service Canada Center for the minimum number of hours required to qualify. Updated and revised on January 9th, 2018 by the **First Nation Human Resources Development Commission of Quebec (FNHRDCQ)**.



**Congratulations to
Shawntelle Clark**

on the successful completed the
training requirements for:
Correctional Officer

Ms. Shawntelle Clark is working for the
Toronto South Detention Centre
and Kebaowek First Nation proudly
wishes her the very best in her new job.



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.

VISION - TRAVAIL

Employment Councillor Mr. Oli Ogogo, 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.

TRAINING OPPORTUNITY

ATTENTION KEBAOWEK FIRST NATION COMMUNITY MEMBERS

ARE YOU INTERESTED IN HANDICRAFT TRAINING?

Looking for a new opportunity? Contemplating a change of career? Interested in something new? Kebaowek First Nation is looking into providing a training to its members to make Native Handicraft (Mitts, Moccasins, Dream Catchers, etc). We believe that there is an opportunity to train our members to learn basic and advanced craft making. With the creation and opening of Opemican Park, these visiting tourists will be looking for authentic and handmade crafts made by Algonquins.

It is our hope that upon completion the trainees will have acquired the necessary techniques and will be able to produce beautiful handmade crafts to be sold to the park showcasing our cultural designs.

- We have 12 seats available for this training.
- Participants must commit to 35 hours a week to learn the techniques.
- Training will be for a 26 week period.
- Start date will be given once we know that we have our required number of participants and the necessary budgets.

If you would be interested in taking this Handicraft Training, please contact Roxane McKenzie at the KFN Band Office 819-627-3455 or rmckenzie@kebaowek.ca. Your name will be added to our list of "People Interested". If you have any questions or require more information please do not hesitate to contact Glenda Moore at the KFN Band Office gmoore@kebaowek.ca or 819-627-3455.

Please submit your name no later than Friday February 16th, 2018. This will give us the number of interested participants and allow us to move towards a start date.



Kebaowek CPP Program ... Meeting Update

Kebaowek CCP Christmas Dinner/Meeting December 14th, 2017 5:00 pm - 7:15 pm

1. Welcoming Address by Kim Chevrier & Opening Prayer by Rodney St-Denis
2. Christmas Banquet Dinner courtesy of Carolyn Pariseau
3. CCP Logo Unveiling & Description & Speech by Sam Green
4. CCP Group Discussion with CCP Committee Members
5. Draws for Door Prizes, Gifts & Completed Questionnaires On-Site
6. Closing Remarks & Prayer by Joan St-Denis

Welcoming & Opening Prayer (5:00 pm - 5:15 pm)

Kim Chevrier chaired the Comprehensive Community Planning Christmas Meeting to welcome all to the first annual CCP Christmas Dinner and Meeting. The meeting started with Kim requesting all present to please stand while Rodney St-Denis offered a beautiful opening prayers wishing all families, friends and community members a safe and happy holiday season. They conveyed their gratitude towards all those who could attend the meeting.

Christmas Dinner (5:10 pm - 5:45 pm)

A Christmas dinner was cooked and served that included all the holiday favourites. A very warm and special thanks goes out to Carolyn Pariseau, Samantha Green and Dwayne Larivière. Without their hard work, we wouldn't have been able to have the excellent dinner service that we were able to enjoy. We had 96 attendees for the dinner so many thanks!

CCP Logo Unveiling & Brief Discussion (5:45 pm - 6:00 pm)



While dessert was served, Kim unveiled the winning selection of the CCP Logo Design Contest. Each submission entered was phenomenal and the votes were tallied and Samantha Green was chosen as the winner. Her design will become the insignia for the Kebaowek CCP. She provided a short explanation as to what motivated her decision and what Community meant and represented to her. Awesome work!



Draws for Door Prizes, Gifts & Completed Questionnaires On-Site (6:35 pm - 6:55 pm)

Completed questionnaires were gathered by CCP delegates from the various tables to be inserted into the nightly draws. The winners were as follows:

Toddler ages 0-5: Mikey Marcoux, Eric Barrer, Alyssa Fortin, Mila Roy and Jayde Jalabois

Children ages 6 - 11: Scooter and Helmet - Vanessa Young and Jackson Murray

Youth ages 12 - 18: Snow boards - Zander Mckenzie and Clara Tepiscon

Adult: \$150 Pre-paid Visa Cards - Samantha Green and Dennis (Jungo) Perrier

Door Prize: Tablet and Protector Case - Gabrielle Young

CCP Questionnaire on site: \$50 - Dixie Mongrain

CCP Questionnaire: \$100 Migizy Gas Gift Certificate - Amanda Joly

Closing Remarks & Prayer (6:55 pm - 7:00 pm)

Closing remarks and a brief thank you was provided by Kim Chevrier. Joan St-Denis honoured us with a beautiful speech and closing prayer to send every off to a safe and wonderful holidays. Thank you everybody for your participation and the great energy that came with having so many community members together for an evening. Without the help of each and every one of you, this would not be possible. Having so many representatives from youth to elders and all in between, we thank you from the bottom of our hearts!



Please visit the [Kebaowek Ccp Facebook Page](#) for more pictures !!

Education Department

In the month of December the Education Department hosted a door decorating contest with both of the local schools in Temiscaming. The winners were:



G.T.S - Ms. Morrill's Pre- K and Kindergarten class won the Christmas door decorating contest with a ginger bread house theme. Mrs. Brazeau's Secondary 1 class won second place and Ms. Hunter's Secondary 2 won third place. Secondary 5 got an honourable mention for decorating Ms. Girard's door.

E.G.T. – Mme. Natalie Gingras's Grade 5 class won first place with an entire Santa's Village scene. Mme. Melissa St. Georges's Grade 1 class won second place. And Mme. Joanne Audet's Grade 1 class won third place.



Police Department

The following is a summary of what was sent to all Police Forces:

“To become a police officer, candidates normally complete a study program leading to the Diploma of College Studies (DCS) in police technology followed by basic training in police patrolling at the École nationale de police du Québec (ENPQ).

However, the memorandum of understanding concerning the Comité de concertation sur formation des policiers du Québec makes provision for **an exceptional training measure to satisfy specific manpower needs**. It enables municipal police forces and the Sûreté du Québec (SQ) to recruit candidates belonging to a target group, including **women, the visible and ethnic minorities, individuals who possess specialized training that the police force needs, or to satisfy manpower needs in remote areas**.

The candidates recruited in the context of this exceptional measure may undergo a 10 month training program leading to an Attestation of College Studies (ACS) in police technology. The Ministère de l'Éducation et de l'Enseignement supérieur alternately funds the Collège de Maisonneuve and the Collège Ahuntsic to offer the program. In the fall of 2018, the Collège de Maisonneuve will offer the training. The minimum number of candidates for a cohort is 25 and the maximum number is 32. Once they have completed their college training, the candidates must also successfully complete basic training in police patrolling at the ENPQ.”

For more information regarding this article please contact Nelly at the 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.

MOULD IN HOUSING INFORMATION FOR FIRST NATION RESIDENTS

Preventing mould doesn't need to be difficult. Here are a few simple things that you can do to prevent and eliminate it from your home.



DIVERT WATER

INSTALL DOWNSPOUT EXTENSIONS TO DRAIN WATER AWAY FROM THE HOUSE AND INTO THE STREET

CLEAN EAVESTROUGHS, DOWNSPOUTS AND EXTENSIONS REGULARLY

SLOPE SOIL, GRASS AND DRIVEWAY AWAY FROM THE HOUSE



REDUCE MOISTURE

COVER BOILING POTS WITH A LID WHILE COOKING OR BOILING WATER

AVOID HANGING LAUNDRY INDOORS TO DRY

DRY YOUR WINDOW FRAMES AND SILLS DAILY TO KEEP WATER FROM DRIPPING

USE PLASTIC BINS WITH LIDS IN YOUR BASEMENT INSTEAD OF CARDBOARD BOXES



CIRCULATE AIR

USE THE BATHROOM FAN WHEN BATHING AND KITCHEN RANGE HOOD WHEN COOKING

KEEP YOUR BASEMENT TIDY SO AIR CAN MOVE FREELY, ESPECIALLY NEAR OUTSIDE WALLS



VENT YOUR CLOTHES DRYER TO THE OUTSIDE

KEEP BASEBOARD HEATERS AND HEATING VENTS CLEAR TO MAKE SURE HEAT FLOWS EASILY



SEAL AND INSULATE

REPAIR LEAKY PIPES IN YOUR KITCHEN AND BATHROOM

REPLACE CAULKING AROUND WINDOWS WHEN IT'S CRACKED, OR NOTIFY YOUR HOUSING MANAGER

DRY CONDENSATION OFF OF PLUMBING PIPES AND THEN WRAP THEM WITH FOAM-TYPE INSULATION



Canada

For more information on mould prevention, contact CMHC at 1.800.668.2642



Maintain Your Heat Recovery Ventilator (HRV)

Your heat recovery ventilator (HRV) can help make your house a clean, healthy living environment, while keeping fuel bills down. But your HRV can't do all this without your help. It only takes seven simple steps to keep your HRV happy...

Step 1: Turn Off Your HRV First, turn off your HRV and unplug it.

Step 2: Clean or Replace Air Filters Dirty or clogged filters can lower ventilation efficiency. Try to clean your filters at least every two months. Filters in most new HRVs can be easily removed, cleaned with a vacuum cleaner, then washed with mild soap and water before being replaced. Older units have replaceable filters. If your HRV is easily accessible, this is a five-minute job.

Step 3: Check Outdoor Intake and Exhaust Hoods Remove leaves, waste paper or other obstructions that may be blocking the outside vents of your HRV. Without this vital airflow, your HRV won't function properly. During winter, clear any snow or frost buildup blocking outside vents.

Step 4: Inspect the Condensate Drain Check to see if your HRV has a condensate drain — a pipe or plastic tube coming out of the bottom. If it does, slowly pour about two litres of warm, clean water in each drain pan inside the HRV to make sure it is flowing freely. If there's a backup, clean the drain.

Step 5: Clean the Heat Exchange Core Check your HRV owner's manual for instructions on cleaning the heat exchange core. Vacuuming the core and washing it with soap and water will reduce dust that can build up inside the core.

Step 6: Clean Grilles and Inspect the Ductwork Once a year, check the ductwork leading to and from your HRV. Remove and inspect the grilles covering the duct ends, then vacuum inside the ducts. If a more thorough cleaning is required, call your service technician.

Step 7: Service the Fans Remove the dirt that has been accumulated on the blades by gently brushing them. Most new HRVs are designed to run continuously without lubrication, but older models require a few drops of proper motor lubricating oil in a designated oil intake. Check your manual for complete instructions.

Your HRV should be serviced annually.

<https://www.cmhc-schl.gc.ca/en/first-nation/housing-managers/maintenance/>



Hoarding and Fire: Reducing the Risk

Do you have a person in your life who may be a hoarder? Hoarding is a condition where a person has persistent difficulty discarding personal possessions. The large amount of possessions fill the home and prevent the normal use of the space. Living space becomes cluttered. It may be unusable. Hoarding brings distress and emotional health concerns.

WHY HOARDING INCREASES FIRE RISKS

- Cooking is unsafe if flammable items are close to the stove or oven.
- Heating units may be too close to things that can burn. They might also be placed on unstable surfaces. If a heater tips over into a pile, it can cause a fire.
- Electrical wiring may be old or worn from the weight of piles. Pests could chew on wires. Damaged wires can start fires.
- Open flames from smoking materials or candles in a home with excess clutter are very dangerous.
- Blocked pathways and exits may hinder escape from a fire.

HOW HOARDING IMPACTS FIRST RESPONDERS

- Hoarding puts first responders in harm's way.
- Firefighters cannot move swiftly through a home filled with clutter.
- Responders can be trapped in a home when exits are blocked. They can be injured by objects falling from piles.
- The weight of the stored items, especially if water is added to put out a fire, can lead to building collapse.
- Fighting fires is very risky in a hoarding home. It is hard to enter the home to provide medical care. The clutter impedes the search and rescue of people and pets.

How Can You Help Reduce the Risk of Fire Injury

- ✓ When talking to a person who hoards, focus on safety rather than the clutter. Be empathetic. Match the person's language. If they call it hoarding, then you can call it hoarding.
- ✓ Help the residents make a home safety and escape plan. Stress the importance of clear pathways and exits. Practice the plan often. Exit routes may change as new items are brought into the home.
- ✓ Install working smoke alarms in the home. Test them at least once a month.
- ✓ Reach out to community resources. Talk to members of the fire department to alert them of your concerns. They may be able to connect you with members of a hoarding task force for additional help.

Kebaowek Fire Department

819-627-9624



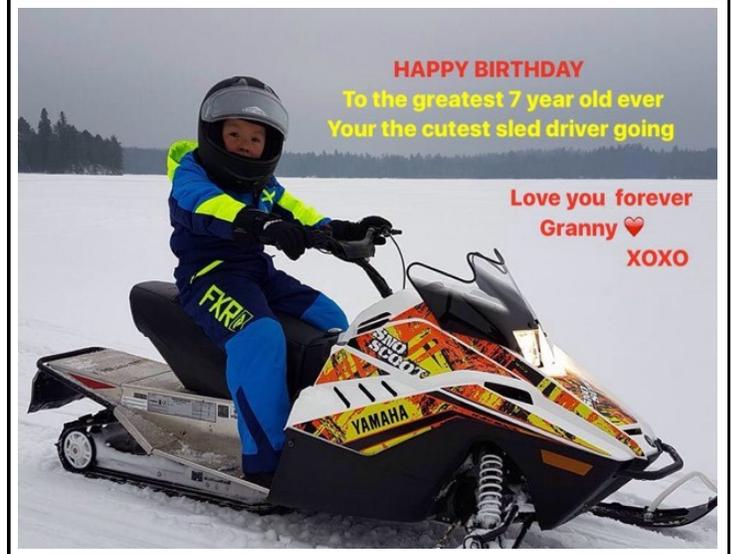
Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

Wishes for the Month of January/February



We never wanted you to grow up so fast.
 You were always our baby.
 You have accomplished so much in
 your young life already.
 You have grown into an amazing young lady!!
 Best wishes to our Boo on your 18th Birthday!!
 Love Dad, Mom, Kendra, Niko and Mikey!! xo



Happy 2nd Birthday
 to the sweetest little girl I know !!

Love you !!

Granny xoxo



Happy Birthday to my daughters
 Vicky and Kim !!
 One is 39 and ohh my
 Lordy Lordy one is 40 !!
 Love you soooo much !!
 Mom xoxo



Happy 2nd Birthday Alyssa !!
 We love you very much !!

Auntie Tiddalow, Uncle Jason,
 and your cousins Trent & Evin
 xox



Happy 4th Anniversary to Kim and
 Robert who celebrate their special
 day on February 8th ♥
 Wishing you both a great day !!
 Tiddalow, Jason Trent & Evin
 xox



Happy 40th Claudia!!
 Wishing you all the best on your
 special day and many more !!

Vicky, Jason, Trent & Evin
 xox



Happy Birthday Kim !!
 Wishing you a great day on
 February 17th !!
 Love you !!
 Tiddalow, Jason, Trent & Evin
 xox



Happy Birthday to our sweet boy Evin
 who will be turning 7 years old on
 Sunday February 25th !!
 Have a super duper day !!
 Love you to the moon and back !!
 Mom, Dad & Trent xox



Happy Valentine's Day
 to my 3 sweethearts !!

Love from Mom
 xox



Happy Birthday Georgette !!

Have a great day!

From:
 Jason, Vicky, Trent & Evin xo

Wishes for the Month of January/February



Happy 3rd Birthday to Charli-Ann !!
She celebrated her birthday
on January 11th !!

Love from Mom, Gramma, Grampa
& Zander xoxo



Happy 18th Birthday
to our Granddaughter Trysta !!

Love you !!
Nan & Papa



Happy 2nd Birthday to our
beautiful, smart, funny baby girl !!

Love you soo much !!

Mom & Dad xoxo



Happy Birthday Wishes to
Lily Duguay who celebrates
her birthday on February 17th !!

From your
Fire Department Team



Happy Birthday Auntie Tiddalow

Love Alyssa
xoxo



Happy 40th Birthday Sister !!

Love you !!

Kim & Robert
xoxo



Happy Birthday to my big brother
Evin !!

Love you lots !!
Alyssa
xoxo



Happy Valentine's Day Granny !!

Love you lots !!
Alyssa
xoxo



Happy Valentine's Day Papa !!

Love you lots !!
Alyssa
xoxo



Happy 4th Anniversary to my
hubby, my love, my best friend !!
Here's to many more great
memories, and so glad its you next to
me on this crazy ride we call life !!
Love you more everyday !!
Kim xoxo



Wishing a very Happy 10th Birthday
to our Emma !!

She celebrates her birthday on
February 10th !!

♥ Love all of your Family ♥



Happy 18th Birthday to my beautiful
Goddughter Trysta !!

You make me incredibly proud !!

Love you !!
Bully

Community Notes and Information

Handicraft Sessions

Every **TUESDAY**
6:00 pm - 8:00 pm

ELDER'S BUILDING

**For Band Members who
are ages 8 and up !!**

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

**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 !!**



Made by:
Richard McKenzie



Made by:
France McKenzie



Thank you!

The Jawbone Family would like to express their gratitude for the support to our family at the sudden passing of (Husband, Father, Son, Brother and Uncle) Michael "Mikey" Jawbone.

It was truly appreciated and endearing to see such an outpouring of condolences offered to our family, visitation of so many people (near and far) family and friends, Thank you to Kebaowek First Nation for allowing us to use the community hall for the luncheon, Gail for organizing the luncheon, Mary, Tina, Jennifer and Virginia for the preparation of the luncheon and to all the people who gave donations of food and/or money.



THANK YOU to Samara McMartin for her help with setting up for the Breakfast with Santa in December.

Your help was very much appreciated.

It is super great seeing a teenager like yourself out volunteering for the community !!

THANKS AGAIN Samara



WINTER SALE

Kipawa Countryfest

Take advantage of our winter special prices for weekend passes on sale until **March 31st, 2018!**

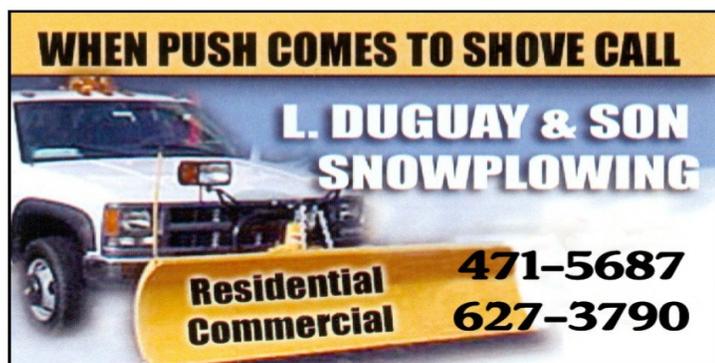
\$50.00 (Adult 18+) & \$20.00 (Youth 4-17 years)

On sale at the following places:

KFN Band Office: 819-627-3455 and Migizy Gas: 819-627-3392
(Accepts Credit Card, Debit and Cash)

The following places will accept cash only:

Lake View Store: 819-627-1307, Dépanneur Stop 102: 819-627-3190,
Dépanneur Dandys: 819-627-9663, Maryann Babin 819-629-7341
Shear Oasis Hair Design: 705-474-4247



WHEN PUSH COMES TO SHOVE CALL

L. DUGUAY & SON
SNOWPLOWING

Residential 471-5687
Commercial 627-3790

Need a babysitter ??

Zander McKenzie
Certified by St. Johns Babysitting Course
705-358-1619

COMMUNITY RINK HOURS

MONDAY - FRIDAY

(Rink is open at 3:00 p.m.—Closed at 9:00 p.m.)

FREE SKATE: 3:00 p.m. - 6:00 p.m.

HOCKEY: 6:00 p.m. - 9:00 p.m.

SATURDAY AND SUNDAY

(Rink is open at 12:00 p.m. - Closed at 9:00 p.m.)

FREE SKATE: 12:00 p.m. - 2:00 p.m.

HOCKEY: 2:00 p.m. - 4:00 p.m.

FREE SKATE: 4:00 p.m. - 6:00 p.m.

HOCKEY: 6:00 p.m. - 9:00 p.m.

HOLIDAYS AND PD DAYS

(Hours will be same as Saturday and Sunday)

Please Respect the Hours!

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 DECEMBER DEADLINE FOR
NON-RESIDENT FEES TO BE REIMBURSED
IS FEBRUARY 22ND AT 12:00 PM**



**KEBAOWEK'S
ANNUAL
SNOWMOBILE RALLY**

**Saturday
February 24th, 2018**

Registration

10:00 am - 1:00 pm

Kebaowek Community Hall

\$10.00 per hand

**(You can purchase as many as 3 in one
name only for \$10.00 each)**

100% Payout & Prizes

Menu

To be determined

Dance

8:00 pm - 2:30 am

DJ - Neil Pariseau

**Bar is open from
5:00 pm to 2:15 am**

**Bingo
Night**

**Kebaowek
Community Hall**

**Thursday
February 15th, 2018**

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 !!**

MARCH BREAK 2018

Wednesday March 7th, 2018

Parent or Adult/Child Cribbage Tournament

No entry fee, Prizes to be won for "A" and "B" finalists
Registration 10:30 am to 11:00 am. Tournament will begin at 11:00 am.

Snacks and drinks will be provided !!

Tournament will take place at Keboawek Community Hall

Thursday March 8th, 2018

Skiing at Antoine Mountain in Mattawa, Ontario

Bus will leave Keboawek Community Hall at 8:30 am to arrive at Antoine Mountain for 10:00 am.

Ski lift, rental and bus will be provided by the K.H.W.C.

Lunch and snacks will not be provided,

please send your child with money or a lunch to eat.

Please call Mitchell McMartin to reserve your spot on the bus and if you are going to attend. (819) 627-9060

** Deadline to sign up will be March 1st, 2018 **

Friday March 9th, 2018

Bowling (Partner's Bowling) and Movie (Galaxy Cinemas) in North Bay, Ontario

Bus will leave Keboawek Community Hall at 9:30 am.

Bowling will begin at 11:00 am and end at noon.

Bus will leave Partner's Bowling at 12:05 pm and drive to Pizza Hut for Lunch

Bus will leave Pizza Hut at 1:00 pm for Galaxy Cinemas

Movie will start at 1:30 pm

(Black Panther and A Wrinkle in Time)

** Deadline to sign up will be March 1st, 2018 **

Monday, March 12th, 2018

Curling, Skating/Hockey, Swimming at the Center in Temiscaming

Curling 1:00 pm to 1:50 pm

Skating 2:00 pm to 2:50 pm

Swimming 3:00 pm to 3:50 pm

Limited seating available, call to reserve your spot with Mitchell at 819-627-9060.

FNEC GAMES May 9-13, 2018

Would you like to sign up your child for some track and field events?

The First Nations Education Council's Inter-school Games is a major sports competition which, every year, brings together several hundred youths between the ages of 10 and 18 from different communities across Quebec and features four sports disciplines: floor hockey, volleyball, basketball and track and field. Every year, the Games welcome more than 45 teams that compete in some 170 events, and for five consecutive days, hundreds of people - students, parents, volunteers and school staff - rally in a single location. The event also has a social and a prevention component: Recreational activities (opening night, awards ceremony, mini powwow, etc.) are scheduled to give participants and their chaperones an opportunity to socialize with members from other communities, and the FNEC's Educational Services Sector organizes awareness-raising activities to promote healthy lifestyle habits and provide youths with academic and vocational information, including on science and technology.

This year the FNEC Games will take place in Quebec City at Laval University. If your child would like to take part in the Games, please call Mitchell McMartin at the Health Centre (819) 627-9060. There will be training opportunities for the youths that do plan on attending the FNEC Games.

LORIE McLEAN

AS REQUESTED

FEBRUARY 2018

BACK BY
POPULAR
DEMAND!

WORKSHOP

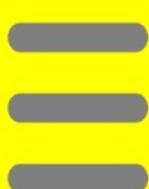
BEGINNING: MONDAY
FEBRUARY 26TH

WHERE: COMMUNITY HALL

TIME: 9:00 AM SHARP

For more info
Call Virginia at
819-627-9060

EVERYTHING
YOU NEED TO
KNOW ABOUT
DIABETES

Q. 
A. 

HOSTED BY:

WOLF LAKE FIRST NATION

& KEBAOWEK FIRST NATION

MCH and Head Start Program

Expectations of children who will be entering school this September, putting the **PIECES** together!

Potty Trained Most programs for 4-year-olds and for public pre-kindergarten (Pre-K) will expect kids to be out of diapers. But don't worry if your child still needs help with washing up or has an accident—that's not uncommon and is supported at this level.

Independent Kids ages 3 and 4 aren't expected to do everything on their own or to solve problems all by themselves, but a little independence is key.

By the time your child enters preschool, she/he will be expected to play games or do projects with other kids for a short period of time (5 to 10 minutes) without needing constant redirection from an adult. It's also important that she/he can feed herself and find her way around the classroom once she/he knows it well.

Many preschool programs have activity times during which students are asked to pick a learning center (such as a drawing or building-blocks area) and interact with it for a short period. Preschoolers are expected to be independent enough to select an activity center without the teacher's help.

Expressive To be ready for preschool, kids need to be able to express themselves in a way that an unfamiliar adult can understand. That doesn't mean your child needs to be speaking in full sentences, just that she has an appropriate way of getting her feelings and needs across. That can be with words, gestures or sign language. If you have questions about your child's speaking skills, please contact me Lynn Grandlouis MCH/Head Start Program Worker.

Kids who are expressive can understand what other people are saying. Your child may not be able to follow directions that have many steps, but understanding basic words and directional phrases like "sit down" and "follow me" is important. Preschoolers are also expected to have a basic understanding that other kids have feelings and needs.

Concentration Children's ability to concentrate looks very different in a preschooler than it does in older kids, and this ability varies from child to child.

Most preschool-ready kids can pay attention to a short picture book being read aloud. Activities are typically limited to 10–20 minutes in a preschool classroom. Preschoolers are expected to concentrate on an activity for this amount of time.

Preschoolers need to be able to follow directions most of the time and to focus on tasks without getting overly distracted. But a little distraction is typical, especially if this is the first time your child has spent every day around a group of other kids. Explore games you can play at home to help improve your child's concentration.

Emotionally Ready Few things you need to look for when considering whether your child is emotionally ready for preschool. The first is the ability to say goodbye to a parent or caregiver without too much anxiety. It's typical to be a little nervous, but if your child cries the entire day, she/he might not be ready to go to a full preschool program.

That said, many children will cry when you say goodbye on the first day or even throughout the first week.

A child who is emotionally ready is more eager to go to school and wants to make friends. She/he might not have the skills to make friends yet, but wanting to make them is a good start.

Stamina Children need a lot of physical and mental energy for preschool. Kids who aren't used to following a routine and being actively engaged can have a harder time adjusting to preschool.

One way to know if your child is ready for the demands of preschool is to look at her nap schedule. If she still takes a long morning and afternoon nap, she might not be ready yet. Something you can do to prepare your child for preschool is to merge her morning and afternoon naps into one longer afternoon nap.

Putting all the "PIECES" together can make it easier to know if your child is ready for preschool. If these aren't all in place, you can begin to practice some of them at home.

If you're still concerned that your child isn't able to do many of these things or isn't meeting her developmental milestones, it's a good idea to speak with me Lynn Grandlouis MCH/Head Start Program Worker. Together we can decide on next steps, which might include making an intervention plan to meet your child's milestones.

Lynn Grandlouis
MCH/Head Start Program Worker
Special Needs Educator



Addictions and Wellness



I would like to thank the Kebaowek Health Centre Staff and the Kebaowek Police Department as well as our other invited guests that came for presentation about Naloxone. It was a very informative presentation and I received some very positive feedback.

Opioid Overdose

What are opioids and what is the risk?

- Opioids are drugs like oxys, fentanyl, heroin, dilaudid and morphine.
- Strong opioids (fentanyl or carfentanil) are often mixed with other street drugs like ecstasy (MDMA), crystal meth, crack and others.
- One of the risks of using opioids is overdose.
- In an opioid overdose, you pass out, your breathing slows or stops and you may die.
- An overdose can happen however you use opioids: swallowing or chewing pills, injecting, snorting, smoking, using a patch and other ways.

Preventing Overdose

- Tell someone: Carry ID that says you use an opioid, and tell people you trust.
- Don't mix drugs: Mixing benzos or alcohol with opioids increases the risk of overdose.
- Know your tolerance: If you have not used for a few days, use a smaller amount.
- **Be aware:** There's no way to tell if your supply is mixed with deadly fentanyl or carfentanil.
- Carry a naloxone kit: Naloxone can save a life when there is an overdose. We at the Kebaowek Health and Wellness Center can help you get a kit and teach you how to use it.

Signs of Opioid Overdose

- You can't wake the person up.
- Breathing is slow or has stopped.
- They make gurgling, snoring or choking sounds.
- Lips and nails are blue or grey.
- Body is limp.
- Skin is cold and clammy.
- Pupils are very small.

What to do if you see an Overdose

- Call 911: Canadian law protects you from possession charges when you report an overdose.
- Roll the person onto their side (recovery position).
- Give naloxone if you can.
- Stay with the person until the ambulance arrives.

Depression

What is depression?

Depression is much more than simple unhappiness. Clinical depression, sometimes called major depression, is a complex mood disorder caused by various factors, including genetic predisposition, personality, stress and brain chemistry. While it can suddenly go into remission, depression is not something that people can "get over" by their own effort.

What are the different types of depression?

Seasonal affective disorder: This type of depression is usually affected by the weather and time of the year.

Postpartum depression: This occurs in women, following the birth of a child. Upwards of 10 per cent of women will experience this type of depression.

Depression with psychosis: In some cases, depression may become so severe that a person loses touch with reality and experiences hallucinations (hearing voices or seeing people or objects that are not really there) or delusions (beliefs that have no basis in reality).

Dysthymia: This is a chronically low mood with moderate symptoms of depression.

What are the signs & symptoms of depression?

The main symptom of depression is a sad, despairing mood that:

- is present most days and lasts most of the day
- lasts for more than two weeks

Addictions and Wellness

- impairs the person's performance at work, at school or in social relationships.

Other symptoms of depression include:

- changes in appetite and weight
- sleep problems
- loss of interest in work, hobbies, people or sex
- withdrawal from family members and friends
- feeling useless, hopeless, excessively guilty, pessimistic or having low self-esteem
- agitation or feeling slowed down
- irritability
- fatigue
- trouble concentrating, remembering and making decision
- crying easily, or feeling like crying but being not able to
- thoughts of suicide (which should always be taken seriously)
- a loss of touch with reality, hearing voices (hallucinations) or having strange ideas (delusions).

How does depression affect different populations?

Women

Depression is more common in women, though the sex difference diminishes with age in Canada. Many hormonal factors may contribute to the increased rate of depression in women, particularly during times such as menstrual cycle changes, pregnancy and postpartum, miscarriage, pre-menopause and menopause.

Men

Men with depression typically have a higher rate of feeling irritable, angry and discouraged. This can make it harder to recognize depression in men. The rate of completed suicide in men is four times that in women, although more women attempt suicide.

Older Adults

Some people have the mistaken idea that it is normal for older adults to feel depressed. Older adults often don't want to talk about feeling hopeless or sad or about losing interest in normally pleasurable activities or experiencing prolonged grief after a loss.

Children

A child who is depressed may pretend to be sick, refuse to go to school, cling to a parent or worry that the parent may die. Older children may sulk, get into trouble at school, be negative or grouchy and feel misunderstood. Because normal behaviours vary from one childhood stage to another, it can be difficult to tell whether a child is going through a temporary "phase" or has depression.

What are the causes and risk factors of depression?

Genetic or family history of depression, psychological or emotional vulnerability to depression, biological factors such as imbalances in brain chemistry and in the endocrine/immune systems, or a major stress in the person's life may play a part in the onset of depression.

Depressive symptoms may be:

- the result of another illness that shares the same symptoms, such as lupus or hypothyroidism
- a reaction to another illness, such as cancer or a heart attack
- caused by an illness itself, such as a stroke, where neurological changes have occurred.

What is the treatment for depression?

The most commonly used treatments are pharmacotherapy (medications), psychoeducation, psychotherapy and brain intervention therapies such as electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS) and magnetic seizure therapy (MST). These treatments may be used individually or in combination. Self-help organizations, run by clients of the mental health system and their families, can be an important part of treatment and recovery for people with depression and their families.

Clinical depression needs to be managed over a person's lifetime. Depression, like disorders such as diabetes, can be effectively managed and controlled by combining a healthy lifestyle and treatments. Watching for early warnings of relapse may also prevent a full depressive episode.

*Adapted from Depression: An Information Guide © 1999, 2008, 2013
Centre for Addiction and Mental Health*



I would like to thank the little group that came out for the Annual Nordic Ski Club trip on Sunday January 21st, it was a great day of snowshoeing !!

Medical Transportation and NIHB

February 2018 - 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>

FEBRUARY MONTH END DEADLINE: FEBRUARY 27TH AT NOON !!
 Claims received after this date will be processed in the following month.

MEDICAL VISIT ATTESTATIONS

Please make sure you get your attestations signed and stamped by the professional or authorized personnel.

Please make sure that the attestation is completed in full. See Example →

An Attestation can be refused if no stamp and/or signature.



KEBAOWEK FIRST NATION HEALTH & WELLNESS CENTER
 110 Ogima Street
 Kebaowek QC J0Z 3R1
 Tel: 819-627-9060 Fax: 819-627-1885

MEDICAL VISIT ATTESTATION

This is to certify that _____
NAME OF CLIENT

Was present to receive professional services from _____
PROFESSIONAL'S NAME
(Name and Title of Professional)

at _____, this day _____, at _____
(Address) (Date) (Time)

MANDATORY SIGNATURE REQUIRED

Professional or Delegated Authority Signature
 Signature du professionnel ou personne autorisée

MANDATORY OFFICIAL STAMP FROM PROFESSIONAL

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

NOTE: ATTESTATION CAN BE REFUSED IF NO STAMP AND OR IF NO SIGNATURE

MONTHLY VISIT FROM CLINIQUE L.A.B. AUDIOPROTHESISTES INC.



Loïc Allenbach-Bellehumeur - Hearing Aid Practitioner
 will be visiting our Health Center on
Monday February 12th for appointments in the morning.

You can have hearing screenings, hearing aid cleaning
 and adjustments etc.

For Adults and Youth of our community

Please call Priscillia or Donna at 819-627-9060
 to put your name on the list

THERE WILL BE AN INFORMATION SESSION AT 11:00 AM (APPROX. 30 MIN) AT THE HEALTH CENTER ON MONDAY FEBRUARY 12TH WITH LOIC ALLENBACH-BELLEHUMEUR. PLEASE ATTEND IF YOU HAVE ANY QUESTIONS OR WOULD LIKE MORE INFORMATION IN REGARDS TO THIS SERVICE.

Medical Transportation and NIHB

IMPORTANT NOTICE

We received an inquiry in regards to the post (below) that is being shared on Facebook ... In response, we caution our members to consult with their pharmacist to ensure that it is even possible for them to prescribe these medications as it varies from pharmacy to pharmacy. There are many variables in regards to what they can do. Having the pharmacist complete this process and provide this service has a professional fee. Please note ... Health Canada/NIHB covers the cost of the medication but not the professional fee. You may be required to pay this fee as it is not covered or reimbursable. Every pharmacy operates under their own procedures, so please ask questions first to avoid unexpected issues.



Pharmacy Benefit Information for First Nations

Did you know that many products and medications covered by the Non-Insured Health Benefit (NIHB) Program can be prescribed or recommended by your local pharmacists?

This means that you do NOT need a prescription from your doctor, so it is easier to access these types of benefits:

- Acne medications
- Allergy medications
- Constipation treatments
- Diabetes devices such as Blood glucose test strips
- Emergency contraception (the 'morning after pill')
- Lice treatments
- Medications to treat eye or ear infections
- Medications for the prevention and treatment of nausea and vomiting in pregnancy
- Naloxone
- Prenatal vitamins
- Vaginal yeast infection treatments
- Smoking cessation aids
- Treatments for fungal skin infections
- Vitamin D or multi-vitamins for children under the age of 6

Please ask your local pharmacist to provide a written recommendation.



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

2018 Medicine Cabinet Clean Up Contest



Don't forget to drop off your **expired medications or medications you no longer use** to the Health Center and have a chance to win a prize.

This includes any **prescription drugs and/or over-the-counter medication** that you may have such as pills, cough syrup, cold remedies and blister packs.

If you need help or if you have any questions please do not hesitate to call the Health Center for help.

All medications need to be dropped off before 12:00 pm on Friday December 14th, 2018 to be eligible for the draw.

For each bottle of medication brought in for disposal, you will have your name entered in a draw for a chance to win a \$100 Gift Certificate for Northgate Mall.

THE CONTEST WILL RUN ALL YEAR !!

Reminder

 <p>Kebaowek Health and Wellness Center 3 Ogima Street Kebaowek First Nation Kipawa, Quebec J0Z 2H0 Tel: 819-627-9060 Fax: 819-627-1885</p>	
2016 MAMMOGRAM ATTESTATION	
This is to certify that	
Had a Mammogram done by _____	(Name and Title of Professional)
at _____	this day _____ 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.

Please do not forget to bring your **“2018 Mammogram Attestation”**. If you do not have one, please call Virginia at the Health Center. This attestation is to be completed when you attend your mammogram appointment and returned to the Kebaowek Health and Wellness Center at your earliest convenience. We will be having a participation draw for the women who have had a mammogram done this year.

All Mammogram Attestations must be returned to the Health Centre no later than 12:00 pm on **Friday December 14th, 2018**. The draws will take place that same afternoon and winners will be notified.

If you have had a mammogram done between January 1st, 2016 and now, please note that you are still eligible to have your name included for the draw, your family doctor can fill in the “2016 Mammogram Attestation”.

It is important to note that it does not matter where you have had your mammogram done, for example if you have your mammogram done in North Bay you are still eligible to participate in the draw. Our goal is to ensure that all of our female community members are screened for Breast Cancer.

Thanking you in advance for your participation,
Kebaowek Health Center Team

Know your breasts All women should be aware of what is normal for their breasts even if they get regular screening tests. Many women find their own breast cancer by noticing changes in the look and feel of their breasts. There really isn't a right or wrong way for women to examine their breasts. They just need to know the whole area of their breast tissue well enough to notice changes.

Read more: <http://www.cancer.ca/en/cancer-information/cancer-type/breast/screening/?region=bc#ixzz3mTlkZklb>

10 Things To Do To Survive a Depressive Episode

TAKE A SHOWER AND PUT ON CLEAN CLOTHES

This might seem like a huge waste of time if you're depressed and not leaving your house but trying to keep a little bit of a normal routine will help you. You have to try not to let your depression make you stop everything. Try to maintain whatever level of functioning you can right now and get up, take a shower and put on clean clothes.

DRINK SOME WATER AND EAT SOMETHING

Drinking water and eating is essential to your recovery. If you don't have an appetite try to make yourself eat a little bit at a time. Salmon has been shown to help alleviate depression. Feed your body healthy foods. I know when I feel bad all I want to do is drown in calories and sleep but that isn't going to help you feel better. Try to stay away from junk food and eat healthy snacks throughout the day.

SELF CARE

Try and do some basic things to take care of yourself. Brush your teeth, comb your hair and wash your face. If this is the minimum amount of functioning you can do right now that's OK but you need to try and take care of yourself the best that you can. You can get through this day, just focus on one thing at a time. Try and do some activities that you actually enjoy. Watch a favorite movie, spend time with a positive friend or go for a walk. Do whatever it is you need to do to take care of yourself.

ENGAGE

See if you can get your mind off of your depression and engage in something even if it is just for a few minutes at a time. Trying to focus on anything when you're depressed can be difficult. I like to watch movies that I've already seen a bunch of times because it's easy to follow. Disney movies are my favorite things to watch when I feel crappy. Try putting on your favorite movie and see if it can distract you for a little while.

REACH OUT

Tell a friend or family member that you are struggling. If you don't have anyone in your personal life you can call a hotline. Sometimes

just telling someone how hard things are can help. You can contact your closest health centre and they can help refer you to the resources available.

GO TO A THERAPIST

Seek professional help. If you are struggling to function you need to seek professional help.

There is a psychologist that comes into the community twice a month. If you would like an appointment please contact First Line Services.

GRATITUDE

Writing down five things you are thankful for will direct your brain towards something positive.

AFFIRMATIONS

Find something that really resonates with you and say it in your mind or out loud when you need encouragement. Write it down and put it on the refrigerator, your bathroom mirror and next to your bed.

MOVE

Going outside and getting a little bit of exercise will help you. Make a cheer up playlist you can listen to. Try just walking to the end of your street if you can't go far. Just do a little bit, it's OK.

TRAIN YOUR BRAIN

You should be just as kind and compassionate to yourself as you would be to your best friend. Addressing negative self talk can help you find some relief. When you are thinking nasty thoughts about yourself try to catch yourself and redirect your thoughts. If you wouldn't say the things you are telling yourself in your head to a stranger you need to work on changing your thought process. You deserve kindness from everyone, including yourself.

We hope some of these tips will bring you some relief.

Information provided by:
<http://www.radicaltransformationproject.com/depressive-episode-survival-guide/>

First-Line Services

On Sunday, December 5th, 2017 Rodney St. Denis came to Kebaowek to do a Mini Tipi making workshop.

All of the tipis that were made, were all so beautiful and creative.

We had both adults and youth participate.



**First Line now offers
3 different play groups !!**

**The Funny Fox (2 years)
Tuesdays from 9:30-11:30**

**Howling Wolves (3-4 years)
Wednesdays from 9:30-11:30**

**Mini-Pals (0-2 years)
Thursdays from 9:30-11:30**

**All groups are located in the
basement at
First Line Services.**

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



**KEBAOWEK FOOD BANK
NEEDS YOUR HELP!**

**WE ACCEPT ALL
NON-PERISHABLE ITEMS
SUCH AS PEANUT BUTTER,
CANNED FRUIT & VEGGIES,
PASTA, KRAFT DINNER,
SOUPS, TOILET PAPER ETC.
THANK YOU TO ALL THAT
DONATE!**

**IT IS TRULY APPRECIATED
AND HELPS FEED OUR
FAMILY, FRIENDS, &
NEIGHBOURS !!**

Health Center ... Upcoming Activities

HEART HEALTH MONTH SCREENING CLINIC

Please come in to check your **Blood Glucose**,
Cholesterol and **Blood Pressure** levels !!

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

TUESDAY FEBRUARY 13TH, 2018

Kebaowek Health Center

9:00 am – 7:00 pm

If you can't make it Thursday,
please stop in anytime that week except Monday
during office hours !!

Walk-In Clinic ... No appointment necessary !!

CHANCE TO WIN A GREAT DOOR PRIZE !!

For transportation please call Priscillia at the Health Centre 819-627-9060.



VALENTINE'S BRUNCH & BAKE SALE

SUNDAY, FEBRUARY 11TH
STARTS AT 9:30 AM
DOOR OPENS AT 9 AM
KEBAOWEK COMMUNITY HALL

Come on out for a brunch to celebrate Valentine's
and mingle with other community members.
We are asking for a donation of a non-perishable
food item or toiletries upon entering the brunch
(If you can).

Please RSVP for the brunch by Thursday February 8th
at 4:30 pm with either Kayla by calling
(819)627-9877 Ext 263 or Vicky at (819)627-9060 Ext 258.
Please leave a message with name and number of
guests who will be attending.

Don't forget to bring some \$\$ as there will be a
Bake Sale after brunch
and we will be selling some red roses.

There will be participation draws!
Hope to see you there!

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

NEXT DELVIERY DATES: FEBRUARY 7TH AND 21ST

FAMILY BREAKFAST



February 15th, 2018

Where: Community Hall

Time: 7:00 am - 9:00 am

**First Line Services will be having monthly
breakfasts for families in the community.**

**Come enjoy a healthy breakfast with us
before your children start school.**

**THE BUS WILL PICK CHILDREN UP AT 7:50 AM
ALONG THE SIDE OF THE ROAD**

Can't wait to see you there!

Health Center ... Upcoming Activities



Community Kitchen

Monday February 26th

4:30 PM

Community Hall

**Please register with
First Line Services
819-627-9877**



**FOR ALL
YOUTH AGES
12 TO 17**

YOUTH EVENINGS

STARTING FEBRUARY 5TH, WE WILL BE HAVING YOUTH EVENINGS EVERY SECOND MONDAY FROM 4PM TO 6PM AT FIRST-LINE SERVICES.

WE WILL BE SENDING OUT A NOTICE AND ALSO POSTING ON OUR FACEBOOK PAGE A FEW DAYS BEFORE EACH EVENING TO LET YOU GUYS KNOW EXACTLY WHAT WE WILL BE DOING!!

FOR ANY QUESTIONS, PLEASE CALL KAYLA AT FIRST-LINE SERVICES 819-627-9877.

WE HOPE TO SEE YOU ALL THERE!

SPECIAL FAMILY VALENTINES DAY DINNER & A MOVIE



**Wednesday
February 14th !!**

**Doors Open for Supper at 5:00 PM
Movie Starts at 5:30 PM**

Popcorn/Snacks, Juice/Water, Coffee Available !!

Children under 10 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:
February 3rd and March 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.**

Health Center ... Upcoming Activities



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

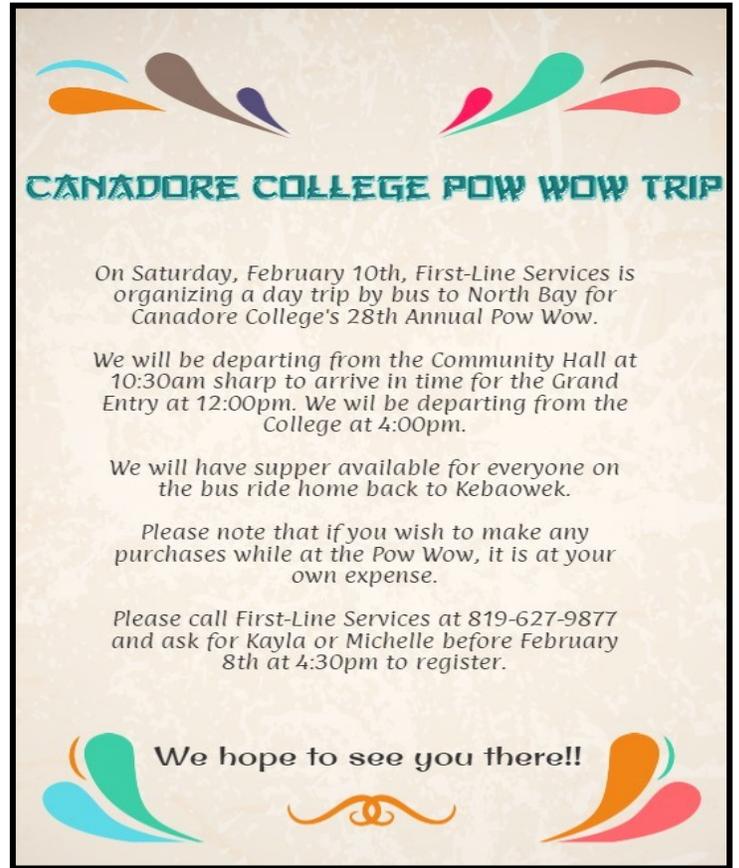
Pilates with Joanie Morin

Tuesdays & Thursdays from 5:15-6:00
Classes will run until end of May
In the basement of First Line Services

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.

Photo: MyWell.com



CANADORE COLLEGE POW WOW TRIP

On Saturday, February 10th, First-Line Services is organizing a day trip by bus to North Bay for Canadore College's 28th Annual Pow Wow.

We will be departing from the Community Hall at 10:30am sharp to arrive in time for the Grand Entry at 12:00pm. We will be departing from the College at 4:00pm.

We will have supper available for everyone on the bus ride home back to Kebaowek.

Please note that if you wish to make any purchases while at the Pow Wow, it is at your own expense.

Please call First-Line Services at 819-627-9877 and ask for Kayla or Michelle before February 8th at 4:30pm to register.

We hope to see you there!!

Senior Social

Every Thursday
At the Kebaowek Community Hall
From 1:00PM—3:00PM

- Snacks
- Coffee/Tea
- Cards
- Board Games



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

First-Line Social

Every Tuesday morning at 8:30am, starting September 12th @ First-Line Services building.

Come by for a traditional smudge, and a coffee!!

Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEBRUARY 2018				1 RECYCLE PICK UP	2	3 COMMUNITY SHOPPING TRIP
4 <u>Holidays</u> Stacey McBride	5 YOUTH EVENING	6	7 MEALS ON WHEELS	8 Glenda Moore is in Kahnawake for a Meeting. (8th-9th)	9	10 CANADORE COLLEGE POW WOW TRIP
11 VALENTINE'S BRUNCH AND BAKE SALE	12	13	14 VALENTINE'S DAY FAMILY DINNER & MOVIE	15 BINGO NIGHT SCREENING CLINIC FAMILY BREAKFAST RECYCLE PICK UP	16	17
18	19 YOUTH EVENING	20	21 MEALS ON WHEELS	22 GARBAGE PICK UP	23	24 SNOWMOBILE RALLY
25 <u>Holidays</u> Glenda Moore Tina Chevrier	26 INFO SESSION WITH LORIE MCLEAN COMMUNITY KITCHEN	27 MEDICAL TRANSPORTATION DEADLINE AT NOON	28	FIRST-LINE SOCIAL IS EVERY TUESDAY MORNING AT 8:30 AM HANDICRAFT SESSIONS ARE EVERY TUESDAY AT 6:00 PM PILATES IS EVERY TUESDAY AND THURSDAY AT 5:15 PM SENIOR SOCIAL IS EVERY THURSDAY AT 1:00 PM WORK OUT CLASSES EVERY MON, WED & FRI AT 10:00 AM FIRST-LINE PLAYGROUPS EVERY TUES, WED & THURS AT 9:30 AM		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MARCH 2018				1 RECYCLE PICK UP	2	3 COMMUNITY SHOPPING TRIP
4 <u>Holidays</u> Jennifer Presseault Priscillia Durocher	5 YOUTH EVENING	6	7 MARCH BREAK ACTIVITY MEALS ON WHEELS	8 MARCH BREAK ACTIVITY INTERNATIONAL WOMEN'S DAY GARBAGE PICK UP	9 MARCH BREAK ACTIVITY	10
11 <u>Holidays</u> Vicky Constant	12 MARCH BREAK ACTIVITY	13 Glenda Moore is in Montreal for a Regional Meeting. (13th-16th)	14	15 FAMILY BREAKFAST RECYCLE PICK UP	16	17 ST. PATRICK'S DAY
18	19 YOUTH EVENING	20	21 MEALS ON WHEELS	22 GARBAGE PICK UP	23	24
25 <u>Holidays</u> Hélène Savard	26 COMMUNITY KITCHEN	27	28 MEDICAL TRANSPORTATION DEADLINE AT NOON	29 RECYCLE PICK UP	30 The Band Office and Health Center are closed for Good Friday on Thursday afternoon and Friday.	31