

# Kebaowek First Nation Mazinaigan

## Kebaowek First Nation Community Newsletter

### Adikameg Kizis - November 2018

## An Update from the Chief

In this month's article I'd like to begin by thanking the members who came out to the community meeting, it is important that as Chief and Council we create space and opportunity to engage with the community on topics which are impacting or will have impact on our rights and title. The meeting allowed us to begin to present a number of key files which need community input.

I have spoken repeatedly on our need to stay vigilant on what the Federal Government is proposing to do with the Rights and Reconciliation Framework and a number of other pieces of legislation. While they haven't been able to assimilate us in hundreds of years, they are now going to try and reduce, limit and eliminate our rights through their own law making. This is very troubling to begin with but has become even more challenging with the Supreme Court of Canada recent ruling in that the Federal Government DOES NOT have to consult First Nations when developing laws that have the potential to directly affect our rights and title. This means we can only challenge them once they are developed and introduced into Parliament. I have put an insert on this issue in this newsletter which gives more information on this issue and we will also be posting more articles and links on our Facebook and Website ([www.kebaowek.ca](http://www.kebaowek.ca)). We will also be bringing in guest speakers to discuss this item with the community in an effort to give everyone a better understanding on this and other issues that need community engagement.

At the meeting we also discussed the need for community input on other key topics such as membership and our electoral code. We are committed to developing a consultation process that allows community members who want more information and to get involved, give their views and opinions and be engaged as we decide on how we move forward together as a community. I recognize that as Council we can do better and must do better in communicating to all members no matter if they live on or off reserve. We will do this by better using our Newsletter, Website, FB and other social media strategies to better get information out to the community. We will create the opportunity to better engage and an important part of this strategy will be more community meetings. This is the commitment we made as the topics we are facing require direction from the community.

We also spoke of the need for more economic development projects in an effort to be self-sustaining, some projects will be developed and operated by the Council but we also need opportunities for (page 2)



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**Kebaowek  
First Nation**  
110 Ogima Street  
Kebaowek QC J0Z 3R1  
Tel: (819) 627-3455  
Fax: (819) 627-9428



**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

## Chief's Update Cont'd

individuals to start their own businesses. We presented Onimiki, our Hydro Project, we will ensure that the Power Point Presentation is posted to the website and Facebook page for information and review. We also presented the concept drawings for the revitalization of the lakefront now that the old sewer plant has been decommissioned and torn down, we will post this information as well as Phase One will be done this spring and will include additional docks, a new boat launch, a boat washing station and a pump system to empty boat toilets.

In closing, as I have stated, we can do better in getting more information out to our members and I have personally committed to doing this and also to have more community meetings and engagement. I don't have all the answers and we need your views and opinions so we can together decide how we move forward in tackling these issues and challenges.



Last week I was in Vancouver attending the Assembly of First Nations National Housing Forum and had the pleasure of meeting a community member who lives in BC and was also in attendance at the meeting. It was a pleasure for me to meet Kebowek Band Member, Peter Mitchell.

Chief Lance Haymond

# Handicraft Sessions

**STARTING  
TUESDAY OCTOBER 23RD !!**

**Every Tuesday Evening  
6:00 pm - 8:30 pm  
at the Elder's Bulding**

*For all 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.**

**Projects are anything and everything  
from mitts, moccasins, dream catchers,  
purses, keychains etc ... you decide !!**

**We encourage everyone to come out,  
learn about how to make handicrafts and  
enjoy an opportunity to sit and socialize  
with other community members for a  
couple of hours a week.**

For more information please call Rose at the Band Office  
819-627-3455

# 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)

Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: Sept 9th - Oct. 6th, 2018	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	6.5	665	15
Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: Oct. 7th - Nov. 3rd, 2018	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	6.5	665	15

NOTE Since July 3<sup>rd</sup> 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. Please also note that since January 1<sup>st</sup>, 2017, the two-week waiting period has been reduced to one week. Updated and revised on October 8th, 2018 by the **First Nation Human Resources Development Commission of Quebec (FNHRDCQ)**.

### 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.**

### COMMUNITY WORKFORCE PROFILE

First Nation Human Resource Development Commission of Quebec has been working to produce the Workforce profiles for each community. The objective is to have a precise socio-demographic portrait of our active population; to have a detailed profile of our community's workforce and labour market. This work profile primarily aims to identify the needs of our members and the potential of our workforce as well as the prospects for economic development in our community. It will improve our local initiatives relating to employment and training. Finally, support our negotiations as part of the creation of partnerships.

The Kebaowek Human Resource Department will be collecting data to produce Kebaowek's Workforce profile. This will be done by survey, please accept our data collectors into your home at your convenience to provide our community with a true picture of our community work force. The survey will be given to our community members in the radius which covers Kebaowek, Kipawa, Temiscaming and Thorne, Ontario. A notice will be sent out to inform you of when this will be starting. Thank you in advance for your contribution to have a community workforce profile.

### VISION-TRAVAIL

Employment councillor, every Tuesday, will be pleased to meet with you. She will be at Centre L'envol, 451 Kipawa Road, Temiscaming Quebec. Please call to make an appointment 1-819-629-2743.



## Great Christmas Stocking Stuffer ... 2019 Calendars

are currently available for purchase from our website

[www.kipawalakepreservationsociety.ca/](http://www.kipawalakepreservationsociety.ca/)

and several locations locally -

Kipawa Lodge, Kebaowek Band Office and Kipawa Bait and Tackle.

Proceeds from calendar sales allow us to continue our work promoting awareness of the treats to the Kipawa Lake area and to conduct water testing, etc.

**Your support is greatly appreciated as we receive no operational funding.**

# CCP Update



On October 23, 2018 Kebaowek First Nation had a community meeting to gather KFN history and also celebrated the success of our 6 Aboriginal Storybooks! The following is MIKANA AUTOBIOGRAPHY AND PURPOSE OF PROJECT.

Anicinabe Mikana is a volunteer group made up of Indian Residential School (IRS) survivors and descendants of IRS survivors and other members of Kebaowek First Nation. This group was formed to explore initiatives under the Truth and Reconciliation Commission (TRC) components of the Indian Residential School Settlement Agreement (IRSSA) and to help restore our Anicinabe culture, traditions, and language. Other goals/initiatives of Anicinabe Mikana are to promote awareness of Indian Residential Schools and its effects on our people; to practice and learn our culture, traditions, and language; to seek funding through various sources and submit requests in a way that is consistent with all common practices of Kebaowek First Nation and to become a source of cultural support that will assist other program and services for our community.

The purpose of this project is to produce language learning material for our community youth and members in the form of 6 short story books. Each book will be about Fall, Winter, Spring, Summer, Family, and Culture. Each book will have a first half and a second half. In the second half of the book we will have the short story, each page you could expect to find a sentence of the story in English, French, and Algonquin and a picture to go with that page. Then in the first half of the book you will find a few pages with one word vocabulary of words you could expect to see in the short story. This way kids can learn how to say individual words they can expect to find in the short story in the second half of the book, making it a simpler learning experience for them.

Due to the long lasting effects the Indian Residential Schools had on our people this project will help our community begin its path back to becoming a proud First Nation community where all of its members can speak the Algonquin language without prejudice.

Please note that the books will be available after November 15, 2018. More information will be made available on how to access your own set of books.





# ▶ NEW LOCATION ◀

**Economic  
Development  
Land Management  
& Resources  
Departments**

**NEW ADDRESS:**

**589 Chemin de la Baie Kipawa  
Kipawa QC, J0Z 2H0 Telephone: 819-627-3309  
[www.kebaowek.ca](http://www.kebaowek.ca)**

# Kebaowek Fire Department

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**All Kebaowek First Nation homes should now have a working smoke alarm.**

**Please contact Roxane at 819-627-3455 and leave your name if this is not the case.**

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**How many smoke alarms should I have in my home?** It is recommended to have one smoke alarm on each floor, including the basement, and to install them in the bedrooms where people sleep with the door closed.

**Where should I install the smoke alarms?** In the hallways, near the bedrooms, making sure that there are no obstacles that prevent smoke from circulating. They are installed on the ceiling or on the walls, at a distance of 10 to 30 cm (4 to 12 inches) from the wall or the ceiling.

**What type of smoke alarm should I buy?** You should choose the type of smoke alarm depending on the place where it will be installed. The most common is the ionization smoke alarm. It is most suitable near bedrooms. The photoelectric cell smoke alarm is most often installed near the kitchen, the bathroom or near heating appliances. This type of smoke alarm triggers less needless alarms caused by steam or cooking, for example.

**How can I ensure that I buy a good smoke alarm?** The smoke alarm must be certified by Underwriters' Laboratories of Canada (ULC), a recognized standards organization. The ULC logo indicates that the smoke alarm was manufactured and inspected in accordance with the organization's standards. The UL logo preceded by a small « c » certifies that the unit was manufactured and inspected in the United States, in accordance with standards accepted in Canada. Often the device also bears the CSA logo, which indicates that some of the smoke alarm's components were manufactured in accordance with CSA International standards.

**How do we know if our smoke alarm is working properly?** Once a month, press the test button for a few seconds. You should hear the signal immediately. Check its ability to detect smoke by extinguishing a candle near it. Perform this test once a year or whenever the entire family has been away from home for more than seven days. If the smoke alarm is connected to a central monitoring station,

check with the company whether the signal was transmitted.

**When should the smoke alarm battery be changed?** Replace the battery when the smoke alarm emits intermittent audible signals. These indicate that the battery is too low. When you move the clock an hour back or forward, in March and November, take the opportunity to test the battery and replace it as needed. Never install a rechargeable battery.

**What should be done when the smoke alarm goes off too often?** It is likely that the smoke alarm is installed too close to the kitchen or the bathroom, for example. Air out the room and install the smoke alarm a little farther away. Never remove the battery.

**Can smoke alarms be cleaned without risk?** Lightly vacuum outside and inside the smoke alarm casing at least once a year. Never paint it. Never open the casing of an electric smoke alarm

**When should a smoke alarm be replaced?** Replace it every 10 years. Go by the useful life indicated on the smoke alarm casing. If it is damaged, dusty or doesn't emit a signal after the battery is replaced, change it. Never exceed the suggested useful life.

## Did you know that ...

- Most fire-related deaths occur at night when we sleep?
- It can take less than 3 minutes for smoke to engulf your home?
- Smoke is responsible for 80% of fire-related deaths?
- The only way to be warned in time is through a smoke detector that is operational at all times?

# **KEBAOWEK** **POLICE** **DEPARTMENT**

## **Statistics for the Month of October 2018**

**September 28th to October 24th**

- 3 Assaults
- 1 Uttering Threats
- 1 Possession of a Substance
- 1 Impaired Driving
- 1 Alarm - Non Criminal
- 1 Assist to the SQ
- 2 Assist to Others
- 1 Request for a Restraining Order (fear of certain offences Sec 810.2)
- 1 Noise & Nuisance Complaint
- 1 Break and Enter
- 2 Mischief
- 1 Failure to Comply with a Probation Order

### **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.



Pour nous  
joindre /  
Contact us:

451, chemin  
Kipawa  
Témiscaming  
(Qc)  
J0Z 3R0

819-627-9558  
Ext. 2300



Centre L'Envol

Éducation des adultes / Adult Education

**Jamais trop tard  
pour  
apprendre!**

Venez nous  
rencontrer...  
il y a une place  
pour vous!

**Ça pourrait changer  
votre vie!**

**Never too  
late to learn!**

Come see us  
now... there is  
a place for you!

**It could change  
your life!**

## **KEBAOWEK FIRE DEPARTMENT**

**AND THE**

**MUNICIPALITY OF KIPAWA**

**ARE LOOKING FOR RELIABLE PEOPLE  
TO JOIN THE KEBAOWEK FIRE DEPARTMENT  
(Off-Reserve, Non-Band Members are welcome)**

**MUST BE 18 YEARS OF AGE +  
AND IN GOOD PHYSICAL HEALTH**

## **JOIN OUR TEAM**



**FOR MORE INFORMATION:**

**Gail Joly 705-840-3953 (please leave a message)**

## Wishes for the Month of November



Cheers & Best Wishes to  
Lois & Lorne !!

Happy Birthday you two !!

Gail



Congratulations is being sent to our  
Niece, Victoria & Tee Ouimette (Clifford's daughter)  
Victoria gave birth to a healthy baby boy  
on September 24th, 2018. he weighed in at 8 lbs 4 oz.  
A baby brother for six year old Dom who loves him dearly.

We love you all Vicky !!

Ouimette Family and Dad & Mom



Happy Birthday to Samara, Kaleb,  
Stephanie and Nate who all  
celebrate their birthdays  
in November !!

Love Mom & Dad  
(Nanny & Poppa)

## Upcoming Events, Activities and Community Notices

**SATURDAY, OCTOBER 13, 2018**

**Kebaowek Community Hall  
(Kebaowek, Quebec)**

**ENTRY FEE - \$40.00**  
(\$35.00 Towards Prizes & \$5.00 to KFN Recreation)

**Registration: 12:00 p.m. - 1:15 p.m.**  
**Tournament starts at 1:30 p.m.**

**\$5.00 POKER HANDS AND 50/50  
TICKETS ON SALE DURING THE DAY**  
(Open to everyone - stop in for your chance to win)

**Bar will be open all day and  
Supper Menu will be available**

**For More Information Contact:  
Jungo at 705-845-6850**

**Saturday, January 19, 2019**

**Kebaowek Community Hall  
Kebaowek, Quebec**

**ENTRY FEE: \$110.00**  
(\$100.00 prizes - \$10.00 to Support)

**Registration: 12:00 p.m. - 1:15 p.m.**  
**Tournament Starts at: 1:30 p.m.**

**\$5.00 Poker Hands and 50/50  
Tickets On Sale During The Day**  
(Open to everyone - Stop in for your chance to win!)

**Bar will be open all day and  
Supper Menu will be available.**

**For More Information Contact:  
Jungo at 705-845-6850**

# Upcoming Events, Activities and Community Notices

**THURS NOV 22, 2018**  
Kebaowek Community Hall

# BINGO



**\$ 1000.00 Jack Pot**  
Over \$2500.00 in prizes  
**\$30.00 Entry - - - - Extra Pack \$10.00**  
**DOOR OPENS AT 5:45**  
Earlybird start 6:45  
Pop, Water, Coffee, Chips & Steamed Hot Dogs

# BINGO

**KEBAOWEK ELDER'S CLUB**  
(149 Migizy Street)  
**SUNDAY, NOVEMBER 25, 2018**  
**TIME: 2:00 p.m.**  
(Doors open at 1:30 p.m.)

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

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

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

Regular Game Prizes - \$20.00

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

**CANTEEN OPEN**  
Hotdogs, Chips, Pop, Tea, Coffee  
**EVERYONE WELCOME !!**



**The Service Counter for the SAAQ:**  
Société de l'assurance automobile du Québec  
at the Kipawa Municipal Office  
15, rue Principale (Tee-Lake Sector)

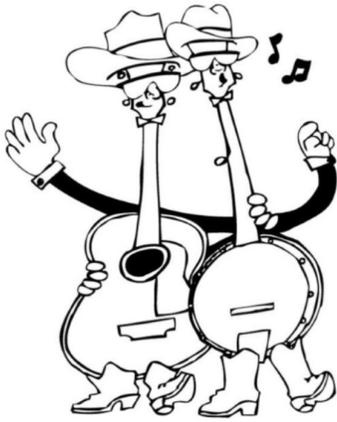
**Regular Opening Hours**  
**Wednesday – 10 a.m. to 4 p.m.**  
**Thursday – 12 p.m. to 6 p.m.**

# 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 NOVEMBER DEADLINE FOR  
NON-RESIDENT FEES TO BE REIMBURSED  
IS NOVEMBER 29TH AT 12:00 PM**



# Kipawa Countryfest

## August 16-17-18, 2019

**GRAB OUR \$60.00  
WINTER SPECIAL**

### 2019 KIPAWA COUNTRYFEST PRICES

<b>WEEKEND PASS PRICES</b>	<b>WINTER SPECIAL</b> November 1, 2018 - March 31, 2019	<b>SPRING SPECIAL</b> April 1, 2019 - June 30, 2019	<b>AT THE GATE</b> August 16, 2019
<b>ADULT (18+ years)</b>	<b>\$60.00</b>	<b>\$70.00</b>	<b>\$80.00</b>
<b>YOUTH (6-17 years)</b> All young children must be accompanied by an adult	<b>\$20.00</b>	<b>\$20.00</b>	<b>\$20.00</b>
<b>CHILDREN (0-5 years)</b> All children must be accompanied by an adult	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>
<b>ONE DAY PASS</b> Available at the Gate	<b>FRIDAY</b> August 16, 2019	<b>SATURDAY</b> August 17, 2019	<b>SUNDAY</b> August 18, 2019
<b>ADULT (18+ years)</b>	<b>\$40.00</b>	<b>\$60.00</b>	<b>\$20.00</b>
<b>YOUTH (6-17 years)</b> All young children must be accompanied by an adult	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>
<b>CHILDREN (0-5 years)</b> All children must be accompanied by an adult	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>

## ON SALE AT THE FOLLOWING PLACES:

COUNTRYFEST MAIN OFFICE: 819-627-3455 - Kipawa, QC (accepts credit card, debit and cash)

MIGIZY GAS STATION: 819-627-3392 - Kipawa, QC (accepts credit card, debit and cash)

LAKEVIEW STORE: 819-627-1309 - Kipawa, QC (cash only)

DÉPANNEUR STOP 102: 819-627-3190 - Temiscaming, QC (cash only)

DÉPANNEUR DANDYS: 819-627-9663 - Temiscaming, QC (cash only)

SHEAR OASIS HAIR DESIGN: 705-474-4247 - North Bay, ON (cash only)

MARYANN BABIN: 819-629-7341 - Notre-Dame-du-Nord, QC (cash only)



ERIC ETHERIDGE



TRACEY BROWN &  
RANDELL PRESCOTT



TERRI CLARK

KELLY PRESCOTT



BUCK TWENTY



# Thank You



Thank You to the following people that volunteered to help us out at the Children's Halloween Party on Friday October 26th !!

Lois Grandlouis, Lou-Ann Grandlouis  
Julie Wabie, Rhonda Smith and Jason McLaughlin

Your help is very much needed and so much appreciated and we could not do this without all of you, THANKS AGAIN !!

## Winners of the Pumpkin Carving/Decorating Contest Community

1st Place - Lisa Chevrier - \$ 75.00

2nd Place – Carter Hunter - \$ 50.00

3rd Place – Kim & Alyssa Fortin - \$ 25.00

13 out of 20 pumpkins were picked up for use in the contest,  
9 were returned ,  
the other 7 were used at the prize table for the children's draws

Thanks to everyone that returned a pumpkin for the contest !

Gail Jawbone - Recreation  
Vicky Constant - Addictions and Wellness



# Woody's Walk

These were photos taken at the 10<sup>th</sup> Annual Woody's Walk, where we had guest speaker Ms. Arlene Laliberte, a Band Member from Timiskaming First Nation who studied and has her P.H.D in Psychology.

Her presentation consisted of; The impacts Cancer can have on a person and the family as a whole, The stages of emotions, How to cope, How to support etc. It was very interesting and educational, although I wish no one will have to use these tools, nonetheless they are very useful to have.

This year the sales of the luminaries went to Mr. Marvin McKenzie and the total amount raised was \$500.

I would like to thank Carolyn Pariseau for the beautiful cakes and diabetes friendly cookies. Mitchell McMartin and Michelle St-Denis for setting up and lighting the luminaries, Migizy Gas, Shelly and Lynn Grandlouis for helping sell luminaries, Maxine Noah for helping serve the cake, the women's drum group for their inspirational songs and to everyone who came out to participate and support this event, by paying homage to Lorraine (Woody) Paul.



**SAVE THE DATE**



**Get Checked**



Blood Pressure

Cholesterol

Glucose

**SCREENING CLINIC**

Kebaowek Health and Wellness Center

**WEDNESDAY NOVEMBER 14TH, 2018  
(WORLD DIABETES DAY)**

**10:00 AM - 6:00 PM**

If you can't make it on Monday, please stop in  
anytime that week 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

# Sports & Mentorship

## Winter Fitness: Why Staying Active Is a Must

Winter weather conditions may make you re-evaluate your outdoor fitness routine, but hibernation is not the answer, even if you live in the chilly north. To be most effective, fitness needs to be consistent. Staying active in the winter boosts immunity by keeping the lymphatic system active — as long as you don't over train, which has the opposite effect. Winter fitness also prevents weight gain that can occur from inactivity and holiday eating and drinking, as well as the aches and pains that arise from sedentary behavior.

**Activités sportives GRATUITES à l'école Gilbert-Théberge**

Heures	Lundi	Mardi	Mercredi	Jeudi
19h00-21h00	Badminton	Volley-ball	Badminton	Hiver Hockey balle

Pour plus d'information contactez les employés du Centre au 819-627-3230 .

These are **FREE** sports activities being held at G. Theberge School weekdays starting at 7pm and ending at 9pm.

Monday – BADMINTON

Tuesday – VOLLEY-BALL

Wednesday – BADMINTON

Thursday – BALL HOCKEY

Please bring your own personal racket or hockey stick to participate in the activities also wear appropriate footwear and clothing.

## Pneumovax Polysaccharide Vaccine

### Description

Pneumococcus is a bacterium found in the respiratory tract. Many people carry the bacteria in their nose or throat without becoming ill. However, pneumococcus can sometimes cause infections, like pneumonia, for instance.

There are many types of pneumococcus. About forty of them cause infections in humans. They are called “pneumococcal infections”.

Pneumococcal infections are common in Quebec. They occur throughout the year, but especially in winter and spring. Each year, serious pneumococcal infections cause 3000 to 6000 hospitalisations and many deaths.

### Transmission

Pneumococcus is spread through airborne droplets from an infected person's nose and throat.

### Vaccine

Vaccination is the best protection against serious pneumococcal infections and their complications. For instance, bacteremia that is a blood infection, with or without pneumonia, and meningitis

that is an infection of the brain lining are two serious infections caused by pneumococcus.

There are several types of pneumococcus.

The polysaccharide vaccine provides protection against 23 types that are most frequent.

### People at Risk ... Who should get the Vaccine

**Persons with a high risk of serious pneumococcal infection include:**

- People 65 years old and up
- People 2 years to 64 years of age with one of the following chronic conditions:
  - Heart disease
  - Lung disease (emphysema, chronic bronchitis) except asthma
  - Kidney disease
  - Diabetes
  - Splenic malfunction or absence
  - Cirrhosis or alcoholism
  - HIV infection
  - Deficient immune system (e.g. cancer)

# Kebaowek Health Center Flu Shot Walk-In Clinics

**No appointment is necessary however please respect the Flu Shot Clinic times listed below.**

**Should you require transportation please call Donna at the Health Centre (819-627-9060) to make arrangements.**

**Children 17 and under must be accompanied by a parent.**

NOVEMBER 2018				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10 AM - 12 PM AND 1 PM - 4 PM	2 10 AM - 12 PM
5 10 AM - 12 PM AND 1 PM - 4 PM	6 1 PM - 4 PM	7 10 AM - 12 PM AND 1 PM - 4 PM	8 1 PM - 4 PM	9 10 AM - 12 PM
11 HEALTH CENTER IS CLOSED	12	14 10 AM - 12 PM AND 1 PM - 6 PM	15	16

**Who is most at risk?**

Some people are more likely to suffer influenza-related complications or to be hospitalized because of these complications. Certain people are especially capable of spreading the flu to those at high risk of complications.

**Those most at risk of complications related to the flu include:**

- people with chronic conditions such as diabetes, heart disease, lung disease, kidney and liver disease and/or cancer
- people 75 years and older, or live in nursing homes or long-term care (ltc) facilities
- persons in contact with children less than 6 months old
- pregnant women (13 weeks +)
- Immuno compromised

**Those capable of spreading influenza to individuals at high risk of complications related to the flu include:**

- those who live with the vulnerable people listed above, (household members)
- those caring for or expecting a newborn baby during the flu season
- health care workers, specifically those who work directly with at risk groups (clinics, homecare workers, ltc workers, hospitals)
- childcare workers, specifically those who care for babies 6 months or less
- children 6 months to 17 years old who have a chronic condition or live in the same household with a person at risk of complications

**Questions?**

Please call the Kebaowek Health and Wellness Center, **819-627-9060** and ask to speak with a nurse. They will be able to provide you with additional information and answer questions that you may have.

# Medical Transportation and NIHB Information

**CUT OUT AND POST ON YOUR FRIDGE FOR QUICK REFERENCE ...**

## November 2018 - Medical Transportation After Hours Pilot Project

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

### Reminder for Remembrance Day

Unless prior arrangements have been made, here are the hours for local transportation:

Monday November 12th, 2018: The office is closed.

Medical Transportation is available from 8:30 am to 12:30 pm - Call 819-627-6887

**Please call the office as soon as possible to arrange transportation for medical appointments. last minute calls out of town cannot be guaranteed.**



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

Loïc Allenbach-Bellehumeur - Hearing Aid Practitioner  
will be visiting our Health Center

**for appointments on Friday November 16th, 2018.**

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.



## The updated drug benefit list is available online:

Here is how to access: (You can also just enter in a search engine "NIHB" and add what you're looking for)  
[www.canada.ca](http://www.canada.ca)

Click "English" (if that's your preference)

Then from the "Health" drop-down menu at the top, click on Indigenous Health

There you will see the link for Non-insured health benefits for First Nations and Inuit

If you want to be notified when there's NIHB program updates .... Subscribe to updates.... Here is the web-site:  
<https://www.canada.ca/en/indigenous-services-canada/services/non-insured-health-benefits-first-nations-inuit/subscribe-updates.html>

# Prostate Cancer ... What is a PSA Test?

## What is Prostate Specific Antigen (PSA)?

Prostate Specific Antigen (PSA) is a protein produced within the prostate gland and is secreted into seminal fluid.

There are two types of PSA:

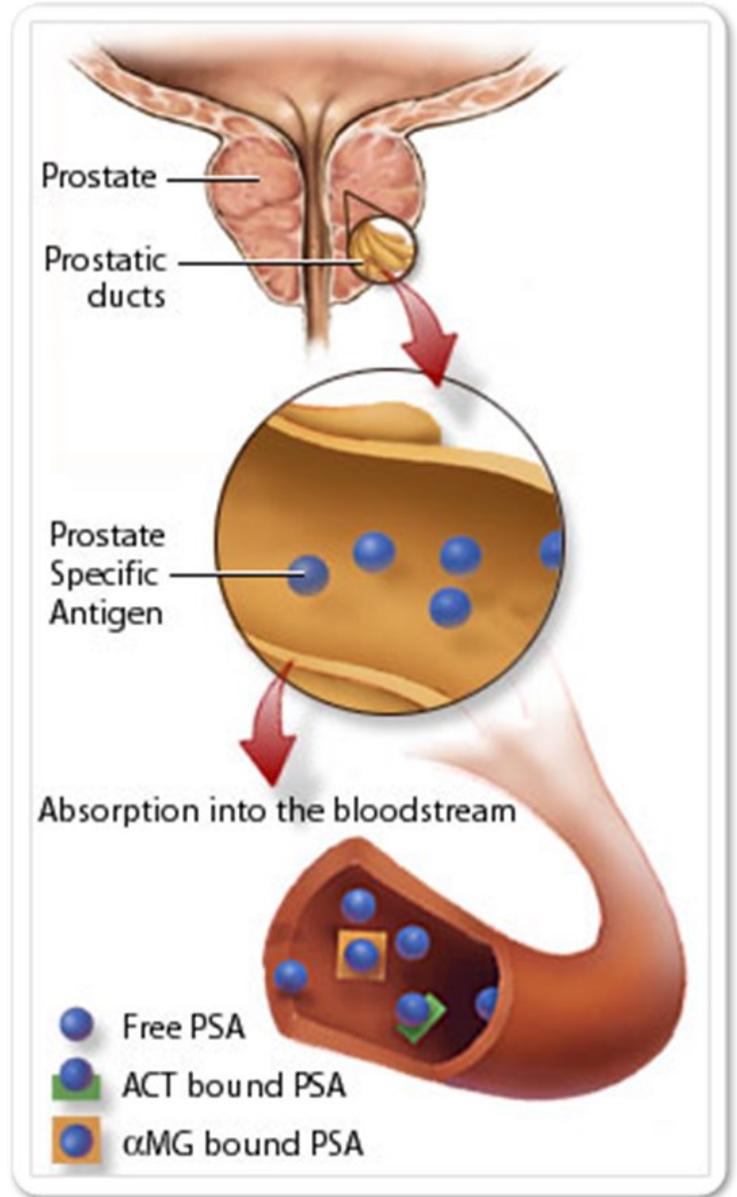
1. Free PSA: moves freely in the blood as it is unbound to other proteins
2. Complex PSA: attached to other proteins as it moves around the blood

Free PSA comes from benign prostatic hyperplasia (BPH), an enlargement of the prostate. The higher the amount of free PSA, the less likely prostate cancer will be found as prostate cancer cells produce more complex PSA.

## What is the PSA test?

The PSA test is a simple blood test, taken from the arm, which measures the amount of PSA protein in the blood. It is common for PSA to be found in the blood in very small concentrations. Higher levels of PSA may indicate the presence of cancer, but can also be an indicator of other prostate conditions.

## What are the benefits and limitations of a PSA test:



Benefits	Limitations
May indicate the presence of cancer in its earliest stages.	May lead to unnecessary tests and treatment.
Simple blood test (not harmful).	Cannot distinguish between slow growing and advanced cancer.
Currently only test we have as red flag to indicate follow-up.	The PSA test cannot diagnose prostate cancer but can tell you if there's a problem with the prostate.

## What you need to know about legalized cannabis in Quebec

How much will cost? Where are the stores? What are the rules?

We've got your answers here ...

Quebecers are now able to purchase cannabis online and at a dozen outlets across the province.

Ottawa left it to provinces to determine how marijuana would be produced and distributed on their territory, and Quebec has opted for some of the most restrictive laws in the country.

Here is a breakdown of how it will work in the province.

### Where will it be sold?

Cannabis for recreational purposes will be available at the newly formed, government-run Société Québécoise du cannabis (SQDC), an offshoot of the province's liquor board, the SAQ.

It will also be available for purchase online at SQDC.com.

The SQDC is will open 11 outlets including three in Montreal. The three Montreal locations are:

- 970 Ste-Catherine Street West, near the corner of Peel Street.
- 9250 Acadie Boulevard.
- 6872 St-Hubert Street.

### What can I buy?

Stores and online vendors will offer dried cannabis (whole and ground), pre-rolled joints, oil and oral spray as well as THC and CBD gel capsules. The SQDC has contracts with six producers certified by the federal government.

Edibles won't be available as they aren't part of the federal government's initial legalization plan.

### How much will it cost?

Dried cannabis is available starting at just over \$5 a gram, with some strains closer to \$10 a gram.

Sales will be restricted to 30 grams at a time. Individuals are not allowed to have more than 150 grams in their homes.

### How old do I have to be?

You need to be 18, for now.

The incoming CAQ government is promising to raise the age to 21, but it won't have time to change the law before cannabis is legal.

The CAQ has said it will make the change as soon as possible but has not provided a clear timeline as to when that will be.

The CAQ was critical of the plan to set the legal age at 18 from the start, citing various medical groups whose research has concluded cannabis use can harm brain development in those under 25.

### Can I grow it myself?

No. Quebecers won't be allowed to grow marijuana plants at home, even though the federal law allows Canadians to have up to four plants at home for their personal use.

### Where can't I smoke it?

A lot of places. Smoking cannabis will be prohibited in the same locations as those set out by tobacco laws, as well as on the grounds of universities and CEGEPs, hospitals and schools.

The incoming CAQ government wants to go even further, banning the drug in all public places.

Quebec City, Sherbrooke, Levis, Saguenay, Victoriaville, Pointe-Claire and many other municipalities have either banned the consumption of cannabis in public or signaled their intention to pass bylaws to that effect.

The City of Montreal will follow the current provincial law on cannabis. You will also be able to consume cannabis at public events, such as the Montreal Jazz Festival.

But the boroughs of Saint-Laurent, Saint-Léonard, Pierrefonds-Roxboro, Montreal North and Rivière-des-Prairies-Pointe-aux-Trembles, all governed by the city's opposition party, Ensemble Montréal, are planning to ban smoking cannabis in public places.

Some of the boroughs, including Saint-Laurent, plan to go further and ban the consumption of all cannabis derivatives as well.

Those who don't follow the rules will be handed a ticket by police.

# Addictions and Wellness

## What about apartments and condos?

Some Quebec landlords and condo owners have banned smoking cannabis in their rental properties. A poll conducted recently by the landlords association suggested a majority of its members anticipate tenants will complain about marijuana smoke.

A majority also indicated they plan to prohibit smoking marijuana inside their buildings. Some condo associations, as well, have introduced bans.

## What are the rules for driving?

Quebec introduced a "**zero tolerance**" policy for those found to be using cannabis.

In Montreal, almost 2,000 officers are trained to conduct roadside detection tests.

If an officer pulls someone over and suspects the person is impaired, but not by alcohol, the person is sent to be evaluated by another, more specialized officer.

They will have the option of a new drug saliva testing device to enforce laws against driving under the influence of cannabis, thanks to a go-ahead from the federal government.

They will also be able to demand a blood test.

### Source:

<https://www.cbc.ca/news/canada/montreal/quebec-cannabis-legalization-1.4859177>

### Up-Coming:

Visiting Place au Soleil with Drug & Alcohol Counselor: Rachel Smith, from the hospital in Temiscaming, to do some awareness on Tuesday November 20<sup>th</sup>.

National Addictions Awareness Week Activities OR NAAW (Nov. 26<sup>th</sup> – Nov. 30<sup>th</sup>) **\*Watch for posters in the community\***

### Relapse Prevention Program at the Wanaki Center

**Held from December 16<sup>th</sup> – 21<sup>st</sup>, 2018.**

**The goal of this week long prevention program is to support individuals to continue on their road of sobriety.**

**The program for the week consists of workshops within a group setting and traditional ceremonies.**

**There will also be an opportunity to individually meet with a Counsellor.**

**For any questions or to apply please call Vicky Constant**

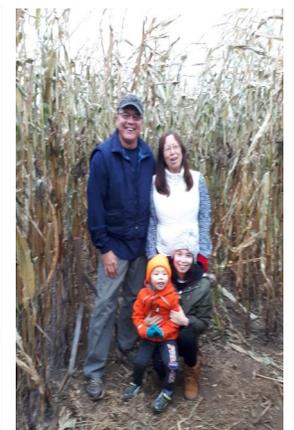


Special thanks to Gail Joly for bringing in some magazines that I will use for a special activity, soon to come!

I would like to thank those of you that came out to the Wellness & Addictions Annual Halloween Fun Trip to Leisure Farms on Sunday October 14<sup>th</sup>; it was a great day and a great time had by all!

I would like to thank Cary Cahoon, Denis Perrier and Trent McLaughlin for coming out to the Haunted Hike in North Bay on Saturday October 20<sup>th</sup>, it was a great time! (For those of you who didn't sign up, you missed out!)

On behalf of the Kebaowek and Wolf Lake NNADAP workers, we would like to thank those of you who came out for the Drug Information Session at the Kebaowek Community Hall on Tuesday October 9<sup>th</sup>, 2018.



## NAAW QUESTION & ANSWER

Complete the chart below by either writing in the correct question or answer for the information given.

**TIP: If you don't know the answer, you can search online to find your answer.**

**PLEASE RETURN YOUR COMPLETED CHART BY THURSDAY NOVEMBER 29<sup>TH</sup> BY 4:30 PM FOR A CHANCE TO WIN A PRIZE !!**

Name: \_\_\_\_\_

ALCOHOL	TOBACCO	DRUGS	CATEGORIES
Question:	Question: What is halitosis?	Question:	Question:
Answer: Fermented barley, corn or rye	Answer:	Answer: A drug that comes from hemp and acts as a stimulant	Answer: Beer, wine, liquor
Question:	Question: What are two forms of smoke-less tobacco?	Question: What are sedatives?	Question:
Answer: Fermented grapes or fruit	Answer:	Answer:	Answer: LSD, PCP, mushrooms
Question:	Question:	Question:	Question: What are examples of narcotics?
Answer: An alcohol that is made by distillation	Answer: The drug in tobacco that causes addiction	Answer: Lab produced designer drugs	Answer:
Question:	Question:	Question:	Question:
Answer: Organ that can develop cirrhosis from abusing alcohol	Answer: A fluid produced by burning tobacco and contains cancer causing substances	Answer: White powder stimulant and anesthetic	Answer: Gasoline, nitrous oxide, cleaning fluid
Question:	Question: What is leukoplakia?	Question:	Question:
Answer: The amount of alcohol in a beverage	Answer:	Answer: Propellants or solvents that are huffed or sniffed	Answer: GHB, Rohypnol, Ketamine, Ecstasy

# MCH and Head Start Program

The Afterschool Program is successful with all the children who attend, as Health Center staff we are enjoying the company and building relationships with the next generation. The children receive a healthy snack when they arrive at the program, then they participate in a activity with the prevention workers from the Health Center and end their day with tutoring. Pictured below is the KASP program.



Healthy eating is a vital part of normal growth and development for children. In Canada, rates of obesity among children and youth ages 2 to 17 are on the rise. Every part of a child's life plays a role in their development – social, environmental, economic, cultural and biological factors. Your family, community and other professionals can help to promote your child's health and develop. When you are in a supportive environment it makes healthy choices easier to make.

Recommendations for your children include:

- Enjoy healthy eating as a normal part of childhood, continue make healthy snacks and meals often, your child may begin to try them eventually. Children learn by example, whatever you eat your child will too and younger the better.
- Eat foods with the nutrients and energy needed to support healthy growth and development, these foods are low sugar fruit such as berries, vegetables and protein.
- Develop a positive self-esteem, let your children know that everybody is unique and encourage a healthy body.
- Develop healthy food behaviours like when snacking choose fruit or veggies, including cooking and shopping skills.
- Enjoy at least 60 minutes of moderate-to -vigorous intensity physical activity daily and you can do it with your children or you can take them to the park, or play with friend outside.
- Limit sedentary behaviours and screen time.

**Lynn Grandlouis**  
Special Needs Educator  
MCH/ Head Start Program Worker

**EARLY CHILDHOOD  
WEEK  
NOVEMBER 19TH-23RD**

**Nov.19th**

**9:30- Open house @ Daycare**

**10- Community Walk**

**11- Lunch at Hall, Celebrating our Children Ceremony**

**Nov.20th**

**2:00 - Activity Centers, Storytime & Crafts @ FLS**

**Nov.21st**

**10:00-11:00 - Activities @ Daycare**

**5:30- Drumfit @ Hall**

**6:00-7:30- Dinner & a Movie**

**November 22nd**

**6:45am-9:00am Community Breakfast**

**9:00am-11:00am Inflatables**

**\*Children under 10 must be accompanied by a chaperon.\***

**For more information please contact Michelle @**

**819-627-9877.**

# First-Line Services

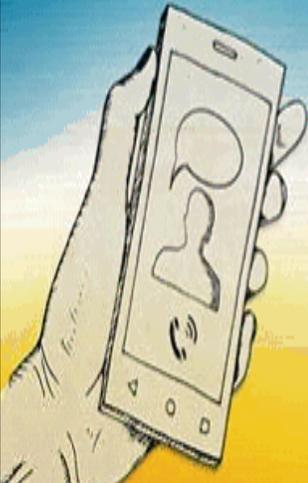
On Wednesday October 4<sup>th</sup>, we held our annual Orange Shirt Day event; where we honor and recognize our Residential School Survivors, and also for the ones who didn't make it or have passed on. For this year's event, we had an information center where we displayed facts about Residential Schools, stories and books, we had a wonderful dinner cooked by Carolyn Pariseau, a showing of the movie 'Indian Horse', the Mukwa Ikwe Women's Drum Group, and Elder Noella Robinson. The topic of Residential Schools is never an easy topic to speak about, but it is very important that we are always educated on and informed of the subject. As long as we can get together and educate ourselves on the topic of Residential Schools, then we can begin to allow ourselves to heal together. Again, we would like to thank everyone that came to share in this important day with us. We look forward to seeing you all at next year's event!

Meegwetch - Kayla Lariviere



# First-Line Services

**FEELING SAD OR DISTRESSED?**  
Support is available for all Indigenous People in Canada



Talk to a qualified counsellor by phone at Hope for Wellness Help Line at **1-855-242-3310**

or through online chat at **hopeforwellness.ca**



**FIRST-LINE SOCIAL**

EVERY TUESDAY MORNING AT 8:30AM, YOU ARE MORE THAN WELCOMED TO COME OVER TO SMUDGE AND HAVE A COFFEE WITH US UPSTAIRS AT THE FIRST-LINE SERVICES BUILDING!!

WE HOPE TO SEE YOU THERE!!



**First Line 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



# Upcoming Activities

## SENIOR SOCIAL

**Every Thursday!**

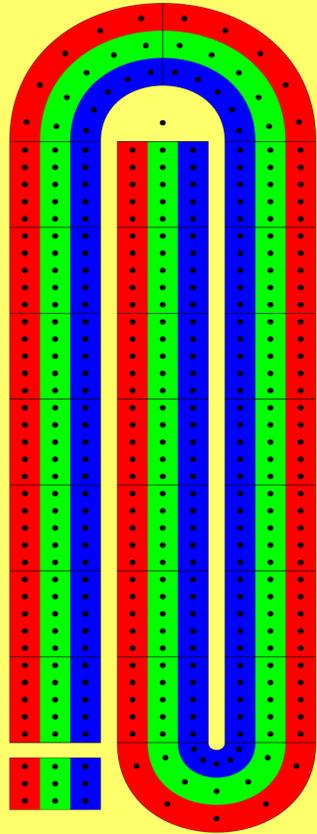
**Basement of  
First-Line Services**

**1:00pm - 3:00pm**

**Snacks  
Coffee/Tea  
Cards**

**For more information  
or if you require  
transportation please  
contact**

**First Line Services  
819-627-9877**



## **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 DELIVERY DATES: NOVEMBER 14TH & 28TH**

## **YOUTH NIGHTS IN NOVEMBER**

**November.7th, 14th,21st,28th**

**From 4:30-6:30  
At First Line Services**

Supper will be provided.

**For More Information or to  
sign up please call Kayla @  
819-627-9877**



**Wednesday November 21st**

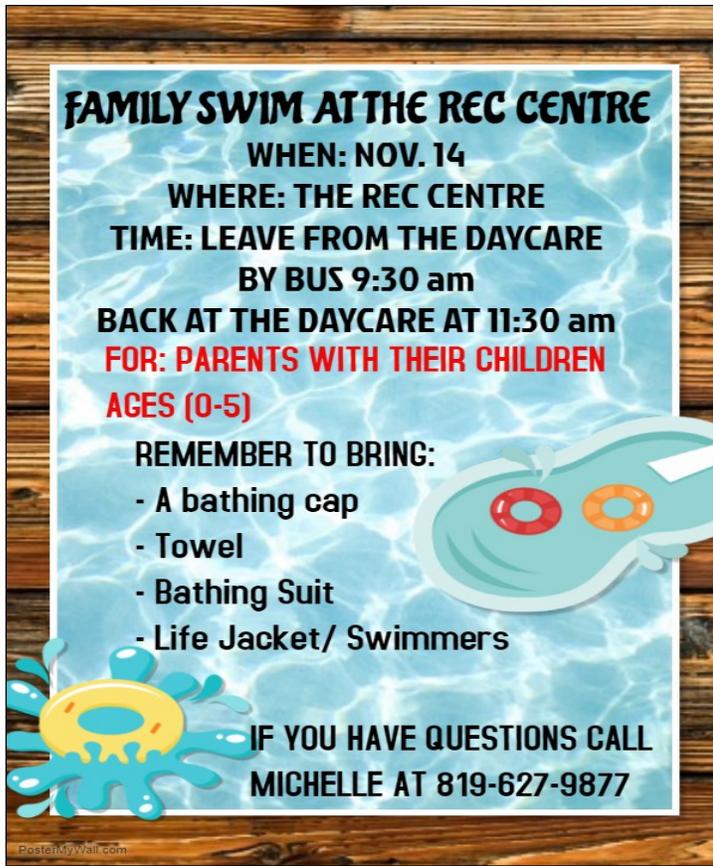
**Doors Open: 5:00 pm  
Movie Starts: 5:15 pm**

**FIRST-LINE SERVICES BASEMENT**

**SUPPER WILL BE PROVIDED**

**Popcorn/Snacks/Water/Juice is available !!**

# Upcoming Activities



**FAMILY SWIM AT THE REC CENTRE**  
**WHEN: NOV. 14**  
**WHERE: THE REC CENTRE**  
**TIME: LEAVE FROM THE DAYCARE**  
**BY BUS 9:30 am**  
**BACK AT THE DAYCARE AT 11:30 am**  
**FOR: PARENTS WITH THEIR CHILDREN**  
**AGES (0-5)**

**REMEMBER TO BRING:**

- A bathing cap
- Towel
- Bathing Suit
- Life Jacket/ Swimmers

**IF YOU HAVE QUESTIONS CALL**  
**MICHELLE AT 819-627-9877**



**Community Family Breakfast**

**WHEN: Thursday, Nov. 22**  
**WHERE: Community Hall**  
**TIME: 6:45am-9am**  
**WHO: Families of Kebaowek First Nation**

**\* Bus pickup:**  
**Phelps Bus 7:30am along the road**  
**(in front of the hall)**

**Temiscaming Bus 7:50 am 4 way**  
**stop behind the hall**



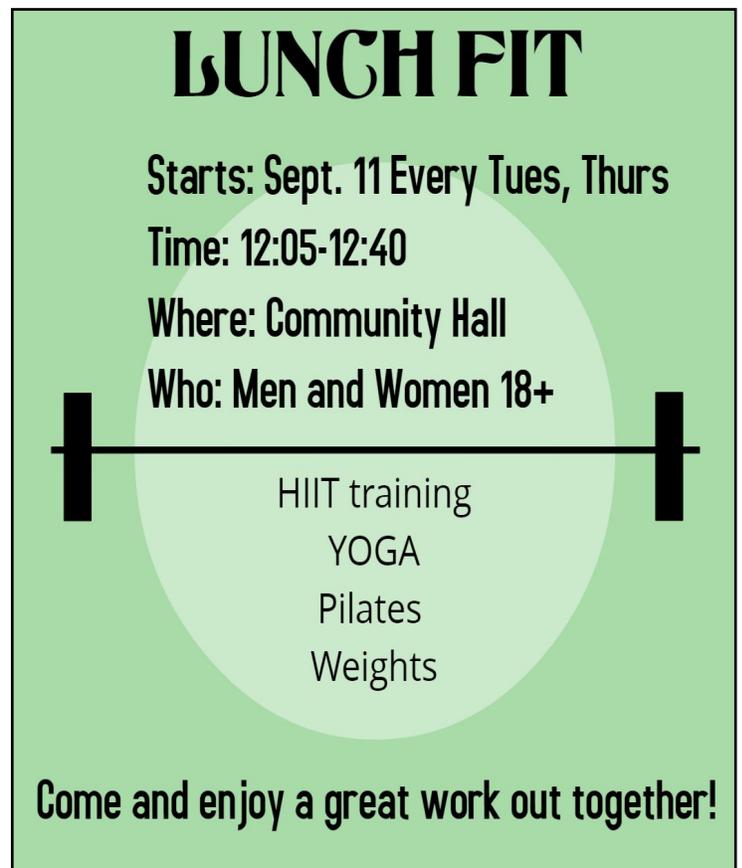
**Community Kitchen**

**Tuesday November 13th**

**4:30 - 6:30 PM**  
**Community Hall**

**Must register for this activity**  
**by Friday October 12th !!**

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



**LUNCH FIT**

**Starts: Sept. 11 Every Tues, Thurs**  
**Time: 12:05-12:40**  
**Where: Community Hall**  
**Who: Men and Women 18+**

HIIT training  
YOGA  
Pilates  
Weights

**Come and enjoy a great work out together!**

## Upcoming Activities

### Community Shopping Trip

The first Saturday of every month !!



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

Next Trips:  
December 1st, 2018

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.

### Women's Painting

Wednesday Nov. 13, 27

At 6-8pm

Basement of First Line Services

Come and enjoy a relaxing evening of painting together!

Snacks will be provided!

Contact Michelle for more info at  
819-627-9877

A cartoon illustration of a person swimming in a pool. The person is wearing a black swim cap and goggles, and is in a freestyle stroke. The water is blue with white splashes. In the background, there are blue and yellow lane markers.

**Public Swimming for Kebaowek Band Members**

First Line Services offers to pay for families to go public swimming at the Centre in Temiscaming.

When you arrive at the centre, give your name to the receptionist at the front desk and say that you are with Kebaowek.

**For More Information**  
contact First Line Services @  
819-627-9877

The logo for the Food Bank features a green truck with a white roof. On the roof, there are several food items: a red tomato, a green leafy vegetable, a yellow corn cob, and a red pepper. Below the truck, the words "Food Bank" are written in a large, bold, sans-serif font. "Food" is in green and "Bank" is in orange.

**KEBAOWEK FOOD BANK NEEDS YOUR HELP !**

WE ACCEPT 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 !

A cartoon illustration of a brown paper bag with a red heart logo and the words "FOOD BANK" on it. The bag is overflowing with various food items, including a box of rice, a can of soup, a bag of flour, a box of cereal, a jar of peanut butter, and some fresh vegetables like carrots and leafy greens.

# Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2018				1 SENIOR SOCIAL  GARBAGE PICK UP	2	3 COMMUNITY SHOPPING TRIP
4 DAYLIGHT SAVINGS TIME ENDS	5 MEN'S HEALTH WORKSHOP	6	7	8 SENIOR SOCIAL  RECYCLE PICK UP	9	10
11 REMEMBRANCE DAY	12 The Band Office and Health Center are closed for Remembrance Day	13 COMMUNITY KITCHEN  WOMEN'S GROUP	14 SCREENING CLINIC	15 SENIOR SOCIAL  GARBAGE PICK UP	16	17
18	19	20	21	22 COMMUNITY BINGO SENIOR SOCIAL COMMUNITY FAMILY BREAKFAST	23	24 TEXAS HOLD'EM TOURNAMENT
25 ELDER'S BINGO	26 Rose and Glenda are in St Sauveur, Quebec for a meeting. (26th - 28th)	27 WOMEN'S GROUP	28	29 SENIOR SOCIAL  GARBAGE PICK UP	30	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 2018						1 COMMUNITY SHOPPING TRIP
2	3	4	5	6  RECYCLE PICK UP	7	8
9	10	11	12	13  GARBAGE PICK UP	14	15
16	17	18	19	20  RECYCLE PICK UP	21	22
23	24 CHRISTMAS EVE  NEW YEAR'S EVE	25 CHRISTMAS	26 BOXING DAY	27  GARBAGE PICK UP	28	29
30	31					