

# Kebaowek First Nation Mazinaigan

## Kebaowek First Nation Community Newsletter

### Kakone Kizis - October 2018

#### An Update from the Chief

I would like to begin by giving you an update on one of the topics in last month's article, Onimiki our proposed Hydro Project. We have lobbied all parties and all of the candidates in the region support our project, in fact I went to Rouyn-Noranda on September 19th when Premier Couillard was in the region and at the press conference he announced full support for our project, we will be granted the water rights 60 days following the election. It is only the first step, we still need to do consultation with the community, environmental impact studies, economic studies and a business plan, if all these pieces are positive, then we would negotiate a sale rate with Hydro Quebec and finally construct the project and begin to produce electricity. This project will have little impact on the environment, we just want to use the water already exiting Kipawa Lake and use it to produce electricity. I cannot begin to stress how important this project is to our future, it will give us own source revenue and lessen our dependence on federal funding and allow us to do things we can only dream about. I think right away about an Elders Center and our aging population and new facilities for our youth, funds to help start new businesses and maybe even our own school or whatever else the community prioritizes.

We were invited to meet the President and Board of Rayonier last week. It was a great opportunity to meet and provide them information on our community, our reality and how we can improve opportunities for our members who want to be employed at the mill. We learned that they have many retirements on the horizon and are and will continue to be in need of trades people to replace the retiring workforce. We expressed that this would be a good opportunity for our members who are interested in the trades and want a good job close to home. We have asked them to provide us information on which trades so we can in turn provide it to our students and members who may want to pursue such opportunities. We will keep you informed as we get more information.

As I have stated many times we need to stay vigilant to what governments are doing, we recently received a request (page 2)

#### ALWAYS BE INFORMED ABOUT CHANGES TO THE NIHB MEDICAL DRUG BENEFITS

CHANGES THIS MONTH INCLUDE:  
Diabetic Lancets, Sedation for Dental  
Procedures, Personal Care Items,  
Blood Pressure Monitors etc ...

See pages 17-18-19 for more info !!

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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

# Update from the Chief Cont'd

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to get our views on Quebec's new wood strategy. We were completely taken aback by what is being proposed. It is a complex file and they gave us 30 days to respond. The main elements are that they want to increase the allowable cut by 50% when we feel that there is already too much wood being harvested on the territory. They further propose to set aside 25% of the total Quebec forest for intensive forestry which is a fancy way of saying tree farming. This would be disastrous as it would change the entire ecosystem. We have advised them that we are totally against the proposed changes and have joined forces with the other Algonquin communities in condemning their proposals. It appears we have many allies on this file as environmental groups have also come out publicly against the proposed changes. We have provided Quebec with writing our comments and

our opposition to such significant changes.

There are many topics I would like to get the communities views on, we need to consult on the proposed changes to Band Membership being proposed by the Federal government, lake front development and any other topics members want to discuss. I propose we have a community meeting on October 16th. A notice will be sent to all households and it will also be posted on our website.

As it is hunting season, I want to remind everyone to be safe, congrats to those who have already gotten their moose and to all hunters, I hope that you have successful hunt and fill your freezers.

Chief Lance Haymond

## Indian Registration / Membership

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**Beginning October 2018, I will be contacting the homes of the Kebaowek First Nation community to confirm the on-reserve residency of the registered members of Kebaowek First Nation. I will also verify your mailing address. I expect to have this completed by mid-December 2018.**

*An individual is considered to be an on-reserve resident if he or she ordinarily resides on the reserve; or, if he/she is temporarily away from the reserve (attending an educational institution; short-term or seasonally employed; or in short-term institutional care).*

### **Information verified will update the following:**

- **Kebaowek First Nation Band Lists**

Residence code sections of the Band Lists,

- **Kebaowek First Nation Population Statistics**

Up to date statistical data is required for various programs of the Band.

- **Address and Telephone Numbers.**

This information is required for band office mail-outs, personal invitations to different events, etc. Updated address and telephone information helps to ensure that you can be contacted on matters of importance.

Thank You.

Joan St-Denis - Indian Registration/Membership  
819-627-3455



# CCP COMMUNITY MEETING

*Unveiling of our new  
Aboriginal  
Storybooks!*

The evening will start with a catered dinner by Carolyn Pariseau at 5:00 PM followed by a fun activity to create a timeline on the history of Kebaowek First Nation. If you have any information you can share regarding history and milestones for Kebaowek First Nation, please support our endeavour, especially our seniors and elders!

Official unveiling of the 6 storybooks that were produced by Anicinabe Mikana Group in partnership with our local children and youth, artists, language speakers and supported by Kebaowek First Nation and Canadian Heritage.

Door prizes will also be available!

## October 23, 2018

## THE COMMUNITY HALL

For more information contact Kim Chevrier at 819-627-3455.

**Dinner  
starts at  
5:00**

# 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: August 12th - Sept. 8th, 2018	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	6.6	665	15
Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate:	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 September 10th, 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.**

### OPEMICAN PARK: FRENCH IMMERSION COURSE UPDATE

We would like to send congratulations to the participants who have completed their placements at Opemican Park. They had a hot summer, this office received updates on their progress and successfully completion of this part of this training. They have returned to class for the final stages of completing their French language. They are expected to graduate and be job ready at the end of November 2018. We wish them the very best in their final portion of this training. Continue to work towards your diplomas we are very proud of your accomplishments.

### 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.

## Why do we eat turkey on Thanksgiving Day?



Eating turkey on Thanksgiving is a tradition that started when the Pilgrims ate turkey on the first Thanksgiving. The Pilgrims were a group of English people who came to America in 1620. During their first winter in their new land, they didn't have enough food. Many died. But that spring their Indian neighbors taught them to plant corn. The Indians showed the Pilgrims where to catch fish. They taught the Pilgrims how to use fish to make the soil richer. By fall, it was clear there would be plenty of food for the next winter.

Because they were thankful, the Pilgrims decided to have a feast - the first Thanksgiving celebration. This took place in 1621. And what better way to celebrate than with plenty of food! The Indians were invited to the feast, of course.

For the occasion, the Pilgrim men hunted deer and turkeys. Turkeys ran wild during those days. Somehow, the tradition lasted, and we eat turkey every year on Thanksgiving Day.



# **KEBAOWEK POLICE DEPARTMENT**


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

**September 1st to September 27th**

- 2 Uttering Threats
- 2 Failure to Comply with Probation Officer
- 4 Public Assistance
- 6 Assaults
- 2 Assist to Others
- 2 Assist to SQ
- 1 Person in Distress
- 1 Trespassing at Night
- 2 Assaults with a Weapon
- 1 Mischief
- 1 Failure to comply with an Undertaking
- 1 Theft
- 1 Noise & Nuisance Complaint

## **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



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!*

## **Congratulations Raymond !!**



**Congratulations to  
Kebaowek First Nation  
Band Member  
Raymond Grandlouis  
who won \$100 000 with  
his winning Encore  
number  
in August 2018 !!**

**Enjoy your winnings !!**



**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.**

# Kebaowek Fire Department



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

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

**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)**

**“LOOK. LISTEN. LEARN. Be aware.  
Fire can happen anywhere.”**

**Fire Prevention Week ... October 7th - 13th**

**This year's Fire Prevention Week theme focuses on three fundamental actions people can take to be fire-safe:**

1. **LOOK** for potential fire hazards around your home. Take action to prevent fire from starting:
  - Always stay in the kitchen while cooking. If you must leave, turn off the stove.
  - Encourage smokers to smoke outside. Always extinguish cigarettes in large, deep ashtrays that cannot be knocked over.
  - Check electrical cords for damage such as fraying or nicks. A damaged cord can expose wires and result in a potential shock or fire hazard.
2. **LISTEN** for the smoke alarms in an emergency. Make sure everyone knows the sound of the smoke alarms and can hear them in an emergency. Early detection of fire provided by smoke alarms gives you the extra seconds you need to get out safely.
3. **LEARN** two ways out of every room. Practice a home fire escape plan with everyone in your home before a fire starts so you and your family can get out quickly.



## **1,300 fires begin in Quebec's kitchens each year**

The annual Fire Prevention Week kicked off in October, with efforts being directed at cooking fire.

Quebec Public Safety Minister Martin Coiteux said that about one third of the province's fires begin in the kitchen, with an average of 1,300 per year.

The objective of the annual event, which is in its twenty-eighth year, is aimed at raising awareness of potential dangers.

According to Montreal Fire Department section chief Louise Desrosiers, residents should be vigilant and cautious while cooking. She added that many fires are caused by people falling asleep or being distracted by the television or Internet while a dish is on the stove.

Desrosiers recommended setting up timers and functional smoke alarms.



# BE HALLOWEEN Safe

Halloween is a fun, and spooky, time of year for kids. Make trick-or-treating safe for your little monsters with a few easy safety tips.



Sparky® is a trademark of the NFPA.

## HALLOWEEN FIRE SAFETY TIPS

- »» **When choosing a costume**, stay away from long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so he or she can see out.
- »» **Provide children** with flashlights to carry for lighting or glow sticks as part of their costume.
- »» Dried flowers, cornstalks and crepe paper catch fire easily. **Keep all decorations** away from open flames and other heat sources like light bulbs and heaters.
- »» **Use a battery-operated** candle or glow-stick in jack-o-lanterns. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fireplace-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and far enough out of the way of trick-or-treaters, doorsteps, walkways and yards.
- »» **Remember** to keep exits clear of decorations, so nothing blocks escape routes.
- »» **Make sure** all smoke alarms in the home are working.
- »» **Tell children** to stay away from open flames including jack-o-lanterns with candles in them. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)

If your children are going to **Halloween parties** at others' homes, have them look for ways out of the home and plan how they would get out in an emergency.

### Did you know?



Decorations are the first thing to ignite in **900** reported home fires each year. Two of every five of these fires were started by a candle.

KEBAOWEK FIRE DEPARTMENT

819-627-9624



**Your Source for SAFETY Information**

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



## Upcoming Events, Activities and Community Notices



Kipawa Countryfest is  
super excited and extremely pleased to  
announce that our 12th annual festival  
headliner for Saturday, August 17, 2019  
is... Terri Clark!!

ADVANCE SALE  
WEEKEND WRISTBANDS  
GO ON SALE  
NOVEMBER 1ST, 2018 !!

**Danny Raymond's**  
**TEXAS**  
*Hold'em*

**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**

♦♦♥♦♦ **DANNY RAYMOND'S** ♦♦♥♦♦  
**TEXAS**  
**HOLD'EM**  
♦♦♥♦♦ **SUPER TOURNAMENT** ♦♦♥♦♦

**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



**B I N G O**

**OVER \$2500.00 IN PRIZES**  
**EARLY BIRD**  
**START 6:45 PM**  
\$30.00 ENTRY ... EXTRA PACK \$10.00  
**Wed. Oct 17, 2018**  
**KEBAOWEK COMMUNITY HALL**

Door Opens at 5:45  
Pop, Water, Coffee, Chips &  
Steamed Hot Dogs

PosterMyWall.com



**Adult**  
**HALLOWEEN**  
**PARTY**

**PRIZE \$ FOR TOP 3 COSTUMES**

**Friday October 19, 2018**  
**Fun starts at 9:00 pm**  
**\$5.00 entry** With or Without Costume  
**DJ : NEIL PARISEAU**  
**Kebaowek Community Hall**



**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**

**Monday – 12 p.m. to 4 p.m.**  
**Wednesday – 10 a.m. to 2 p.m.**  
**Thursday – 2 p.m. to 6 p.m.**

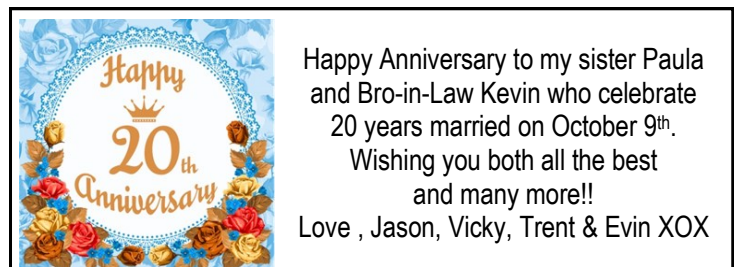
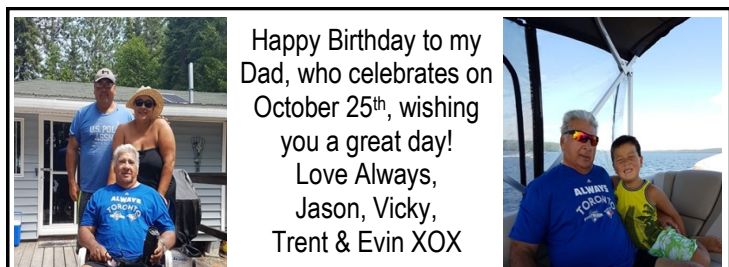
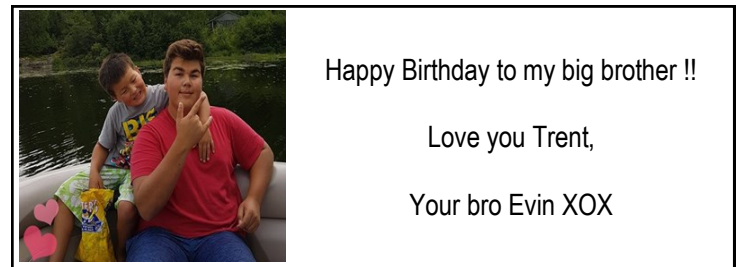
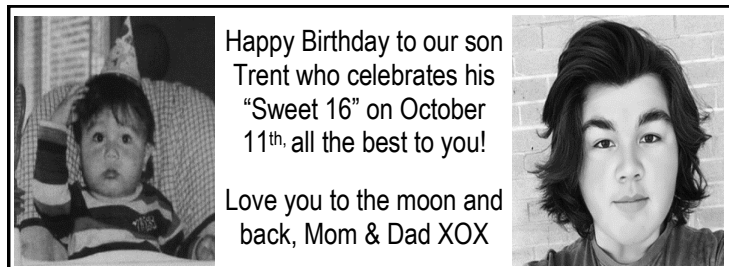
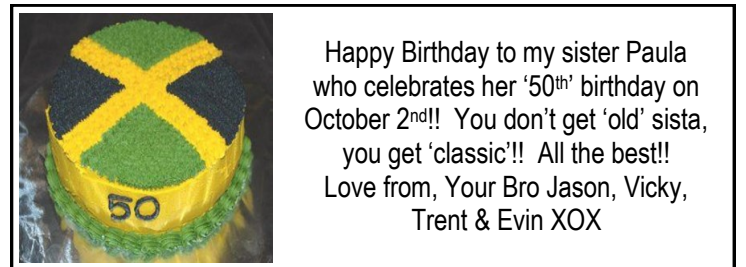
## NON-RESIDENT FEES

**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 OCTOBER DEADLINE FOR**  
**NON-RESIDENT FEES TO BE REIMBURSED**  
**IS OCTOBER 25TH AT 12:00 PM**







# Wishes for the Month of October



Happy Birthday Dixie Belle  
(Mom & Grammy)  
Wishing you an extra special day  
on October 19th to celebrate  
your birthday !!  
Love Gus, Isaac, Randy & Ellise



Happy Birthday,  
Cousin!

Happy Birthday Karen  
Sending you special wishes for your  
birthday on October 20th !!  
From your favorite cousins,  
Anet & Dixie Belle



Happy Birthday Dixie Belle  
May your day overflow with  
happiness and your year be filled  
with many blessings !!  
Love Anet, Celeste & Joyann



Wishing my Daddy (Randy Mongrain)  
a very Happy Birthday on  
October 5th !!  
Love Ellise  
xoxoxo



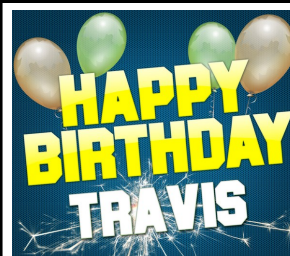
Happy sweet 16th birthday  
to my big brother Trent!  
Love you lots Alyssa  
xoxo



Wishing you all the best Googs !!  
Love  
Gerri ,Gail, Claudette  
xoxo



To the guy that put Grand with Mom  
and turned it into Granny !!  
Your still amazing Trent !!  
Love Granny



Happy Birthday Travis !!  
All the best to you !!  
Your Mom's Sista Gail



Special Birthday wishes to  
Rhonda who celebrates  
her birthday on October 25th !!  
We love you !!  
Dale, Desiree, Delyssa & Angus



Happy Anniversary wishes to  
Tiddalow & Jay  
Celebrating 13 years, cheers to  
many many more years of happiness  
and good health !!  
Love You Mom



Happy Birthday Granny Eva  
Wishing you the best birthday ever on  
October 20th !!  
Love you lots , Eric



Happy Birthday Papa !!  
Wishing you the best birthday  
ever on October 11th !!  
Love you lots, Eric

# Update from the Health Director/Councillor

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## September Meetings

- Onimiki Campaign Committee
- Aspiring provincial MP from all political parties
- Quebec Health Directors Network with Social Service Directors
- FNHMA Board of Directors
- FNQLHSSC Board of Directors
- CISSSAT Board of Directors & Verification Committee
- Telehealth Project with McGill University
- ISC Infrastructure Manager

## Upcoming in October

- With a moose (hopefully!) ... I will be on holidays.
- Onimiki Campaign and Strategy Committee
- New Health Center Planning Committee
- Health Plan Revision Working Group
- Pilot Project with McGill University

## Files in Motion

- Health & Wellness Center
- Onimiki P.R. Campaign to continue
- 5 Year Health Plan renewal
- Pilot with University McGill Research Center
- 911 Service for KFN
- New Police Station / Equipment Upgrade
- First Nations Police Recruitment Strategies

## Health & Wellness Center

To all our hunters out there, as it was recommended by the Public Health Agency over the last few years, consumption of moose liver and kidneys is still not recommended due to the presence of cadmium. Another important thing to consider is using copper base bullets instead of the traditional lead ammunition we have been using forever. This is an important practice since lead, even though fragmented, is harmful to our system and even more so to our Elders, children and expecting mothers. And you know that you will be sharing your moose meat! So make the switch! Good luck to all and be safe!

## On a Council Note

911 Emergency Call Services should be implemented for November 14<sup>th</sup> 2018. We will distribute a fridge magnet as a reminder for every household along with Facebook notifications. The only missing piece of the

puzzle to this project is the installation of the proper signage for our streets by O&M Department.

For safety reasons, we will also be looking into the feasibility of purchasing from Hydro Quebec, the street lights that are within our community. This would alleviate the lengthy delay we have for replacement or repairs to the current system and bring us up to speed with the newer, energy saving and brighter technologies that exists today. A better lit community is a safer community.

## **Quotes about Hunting**

"When he was young, I told Dale Jr. that hunting and racing are a lot alike. Holding that steering wheel and holding that rifle both mean you better be responsible."

Dale Earnhardt

"Treat the earth well: it was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our Ancestors, we borrow it from our Children."

Ancient Indian Proverb

**A dream written  
down with a **DATE**  
becomes a goal.**

**A goal broken  
down into **STEPS**  
becomes a plan.**

**A plan backed by  
**ACTION** makes  
your dreams come  
true.**



**JOIN US AS WE CELEBRATE THE**

**10th Annual**



**Woody's Walk**

# **CANCER TALKS**

**WITH GUEST SPEAKER;  
ARLENE LALIBERTY**

**"TALKING IS GOOD FOR THE SOUL, MIND, BODY & YOUR OVERALL  
MENTAL HEALTH"**

**WHEN: WEDNESDAY OCTOBER 10TH, 2018**

**WHERE: KEBAOWEK COMMUNITY HALL**

**DOORS OPEN AT 6:00 SNACKS AND REFRESHMENTS WILL BE SERVED  
INFO SESSION @6:30 PM and THE WALK WILL FOLLOW**

**COME SHOW YOUR SUPPORT AND WALK WITH US IN MEMORY  
OF SOMEONE WHO SURVIVED CANCER, OR BATTLING CANCER OR LOST  
THEIR BATTLE TO CANCER**

**LUMINARIES SOLD (\$2.00) AT: HEALTH CENTER, BAND OFFICE AND MIGIZY GAS  
PROFITS FROM SALES WILL GO TOWARDS**

**MR. MARVIN MCKENZIE**

# Sports & Mentorship

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## Diabetic Work Out Classes

Classes take place every Monday, Wednesday and Friday at 10:00 am at Community Hall.

Please bring appropriate footwear and water.

The work outs will be light to moderate physical activity.

We hope that people can come out and take part in an hour of physical activity and laughing.

## Walking Challenge

Just a reminder the Walking Challenge ends on November 1<sup>st</sup>, 2018.

Please hand in your Walking Challenge paper that recorded your kilometres walked no later than 3:00 pm on November 1<sup>st</sup>.

The winners will be announced on November 1<sup>st</sup> at 4:30pm.  
Good luck in the final month of the program!!!

## How Fast Is a Brisk Walking Pace?

### **Boost your average walking speed for more health benefits**

Brisk walking is a moderate-intensity exercise and has more benefits for fitness and reducing health risks than walking at an easy pace. How fast you must walk for it to be considered a brisk pace depends on your fitness level. Learn what you can do to improve your walking technique so you can boost your average walking speed.

### **Brisk Walking Speeds**

A brisk walking pace is 3.0 miles per hour or about 20 minutes per mile, which is about 5 kilometers per hour or 12 minutes per kilometer, according to the Centers for Disease Control and Prevention (CDC).

By contrast, an average easy walking pace is more than 20 minutes per mile (slower than 3.0 mph). A fast pace is under 15 minutes per mile (faster than 4.0 mph).

If you already have a high fitness level, you may not be in a moderate-intensity exercise zone at a 3.0 mph pace. You will probably have to walk at a pace of 4.0 mph (15 minutes per mile) to raise your heart rate enough.

You can calculate your walking pace after measuring the time it takes you to walk a mile or a kilometer. Walking speedometers and apps that use GPS or step cadence also can be used to display your walking speed.

### **Achieving Moderate-Intensity Exercise**

Brisk walking refers to your exertion rather than your speed.

Exertion is measured by your heart rate and breathing rate. For your walking pace to be brisk, you need to be breathing harder than usual. While you should be able to speak in full sentences, you shouldn't be able to sing.

The moderate-intensity zone is defined by the CDC as being from 50 percent to 70 percent of your maximum heart rate, which varies by age. The best way to measure exertion is to take a heart rate reading and check a target heart rate chart.

There are many tools that you can use to find your heart rate during exercise, from taking your pulse by hand to using an app, pulse monitor, fitness band, smartwatch, or chest strap heart rate monitor. Fitness bands and heart rate monitors will often show your target heart rate zone automatically and enable you to maintain a level of exertion that will keep you in that zone.



### **Speeding up for Brisk Walking**

If you find your usual walking pace doesn't reach the level of brisk walking and you want to speed up, you can work on your walking technique to increase your speed. Many people can increase their walking speed by using better posture, stride, and arm motion. Wearing flexible athletic shoes and clothing that allows free movement will also help you speed up.

When you adopt a fast walking technique, you can expect to see a boost of 0.5 to 1 mph and take two to four minutes off your time to walk a mile. Walking coach Judy Heller says she often sees walkers increase their speed even more after she shows them good brisk walking technique.

A vigorous walking technique using arm motion and a powerful stride can boost your heart rate into the moderate-intensity zone. But if you are very fit, you may not be able to walk fast enough to raise your heart rate into the moderate intensity zone. You would have to switch to running or using a race-walking technique.

### **Walking Techniques for Faster Walking**

You may need to slow down at first and ensure you have the right technique that will enable you to speed up and walk briskly. This



# Sports & Mentorship

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technique can be broken down into posture, arm motion, step, and stride. Here are key points for each.

## 1. Walking Posture

- Stand up straight, without arching your back.
- Do not lean forward or back.
- Keep your eyes forward and don't look down. Focus 20 feet ahead.
- Your head should be up so your chin is parallel to the ground, reducing strain on your neck and back.
- Relax your jaw to avoid tension in your neck.
- Shrug once and let your shoulders fall and relax, with your shoulders slightly back.
- Suck in your stomach. Keep your abdominal muscles firm but not overly tightened.
- Tuck in your behind by rotating your hips forward slightly. This will keep you from arching your back.
- Your head should remain level as you walk, all motion should take place from the shoulders down.

## 2. Walking Arm Motion

- Bend your arms 90 degrees.
- Move your arms in opposition to your feet. When your right foot goes forward, your right arm goes back and your left arm goes forward.
- Your arm motion should be mostly forward-and-back, not diagonal. It should also be mostly level, without reaching up past your breastbone when your arm comes forward.
- You should keep your arms and elbows close to your body rather than pointing outward.
- On the backswing, think of reaching for a wallet in your back pocket. While you want a good backswing, don't exaggerate it and end up leaning.
- Don't carry anything in your hands while walking.

## 3. Walking Foot Motion

- Strike with your heel and roll through the step from heel to toe.
- If you find that your foot slaps down without rolling through the step, you likely are wearing stiff-soled shoes. Switch to running shoes that are flexible in the forefoot.
- Give a powerful push-off with your toe at the end of your stride.

## 4. Walking Stride

- Resist the urge to over stride when you are trying to walk faster. You get power in your stride by pushing off with your rear foot. Your forward foot should strike closer to your body. Pay attention and see whether you are overextending your foot in front of your body.
- You should aim to take more steps of your natural stride length rather than lengthening your stride. What lengthening occurs should be in putting more power into the back of your stride by keeping your foot on the ground long enough to give a powerful push-off with your toes.
- Your hips should rotate with each stride front-to-back, not side-to-side. This hip motion will come naturally as part of a good stride and push off.

## How to Walk Faster

### Brisk Walking Workouts

Practice your brisk walking technique as part of your daily walking workouts. When you are first changing your technique, you should build up your time gradually. Start by ensuring you have good walking posture and walk at an easy pace to warm up for five minutes. Then you can practice your walking technique for 10 minutes before resuming an easy pace.

You can steadily build your time using your new technique, adding five minutes per week. You may experience some muscle soreness or shin splint pain when you change your walking technique or shoe model.

When you are able to walk briskly for 15 to 30 minutes, you can use your new brisk walking technique to build fitness and ensure you are getting the recommended 150 minutes of moderate-intensity exercise each week.

## A Word From Verywell

You can reduce your health risks and build fitness with brisk walking. Don't worry too much about your speed, as it is your heart rate that determines whether your pace is brisk enough to boost you into the moderate-intensity exercise zone. If you find that you can't get your heart rate high enough with walking, you may need to add running intervals or switch to running or cycling to get into the right zone.

Article taken from  
<https://www.verywellfit.com/how-fast-is-brisk-walking-3436887>

# Medical Transportation and NIHB Information

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

## October 2018 - Medical Transportation After Hours Pilot Project

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

### Reminder for Thanksgiving

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

Monday October 8th, 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.**

## November 2018 - Medical Transportation After Hours Pilot Project

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

### 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



### 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 October 19th, 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.



# Medical Transportation and NIHB Information

**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>

## PHARMACY BENEFIT INFORMATION

### Reduction of Dose Limit for Benzodiazepines

To help ensure the safety of clients, the NIHB Program will lower the dose limit for coverage of benzodiazepines beginning in Saskatchewan and Quebec on September 17, 2018, and Atlantic region on November 13, 2018. Effective dates for other regions will be announced in future Program Updates.

Benzodiazepines (for example, diazepam) are sedatives used to treat conditions such as seizures, anxiety or insomnia. Beginning in 2013, the NIHB Program has been gradually reducing the benzodiazepine dose limit to ensure they are used safely.

Some clients may be exempt from these dose limits. Pharmacists should call the NIHB Drug Exception Centre (DEC) when dose limits are reached.

### Change in Coverage of Diabetic Lancets

Beginning on October 9, 2018, coverage for diabetic

lancets will change so the Program’s quantity guideline is in line with blood glucose test strips. Lancets are used to prick the skin when you test your blood sugar. You are eligible for one lancet for each test strip. The quantity guideline for test strips has not changed, so this will not affect how often you can test.

NIHB coverage of test strips and lancets is based on recommendations from the Canadian Agency for Drugs and Technologies in Health (CADTH) (PDF) for checking your own blood sugar. The number of times a day that you should test depends on the type of medication you are using to manage your diabetes. The new quantity guidelines for coverage of lancets are shown in the table below.

NIHB recognizes that some clients may need to test more often. If you need more lancets and/or test strips, your pharmacy provider can contact the NIHB Drug Exception Center (DEC) Center for prior approval. One additional box of strips and/or lancets may be approved over the phone and provided right away. DEC will then contact your health care provider for information to support the request for additional coverage.

Consult the chart below: (Continued on next page)

DIABETES TREATMENT	NUMBER OF LANCETS COVERED	HOW OFTEN YOU CAN TEST
Clients managing diabetes with insulin	600* / 100 days	Up to 5 times per day
Clients managing diabetes with diabetes medication with high risk of causing low blood sugar	400 / 365 days	Once a day
Clients managing diabetes with diabetes medication with low risk of causing low blood sugar	200 / 365 days	3 to 4 times per week
Clients managing diabetes with diet/lifestyle therapy only (no insulin or diabetes medications)	200 / 365 days	3 to 4 times per week

\*The test strip limit is 500/100 days. The limit for lancets is 600/100 days because of different package sizes.

# Medical Transportation and NIHB Information

## DENTAL BENEFIT INFORMATION

### Use of Sedation for Dental Procedures

Dental work is often performed in a chair using local anesthesia (freezing) to avoid pain during a dental procedure. If you or your child cannot get dental treatment using only local anesthesia, sedation can be used to ensure treatment is completed. Sedation should only be used for patients with severe anxiety, or who are unable to remain still during dental treatment.

Different types of sedation are used in dentistry, ranging from minimal sedation to general anesthesia. Examples of sedation types used with dental treatment are:

- Minimal sedation, such as nitrous oxide/oxygen ("laughing gas") with or without an oral medication, can relax patients during treatment. The patient remains fully conscious.
- Moderate sedation, usually delivered through injection, can help patients be more cooperative and less anxious. The patient is relaxed and may not be able to speak, but is not asleep.
- Deep sedation and general anesthesia are most often used during major dental surgery, or for children who need a lot of dental work and cannot tolerate treatment in the dental chair. The patient is unconscious during treatment and must be monitored closely.

If sedation is suggested for you or your child, talk to your dentist about which type would be best to address your needs, as well as any potential risks or side-effects. Sedation is usually safe, but there may be complications such as nausea, vomiting or difficulty breathing. Deep sedation and general anesthesia have rare, but more serious health risks (for example, brain damage). For this reason, dental providers should use, when possible, the mildest type of sedation that is needed to complete the treatment.

NIHB covers all types of sedation, including general anesthesia, for children and adults. If you want to know more about coverage for sedation and general anesthesia services, please call the NIHB Dental Predetermination Centre or check the NIHB Dental Benefits Guide.

## MEDICAL SUPPLIES AND EQUIPMENT (MS&E) BENEFITS

### Gender Affirming Benefits

NIHB has added a number of items as open benefits to support gender identity. No prior approval is needed within

Program price and quantity guidelines. Examples of such items include upper body garments (e.g., binders), lower body garments (e.g. gaffs), packers, bra inserts and stand-to-pee (STP) devices.

You can find more information on policies and items covered in the Guide for Medical Supplies and Equipment Benefits and Medical Supplies and Equipment Benefit Lists. Please call your NIHB Regional Office for more information on how to access gender affirming MS&E benefits.

### Change in Listing Status for Selected Mobility and Personal Care Items

Various mobility and personal care items are now covered by NIHB as open benefits. Prior approval is no longer needed for coverage of the following items when they are provided within Program price and frequency guidelines:

- Bath Chair
- Commode, Standard
- Elevated Raised Toilet Seat with Arms
- Floor to Ceiling Pole
- Grab Bar-Bed Purchase
- Safety Frame for Toilet
- Tub Transfer Bench
- Walker Standard, Purchase
- Walker 2-wheel, Purchase
- Walker 4-Wheel, Purchase
- Walker Bariatric, Purchase
- Wheelchair Manual, Purchase

More information on Program policies and guidelines for these items can be found in the Guide for Medical Supplies and Equipment Benefits and Medical Supplies and Equipment Benefit Lists.

Your MS&E provider can contact the Express Scripts Canada Provider Claims Processing Call Centre to confirm Program guidelines and client eligibility before providing these items.

### Additions to the MS&E Benefit Lists

On September 21, 2018, NIHB will add new items to the MS&E Benefit Lists. Some of these items were previously covered as exceptions, but were not listed benefits.

Nipple shields for nursing mothers will be added as open benefits. No prior approval is required up to a maximum quantity of 12 in 6 months, to a maximum price of \$15.00 each.



# Medical Transportation and NIHB Information

Electronic blood pressure (BP) monitors (with an arm cuff only) will be listed as open benefits. No prior approval is required for up to \$100.00 per monitor with a recommended frequency guideline of one per 5 years.

Bi-Level Positive Airway Pressure (BPAP) and Auto-Continuous Positive Airway Pressure (APAP) systems will become listed benefits (prior approval is required).

Battery powered portable bath lifts will become listed benefits (prior approval required). This includes standard and bariatric bath chair lifts for purchase or rental, as well as batteries and repairs.

Please consult the Guide for Medical Supplies and Equipment Benefits and Medical Supplies and Equipment Benefit Lists for more information on Program policies (including prescriber and provider requirements), price and frequency guidelines for these benefits.

## GENERAL PROGRAM INFORMATION

### Exceptions to Price, Quantity or Frequency Guidelines

Many items and services are covered under NIHB without prior approval. These are called 'open benefits', or 'Schedule A' services (for dental benefits). These benefits often have Program guidelines for the maximum price, number of items or frequency of service that NIHB covers.

Based on your medical needs, NIHB may cover more of these items or services (or, at a higher price) on an exception basis, with prior approval. Your benefit provider can submit a prior approval or predetermination request for additional coverage. You or your provider can contact the NIHB Program for more information about what information is required.

## MEN'S HEALTH WORKSHOP

WITH GUEST SPEAKER:

**JOSEE CARRIERE**

(NURSE PRACTITIONER)

**PROSTATE CANCER  
EARLY  
DETECTION  
IS THE KEY**

**ALL MEN 40 YEARS OF AGE AND OVER**

**MONDAY NOVEMBER 5<sup>TH</sup>, 2018**

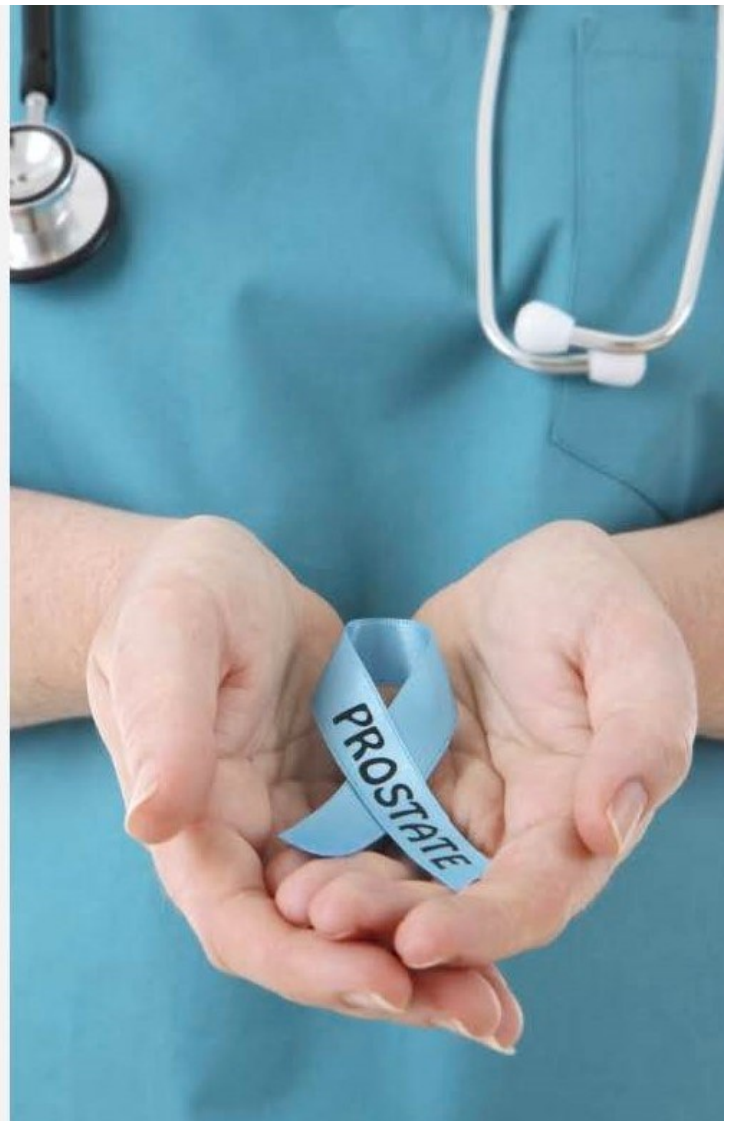
**WHERE: KEBAOWEK COMMUNITY HALL**

**TIME: 6:30 PM (DOORS OPEN AT 6:00)**

**SNACKS AND REFRESHMENTS**

**WILL BE SERVED !!**

**GREAT DOOR PRIZES TO BE WON!**





## Alcohol & Cancer Risk

### What is alcohol?

Alcohol is the common term for ethanol or ethyl alcohol, a chemical substance found in alcoholic beverages such as beer, hard cider, malt liquor, wines, and distilled spirits (liquor). Alcohol is produced by the fermentation of sugars and starches by yeast.

Alcohol is also found in some medicines, mouthwashes and household products. The information in this article focuses on cancer risks associated with the consumption of alcoholic beverages.

One standard drink is:

- 341ml (12oz) bottle of 5% alcohol beer, cider or cooler
- 43 ml (1.5oz) shot of 40% hard liquor (vodka, rum, whiskey, gin, etc.)
- 142 ml (5oz) glass of 12% wine

These amounts are used by public health experts in developing health guidelines about alcohol consumption and to provide a way for people to compare amounts of alcohol they consume. However, they may not reflect the typical serving sizes people may encounter in daily life.

### What is the evidence that alcohol drinking can cause cancer?

There is strong scientific consensus that alcohol drinking can cause several types of cancer. Some evidence indicates that the more alcohol a person drinks – particularly the more alcohol a person drinks regularly over time – the higher his or her risk of developing an alcohol-associated cancer.

Clear patterns have emerged between alcohol consumption and the development of the following types of cancer:

- Head and neck cancer
- Esophageal cancer
- Liver cancer
- Breast cancer
- Colorectal cancer

Numerous studies have examined whether there is an association between alcohol consumption and the risk of other cancers. Evidence is accumulating that alcohol is associated with increased risks of melanoma and of prostate and pancreatic cancers. However, for cancers of the ovary, prostate, stomach, uterus, and bladder, either no association with alcohol use has been found or the evidence for an association is inconsistent.

### How does alcohol affect the risk of cancer?

Researchers have hypothesized multiple ways that alcohol may

increase the risk of cancer, including:

- metabolizing (breaking down) ethanol in alcoholic drinks to acetaldehyde, which is a toxic chemical and a probable human carcinogen; acetaldehyde can damage both DNA (the genetic material that makes up genes) and proteins
- generating reactive oxygen species (chemically reactive molecules that contain oxygen), which can damage DNA, proteins, and lipids (fats) in the body through a process called oxidation
- impairing the body's ability to break down and absorb a variety of nutrients that may be associated with cancer risk, including vitamin A; nutrients in the vitamin B complex, such as folate; vitamin C; vitamin D; vitamin E; and carotenoids
- increasing blood levels of estrogen, a sex hormone linked to the risk of breast cancer

### How does the combination of alcohol and tobacco affect cancer risk?

Research shows that people who use both alcohol and tobacco have a much greater risk of developing cancers of the oral cavity, pharynx (throat), larynx, and esophagus than people who use either alcohol or tobacco alone.

### Can drinking red wine help prevent cancer?

The plant secondary compound resveratrol found in grapes used to make red wine and some other plants, has been investigated for many possible health effects, including cancer prevention. However, researchers haven't found no association between moderate consumption of red wine and the risk of developing prostate cancer or colorectal cancer.

### What happens to the cancer risk after the person stops drinking alcohol?

Most of the studies that have examined whether cancer risk declines after a person stops drinking alcohol have focused on head and neck cancers and on esophageal cancer. In general, these studies have found that stopping alcohol consumption is not associated with immediate reductions in cancer risk. The cancer risks eventually decline, although it may take years for the risks of cancer to return to those of never drinkers.

For example, ex-drinkers still had higher risks of oral cavity and pharyngeal cancers than never drinkers even 16 years after they stopped drinking alcohol, although it was lower than before they stopped drinking. One study estimated that it would take more than 35 years for the higher risks of laryngeal and pharyngeal cancers associated with alcohol consumption to decrease to the level of never drinkers.

# Addictions and Wellness

## Is it safe for someone to drink alcohol while undergoing cancer chemotherapy?

Most of the studies that have examined whether cancer risk declines after a person stops drinking alcohol have focused on head and neck cancers and on esophageal cancer. In general, these studies have found that stopping alcohol consumption is not associated with immediate reductions in cancer risk. The cancer risks eventually decline, although it may take years for the risks of cancer to return to those of never drinkers.

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Source: <https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet>

Kebaowek Wellness & Addictions

# Information Session

Tuesday October 09, 2018  
7:00 pm

Kebaowek Community Hall

Guest Speaker  
Nurse JEAN CLERMONT DROLET

Mental Health & Prescription Drugs  
Information everyone should know!

COME JOIN US!  
Everyone Welcome

Snacks & Refreshments

Medicine

**Sunday October 14th, 2018**

## Halloween Fun at Leisure Farms

Come on out for some Halloween Fun!!

Call Vicky Constant at the Health Center to sign-up  
(819)627-9060 X258.

Transportation is your responsibility.

Limited number of names taken, call now!

**HAUNTED HIKES**

**SATURDAY OCTOBER 20TH AT 6:00 PM IN NORTH BAY**

Those brave enough to join the tour will explore North Bay's historic downtown, sharing spine-tingling stories of love lost and ultimately death, and will see some of North Bay's creepiest locations behind-the-scenes. Come out and join us for this year's hike ... if you dare !!

Tours will begin at the Discovery North Bay Museum, in the former CPR Station at 100 Ferguson Street. Ghost-hunters will hear some of the Station's creepiest stories before sharing a few of their own, and will carry on for their lamp-lit tour of downtown, including the historic Royal Theater.

IF YOU ARE INTERESTED IN GOING, CALL VICKY CONSTANT AT THE HEALTH CENTER 819-627-9060 X258 TO REGISTER BY FRIDAY OCTOBER 12TH, 2018 AT NOON !! (WE NEED A MINIMUM OF 10 PEOPLE REGISTERED TO GO)

Transportation is your responsibility.  
Recommended for Ages 12+  
(Any younger is at your own discretion)

# MCH and Head Start Program

I would like to thank all the families that came out to the MCH/PALS activity last month, we went to Pizza Hut and Bowling. Next month we will be going to Leisure Farms to visit the Pumpkin Patch, so please call Darlene at First-Line or myself (Lynn) at the health Center to sign up.

## Safety Tips for Halloween:

- G Make sure that if your child is wearing a mask, that it does not interfere with their vision.
- G Choose bright colors so your child is visible in the dark, and flame resistant. You may add reflective tape to their costumes.
- G Make sure that your child's costume is not oversized because it could be hazardous to them.
- G Please have your children wear proper foot wear for the long walk.
- G If you allow your child to carry a knife or sword, make sure it is soft plastic or rubber.
- G Explain to your children that you only trick or treat at homes with an outside light on.
- G Children 12 years old and under should be accompanied by an adult, talk to your children about your route before you start.
- G Speak to your children about not cutting through people yards, it can be dangerous.
- G Make sure you check your child's candy before you let them eat any. If your child has allergies please check closely of what the candy is made of.

I hope everyone has a great Thanksgiving and a safe Halloween. Please check our Facebook page for my upcoming events.

Lynn Grandlouis  
MCH / Head Start Program Worker

## Halloween Word Find

H R E R I P M A V T A G C E H  
E A I S R T C V S W B O O L G  
S E L B Q U R U K I P B E F H  
U T R L M W E R E W O L F Y O  
O O V A O C K E L M L I S M S  
H C I C D W Z R E S U N L B T  
D N E K I R E L T N Y T Y S P  
E P I C C J L E O F S I S A Z  
T O R A R T M K N I C H P O T  
N R E T N A L O K C A J O P C  
U S E G H I S C X Y R N O J T  
A I U B R N M T D U Y T K D A  
H P U M P K I N A O R F Y T E  
E V R G L K A H Y B P L I R R  
Y S W I T C H D R I K C I R T

BATS  
BLACK CAT  
BOO  
CANDY  
COSTUME  
EERIE  
GHOST  
GOBLIN  
HALLOWEEN  
HAUNTED HOUSE

JACK O' LANTERN  
PUMPKIN  
SCARY  
SKELETON  
SPOOKY  
TREAT  
TRICK  
WEREWOLF  
WITCH  
VAMPIRE





## What is Learning & Attention Issues and Why Do We Call It That?

You may be wondering what we mean when we use the term “learning and attention issues.” Maybe you’ve heard other terms, like “learning disabilities,” and are confused. Are learning and attention issues the same thing or something different? Here we explain what learning and attention issues are, what they are not, and why we call them that.

### What are learning and attention issues?

The term “learning and attention issues” covers a wide range of challenges kids may face in school, at home and in the community. It includes all children who are struggling—whether their issues have been formally identified or not.

Learning and attention issues are brain-based difficulties. They often run in families. Roughly 20 percent of children have learning and attention issues.

Kids with learning and attention issues could be struggling in different ways and to varying degrees. They may have trouble with reading, writing, math, organization, concentration, listening comprehension, social skills, motor skills or a combination of these.

### What are they not?

Learning and attention issues are not the result of where or how a child grows up. They’re also not just “kids being lazy.” Having these issues doesn’t mean a child isn’t intelligent. In fact, kids with learning and attention issues are just as smart as their peers.

Sometimes people mix up learning and attention issues with other conditions. For instance, some people equate learning and attention issues with intellectual disabilities, even though they’re not the same thing. You might also hear people attribute learning and attention issues to poor vision or hearing. It’s true that some learning and attention issues may result from how the brain *processes* sights and sounds. But this isn’t the same as having poor eyesight or hearing.

### Why do we use the term “learning and attention issues”?

We’ve chosen to use the term “learning and attention issues” to be inclusive. Some kids are struggling in

school but haven’t been formally identified with a disability or disorder.

For example, one child may struggle with reading while another struggles with reading *and* has been formally identified as having dyslexia. Our resources can help the parents of both of these children.

### Why not stick with terms like “disability” or “disorder”?

Terms like “disability” and “disorder” are necessary to open doors to important services and supports for kids with learning and attention issues. But some parents aren’t comfortable with these legal and medical terms. We want to help these parents recognize and understand their child’s issues - and get their child on a path to success *without* concern over labels or stigma.

### Is Understood for all parents?

We created Understood specifically for parents of children with learning and attention issues.

Dyslexia and ADHD (which affects roughly one-third of kids with learning disabilities) are examples of common learning and attention issues.

Understood may be helpful for parents whose children struggle because of autism spectrum disorders, mental health issues or intellectual disabilities. But it’s not specifically geared to meet their needs.

### Key Takeaways

- Not everyone uses the same terms to talk about learning and attention issues.
- Kids with learning and attention issues are just as smart as their peers.
- Understanding your child’s issues is key to getting her on a path to success.

Resource:  
[www.understood.org](http://www.understood.org)

## 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!**

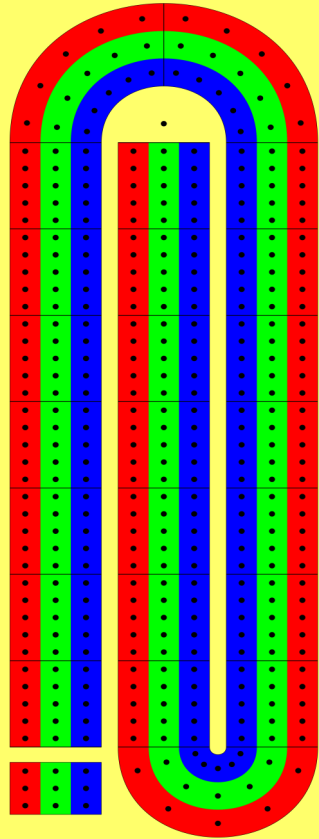
**Basement of  
First-Line Services**

**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 DELVIERY DATES: OCTOBER 3RD-17TH-31ST**

### **Community Family Breakfast**

**\* NEW DATE Thursday, Oct. 25**

**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**



**“Hotel Transylvania 3”**

**Wednesday October 24th**

**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

**YOUTH NIGHTS**  
**IN OCTOBER**  
**Oct.3rd**  
**Oct.10th**  
**Oct.17th**  
**Oct.24th**  
**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**

for parents & their children from 0-10 years of age.

**PALS/MCH**  
**ANNUAL TRIP TO THE**  
**LEISURE FARMS**  
**PUMPKIN PATCH**  
**SATURDAY, OCTOBER 20TH**  
**INCLUDES:**  
WAGON RIDE, CORN MAZE, SMALL  
PUMPKIN, HOT CHOCOLATE & COOKIES  
TRANSPORTATION AVAILABLE BUT  
SPACES ARE LIMITED!  
BUS WILL LEAVE COMMUNITY HALL TO  
LEISURE FARMS @ 12:00PM &  
BUS WILL RETURN TO KIPAWA @ 5:00  
FROM LEISURE FARMS  
MUST REGISTER BY WEDNESDAY, OCT. 17TH @ 12:00. WE WILL NOT  
BE ACCEPTING NAMES AFTER THIS DATE. TO REGISTER OR FOR  
MORE INFO CONTACT FIRST LINE @ 819-627-9877

  
**Community Kitchen**  
**Monday October 15th**  
**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:

October 6th, November 3rd, December 1st

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 NIGHT

When: Tuesday, Oct. 2, 16, 30

Where: First Line Services Basement

Time: 6-8pm

Who: Women of Kebaowek First Nation 18+

Come out and enjoy a night of painting together!

Light snacks will be provided!

Call Michelle at  
819-627-9877 if you  
have questions



### 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



## FoodBank

**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 !



# Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 QUEBEC PROVINCIAL ELECTION	2 WOMEN'S GROUP	3 MEALS ON WHEELS	4 SENIOR SOCIAL TITAN'S GAME GARBAGE PICK UP	5	6 COMMUNITY SHOPPING TRIP
7	8 The Band Office and Health Center are closed for Thanksgiving Holiday	9 MENTAL HEALTH AND PRESCRIPTION DRUG WORKSHOP	10 WOODY'S WALK	11 SENIOR SOCIAL TITAN'S GAME RECYCLE PICK UP	12	13 TEXAS HOLD'EM TOURNAMENT
14 ANNUAL LEISURE FARMS TRIP	15 COMMUNITY KITCHEN	16 WOMEN'S GROUP	17 MEALS ON WHEELS	18 COMMUNITY BINGO SENIOR SOCIAL GARBAGE PICK UP	19 ADULT HALLOWEEN PARTY TITAN'S GAME	20 HAUNTED HIKE IN NORTH BAY
21	22 Glenda is in Montreal for a Regional Meeting (22nd - 25th)	23	24 FAMILY MOVIE NIGHT	25 SENIOR SOCIAL COMMUNITY FAMILY BREAKFAST RECYCLE PICK UP	26 YOUTH HALLOWEEN PARTY TITAN'S GAME	27 TITAN'S GAME
28	29	30 WOMEN'S GROUP	31 HALLOWEEN MEALS ON WHEELS	October 2018		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2018				1 SENIOR SOCIAL GARBAGE PICK UP	2	3 COMMUNITY SHOPPING TRIP
4	5 MEN'S HEALTH WORKSHOP	6	7	8 SENIOR SOCIAL RECYCLE PICK UP	9	10
11	12 The Band Office and Health Center are closed for Remembrance Day	13 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	26	27 WOMEN'S GROUP	28	29 SENIOR SOCIAL GARBAGE PICK UP	30	