

# Kebaowek First Nation Mazinaigan

## Kebaowek First Nation Community Newsletter

### Kakone Kizis - September 2018

## An Update from the Chief

In this month's article I'd like to begin by acknowledging the great work done by the Countryfest Committee after another successful event. I was told by many of the guests and visitors, that we have a great event and a beautiful community. I must also recognize the work of the Public Works and Housing employees who were so helpful in the setup of the field. Many thanks to our hard working summer students, who did an excellent job of keeping the community clean, the grass cut and garbage picked up. I would also like to thank the community for opening up your yards for our many campers and visitors who stay with us and finally to the many volunteers who donate their time to make this event the success that it is. I had the good fortune of driving Washboard Union to and from the Airport and these fellows really enjoyed their time with us, they were so positive and supportive and they thoroughly enjoyed being in our community and playing for our event where they gave a great performance.

As a follow up to last month's article, I had mentioned that the Ministry of Forests, Fauna and Parks had come to visit and gave us a presentation on the dangers of using and importing minnows. The young ladies at Land Management have done a summary of the presentation and it can be found in the Land Management section of the Newsletter, if you have any questions on this matter, please contact me directly (lhaymond@kebaowek.ca).

As I have mentioned previously we are being overwhelmed with both Federal and Provincial Consultations which takes up a lot of time as we have to dedicate time, energy and resources to each individual demand. While the Provincial Consultations are important and we have a system to prioritize them, we have no such system in place for the large Federal Consultations that are underway. There are currently 13 Bills or pieces of legislation touching on Indigenous rights while another 3 are expected to be tabled in the coming year. The Federal Government plans to present as a central pillar of this process a "Rights and Reconciliation Framework", which, among other things will replace the Comprehensive Claims Policy (1986) and the Policy on the Recognition of Inherent Rights (1995). This is by far the most pressing piece of legislation as it will have a direct impact as the Government tries to get out of the Indian Act. There is an upcoming national meeting on this issue as it represents some very significant changes that will impact every First Nation in this country. No one has done an analysis to determine if this is a good thing, early indications are that it will not get us to where we want to be. The end result will be the same; we will still be offered only a small percentage of our traditional (Pg 2)

**CONCERNED ABOUT  
THE DRUGS IN  
OUR COMMUNITY ??**

**BECOME INFORMED ...**

**THE KEBAOWEK POLICE  
DEPARTMENT HAS ORGANIZED  
AN INFO SESSION WITH A  
GUEST SPEAKER**

**MORE INFO ON PAGE 5**

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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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land base, a cash settlement, and loss of reserve status, municipal powers and eventually the loss of our tax status. We are monitoring this file closely as most of the other Federal legislation is tied to this major piece. We need to think about how we get the information to all members as these are the types of issues we need to do full community consultations. What is really lacking in these issues is the involvement of the provinces that also have jurisdiction for files that directly affect us like land and resources. Below is a list of the various Federal Legislations.

1. An Act to amend the Indian Act in Response to Descheneaux, Bill S-3 which has already passed but there is a phase 2 and we are applying for funding to hold a broad community consultation as this affects, status and non-status members and will have major impacts with the addition of new status Indians to our Band lists.
2. Bill S-212, an act for the advancement of the Aboriginal Languages of Canada and to recognize and respect Aboriginal Language rights
3. An Act to ensure that the Laws of Canada are in harmony with the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) Bill C-262
4. An Act to establish Indian Residential School Reconciliation and Memorial Day, Bill C-318
5. An Act to report on compliance with the United Nations Declaration of on the Rights of Indigenous Peoples, Bill C-332
6. An Act to amend the Bills of Exchange Act, the Interpretation Act and the Canada Labour Code (National Indigenous Peoples Day) Bill C-369
7. An Act to establish Orange Shirt Day: A Day of Truth and Reconciliation, Bill C-386
8. An act respecting a National Strategy for the Repatriation of Aboriginal Cultural Artifacts, Bill C-391
9. An Act to amend the Fisheries Act, Bill C-68
10. An Act to enact the Impact Assessment Act and the Canadian Energy Regulator Act, to amend the Navigation Protection Act and to make consequential amendments to other Acts, Bill C-69

Proposed Legislation (will be introduced in the coming Year before the next Federal Election);

1. An Act to Establish the Ministry of Crown-Indigenous Relations and Northern Development (CIRNA)
2. An Act to Establish the Department of Indigenous Services Canada (DISC)
3. An Act to Establish an Indigenous Rights, Recognition and Implementation Framework.

The last is the most pressing and important piece, as the Government tells us that they will recognize our Aboriginal Title but we must still negotiate a final agreement which in the end will leave us with the same outcome if we were to negotiate under the current Comprehensive Claims Policy which is 1% of our total traditional land base, cash settlement, loss of reserve status and eventual loss of taxation. As a Council we see this as nothing more than a different mousetrap but we will end up with the same results and **we as a Council do not have a mandate nor will we seek one from the community to negotiate away our collective rights.** We in fact, would recommend that we do not accept a negotiation table under this policy even though the Federal Government is offering us such a table right now to resolve any issues we have with the AOO. We believe it is a trap and once at a table our hands would be tied from taking any other actions we may want to pursue including legal challenges. There is so much happening and the timeframes given to us are so short. For most of the bills I have listed we receive no funding to do consultation, community engagement or analysis of the impacts it will have on membership. We do however manage to send letters and position papers and get our views on the record only to find out that in most instances things have already been decided and they do not include our suggestions and recommendations which quite frankly is absolutely frustrating. I have not included the Provincial Consultations in this article but what I can say is there are more than the Federal and these ones usually involve minor modifications to existing laws but all are done to limit our rights which is why we must remain vigilant to everything that is going on.

As you know there is a Provincial Election happening and we have been trying to get the major parties to publicly support our Hydro Project, ONIMIKI. I have met Minister Blanchette (Liberal) twice in the last weeks trying to get his government to announce our project, and further I invited him to come and visit during Countryfest and to my surprise he accepted and showed up on Saturday evening. This allowed us to give him a tour of the community and show him why we need projects like Onimiki so we can have

## Update Cont'd

our own revenue to develop other services like an Elders Home which currently the governments won't provide funding for (see photo below). I also went to Ville Marie for Mr. Francois Legault's press conference. He is the leader of the Coalition Avenir Quebec (CAQ). I met with him and presented our project and asked him if he and his party would support Onimiki. He did not commit but did mention in the papers that he found our project to be of interest. We are meeting the local candidate Mr. Jeremy Belanger (CAQ) this week to give him a tour of the community while he is in the area meeting with the Mayors and attending the season opening game of the Titans on Friday. As much as I dislike Federal and Provincial politics, it's important that we are out there getting attention for the issues that are vital and a priority for this community.

In closing I know that summer is now behind us and that school is starting and that there have been important changes affecting our students. We have learned that the Wester Quebec School Board (WQSB) is failing our children and we have made the decision to support parents who reside on-reserve in sending their children into the Ontario school system. This decision is to ensure our children have a chance at getting a decent education that will translate into better opportunities for their future. While it may not be the perfect solution, it is a temporary solution while we study all options for the future education of our children including the possibility of building our own school.

To all students, young and old, we wish you the greatest of success this year as you pursue your education, good luck with your studies.

Chief Lance Haymond



**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.

## NON-RESIDENT FEES

**for all Community Members Living On-Reserve**

Anyone who registers for an activity/sport at The Centre in Temiscaming and is charged a Non-Resident Fee, please bring your receipt to Roxane at the Band Office to have the NON-RESIDENT portion of the fee reimbursed. Receipts can be submitted at anytime, however, these fees will only be reimbursed on the last Thursday of each month.

**THE SEPTEMBER DEADLINE FOR NON-RESIDENT FEES TO BE REIMBURSED IS SEPTEMBER 27TH AT 12:00 PM**

# Land Management Department

## HARMONIZATION

KFN has received requests to work on the following sectors:

- Colletette
- Lumsden
- Moose
- Corneau
- Fisher
- Cox

Some works include:

- Partial & Clear Cutting
- Road Construction

Some standard harmonization measures requested by KFN:

- No Loops in road construction
- 50 m Buffer Zone surrounding Lakes
- KFN members have complete access to the territory as well as waterways AT ALL TIMES.

If you have any questions, comments or concerns or would like to see the sectors, please contact LMR office at 819-627-3309.

### **Benthic Invertebrate Sampling - Ostabonique River**

The Land Management and Resource Department sent their two Environmental Technicians, Kacie McLaren and McKaylii Jawbone, to spend the day with the kids and teach them about environmental sciences.

The main activity was benthic invertebrate sampling. The kids were able to get an idea of how healthy the water quality of the stream is using the “bugs” as an indicator. It was a great experience for the kids to learn about the environment and all the tiny organisms that make up an aquatic ecosystem. To conclude the benthic sampling, they found that the stream was very healthy.

The second activity was a nature scavenger hunt, which the kids and adults participated in. Lennox, Capri, and Mitchell won the hunt. The third activity was a nature medicine wheel craft.



## Bait Fish

**What is bait fish?**

Primarily small fish such as minnows but can also be leeches and worms

**Issues:**

The use of bait fish increases the risk of introducing the following:

- harmful pathogenic organisms (viruses, bacteria, parasites)
- invasive alien species
- native species not present in those ecosystems

**Impacts:**

These introductions can threaten native wildlife and the economic activities that depend on them

## New Issues

Asian Tapeworm

- Asian tapeworm is a new exotic species discovered in 2012, and can be found in a bluntnose minnow
- Infects more than 60 freshwater fish species
- Native to Asia and present in the Great Lakes since 2002 (imported with grass carp, then spread with the movement of baitfish)
- Several impacts:
  - weight loss, anemia, mortality
  - Intestinal blockage, inflammation, altered enzyme activity
  - Reduced growth and body condition
  - Increased stress-induced mortality

Spiny Water Flea

- Confirmed in Quebec (Haut-Richelieu 2015) (Lake St. Francis 2014)
- Small invasive exotic crustacean (1 to 1.5cm)
  - Modifies the food chain
  - Changes habitat (algae bloom)

It is important for the community to be informed of the environmental impacts of using bait fish from other regions such as Ontario, in order to prevent the introduction of harmful invasive species into the watershed.

However it is the community's ancestral rights as First Nations to continue using baitfish, it is only recommended to use the baitfish from the same drainage basin (watershed).

# Kebaowek Police Department

## Statistics for the Month of August 2018

- 2 Assist Surete du Quebec
- 1 Infraction Ticket
- 2 Uttering Threats
- 6 Assaults
- 1 Assault with a Weapon
- 1 Forcible Confinement
- 1 Counselling or Aiding Suicide
- 1 Sexual Assault
- 3 Public Assistance
- 1 Possession of Substance
- 1 Impaired Driving
- 1 Alarm - Non Criminal
- 1 Accident - Property Damage 2000

**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.



**BE INFORMED !!!**

**INFO SESSION ABOUT  
DRUGS**  
WITH SERGE FONTAINE

**POSTPONED ...  
WATCH FOR A DATE  
IN NOVEMBER**

“ Drugs as we use to know them and the reality of what they are now !! ”



THE KEBAOWEK POLICE DEPARTMENT HAS INVITED SERGE FONTAINE WHO IS FROM THE UMECO DIVISION DRUG SQUAD TO PROVIDE COMMUNITY MEMBERS WITH IMPORTANT INFORMATION REGARDING DRUGS



**THE KEBAOWEK POLICE WOULD LIKE  
TO INFORM THE PUBLIC THAT WE WILL  
BE HAVING OUR OWN  
CRIME STOPPERS PROGRAM**

**ANY INFORMATION LEADING UP TO  
AN ARREST CAN RECEIVE AN AWARD  
OF UP TO \$500 CASH**

# TRAINING OPPORTUNITY

## ATTENTION KEBAOWEK FIRST NATION COMMUNITY MEMBERS

### ARE YOU INTERESTED IN HANDICRAFT TRAINING?

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

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

- We have 12 seats available for this training.
- Participants must commit to **20 hours a week** to learn the techniques.
- Training will be for a 26 week period.
- Start date will be given once we know that we have our required number of participants and the necessary budgets.

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

Please submit your name no later than Friday September 28th, 2018. This will give us the number of interested participants and allow us to move towards a start date.



# 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: July 8th - August 11th, 2018	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	21.6%	16.7%	7.1	630	17
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%	21.6%	16.7%	6.6	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 August 13th, 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.**

### ADULT EDUCATION

If you are attending Adult Education at l'Envol in Temiscaming, please contact Glenda Moore for your registration and book fees for the academic year 2018-2019  
819-627-3455 Ext:204 or [gmoore@kebaowek.ca](mailto:gmoore@kebaowek.ca)

### 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.



**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.

**MOM'S AND DAD'S IF  
YOU'RE LOOKING FOR A  
FUN, LOVING AND  
EDUCATIONAL PLACE FOR  
YOUR CHILD  
THE KEBAOWEK CHILDCARE  
CENTRE HAS PLACES  
AVAILABLE IN THE  
CUDDLE CUBS GROUP  
(INFANT ROOM)**

**FOR MORE INFORMATION  
PLEASE CALL 819-627-1000  
AND ASK FOR PATTY**

# Update...



## Next Steps ...

Our CCP process is now in the discovery phase. We will be engaging in Community History for the next few months.

### Why complete this stage?

We need to know who we are and where we are from to see where we are going.

**How will we get there?** A few ideas are:

- Review documentation that already exists.
- Participate in or organize cultural activities e.g. Storytelling
- Create a Community timeline.
- Interview elders and people who have good knowledge of our community history.

If you have any information or ideas you would like to share please contact Kim Chevrier to discuss in further detail.

Also, in August the CCP prepared a display at the Countryfest. It was time well spent once again and a great opportunity to share memories of past and present through the use of pictures.

We would like to thank all that stopped by our booth, either to browse photos or just to ask questions. There were many members from the local area as well as from afar. We thank you for your interest!

We are pleased to have the opportunity to promote the CCP once again. Our lucky winners of the Countryfest dinner tickets were Elizabeth Honen and Dora Baptiste. Congratulations and thanks for your input!

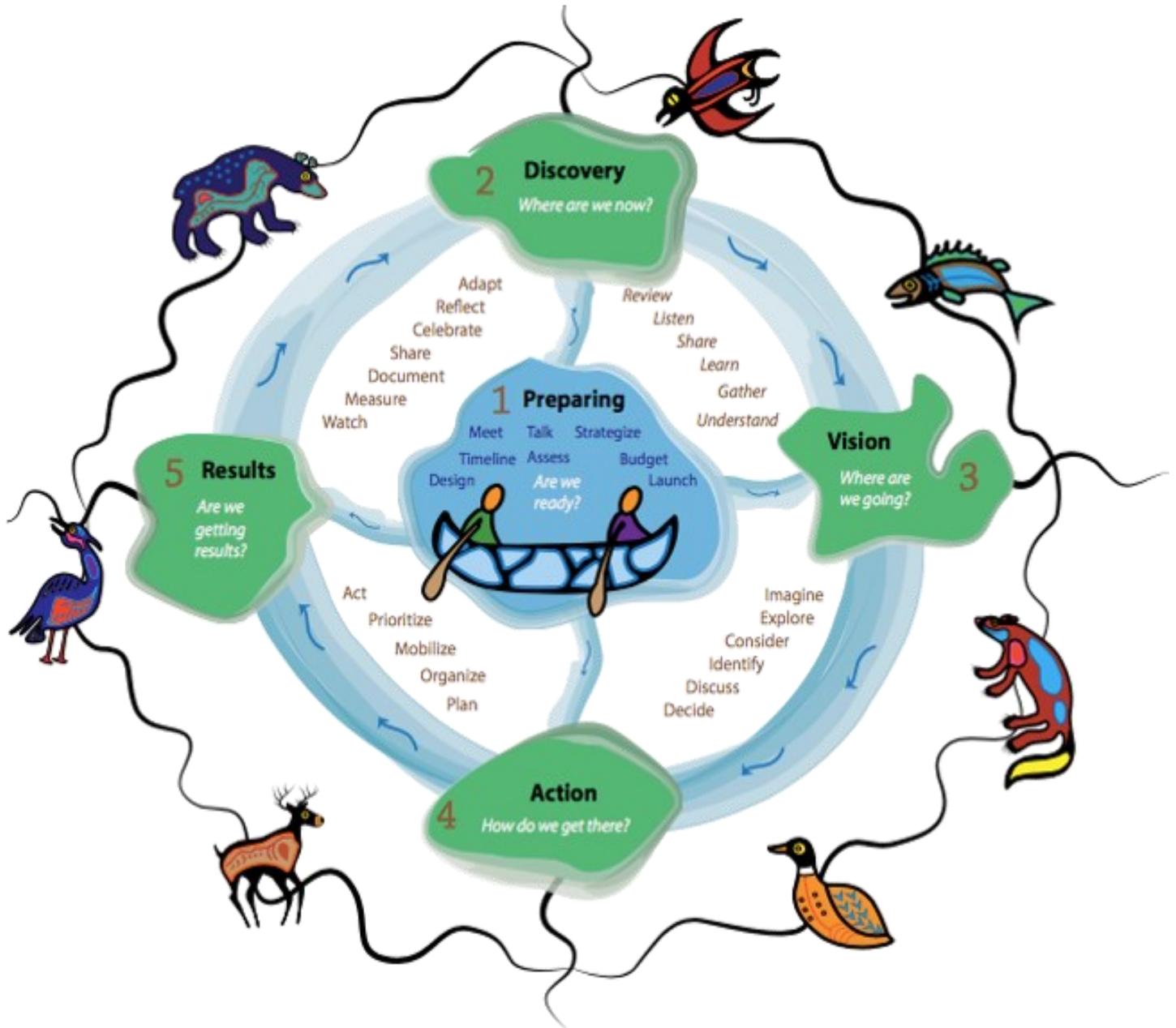


We would also like to thank Gail Chevrier, Amelia Chrystal Chevrier and Andrée-Ann Monforton for their help in putting our display together!

We also extend our thanks to the CCP Committee members for all their hard work and dedication to this very important process! Way to go Team!!

# Update continued...

The following diagram will give members of the community a better understanding of how the process will evolve. Please note that we are in **Phase 2—Discovery.... Where are we now?**



**If you want to know more or get actively involved in the CCP, please contact Kim Chevrier at 819-627-3455.**

**Our doors are always open... if you wish to meet in your own homes or at a public facility/area for a coffee, we can make it happen.**

# Upcoming Events and Activities



**Saturday Sept 22, 2018**



**TEXAS**  
H O L D ★ E M

**Kebaowek Community Hall**  
**Kebaowek Quebec**

**ENTRY FEE - \$ 110.00**  
*(\$100.00 towards 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 for sale during the day**  
*50/50 prize - open to everyone - stop in for your chance to win*

For More Info Call Jungo at 705 - 845 - 6850  
Proceeds to Help Support KFN Recreation



**THURS SEPT 20, 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



# Wishes for the Month of September



Happy 90th Birthday Mom !!  
 You gave your family such a great life !!  
 We all love u to the moon and back  
 and back again !!

You're the Best !! ❤️👍



Happy Birthday Wishes to

Shelly Grandlouis - September 3rd  
 Ronnie Raymond - September 25th

From your  
 Fire Department Team



Happy Birthday to our Honeybee  
 who turns 1 on September 27th !!

We love You Nylah xo !!

Love Gramma, Grampa  
 Uncle Noah And Uncle Adam xo



Happy Birthday to our Mom, Cary !!

We wish you a fantastic day  
 to celebrate your birthday on  
 September 14th !!

Love Noah, Adam, Stephen & Kaitlyn



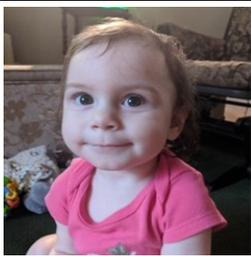
Happy 6th Anniversary to my one  
 and only soul mate.  
 I love you to the moon and back and  
 here's to many more happy years  
 together of love laughter and happy  
 ever after love always Cary xo



Happy Anniversary  
 to my wife, Cary !!  
 We celebrate our  
 6th wedding anniversary  
 on September 29th !!

Special Birthday wishes  
 to my wife Cary as well !!  
 She celebrates her  
 special day on  
 September 14th !!

Love Jungo  
 xoxo



Happy Birthday to my Gramma !!  
 Wishing her the best birthday ever  
 on September 14th !!

Love Nylah  
 xoxo



## Camp for sale in Mongo Bay

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

**Call**

**819-627-3780**



# Kebaowek Fire Department



**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.**

## Fuel and Fire Safety ...Treat Fuel With Care

**Gasoline is a common fuel around the home. It powers our lawnmower, chain saws, snow blowers, All Terrain Vehicles (ATVs) and more.**

**But, despite its every day use, it's important not to underestimate the dangers of gasoline.**

### When running a gas powered engine:

- Keep a BC Class fire extinguisher handy. Water will only spread the flames of a gasoline-based fire.
- Never work or idle in an enclosed space such as a garage, basement, shed or tent.
- Allow equipment to cool down for a few minutes before refuelling.

### Storage

Do not leave gasoline in the basement of your home or in your camp/cottage. Store fuel in approved containers in a detached garage or shed, and well away from heat sources including direct sunlight.

### Filling Containers

- Only use fuel containers that have been certified by an accredited certification organization such as the Canadian Standards Association (CSA) International or the Underwriters Laboratories of Canada (ULC).
- Keep well away from sparks or ignition sources.
- Fill only to about 90% of capacity to allow some room for expansion.
- When filling, keep portable containers on the ground, with dispensing nozzle in full contact with container in order to prevent buildup and discharge of static electricity - a possible source of ignition.
- When you are finished refilling the container, tighten both the fill and vent caps.
- Never leave the container in direct sunlight or in the trunk of a car.

### Disposal

The best way to dispose of gasoline is to use it up. Small amounts can be left outside to evaporate - leave in an open container away from children and pets.

If gasoline must be discarded, be sure to take it to the hazardous waste disposal center in your area. Never pour gasoline onto the ground, down sewers or into drains. (safetyinfo.ca)

**KEBAOWEK FIRE DEPARTMENT  
AND THE  
MUNICIPALITY OF KIPAWA  
ARE LOOKING FOR RELIABLE PEOPLE  
TO JOIN THE KEBOWEK 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)**

# Indigenous Gender and Wellness Idea Fair and Learning Circle

TRAVEL AWARD



## Gender plays an important, but often overlooked, role in wellness.

As with many other Indigenous (First Nations, Inuit, Métis) traditions and knowledge, Indigenous concepts of gender have been negatively affected by western views, imposed through colonization. What if we paid closer attention to gender in all its forms (e.g. norms, roles, identities, Two Spirit, LGBTQ)? Could we improve wellness among Indigenous Peoples? If so, how would we go about it? *If you have an idea or would like to contribute, we want to hear from you.*

### What is this all about?

The Canadian Institutes of Health Research (CIHR) is inviting Indigenous individuals and allies with big ideas about gender and wellness to apply for funding to attend an *Idea Fair and Learning Circle* on the topic of Indigenous gender and wellness. If you don't have an idea but still want to be involved, you can apply as an *Idea Supporter*. *Travel awards valued at up to \$5,000 are available to cover the costs of attending.*

This is the first step in a larger initiative to support development and implementation of community-led projects. Team projects developed at the workshop will be eligible to apply for future funding. *Overall, CIHR has set aside approximately \$8M in funding over five years to support these projects (pending approval).*

### When and where will this happen?

The Idea Fair and Learning Circle will take place over two and a half days, from June 18-20, 2019 on the traditional unceded territory of the Kanien'keha:ka (Mohawk) in the city of Montréal.

We have intentionally chosen the dates directly preceding National Indigenous Peoples' Day, so participants can stay on in Montréal to take part in festivities if they choose.

### Who should apply?

You! You don't have to have any experience in research to apply. You can be First Nations, Inuit or Métis (including young adults, Elders, knowledge holders, researchers, and others), a non-Indigenous researcher, representative of a community organization or an ally of Indigenous Peoples. However, to be eligible, applicants must either self identify as Indigenous or provide evidence of having meaningful and culturally-safe involvement with Indigenous Peoples (*learn more on our website*).

**We welcome applications from adults of all ages and especially encourage young adults to apply.**

### A few possible idea topics

*(Inspiration only—your imagination is the limit!)*

- Improving wellness among gender- and sexually-diverse Indigenous youth
- Projects with a focus on the arts (e.g. visual, music, dance, theatre, literary or media, including the contemporary practice of traditionally-based forms)
- Gender-based violence affecting Indigenous Peoples
- Understanding the gender-related risk factors of alcohol or other substance use
- Interaction of gender-related risk factors and HIV
- Gender, wellness and cultural traditions and activities (e.g., ceremony, land-based activities)
- Gender and wellness of Indigenous Peoples living in or transitioning to urban centres

**Learn more and submit an application at [www.indigenousgender.ca](http://www.indigenousgender.ca)**



Canadian Institutes of Health Research  
Instituts de recherche en santé du Canada

Canada

# Kipawa Countryfest

It was a beautiful weekend for the 11th Annual Kipawa Countryfest and judging by the many wonderful and positive comments we've received, we can say that Kipawa Countryfest was once again a summer highlight for many! It was an eventful fun filled weekend with all that great live country music by "The Washboard Union", "Diamond Rio" and "The Good Brothers" and as well many other talented musicians!

We'd like to say thank you to everyone who comes out and supports the Kipawa Countryfest whether you are volunteering, helping with set-up and clean-up, taking pictures to share with everyone, being part of the security team, donating sponsorship dollars or

prizes, taking care of the sound and lights, entertaining on stage or by simply purchasing a ticket to attend the festival, it's all because of you that we are a successful event and for that we want to give you a big cheer and to thank each and every one of you!

**See you again next year friends, for the  
12th Annual Kipawa Countryfest on  
August 16-17-18, 2019 !!**

Here's a few pictures taken by Keith Benard. More pictures can be viewed on the Kipawa Countryfest Facebook Page!

The Kipawa Countryfest Committee



The Countryfest Committee (Tina, Roxane, Gail & Jennifer) with Diamond Rio



Friday Night Headliner  
Washboard Union



Saturday Night Headliner  
Diamond Rio



Sunday Afternoon Headliner  
The Good Brothers

# Update from the Health Director/Councillor

## August Meetings

- With Mother Nature at Camp during summer holidays.
- Onimiki Campaign Committee
- 911 Service for Kebaowek

## Upcoming in September

- Onimiki Campaign Committee
- FNHMA Board of Directors
- FNQLHSSC Board of Directors
- CISSSAT Board of Directors
- 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

## Health & Wellness Center

August brings not much to report on other than finalizing our Community Report that will be made available to you soon for your perusal. It was vacation time for many of your Community Workers so they can spend some time on the territory with their family and recharge their batteries.

As much as it is sometimes hard to, self-care is an important part of life that allows us to be at the top of our game. Disconnecting from work and the work environment has to be done from time to time if we want to remain focused on the tasks at hand. People are just not robots!

## On a Council Note

911 emergency call services is coming to our community. The projected date for its implementation / activation is scheduled for November 14<sup>th</sup> 2018. What this means is that for any emergency like police, ambulance and fire, 911 will be the number to call. It will obviously work with any cellphone device and also your existing land line you may have kept or will install in the future. More information will be sent directly to your home in the weeks to come to ensure a smooth transition.

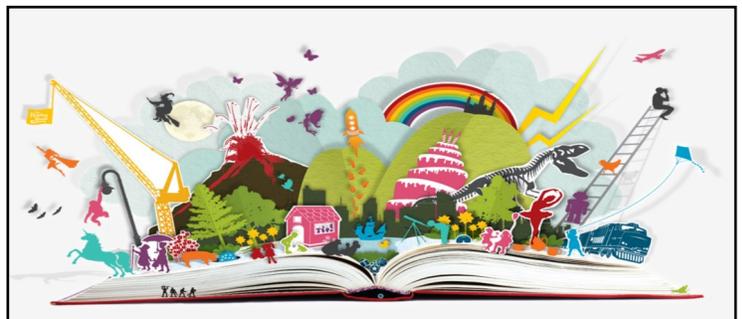
## Work Out Classes with Mitch

Will start up on Wednesday,  
September 5<sup>th</sup>, 2018.

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

Please bring appropriate  
footwear and water.

The work outs will be light to  
moderate physical activity.



"Books are a unique portable magic."  
*Stephen King*

*Celebrating "Back to School" with the*  
**Magic of Christophe**

**Sunday September 23rd, 2018**  
**Kebaowek Community Hall**  
**Doors Open: 1:30 pm**  
**Show Time: 2:00 pm**

**Snacks available / Participation Prizes**

Free event but lets help out the Food Bank with a  
non-perishable food item if you are able to. Thank You !!

# Lyme Disease

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## What causes Lyme disease?

Lyme disease is caused by the bacteria called *Borrelia burgdorferi*.

## How is Lyme disease spread?

Lyme disease is an infectious disease spread through the bite of infected ticks. There are two types of ticks that can spread Lyme disease in Canada:

1. blacklegged tick (or deer tick, *Ixodes scapularis*) in southeastern and south-central regions of Canada
2. western blacklegged tick (*Ixodes pacificus*) in British Columbia

Ticks need blood to survive, so they attach on animals and humans to feed. Ticks become infected with Lyme disease bacteria by feeding on infected wild animals, such as:

- birds
- Rodents

Once infected, ticks can spread the bacteria to humans and pets, particularly dogs. In most cases, the infected tick must attach and feed for at least 24 hours before the bacteria can be transmitted.

Most humans are infected through the bite of immature ticks that are approximately the size of a poppy seed, called nymphs. Adult ticks, approximately the size of a sesame seed, can also spread Lyme disease. Ticks are very small and their bites are usually painless, so you may not know that you have been bitten.



Blacklegged ticks are most often found in wooded or forested areas, in leaf litter or on shrubs and tall grass in some parts of Canada. Blacklegged ticks in at risk areas of southeastern and south-central Canada are more commonly infected.

## What are the symptoms of Lyme disease?

Symptoms of Lyme disease can be different from person to person.

Early signs and symptoms of Lyme disease usually start 3 to 30 days after you have been bitten by an infected blacklegged tick. Most people experience mild flu-like symptoms soon after being bitten, while a small number may have more serious symptoms, sometimes weeks after the bite.

Early signs and symptoms of Lyme disease may include:

- Rash, sometimes shaped like a bull's eye (Erythema migrans (EM rash))
- Fever
- Chills
- Headache
- Fatigue
- Muscle and joint aches
- Swollen lymph nodes

If left untreated, more severe symptoms may occur and can last from months to years. Severe symptoms may include:

- Severe headaches
- Additional EM skin rashes

- Facial paralysis (i.e. Bell's palsy)
- intermittent muscle, joint, tendon and bone aches
- Heart disorders (heart palpitations, abnormal heartbeat), known as Lyme carditis
- Neurological disorders (dizziness, mental confusion or inability to think clearly, and memory loss, inflammation of the brain and spinal cord, nerve pain, numbness or tingling in the hands or feet)
- Arthritis with severe joint pain and swelling, particularly the knees and less commonly in other joints such as the ankle, elbow and wrists.

In rare cases, Lyme disease can lead to death usually because of complications involving infection of the heart.

## How can you prevent Lyme disease?

The best way to protect against Lyme disease is to prevent tick bites. Check the [detailed risk areas map](#) to find out where infected ticks are most likely to be found. Remember, as tick populations spread, the risk of acquiring Lyme disease will occur outside these areas in the future. Ticks can be dispersed out of these areas by migratory birds so there is a low risk of being bitten by a tick outside of the known risk areas.

It is recommended that Canadians travelling to highly Lyme endemic areas of the US and Europe, apply permethrin treatments to their clothing or use clothing pre-treated with permethrin. These products can be obtained in some travel clinics or from outdoors retailers when in the US.

Ticks can be infected with more than one type of bacteria that can cause human illness. Guarding against tick bites will protect you from more than just Lyme disease.

Here are some ways to protect yourself if you venture into wooded or forested areas within risk areas for Lyme disease:

- Wear light coloured long-sleeved shirts and pants to spot ticks more easily
- Tuck your shirt into your pants, and pull your socks over your pant legs
- Use bug spray containing DEET or Icaridin on your skin and clothing (always follow the directions on the label)
- Walk on cleared paths or walkways
- Shower or bathe within two hours of being outdoors to facilitate a prompt tick check and to remove ticks that have not attached yet
- Do a daily full-body check for ticks on yourself and your children, especially in the hair, under the arms, in and around the ears, inside the belly button, behind the knees, between the legs and around the waist
- If you find an attached tick, remove it with tweezers immediately. Removing it within 24-36 hours can help prevent infection.
- Do a tick check on your outdoor gear and your pets as they could carry ticks inside your home
- Put dry outdoor clothes in a dryer on high heat for 10 minutes to kill any remaining ticks. If your clothes are damp, additional drying time is needed. If you need to wash your clothes first, hot water is recommended. If the clothes cannot be washed in hot water, tumble dry on low heat for 90 minutes or high heat for 60 minutes.

# Annual Hunter's Point Camping Trip

I would like to say the Hunter's Point trip went very good. It had a bit of a rough start due to a flat tire and the generator being off upon our arrival but once everything got started and fixed, it turned out to be a great week. We had many activities all week long such as tie dye shirt making, canoeing to the old Church, charades, and capture the flag to name a few.

The Land Management team consisting of Kacie McLaren and McKaylii Jawbone came up and took the kids to the bridge at Ostaboningue and hosted a teaching session 2 other activities. Thank you to our McGill Medical Students and Erica Mines, our Nursing Student who helped and participated all week, your help and enthusiasm was greatly appreciated.

We had a great turn out of parents and kids that came up to Hunter's Point. We had some parents stay for the week and others that came up for a few days and leave due to other obligations. It was nice to see as many people come up to take part in this event as it allows the kids to be active and get outside. We hope that next year we continue getting a great turn out. 28 people participated this year.

Mitchell McMartin - Sports & Mentorship Coordinator



# Medical Transportation and NIHB Information

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

## September 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 08, 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. With holidays and high calls during the summer, last minute calls out of town cannot be guaranteed.

### 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>



**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 September 21st, 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

# Medical Transportation and NIHB Information

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<https://www.canada.ca/en/indigenous-services-canada/services/first-nations-inuit-health/non-insured-health-benefits/benefits-information/non-insured-health-benefits-program-update-first-nations-inuit-health-canada.html#s18-07>

## Dental Benefit Information

### Updated Orthodontic Policy

Effective July 30, 2018, the Non-Insured Health Benefits (NIHB) Program introduced an updated Orthodontic Policy. The updated policy, which includes criteria for orthodontic coverage, can be found in [section 8.8 of the NIHB Dental Benefits Guide](#). The Orthodontic Policy has been updated to include an evaluation tool (Modified HLD Index) listing objective clinical criteria for orthodontic coverage. The updated policy also clarifies that pain or discomfort associated with a severe and functionally handicapping malocclusion is considered as part of NIHB's review of each case, when supported with objective clinical dental/medical evidence.

Clients who did not receive approval for orthodontic coverage between March 24, 2016 and July 31, 2018 can resubmit their original request to have it reviewed under the updated criteria by providing:

- A signed letter from the client, parent or legal guardian, requesting a reconsideration of the case, and
- Pre-treatment orthodontic diagnostic records (i.e., models, radiographs and photographs) which can be obtained through your orthodontist.

Clients who have questions about a specific case or request for coverage (including appeals) are encouraged to call the NIHB Dental Predetermination Centre (DPC) – Orthodontic Services line at 1-866-227-0943.

## Pharmacy Benefit Information

### Updated Drug Benefit List

The spring [2018 Drug Benefit List \(DBL\)](#) is now available. The DBL is a listing of drugs and products covered by the NIHB Program and is updated several times during the year. Please refer to [Appendix H, 'New Listings'](#) to see medications and products added since March 2018.

**Please note that since January 2017, in the framework of a partnership between CISSS-A-T and Neighbours Association, an English Health Service Agent (EHSA) is available in Rouyn-Noranda hospital in order to assist the English-speaking users who come for an appointment or are hospitalized, and need help for translation.**

**Her working hours : Monday to Friday, from 8:00 am to 4:00 pm.**

The EHSA works in partnership with the CISSS-AT personnel.

She facilitates the communication between the English-speaking users and the francophone healthcare professionals.

She can be called either by the users who wish to be accompanied to their appointment because of the language barrier, or be called by the CISSS-AT employees who don't speak English well enough and want to make sure the discussion with the users will be well understood.

**If members require help for translation in English when they have an appointment or are hospitalized in Rouyn-Noranda hospital, they can call the EHSA - Jessica Nesteruk at 819-277-2302.**

## ADDICTION AND PHYSICAL ACTIVITY

### Exercise

Exercise may not be your favorite thing to do, and it may even be pretty much the last thing you want to think about when you're trying to maintain your sobriety. But the truth is that regular workouts — or any kind of physical activity — can be an integral part of your efforts to stay sober. Research even backs it up: Studies suggest that adding exercise to addiction treatment (which typically means counseling, self-help support groups and/or medication) can strengthen the effects of recovery. One study of patients being treated for substance abuse published in *Mental Health and Physical Activity* showed that exercise can lead to a sense of accomplishment; feeling stronger; improved health; and increased confidence in staying clean and sober.

Furthermore, exercise can give you a natural high to replace the artificial ones you've been chasing. When an addict is trying to recover, body and mind crave the endorphins that lead to the high he or she is used to. A vigorous sweat session can cause the release of those same endorphins, along with endocannabinoids; together, these bio chemicals can produce a feeling of euphoria, making it easier for someone in recovery to cope with daily life. Although the high you feel is almost certain to be less intense than what you experienced with drugs or alcohol, exercise does provide a pleasurable release for many people.

In addition to the chemical changes happening in your brain when you exercise, working out can mitigate the negative effects of giving up your substance(s) or behavior(s), which include sleep troubles, anxiety and depression and weight gain. Simply by improving your overall health and well-being, regular exercise builds your body back up and gives you a healthy way to release difficult or pent-up emotions, including anger, sadness and frustration.

If you've never worked out before or haven't exercised in a long time, consider starting small. Go for a walk every day and see how it feels. You may consider enlisting a workout buddy who can help you stay motivated. It's also important to remember that you're susceptible to "substitute addiction or addiction transfer," which means replacing one

addiction for another. Many have fallen into that trap with exercise, so if you find yourself obsessing over how many miles you ran or constantly tallying the sets and reps you did each week, it may be worth considering limiting your workout time and talking to someone about it. By being aware and proactive about substitute addiction you can use exercise to your advantage.

Here are a few more reasons why sticking to an exercise program can help while you're in recovery:

**Exercise fills up your time — in a good way.** When you prioritize physical activity it necessarily eats up part of your schedule. Regular workouts are also specific times that force you to focus on what you're doing, to live in the present, plus they make it easier to keep boredom, stressful thoughts and daydreams about using again at bay. Even if going to the gym or out for a run isn't the most fun you've ever had, consider the post-workout benefits: increased energy, better mood, reduced stress, clearer thinking.

**You'll sleep more soundly.** Addiction is known to disrupt many body processes, including circadian rhythms, making it difficult to fall (or stay) asleep without your drug of choice. As your body gradually returns to a healthier, balanced state, exercise also helps to restore a normal sleep cycle. And your body heals faster when you're well-rested.

**You'll heal your body and mind.** You probably already know that being physically active helps to stave off type 2 diabetes, heart disease and some kinds of cancer, as well as boost immunity. Even better for those in recovery, research shows that regular workouts increase the number of new nerve connections in the brain, which helps it, heal from the effects of substance use.

**Working out offers an outlet for anger.** It's common for recovering addicts to have trouble dealing with rage and feeling frustrated; because of your addiction, you may not have learned to express these emotions in a healthy way. Going for a run, lifting weights or even hitting a punching bag can help you manage anger and frustration without relapsing.

**Being active makes it easier to de-stress and weather a crisis.** There will be times when you feel overwhelmed and as if you can't cope. Exercise can become your go-to tool to reduce stress, regain composure and do something proactive for your

# Addictions and Wellness

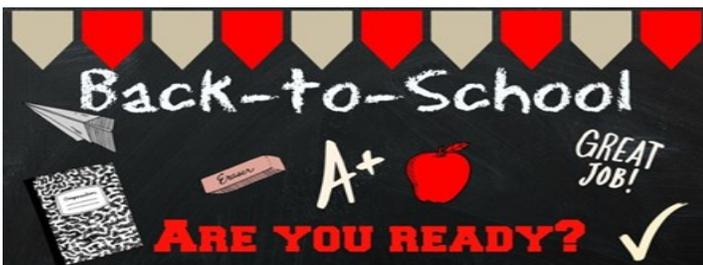
recovery, all at the same time. Similarly, when you experience a crisis, whether major or minor, it's helpful to have a workout regimen to rely on to get you through the rough period.

**Exercise builds self-confidence.** Like anything new you learn, the more you do it, the better you get. If you've never felt like much of an athlete, start where many people do — with a simple walking program of 10 or 15 minutes at a time. Gradually increase your walks to 45 minutes or an hour, or move up from walking twice a week to daily. As you add more time and/or intensity to your regimen, you'll see the physical and mental health benefits that come with it and you'll start to feel stronger and more competent in other areas of your life, including your ability to meet the challenges you'll face in recovery.



## We are looking for magazines for an upcoming activity !!

If you have any inspirational magazines such as O, the Oprah Magazine, National Geographic or any home and/or garden magazines that you no longer need, please drop them off at the Health Center to Vicky Constant, they can also be picked up as well, just call us to make arrangements.



I would like to wish all the students a great and successful 2018-2019 school year !!

**Vicky Constant**  
Addictions & Wellness

# MCH/Head Start Program

I am happy to be back in the office and I hope everyone had a great summer with all the nice weather we had. Keep checking the Facebook page for upcoming MCH/PALS events and other activities.

## Here are a few tips to help parents with children who really do not want to go back to school !

**Say it's okay to feel nervous.** Acknowledging your child's feelings helps him to understand that it's normal and common to be anxious about going back to school. "Remind your child of another time they had to make a change, such as going to a party where they didn't know the other kids," and "Remind them of how that turned out to be a good experience."

**Teach your kids words to explain their feelings.** Sometimes children just don't know how to describe what is wrong. "Teach them words like 'anxiety,' 'fear' and 'stress.' Those kinds of words are not words that parents usually talk about with their children,"

**Establish routines, in and out of school.** Although it can be fun to stay up late and have unstructured days during vacation, kids need to transition back to normal bedtimes (and healthy diets!) well ahead of the big day. Once school starts, learn about the classroom routines and talk to your child about the activities that are coming up each day (such as show and tell, library visits, or computer lab).

**Ask for help from teachers.** Don't be embarrassed if your child resists going to class. Not only are educators used to it, they are trained to help. The teacher will help with this transition and give you strategies too.

**Follow your instincts if you need help from a doctor or counselor.** Stomachaches or headaches are common complaints when school starts. "The most important thing to do is to tell your child you understand, that you believe they have the pain," and "Do the best you can with your parental instinct to determine whether it's physical or psychological." If pain persists, it's time to consult a pediatrician or school counselor.

Within a few weeks, your child will have had time to adjust to the new school year but also may even be excited to go to class. I'm hoping that by following these tips, it will make the transition even easier this school year.

**Lynn Grandlouis**  
MCH/ Head Start Program Worker

# Health Kits for Youth



There seems to have been some confusion concerning the Youth Health Kits, so I would like to clarify by explaining that this is a program the Kebaowek health and Wellness Center received through Health Canada, it is not affiliated with the Education Department, we decided on using this type of backpack for the durability and size. With that being said, this program that was officially launched late last summer, with the intention of providing each youth living on-reserve and in the surrounding areas with a kit that is filled with items they can use throughout the year, also resources and information to help educate on various subjects and prevention strategies. These kits were designed taking into consideration of age and gender. Below are the age categories listed in the letters that was attached with the kits;

- 5 to 7 year olds
- 8 to 10 year olds
- 11 to 13 year olds
- 14 to 18 year olds

These kits depending on the category will be in a different color backpack. Therefore this year ONLY those who moved up to a different age category received a new kit. We encourage all parents and caregivers to go through the kits with your child/children.

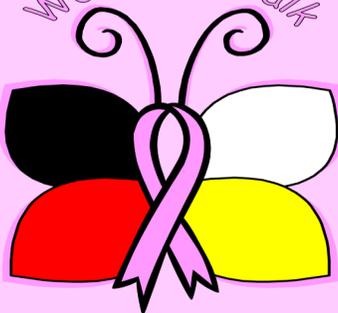
**NEW** this year; we have implemented a new age group; 18 to 25 year olds, they too received a kit that promotes prevention materials of pertinent health issues.. Again every young adult living in the community, surrounding areas and also youth that are living elsewhere because they are currently enrolled and/or continuing their education received a red and green bag which is smaller yet still holds the same resources that is specifically designed for their age group.

So in closing please remember to fill in the questionnaire and return it to the Health Centre, for a chance to win a prize.

Virginia McMartin  
Diabetes/Chronic Disease Coordinator



Woody's Walk



## **10TH ANNIVERSARY - WOODY'S WALK**

**WEDNESDAY OCTOBER 10TH, 2018**

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

Luminaries can be purchased in advance at Health Center, Band Office for \$2.00 beginning Monday September 17th, 2018.

# First-Line Services



**World Suicide Prevention Day**  
**Working Together to Prevent Suicide**  
**September 10, 2018**



International  
Association  
for  
Suicide  
Prevention

## Take a Minute

**Taking a minute** to reach out to someone in your community – a family member, friend, colleague or even a stranger – **could change the course of another's life.**

Individuals who have survived a suicide attempt have much to teach us about how the words and actions of others can be important, and many of them are now working as advocates for suicide prevention and have informed resources which are now readily available.

People are often reluctant to intervene, for many reasons, including a fear of not knowing what to say. It is important to remember, there is no specific formula. Empathy, compassion, genuine concern, knowledge of resources and a desire to help are key to preventing a tragedy.

Another factor that prevents individuals from intervening is the worry of making the situation worse. This hesitance is understandable as suicide is a difficult issue to address, accompanied by a myth that suggests talking about it may instigate vulnerable individuals to contemplate the idea or trigger the act.

Evidence suggests that this is not the case. The offer of support and a listening ear are more likely to reduce distress, as opposed to exacerbating it.

Many **reputable resources are available** to assist people in reaching out to individuals at risk of suicide.

### #YouCanTalk

This campaign is about giving people the confidence to have the conversation by connecting them with resources to support them.

The take home message is that you don't have to be a clinician, GP or nurse to check in with the person whom you are concerned about.

#YouCanTalk to:

- Members or groups in your community
- Work colleagues
- Suicide prevention organisations

<https://www.lifeinmindaustralia.com.au/youcantalk>

### RUOK?

This conversation movement endeavours to inspire others to help break the silence and ask 'are you ok?' to support someone struggling with some simple steps that could change a life.

<https://www.ruok.org.au/how-to-ask>

There are numerous other examples too; relevant resources can be found on the websites of the International Association for Suicide Prevention ([https://www.iasp.info/resources/Helping\\_Someone/](https://www.iasp.info/resources/Helping_Someone/)) and the World Health Organization ([http://www.who.int/mental\\_health/suicide-prevention/en/](http://www.who.int/mental_health/suicide-prevention/en/)).

We need to look out for those who are not coping. Individuals in distress are often not looking for specific advice. Warning signs of suicide include: hopelessness, rage, uncontrolled anger, seeking revenge, acting reckless or engaging in risky activities - seemingly without thinking, feeling trapped like there's no way out, increased alcohol or drug use, withdrawing from friends, family & society, anxiety, agitation, unable to sleep or sleeping all the time and dramatic mood changes.

**The listening ear of someone with compassion, empathy and a lack of judgement can help restore hope.** We can check in with them, ask them how they are doing and encourage them to tell their story. This small gesture goes a long way.



- **Take a minute** to notice what is going on with you, your family, your friends and your colleagues.
- **Take a minute** to reach out and start a conversation if you notice something is different.
- **Take a minute** to find out what help is available for both you and others.

### Mental Health First Aid

This evidence-based, internationally-recognised course teaches participants the framework of communication, how to offer and provide initial help, and how to guide a person towards appropriate treatment and other supportive help.

[www.mhfa.com.au/research/mhfa-course-evaluations](http://www.mhfa.com.au/research/mhfa-course-evaluations)

### Take 5 to Save Lives

This campaign encourages everyone to take 5 minutes out of their day and complete five action items:

1. Learn the warning signs
2. Do your part
3. Practise self-care
4. Reach out
5. Spread the word

[www.take5tosavelives.org](http://www.take5tosavelives.org)

## First-Line Services

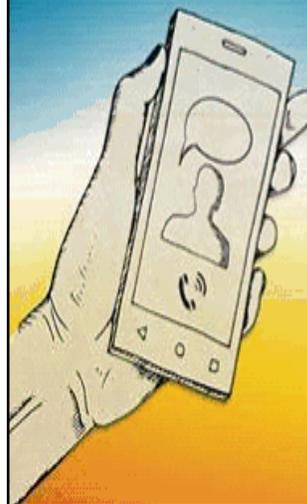
*Thank You!*



First Line Services would like to thank all the families that joined us on our annual trip to Santa's Village! We hope you all had a great day together as a family and made lasting memories! It was the perfect way to end the summer and to get ready for back to school!

### 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**

# MINI-PALS IS BACK !!



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



# Health Center / First-Line ... Upcoming Activities

## SENIOR SOCIAL

**Every Thursday!**

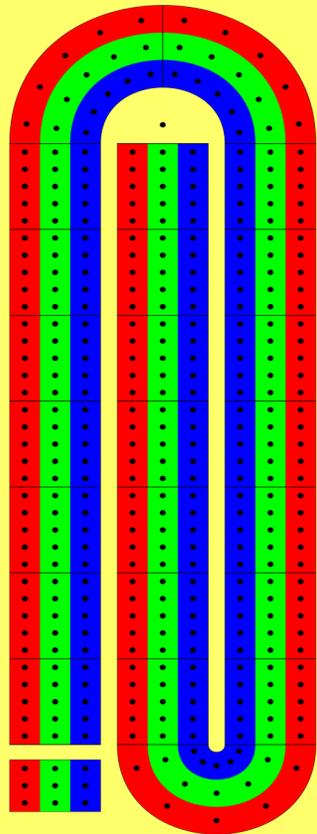
**There are now back  
at the  
Basement of First-Line  
as of  
September 6th !!**

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

**Snacks  
Coffee/Tea  
Cards**

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

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



## FAMILY MOVIE NIGHT

Wednesday, September 19th  
Doors open @ 5:30PM  
MOVIE STARTS AT 5:45PM

At First Line Services  
basement

Snacks will be available.

## ATTENTION YOUTH 11 TO 17

**OUR YOUTH NIGHTS FOR THE MONTH OF  
SEPTEMBER IS AS FOLLOWS:**

- WEDNESDAY, SEPTEMBER 5TH @ 4:30PM TO 6:30PM
- WEDNESDAY, SEPTEMBER 12TH @ 4:30PM TO 6:30PM
- WEDNESDAY, SEPTEMBER 19TH @ 4:30PM TO 6:30PM
- WEDNESDAY, SEPTEMBER 26TH @ 4:30PM TO 6:30PM

**ALL YOUTH NIGHTS WILL BE IN THE BASEMENT  
AT FIRST-LINE SERVICES, UNLESS NOTIFIED  
OTHERWISE**

**A SUPPER WILL BE SERVED AT EACH YOUTH NIGHT. IF  
YOU HAVE ANY QUESTIONS, PLEASE CALL KAYLA AT  
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: SEPTEMBER 5TH & 19TH**



## 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 !



**Tuesday Sept. 18th**

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

**“Chicken Pot Pie”**

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

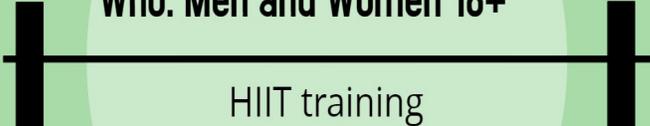
## LUNCH FIT

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!**

# Health Center / First-Line ... 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 and November 3rd

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

1st Stop - Northgate Mall & Walmart  
(10:00 am - 1:30 pm)

2nd Stop - Freshco Grocery Store  
(1:30 pm - 3:00 pm)

We will leave North Bay at 3:00 pm to return to KFN.

## WOMEN'S PAINTING NIGHT

When: Tuesday Aug. 7, 21 / Sept. 4, 18

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!



## Community Family Breakfast

\* NEW DATE Thursday, Sept. 27

WHERE: Community Hall

TIME: 7am-9am

WHO: Families of Kebaowek First Nation

Come start your day with a healthy breakfast with your family!

\* Bus pickup for the school children will be at 7:50 at the Community Hall (Along the Road)



## 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!!

# Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2018						1 COMMUNITY SHOPPING TRIP
2	3 The Band Office and Health Center are closed for Labour Day	4 WOMEN'S GROUP	5 MEALS ON WHEELS	6 FASD AWARENESS STOP SENIOR SOCIAL GARBAGE PICK UP	7 TITAN'S GAME	8
9 GRANSARENT'S BREAKFAST	10	11	12	13 SENIOR SOCIAL  RECYCLE PICK UP	14 TITAN'S GAME	15
16	17 McKaylii & Kacie are in Montreal for a Training (18th - 20th)	18 WOMEN'S GROUP COMMUNITY KITCHEN DRUG INFO SESSION	19 MEALS ON WHEELS  FAMILY MOVIE NIGHT	20 COMMUNITY BINGO SENIOR SOCIAL GARBAGE PICK UP	21 TITAN'S GAME	22 TEXAS HOLD'EM TOURNAMENT
23 BACK TO SCHOOL CELEBRATION	24	25	26	27 COMMUNITY FAMILY BREAKFAST SENIOR SOCIAL RECYCLE PICK UP	28	29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8 The Band Office and Health Center are closed for Thanksgiving Holiday	9	10 WOODY'S WALK	11 SENIOR SOCIAL TITAN'S GAME RECYCLE PICK UP	12	13 TEXAS HOLD'EM TOURNAMENT
14	15	16 WOMEN'S GROUP	17 MEALS ON WHEELS	18 COMMUNITY BINGO SENIOR SOCIAL GARBAGE PICK UP	19 ADULT HALLOWEEN PARTY  TITAN'S GAME	20
21	22 Glenda is in Montreal for a Regional Meeting (22nd—25th)	23 COMMUNITY KITCHEN	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		