



Kebaowek First Nation Mazinaigan / Newsletter

Oditakagomin Kizis / August 2019

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An Update from the Chief

To begin I'd like to provide an update on the file of 100 Wellington Street. In last month's article the update was that Grand Chief Polson had started a hunger strike including not taking any water on July 1st at midnight. In the early afternoon a meeting was held with the Prime Minister who told AFN and the Algonquin delegation they would not interfere and that we were to work it out amongst ourselves. This was quite disheartening as it was the Government who created the problem so they could have certainly fixed it by saying we would be equal partners with AFN, Inuit and Métis. The Grand Chief still did not waver from her position, she would continue her hunger strike until we were partners in 100 Wellington. This was a tough decision for us as we knew what the impacts would be on the Grand Chief's health and were worried but she was resilient and late that evening we got a call from Indigenous services and a written offer from Canada to end the protest and the Grand Chief's hunger strike. The Algonquin Chiefs along with Grand Chief Polson met and discussed the offer. It was agreed that it was close but the language in the offer was not clear and strong enough to ensure we had a solid commitment from Canada that addressed all of the Algonquin Nations issues and concerns. A message was sent back to Indigenous Services that the offer needed more clarity and stronger language committing Canada to work directly with the Algonquin Nation and the Grand Chief in spite of our requests for her to take water, continued her hunger strike. I need to provide some context here as it had been a long week of above average temperatures, there wasn't a day during the 14 days we were camped in front of 100 Wellington that it was a minimum of 30 degrees and above with lots of humidity and on Canada Day it was like 35 degrees with a humidity closer to 44, it was so hot you would sweat in the shade and being on cement didn't help either.



Grand Chief Verna Polson meeting with Prime Minister Justin Trudeau on Canada Day in Ottawa

On the morning of July 2nd, we received a revised offer, this offer also provided an annex which outlined the Government of Canada's commitment to the Algonquin Nation. (A copy of the agreements is on pages 3 and 4). It stated that the Algonquin Nation would be given its own building in the empty lot beside 100 Wellington, this space is called the "infill". The Government also committed to bilateral discussions between Canada and the Algonquin Nation. We will also be equal partners in the short term at 100 Wellington until the Nations building is complete and we will be equal partners in future development of 119 Sparks Street and other building identified as being a part of the larger Indigenous Peoples Space. The last commitment we got from Canada was also important, it confirmed that 100 Wellington would remain closed until all outstanding issues with the other groups and the Algonquin Nation had been resolved. There is much work to do and a very short time to get it done before the Federal Election in October. This agreement was agreed to by the Chiefs and the Grand Chief and the protest and hunger strike ended after 13 days. The Grand Chief was taken to hospital as a precaution to ensure her health was not compromised. She was (page 2)

CONTACT US



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



Kebaowek Health and Wellness Center
110 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9060
Fax: (819) 627-1885



Kebaowek Police Department
104 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9624/8229
Fax: (819) 627-3277

An Update from the Chief

released later that day and came back to the site to confirm to all that the protest camp would be taken down following a closing ceremony.



Grand Chief Verna Polson was recognized for her dedication, her perseverance and her extraordinary bravery for her hunger strike which led to a formal agreement between Canada and the Algonquin Nation. She was honored by National Chief Perry Bellegarde and the Assembly of First Nations at the AFN's Annual Assembly which was held in Fredericton New Brunswick. The National Chief and the Executive honoured Grand Chief Verna Polson by wrapping her in a star blanket and an honour song was sung for her



Grand Chief Verna Polson giving remarks to the Chiefs in Assembly after her honouring by National Chief Bellegarde and the Assembly of First Nations

I have to take a few minutes to tell you all that Grand Chief Verna is one brave and stubborn Anishinabe Kwe. She is one of the bravest women I know and I cannot tell you how much respect I

have, that we all should have, for this lady who was willing to sacrifice her health and life for the benefit of every single member of our communities and Nation. She didn't do this to be selfish or for the spotlight and attention, she did this because she loves our people and our Nation and was tired of seeing the Algonquins pushed aside and excluded. She also did something else quite extraordinary, she got us Chiefs to put aside our differences, our tribal council affiliations and work together for the benefit of all our members. The amount of support she generated was astounding, we got support from around the country, from non-native and native folks alike. I will be forever grateful to her for her perseverance, strength, her sacrifice, Migwetch Verna, you are truly a remarkable human being.

Last week the Assembly of First Nations held its Annual General Assembly in Fredericton New Brunswick, I along with many of my fellow Algonquin Chiefs attended so we could ask the Chiefs in Assembly to support by Resolution the Algonquin Nation in taking our rightful place in the development of the Indigenous Peoples Space and support us in implementing the Agreement reached with Canada. The resolution also clarified the roll of the AFN. When our resolution hit the floor and was being debated we were asked to add in a clause by the Mohawk Nation which stated they also had rights in Ottawa. The Algonquin delegation and I did not agree that the Mohawks had rights and refused the amendment at which point the Chiefs were asked to vote on the resolution and I am happy to report that it was adopted by the Chiefs in Assembly with only the Mohawk communities voting against it.

In other matters, I just wanted to touch on the upcoming Federal Election that will be held in October. Although the official election has yet to be called, all parties are out in full force campaigning already. We had representatives from all parties speak at the AFN Annual Assembly last week and they all want Indigenous support. This Federal Election will be important for Indigenous People no matter who is elected, we still have the same challenges and issues no matter who is in power. In future articles I hope and I can put each of the party's platforms concerning First Nations in my articles so we can all look at what they are offering and that in doing so we can make an informed decision on which party we may be able to support, if any.

I would like to advise the community that we will be developing approximately 18 lots and completing the installation of a permanent water line on the road that links the road to the water plant to the road to the sewage treatment plant. You may recall the temporary pipe was busted and washed away earlier this spring causing the washout at the bottom of the reserve. Indigenous Services will be providing \$2.7 million dollars for us to complete the work this fall, tendering documents for the project are currently being prepared and once done and sent out we will proceed to select and hire the contractor to complete the work.

An Update from the Chief

There will also be work being done for temporary repairs on the Temiscaming Dam this summer and fall, Public Works Canada has already selected the contractor and we met him as he is trying to hire local labour as much as possible, please see page 9 in the newsletter for more info, follow the instructions and send your CV to the contractor at the address he provided.

I would also like to talk about the development and progress we are making on the radio station. As you know the original plan was to house the station upstairs in the dome, upon further reflection it was decided that this might be good in the short term but in the longer term we would need to move and have a stand alone building. Given the antenna will be located on the water tower, it was decided to purchase a building and install it close to the water plant as a stand alone Radio Station. It is currently being renovated to become a studio. There is also a job posting for a

Radio Station manager that is in this months newsletter. Next steps are to purchase equipment, hire staff and then the official launch and opening

As we enter August, that means Countryfest is only days away and I am personally encouraging you to get your friends and families together and come out and support a great community event. As this event is a lot of work and its success is dependent on having enough volunteers for the various tasks, if you or someone you know can spare a few hours, please contact Roxane and give your name. The organizing committee has done another stellar job in selecting the entertainment again this year and I must admit I'm really looking forward to Terry Clark's show Saturday night.

Chief Lance Haymond

This is the written offer from Canada that was sent to end the protest and the Grand Chief's hunger strike. You can find the proposed bilateral work they enclosed with this offer on page 4 of the newsletter. The Algonquin Chiefs along with Grand Chief Polson met and discussed this offer. A message was sent back to Indigenous Services that the offer needed more clarity and stronger language committing Canada to work directly with the Algonquin Nation

Ministre des
Relations Couronne-Autochtones



Minister of
Crown-Indigenous Relations

Ottawa, Canada K1A 0H4

JUL 0 1 2019

Grand Chief Verna Polson
The Algonquin Anishnabeg Nation Tribal Council
81 Kichi Mikan
KITIGAN ZIBI QC

Dear Grand Chief Polson,

I write to you to propose a resolution to the issues of concerns raised by the Algonquins relating to the Indigenous Peoples' Space within the Parliamentary Precinct.

Over the last weeks, you have been clear on your request for a dedicated Algonquin Space and presence within the future Indigenous Peoples' Space. I am confirming today that the Government of Canada will provide the section referred to as the 'infill' as a dedicated space for the Algonquin People. As you know, this section, which is between 100 Wellington Street and the CIBC building at 119 Sparks, will need to be designed and developed over the next few years. The Government of Canada commits to working with the Algonquin Peoples' to achieve this dedicated Algonquin space and to determine the most appropriate governance approach. In order to bring this to fruition, the Government of Canada and the Algonquin People will be required to undertake extensive bilateral work. I have attached to this letter a list of some of the key work that my and other departments would undertake with the Algonquin. This should be seen as a list of examples and not a final list.

It is my sincere hope that this proposal demonstrates our commitment to finding a resolution on this issue and that this initiative continues to move forward in the spirit of collaboration, cooperation and reconciliation.

I can also confirm that the Indigenous Peoples' Space will remain closed until a resolution has been reached on the issues raised by the Algonquin.

Sincerely,



Hon. Carolyn Bennett, M.D., P.C., M.P.

Encl.



Examples of Anticipated Bilateral Work Between
the Government of Canada and the Algonquin People
to Establish a Dedicated Space for Algonquin People Within the Parliamentary Precinct

- Set-up a Principles Committee and Technical Working Group by July 2019 dedicated to the Algonquin Space;
- Provide funding to the Algonquin Peoples to ensure capacity to lead this initiative;
- Work with the Algonquin Peoples to develop a vision, by end of summer 2019, for the Algonquin Space;
- Co-develop with the Algonquin Peoples the policy, approach and strategy for the Algonquin Space;
- Work with the Algonquin Peoples and with architects on space design; and,
- Work with the Algonquin Peoples to prepare for exhibit development and installation.

Note: These are examples of work that will be undertaken bilaterally. Other bilateral work will also be required and may not be listed at this time, but will be identified by the Algonquin People and the Government of Canada within the governance processes noted above.

Ministre des
Relations Couronne-Autochtones



Minister of
Crown-Indigenous Relations

Ottawa, Canada K1A 0H4

JUL 0 1 2019

Grand Chief Verna Polson
The Algonquin Anishnabeg Nation Tribal Council
81 Kichi Mikan
KITIGAN ZIBI QC

Dear Grand Chief Polson,

Further to my letter I sent today I would like to clarify two points.

First, I am able to advise you that I am authorized by Cabinet Decision to confirm that all three spaces (100 Wellington, the 'infill space' and 119 Sparks St) are approved to be used for the purpose of the Indigenous Peoples Space.

Second, the building will only open following a resolution by all parties. It is clear to the Government of Canada that no agreement will be reached without a resolution that successfully addresses the interests of the Algonquin people.

Sincerely,

Hon. Carolyn Bennett, M.D., P.C., M.P.

BINGO
11 35 4 48
8 23 65 5 13
12 7 28 27
33

THURS AUG 29, 2019
over \$2500.00 in Prizes
KEBAOWEK COMMUNITY HALL
Entry Pack \$30.00
Extra Pack \$10.00
Door Opens 5 : 45
Earlybird Start 6 : 45
Steamed Hot Dogs - Pop - Chips - Coffee - Dabbers ETC...

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

Important Notice from the Education Department



Notice To All Parents Updating Contact Information

If you haven't done so already, please send me an email with your contact information if you have children attending school in the Youth Sector (Pre-K to Sec 5) who reside on the reserve, live in Kipawa, Temiscaming or Thorne. I also have a form for you to fill in regarding your child's schooling. My email is rjawbone@kebaowek.ca

Thank you

Rose Jawbone, Education Administrator

Kebaowek Education Department Presents

SUMMER TRIP TO NIAGARA FALLS!

August 26, 27, 28, 2019

For non-members:
Adult \$200,
children \$150

\$75
Non-refundable
per family

Places we will be visiting include: Bird Kingdom, Journey Behind the Falls, Hornblower Cruises (Maid of the Mist), Niagara's Fury, White Water Walk and Huronja Village (Midland, ON).

For more info please call Rose Jawbone at 819-627-3455

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Kebaowek Police Department

STATISTICS FOR THE MONTH OF JUNE 2019

- 5 Public Assistance
- 1 Mischief
- 2 Assaults (Conjugal Violence)
- 1 Theft
- 1 Failure to Comply
- 1 Noise and Nuisance Complaint
- 1 Assist to Surete du Quebec
- 1 Break and Entering

YOUR INFORMATION CAN LAND YOU A REWARD IF IT LEADS TO AN ARREST

The Kebaowek Police Department is asking the community of Kebaowek for their continued support in providing us with information on drug trafficking or other illegal activities occurring in or around our community. So 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 or recorded for the exchange of information. Together we can keep these harmful substances away from our youth and most vulnerable people. Meegwetch !

Employment Opportunity



Kebaowek First Nation is presently accepting applications for the following position:

Community Radio Station Manager

| | |
|--------------------|---|
| Deadline to Apply: | Friday, August 30th, 2019 at 12:00 p.m. |
| Duration: | Full time indeterminate with a 6-month probation period |
| Start Date: | October 2019 |
| Place of Work: | Kebaowek First Nation |
| Salary: | Competitive Salary @ 40 hours per week |

Summary:

The community radio station manager will oversee the day-to-day operations of a federally licensed, community owned and operated radio station. Plans, organizes and controls the broad range of operations and administrative activities in direct support of the delivery of 24 hour programming by the radio station. The Manager will be accountable to the Radio Station Board of Directors and will strive to maintain the work environment, community acceptability and financial viability of the Radio Station. The Manager will participate in the development and administration of strategic and operating plans, and evaluates programs for compliance with the overall mission of the radio station.

Requirements:

- Post-secondary diploma with a minimum of 2 years of experience directly related to the duties and responsibilities specified.
- A combination of previous education and experience may be considered.

Knowledge, Skills and Abilities Required:

- Possess strong interpersonal and communication skills and the ability to work effectively with a wide range of constituencies in a diverse community.
- Knowledge of public radio principles, procedures, operations, and standards.
- Knowledge and understanding of radio communications facilities and distribution systems.
- Knowledge of public radio organizational structures, workflows, systems, and operating procedures.
- Knowledge of project management principles, practices, techniques, and tools.
- Knowledge of CRTC and other federal and local broadcasting regulations.
- Knowledge of budgeting and fiscal management principles and procedures.
- Knowledge of facilities management, physical plant, safety, and building safety and security procedures.

- Knowledge of on-air and remote broadcasting processes and procedures.
- Knowledge of current and developing trends in radio.
- Knowledge of operating radio equipment.
- Knowledge of inventory management practices.
- Knowledge of records management.
- Ability to plan and implement fundraising events/activities to help off-set operating expenses.
- Ability to use Word & Excel and be comfortable with using the internet.
- Ability to develop and deliver presentations.
- Ability to organize and establish priorities and develop, plan, and implement short- and long-range goals.
- Ability to supervise and train employees, to include organizing, prioritizing, and scheduling work assignments.
- Ability to create, compose, and edit written materials.
- Ability to lead and motivate staff and/or volunteers.
- Ability to examine and develop station operations and procedures, formulate policy, and implement organizational strategies and procedures.
- Ability to oversee, coordinate, and support the execution of continuous broadcast schedules on a 24x7 basis.

Incomplete applications will not be considered. Only those pre-selected for an interview will be contacted. Please send your cover letter, resume, any supporting documents and two (2) recent references by mail, e-mail or by fax, to:

Kebaowek First Nation
110 Ogima Street
Kebaowek (Québec) J0Z 3R1
Tel: (819) 627-3455
Fax: (819) 627-9428
Email: jroy@kebaowek.ca

The First Nation has an Aboriginal preferential hiring policy currently in place.

Kebaowek Childcare Center

Congratulations to our
Kebaowek Childcare Graduates of 2019
Connor, Lucas, Charli-Ann & Kaylee



Connor



Lucas



Charli-Ann



Kaylee

**A CAREER
AWAITS
YOU AT**

**FERMES
BOREALES**

Fugèreville
Lorrainville
St-Eugène-de-Guigues
or Béarn

**5 PERMANENT
FULL-TIME
positions for
ANIMAL
ATTENDANT**



- ◆ No prior training or experience necessary
- ◆ Fermes Boreales provides continuous training for its employees
- ◆ Starting salary 15.00 \$ per hour
- ◆ Bilingual work environment
- ◆ Fringe benefits, salary review every 6 months, excellent possibilities for advancement
- ◆ Modern, high tech facilities



On nourrit le monde



COMMISSION DE
DEVELOPPEMENT DES
RESSOURCES HUMAINES DES
PREMIERES NATIONS
DU QUEBEC



FIRST NATIONS
HUMAN RESOURCES
DEVELOPMENT COMMISSION
OF QUEBEC

**FERMES
BOREALES**

For more information, visit our website at :
fermesboreales.coop
or contact us at : (819) 747-2742



Our family (of the late Pete Hunter and Flora Robinson of Hunter's Point) would like to extend our thanks and gratitude to our Kebaowek/Kipawa Community after the sudden and unexpected passing of our beloved Keesha Janelle Hunter.

Thank you to all of our family and friends who have shown compassion and provided us with an abundance of support in so many ways including transportation, food, drinks and accommodations.

We would like to thank Chief Lance Haymond and Grand Chief Verna Polson for their humble leadership.

Also much love to the firefighters and volunteers who were part of the search effort and were able to bring Keesha back to us.

There are no words to express our gratitude.

Thank you to Rose Jawbone, Jennifer Chevrier, Roger, Debbie & Girls, Doris & Debbie Hunter for the timely response and days of love and attention to all the details that we as a family had trouble attending to.

We truly appreciated the steadfast presence and guidance of the fire keeper as well as our sermon and prayer leaders, Mrs Noella Robinson and Mrs Noella Fortin. We will be forever grateful for the overwhelming love that was and is still offered to our family as we continue to go through our grieving process.

Thank you to Wanda Hunter for the uplifting eulogy and Darlene Smith for the video presentation.

In honor of Keesha's memory the family asks that kindness continues to be extended to one another.

Wish deep respect and love to all our family, friends and the entire community, we are truly very grateful and offer our sincerest thanks.

Judy Hunter & Family

COTTAGE FIRE SAFETY

To minimize the risk of fire and burn injury, the fire service recommends the following cottage fire safety tips:

- Install smoke alarms on every storey and outside all sleeping areas.
- Test smoke alarms at least monthly or each time you return to the cottage. Pack a new smoke alarm and extra smoke alarm batteries in case they need replacement.
- Install and ensure carbon monoxide alarms in your cottage if it has a fuel-burning appliance.
- Develop and practice a home fire escape plan to ensure everyone knows what to do if the smoke alarm sounds.
- Know the telephone number for the local fire department and your cottage's emergency sign number, in case of emergency.
- Clean barbecues before using them. Keep an eye on lit barbecues and ensure all combustibles, as well as children and pets are kept well away from them. Fires can happen when barbecues are left unattended.
- Keep barbecue lighters and matches



out of sight and reach of children.

- Remember to bring a flashlight with extra batteries.
- Check heating appliances and chimneys before using them.
- Check with your local fire department, municipality, or Ministry of Natural Resources to determine whether open air burning is permitted before having a campfire or burning brush. If open burning is allowed, fires should be built on bare soil or on exposed rock. Remove leaves and twigs from around the fire to keep it

from spreading. Always keep a bucket of water, sand, or even a shovel close by and supervise the fire at all times.

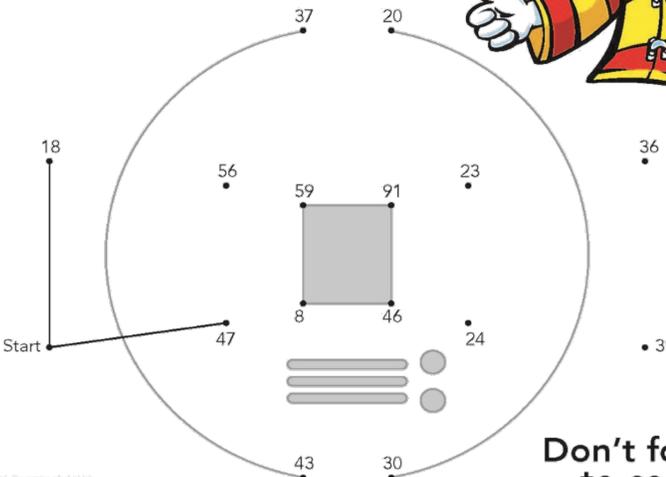
- If you must smoke, do so outside. Keep a large can with water nearby so cigarette butts can be safely discarded. If you drink, do so responsibly. Tobacco use and excessive alcohol consumption are contributing factors in many fires and can lead to serious injuries.
- Burn candles in sturdy candleholders that will not tip and are covered with a glass shade. When you go out, blow

Sparky's

Connect the Dots With Math!

Complete the math problems. The answers will tell you how to connect the dots. The first one is done for you!





PROBLEMS

| | |
|-------------------|-----------------|
| 1. $10 + 8 =$ | 9. $57 - 18 =$ |
| 2. $8 \times 7 =$ | 10. $39 - 15 =$ |
| 3. $28 + 31 =$ | 11. $38 + 8 =$ |
| 4. $45 - 8 =$ | 12. $9 + 21 =$ |
| 5. $5 \times 4 =$ | 13. $16 + 27 =$ |
| 6. $39 + 52 =$ | 14. $17 - 9 =$ |
| 7. $11 + 12 =$ | 15. $53 - 6 =$ |
| 8. $4 \times 9 =$ | |

Don't forget to color in your picture.



Check out Sparky.org For More FUN!

Smoke alarm: a gift to keep you safe. Make sure there are smoke alarms in your home.

Local First Nation Human Resources Department

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: June 9th - July 6th, 2019 | Min. # of Hours Required | Min. # of Weeks Payable |
|-----------|---------------------------------------|---------------------------------------|---------------------------------------|--|-----------------------------|----------------------------|
| Kebaowek | 14.3% | 21.6% | 16.7% | 6.8 | 665 | 15 |
| Community | Unemployment Rate Stats Can – 2006 | Unemployment Rate Stats Can – 2011 | Unemployment Rate Stats Can – 2016 | Unemployment Rate: July 7th - August 10th, 2019 | Min. # of Hours Required | Min. # of Weeks Payable |
| Kebaowek | 14.3% | 21.6% | 16.7% | 6.5 | 665 | 15 |

Since July 3rd 2016, the number of hours required to qualify to EI is now the minimum requires by economical region. If you apply for special benefits, you will need 600 hours of insurable work. It is strongly recommended to check with your local Service Canada Center for the minimum number of hours required to qualify. Updated and revised on **July 8th, 2019** 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.**

**NEED
SOME
WORK DONE**

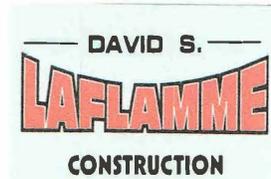
The students have started to work.
They will be working with the
Maintenance Department and will be available
to do work for our Elders in the community.
Who qualifies as Elders?
Please contact Terry Perrier
at 819-627-3455 extension 216

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



Attention all Interested Indigenous trades workers and Indigenous contractors:

Are you interested in working on the Quebec Timiskaming Bridge Deck Replacement project?

“Work on the Dam project...Hiring is starting now!”

Background:

Public Services and Procurement Canada is rehabilitating the Quebec Timiskaming dam-bridge located 65 kilometres northeast of North Bay, Ontario, and bordered by the city of Temiscaming, Quebec, to the east.

As proposed, the project will result in the rehabilitation of the Quebec Timiskaming dam-bridge. Its deck supports a two-lane roadway connecting the provinces of Quebec and Ontario.

The structure will be approximately 75 metres long and will have 10 bays: five with vertical sluice gates and five working with wooden beam weirs.

The road deck will consist of two traffic lanes as well as a sidewalk.

The Current Opportunity:

The **Quebec Timiskaming dam-bridge rehabilitation** consists of a construction project for rehabilitation and deck resurfacing.

DSL recognizes the **Quebec Timiskaming Bridge Deck Replacement project** as an economic development opportunity for Indigenous and local communities.

DSL is encouraging Indigenous skilled laborers and carpenters and Indigenous contractors to participate.

For more information contact **Rick Hansen, VP Indigenous Affairs and stakeholder engagement at DSL at: 1-800-564-0724** on how to access our **Job Referral Service** and or register in our **Indigenous supplier inventory**.

Secure Certificate of Indian Status (SCIS) Photo App

1. What is the SCIS Photo App?

The SCIS Photo App is a digital application created by the Government of Canada that allows applicants to take a photo with a smartphone and submit it online as part of their Secure Certificate of Indian Status (SCIS) application. Available to download for free on both Apple and Android smartphones, the SCIS Photo App eliminates the cost of photos and offers a convenient way to provide the photo required to apply for the secure status card for the first time or for a renewal or replacement.

2. What is the benefit of using the App?

You no longer have to pay or travel to have passport-style photos taken for the Secure Certificate of Indian Status application. The App is an accessible, cost-free and secure way to take your own photo when applying for a Secure Certificate of Indian Status (SCIS) and submit your photo and guarantor's name, email address and signature as part of the application process for a secure status card.

3. How does the App work?

The SCIS Photo App can be downloaded for free on your smartphone from the [Apple App Store](#) or [Google Play Store](#).

The App is easy to use and provides step-by-step instructions to take and submit your photo and provide your guarantor's name, email address and signature. The information will be securely transmitted to Indigenous Services Canada (ISC) through the App and stored in a protected database. Once the information is submitted, the data will no longer exist on the smartphone.

The information you submit through the App will be automatically linked with your submitted complete application and supporting documentation. You do not need to contact Indigenous Services Canada (ISC) to inform that you submitted your photo through the App.

4. How can I get the App?

You can download the SCIS Photo App for free on your smartphone by simply searching "SCIS Photo App" in the [Apple App Store](#) or [Google Play Store](#).

5. Does it cost money to use the App?

No, the SCIS Photo App is free to download and it is free to submit your photos using the app. You will need a smartphone and internet access.

6. What do I need to use the App?

Before you submit your photo through the SCIS Photo App, ensure you have the following:

- Smartphone (Apple or Android mobile device) to download the

App

- Access to the Internet or a public/private Wi-Fi-network
- Registration Number
- Valid email address
- Guarantor present with a valid email address

7. What type of smartphone do I need to use the App?

The App is compatible with the following operating systems:

- Apple smartphone with iOS 11 or higher
- Android smartphones with Nougat 7.0 or higher

8. Can I still use the App if I don't have a smartphone?

No, you need a smartphone to use the SCIS Photo App.

If you don't have a smartphone, you can use the SCIS Photo App on a family member or friend's smartphone. Once the information is submitted, the data will no longer exist on the smartphone.

9. Can I still use the App if I don't have internet access?

No, you need internet access to use the SCIS Photo App.

If you don't have your own internet access, you may use the SCIS Photo App by connecting to any public or private Wi-Fi network.

You can also use the App on a family member or friend's smartphone with internet access. Once the information is submitted, the data will no longer exist on the smartphone.

10. Do I still need to send an application for the Secure Certificate of Indian Status (SCIS)?

Yes. To complete your application for the Secure Certificate of Indian Status (SCIS), you must submit a complete application ([Form 83-172SE](#)), a Guarantor Declaration ([Form 83-169SE](#)) and supporting documentation. Once your application is received, the information submitted through the Photo App will be automatically linked with your complete application and supporting documentation. To find out how to apply, visit www.canada.ca. Click on Indigenous peoples, then Indian status.

11. Can I use the App to apply for registration for Indian Status?

No. You must already be registered as a Status Indian under the *Indian Act* to use the SCIS Photo App.

Unfortunately, you cannot use the SCIS Photo App to submit photos for an application for registration and a secure status card at the same time. However, once you are registered as a Status Indian, you will be able to use the SCIS Photo App to apply for your first secure status card separately or to renew or replace your secure status card.

Secure Certificate of Indian Status (SCIS) Photo App

12. Can I use the App to apply for a Certificate of Indian Status (CIS), paper-laminated version?

No, the SCIS Photo App cannot be used to submit photos to apply for the Certificate of Indian Status (CIS). The App is only compatible with the system used to issue the Secure Certificate of Indian Status (SCIS)

13. Can I use the App to apply on behalf of my child/dependent adult?

Yes, the SCIS Photo App can be used to submit photos to apply for the Secure Certificate of Indian Status (SCIS) on behalf of a child/dependent adult.

To complete an application for the Secure Certificate of Indian Status (SCIS) on behalf of a child or dependent adult, you must submit a complete application (Form 83-172SE), a Guarantor Declaration (Form 83-169SE) and supporting documentation.

A parent or legal guardian must have the authority to act for the child or dependent adult in legal or financial matters to apply on their behalf. The most recent legal documents (divorce order, separation agreement, custody or guardianship order) proving custody or guardianship of the child to the applying parent or guardian must be provided with the application form and supporting documentation, if applicable.

14. Do I need a guarantor to use the App?

Yes. You must find a person who can act as your guarantor and they must be present while you are using the SCIS Photo App.

The guarantor will be prompted to provide their name, email address and digital signature.

The same guarantor must also complete a Guarantor Declaration (Form 83-169SE). The Guarantor Declaration should be sent with the completed application (Form 83-172SE) and supporting documentation.

For more information on who can be a guarantor, visit www.canada.ca. Click on Indigenous peoples, then Indian Status. Under "Most Requested", click on "About guarantors".

15. Does Indigenous Services Canada (ISC) share my photos or personal information submitted through the App?

No, all information provided through the SCIS Photo App is secure and protected under the *Privacy Act*. The information is encrypted while being sent to Indigenous Services Canada (ISC) and stored in a secure database exclusively for SCIS applications. Once the information is submitted, the data will no longer exist on the smartphone.

The information you provide through the App is used to process your application for secure status card. The collection and use of personal information submitted through the App is in accordance

with the *Privacy Act*.

16. I used the App and I'm being asked to resubmit my photos. Can you help me?

To resubmit your photo, open the App and follow the step-by-step instruction. Only the last photo submitted will be used to process your secure status card application.

Acceptable photos must be:

- Clear, sharp and in focus
- Taken with a neutral facial expression (eyes open and clearly visible, mouth closed)
- Taken straight on the face and shoulders centered and squared to the camera
- Taken in front of a plain white or a lightly coloured background, with a clear difference between the face and background.

17. What happens if I leave the App in the middle of submitting my photo and/or information (e.g. to take a call, answer a text, use another app)?

If you leave the SCIS Photo App for any reason, the information is retained in the background of the App until your photo is submitted or the App is closed. The information that was retained in the background is protected and cannot be read by an outside party. Once the information is submitted, the data will no longer exist on the smartphone.

18. What happens if I make a mistake while using the App (e.g. entered the wrong registration number or information)?

Please confirm your information and registration number before submitting your photo through the SCIS Photo App. If you entered incorrect information, this may lead to delays in processing your secure status card application. If you think you entered incorrect information while using the App, please notify the Public Enquiries Contact Centre as soon as possible:

**Public Enquiries Contact Centre
Indigenous Services Canada
10, rue Wellington
GATINEAU QC K1A 0H4**

Email: aadnc.infopubs.aandc@canada.ca

Phone (toll-free): 1-800-567-9604

Fax: 1-866-817-3977

TTY (toll-free): 1-866-553-0554

19. I am having technical difficulties using the App. Who can I contact?

If you are having technical difficulties using the SCIS Photo App, please email:

aadnc.supportphotocssiscisphotosupport.aandc@canada.ca

You can also contact the Public Enquiries Contact Center.

Attention Community ~ Artists ~ Story Tellers ~ Writers



ATTENTION ALL KEBAOWEK MEMBERS

CALL FOR ARTIST

Anicinabe Mikana would like to invite all Kebaowek First Nation artists to submit a sample piece of artwork for the Phase 3 of our Kids Short Story Project. Six (6) children's stories will be created and requires the assistance of an experienced artist, to create all the illustrations for each book. This book will be printed, targeting young children in school and daycare.

Project Background

The past 2 years we, Anicinabe Mikana, have received funding from Canadian Heritage to produce Children's Short Storybooks that would be in Algonquin, English, and French. With Phase 1 of the books completed last year and Phase 2 nearing completion, Anicinabe Mikana applied again to Canadian Heritage to do a Phase 3 of the project and our funding application was accepted in full.

List of Mandatory Requirements for Applying:

- Registered Kebaowek First Nation Band member
- Sample drawing, on 8.5 x 11 paper, that would appeal to young children (could be digital drawing, hand drawn, painted, etc.)

Statement of Work:

IF Chosen, artist will be asked to:

- Complete approx. 16 drawings, cover page and illustration for each page in book, for each of the 6 books (Approx. 96 Illustrations)
- All drawings must be 8.5x11 letter size portrait format
- Illustrations may be high resolution digital illustrations or hand drawn/ painted coloured artwork.

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

requirements.

As the chosen artist:

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

Deadline for submissions:

Received by Friday, September 13th, 2019 at 12:00 p.m. by mail, hand delivered or by email:

→ To Anicinabe Mikana at Band Office or by email at iroy@kebaowek.ca

Should you have any questions, you can contact:

Justin Roy

Tel : (819) 627-3455 or by email iroy@kebaowek.ca



ATTENTION ALL KEBAOWEK MEMBERS

CALL FOR STORYTELLER / WRITER

Anicinabe Mikana would like to invite all Kebaowek story tellers/writers to submit a sample children's short story for the Phase 3 of our Kids Short Story Project. Six (6) children's stories will be created and requires the assistance of an experienced story teller/writer, to create the story for each book. This book will be printed, targeting young children in school and daycare.

Project Background

The past 2 years we, Anicinabe Mikana, have received funding from Canadian Heritage to produce Children's Short Storybooks that would be in Algonquin, English, and French. With Phase 1 of the books completed last year and Phase 2 nearing completion, Anicinabe Mikana applied again to Canadian Heritage to do a Phase 3 of the project and our funding application was accepted

Attention Community Cont'd

in full.

List of Mandatory Requirements for Applying:

- Registered Kebaowek First Nation Band member
- Provide 1 sample children's short story that would appeal to young children (could be done in word document or written by hand, etc.)

Statement of Work:

IF Chosen, story teller will be asked to:

- Complete 6 children's short stories ranging from 15 - 20 pages, with 1-2 sentences per page.

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

As the chosen storyteller / writer:

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

Deadline for submissions:

Received by Friday, September 13th, 2019 at 12:00 p.m. by mail, hand delivered or by email:

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

Should you have any questions, you can contact:

Justin Roy

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

An Update from CCP



In the month of June I attended a week long training in Winnipeg Manitoba to obtain my Practical Workshop Facilitation Certification. I was excited to enrich my present skills which will allow for improved workshops in the future with our CCP Process. I look forward to our next community meeting which will be held in September after all the hustle and bustle of summer holidays.

I will also be attending the CCP Coordinators and Champions Gathering in Listguj, Quebec from July 23-26, 2019. We will be gathering to strengthen our ties with other CCP communities through a variety of workshops and discussions pertaining to planning and implementation of the Comprehensive Community Plan. There will be dialogues on our next steps in regards to Indigenous Services Canada and our reporting on the overall pilot project. The purpose is to have the capacity to continue the CCP process in the next few years' leading into implementation.

In the month of August the CCP will be at Kebaoweks' Annual Countryfest on Saturday the 17th from 12:00 to 5:00 PM only. We will host a display booth to share what has happened in the last year and where we plan to go. Come check us out and give your input on the process to date. There

will be a short questionnaire and a door prize available to community members who participate. Come on out and participate!



In closing, may the rest of your summer be great! Remember to take time to enjoy the sun and our access to our beautiful land!

FUN FAMILY THINGS TO DO IN THE SUMMER

Set up a tent: This is a very fun thing to do with your children. If it is too hard to go on a campout and bother with all the work that comes with it, no worries, you can simply set up a tent in your backyard or in your house for a day of fun!

Go to a playground: Sometimes the simple things are the best! Take your children and go to a park and let them play on the playground. If you really want them to like you play with them on the playground too and it can be really fun for everyone involved.

Rainy day ... Build a fort: It is always a good time when building a fort is involved. Use sheets, blankets, couch cushions, pillows, table, chairs, couches, cardboard boxes, etc

Play with bubbles: Outside or stay inside whatever your preference and blow bubbles with each other.

Make your own shirt: You could make tie dye shirts which can be really fun . There is also paint that is made for shirts. Go to your local craft store to find all of your options. This can be fun to do right before a holiday, concert or other event.

Play water balloon volleyball: The whole family can make water balloons together and it is classic to play water balloon volleyball and then when you get tired of playing the game you can bust out in a water balloon fight creating lots of fun ! .



12th Annual / 12^e edition Kipawa Countryfest

August 16-17-18 août 2019
Kipawa, Québec



Eric Etheridge



TERRI CLARK



Brown & Prescott



KELLY PRESCOTT



GRAVITAS



BUCK TWENTY



KIPAWA RIVER BAND



WEEKEND CREW



GHOST RIDER



THE ANGRY PANTS



BLUE RAIL



THE PICKUP BAND



KIPAWA CHOIR

PRICES / PRIX

| WEEKEND PASSES ADVANCE SALES UN LAISSER-PASSER DE FIN SEMAINE | WINTER SPECIAL December 1, 2018 to March 31, 2019 | HIVER SPECIAL 1er décembre 2018 Au 31 mars 2019 | SPRING SPECIAL April 1, 2019 to June 30, 2019 | PRINTEMPS SPECIAL 1er avril 2019 Au 30 juin 2019 |
|--|--|--|--|---|
| ADULT (18+ years) ADULTES (18 ans et plus) | \$60.00 | | \$70.00 | |
| YOUTH (6 - 17 years) ENFANTS (6 - 17 ans) | \$20.00 | | \$20.00 | |
| GATE PRICES À LA PORTE | WEEKEND FIN DE SEMAINE | FRIDAY VENDREDI | SATURDAY SAMEDI | SUNDAY DIMANCHE |
| ADULT (18+ years) ADULTES (18 ans et plus) | \$80.00 | \$40.00 | \$60.00 | \$20.00 |
| YOUTH (6 - 17 years) ENFANTS (6 - 17 ans) | \$20.00 | \$10.00 | \$10.00 | \$10.00 |

CHILDREN (5 years & under are free) / ENFANTS (5 ans et moins) gratuit

**SOUND AND LIGHTS: DBSL INC.
DAN BELANGER PRO SOUND AND LIGHTING**

BBQ Steak Supper / Camping / Shuttle Bus / Vendors

INFORMATION

Telephone: 819-627-3455
Website: www.kipawacountryfest.ca
Facebook (Kipawa Countryfest)



Coors LIGHT

**RADIO-COM
JBM**

Centre de Rénovation
**Home
hardware**



Canadian
Heritage

Patrimoine
canadien

Desjardins

**DIONNE
SCHULZE**

Transport Cloutier
& Fils Inc.
819-627-1963

**Keith Benard
PHOTOGRAPHY**
705-663-1852

Entreprises W. Siraard Inc.



Kipawa Countryfest SHUTTLE BUS

\$5.00 per person, per one way trip

| | |
|------------------|--|
| Friday: | Pickup: 5:30 p.m. Leaving Festival Grounds: 11:00 p.m. • 12:30 a.m. • 2:00 a.m. |
| Saturday: | Pickup: 11:30 a.m. • 6:00 p.m. • 8:00 p.m. Leaving Festival Grounds: 4:30 p.m. • 11:00 p.m. • 2:30 a.m. and 2:00 a.m. |
| Sunday: | Pickup: 11:30 a.m. Leaving Festival Grounds: 6:00 p.m. |

PICKUP AND RETURN LOCATIONS

1st pickup will start at the Eldee Store and continue with stops along the way at the following locations: Thorne (Old Ice Factory), Hong Kong Restaurant, TemRose, Motel au Bercail, Auberge Canadienne and Tee-Lake (old church).

KIPAWA COUNTRYFEST MUSIC LINEUP

| FRIDAY, AUGUST 16, 2019 | |
|---------------------------|---------------------------------|
| 6:00 - 7:00 p.m. | Gravitas (House Band) |
| 7:30 - 8:45 p.m. | Buck Twenty |
| 9:15 - 10:30 p.m. | Eric Ethridge |
| 11:00 - 12:30 a.m. | Weekend Crew |
| 12:45 - 2:00 a.m. | Gravitas |
| SATURDAY, AUGUST 17, 2019 | |
| 12:00 - 2:00 p.m. | Open Mic with Gravitas |
| 2:15 - 3:30 p.m. | The Angry Pants |
| 3:45 - 5:00 p.m. | The Pickup Band |
| DINNER BREAK | |
| 7:00 - 8:30 p.m. | Kelly Prescott |
| 9:00 - 10:30 p.m. | Terri Clark |
| 11:00 - 12:15 a.m. | Kipawa River Band |
| 12:30 - 2:00 a.m. | Gravitas |
| SUNDAY, AUGUST 18, 2019 | |
| 12:00 - 12:45 p.m. | Kipawa Choir |
| 1:00 - 2:30 p.m. | Randall Prescott & Tracey Brown |
| 2:45 - 3:45 p.m. | Ghost Rider - Claude Lecuyer |
| 4:00 - 5:00 p.m. | Blue Rail |
| 5:15 - 6:00 p.m. | Gravitas |

* Countyfest Emcee: Josette McCann *
Sound and Lights By: DBSL Inc. Pro Sound & Lighting
* Musical Acts and Times May be Subject to Change *

KIPAWA COUNTRYFEST BBQ STEAK SUPPER

SATURDAY
AUGUST 17TH, 2019
5:00 PM - 6:00 PM



\$17.50
Only 175
tickets
available.

The BBQ Supper will be located at the Community Hall.
No wristband is needed.

LOOKING FOR VOLUNTEERS FOR THE KIPAWA COUNTRYFEST

It's that time once again that we call upon volunteers to help make Kipawa Countryfest a successful event !!
To do this, we are in need of many reliable volunteers because without help, Kipawa Countryfest wouldn't be possible !!

If you are interested in volunteering at this event, please contact Roxane 819-627-3455 with your name and phone number

Just 2 hours of your time can make a big difference !!

Community Wishes for the Month of August



Happy "20th something"
Wedding Anniversary to
Rena and Dale Kemila
who celebrate their
special day on August 27th ♥
With love, Winter



Happy Birthday Wishes to
Blake Joly - August 18th
Mathieu McKenzie - August 20th
From your
Fire Department Team

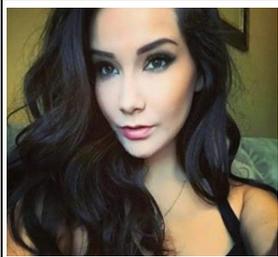


Wishing Myles a very Happy 40th
Birthday on August 22nd !!
&
Happy Retirement Babs
From all your Family & Friends !!



IT'S A
girl

Congratulations
to
Chelsii and Bret
who welcomed their
beautiful baby girl
Charlotte Williams
on
June 11th, 2019



Happy birthday Keesha Janelle
Forever and always in
our hearts and thoughts ♥
Love Mommy
and big brothers Les and Patrick



Happy Birthday Daddy
Love Jackson
XOX



Happy 30th Birthday to Jamie-Lee !!
Wishing you an awesome day on
August 25th !!
Love Mom, Dad, Dylan, Meghan
& Memere



The FNQLHSSC celebrated their 25th Anniversary in July of this year and the staff of the Kebaowek Health and Wellness Center would like to extend our congratulations and thank them for 25 years of excellent service, support and collaboration.

It was at their 25th anniversary celebration that the FNQLHHC held their Annual General Meeting that included the elections for the Board of Directors.

Congratulations to (pictured left to right)
David McLaren, Derek Montour, Amanda Larocque,
Donna v. Metallic, Jean Volland,
Betty Square and Karine Régis

This is David's 5th term totaling 10 years that he has served on the FNQLHSSC Board of Directors.

Congratulations once again David !!

Health Director's Update

Meetings in July

- CISSSAT Board of Directors with Minister McCann
- FNQLHSSC Board of Directors Meeting
- FNQLHSSC Annual General Assembly
- FNHMA Conference Call
- IFSD Governance Study
- Meeting with Deloitte Auditors

Meetings in August

- No scheduled meetings.

Files in Motion

- New Health Center, Plans & Specs 100% complete, reformulating request to National Office with timeline.
- Vascular Disease Project with Dr. Schweitzer going well and planning to expand.
- Health Center policies review
- Health Plan merge with First-Line Services

Health & Wellness Center Update

On July 24th, I met with Mr. Jean Levasseur-Moreau, Project Manager for our Governance Project and Ms. Helaina Gaspard Senior Researcher for the Institute for Social Studies and Democracy at the University of Ottawa (IFSD) who are mandated to study the real cost of operating a Health Prevention and Promotion Center just like ours in light of our Regional Governance Project and the devolution of service delivery from Indigenous Services Canada. Having taken the time to prepare for them, I took only 2/3 of a day as opposed to the 2 days set

aside for this task. We mutually agreed that our discussions will be an important contributor to the overall goals and objectives of this study.

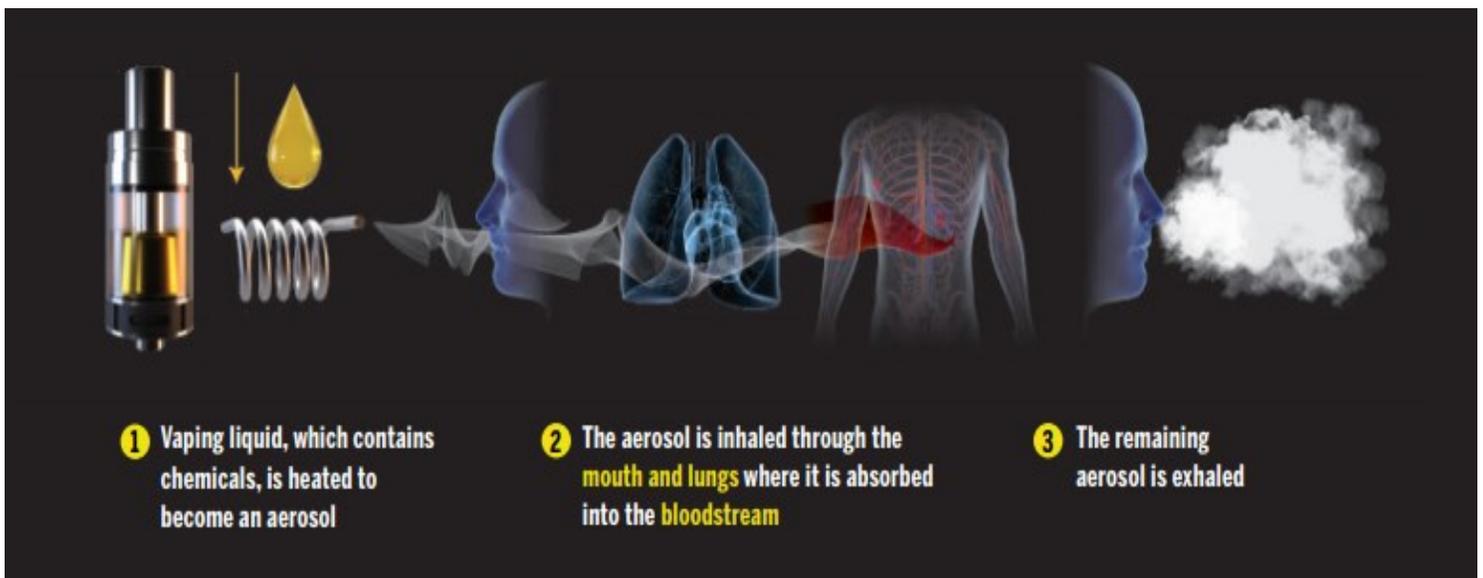
This exercise also supported and reinforced my intentions of striving towards remuneration equity with our provincial partners in comparable health fields for all our Health Center staff. In light of some increases in funding and upstream investments, many other First Nation communities have already adjusted their scales to reflect fairness for all their employees and not just, in many cases, for non-indigenous professionals and para-professionals.

I would like to congratulate our Health Career Summer Student Ms. Erica Miness for obtaining her license to practice as a Registered Practical Nurse as she continues to pursue her education to become a Registered Nurse. Keep up the good work Erica.

I would like to give a shout out to all our volunteer Fire Department personnel who have once again answered the call of duty during the terrible event that took place on our waters early this summer. Speaking from personal experience, I know that it is not always an easy job responding to emergencies especially when it involves the people we know and care about. Kitchi-meegwetch for your service. My department will look into supporting our emergency and public service departments by setting up, this fall, a couple of cohorts for critical Incident Stress Debriefing and Management Trainings. I would like to explore the possibility of developing a mutual support agreement with the North Bay Critical Incident Stress Debriefing Team.

Enjoy the rest of your summer and be safe !

David McLaren



Culture Program

Trip to TFN Pow Wow

Saturday August 24th, 2019

**We will leave Kebaowek at 12:00 pm.
We will arrive at the pow wow for 2:00 pm
And stay for the Feast at 6:00 pm and
leave shortly afterwards.**

**Bring your best pow wow kit:
Lawn chair, moccasins and money for the
food and craft vendors.**

17th EDITION - 17^e ÉDITION

TIMISKAMING
FIRST NATION
TRADITIONAL

POW-WOW

TRADITIONNEL
DE TIMISKAMING
FIRST NATION

HONOURING OUR CHILDREN • HONORONS LES ENFANTS



Canoe Trip and Overnight Camp Out on Brennon Lake.

August 14th and will be returning August 15th

We will be leaving the Health Center at 10:30 am so please arrive at 10:00 am to allow time for packing.

The Health Center will provide transportation for 10 people as well as provide the food, cookware, utensils and a first aid kit. Canoes lifejackets and paddles will be provided as well.

What you will need: Camping equipment such as tent, sleeping bag and air mattress, extra change of clothes, hat, swimsuit, and flashlight.

We will paddle 6 km to arrive at the camp ground. Wind conditions are always noticed when canoeing, if wanting to travel but lack the experience of canoeing please let the group leaders know so that we can make seating arrangements based on canoeing skill. To avoid accidental losing control of your canoe, it is recommended to keep your belongings secure and be prepared to paddle hard at times. You responsible for your belongings meaning what you pack you carry.

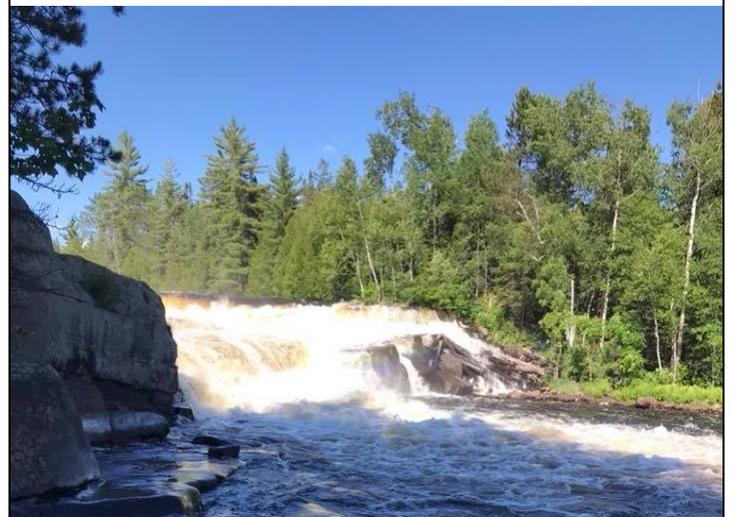
We will make an afternoon trip to Turners Falls which is an estimated 2 km paddle from our camping area. The next day we will explore a nearby island and inform ourselves of some of the historical happenings on Brennon Lake.

Please contact either Mitchell or Rod at the Health Center to sign up 819-627-9060.

The dead line to sign up is August 12th, 2019

If feeling uneasy about a tippy canoe and want the extra practice, contact Rod or Mitchell to get an introduction to canoeing and the safety practices and recommendations for a safe and enjoyable experience.

Hope to see you there!



HEAD DANCERS
JANICE WABIE & WAYNE MCKENZIE
HOST DRUM
YOUNG THUNDER SPIRIT
CO-HOST DRUM
IRON STONE, SKY BLUE WATER DRUM

DANSEURS VEDETTE
JANICE WABIE ET WAYNE MCKENZIE
TAMBOUR HÔTE
YOUNG THUNDER SPIRIT
TAMBOUR CO-HÔTE
IRON STONE, SKY BLUE WATER DRUM

COMMUNITY FEAST
AT 6 P.M. SATURDAY AUGUST 24th
FREE FOR FOOD AND CRAFT VENDORS
NO FEE FOR VENDORS (MUST REGISTER)

FESTIN TRADITIONNEL
LE 24 AOÛT À 18H
KIOSQUES POUR LA VENTE D'ARTISANAT
GRATUITS, RÉSERVATION OBLIGATOIRE.

BIENVENUE À TOUS! • EVERYONE WELCOME! • MINA PIJAWOK
POUR INFORMATION • 819 723-2260 • FOR MORE INFORMATION
SITES DE CAMPING DISPONIBLES GRATUITEMENT • FREE ROUGH CAMPING AVAILABLE



Health Center Notes and Information

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---------------------------------------|--|--------------------------------------|
| WALK IN CLINIC 9:00 AM - 12:00 PM | LABS/BLOODWORK 8:00 AM – 9:45 PM WALK IN CLINIC 9:00- 12:00 | WALK IN CLINIC 9:00 AM - 12:00 PM | LABS/BLOODWORK 8:00 AM – 9:45 PM WALK IN CLINIC 9:00- 12:00 | WALK IN CLINIC 9:00 AM - 12:00 PM |
| THE KEBAOWEK HEALTH CENTER IS CLOSED FOR LUNCH 12:00PM TO 12:45 PM | | | | |
| WALK IN CLINIC 12:45 PM - 16:30 PM | WALK IN CLINIC 12:45 PM - 16:30 PM | WALK IN CLINIC 12:45 PM - 16:30 PM | WALK IN CLINIC 12:45 PM - 16:30 PM | HEALTH CENTER IS CLOSED |

LABS/BLOODWORK

Tuesday and Thursday mornings only from 8:00 am to 9:45 am.

The LAB BOX leaves the Health Centre at 10:00 AM SHARP! If you arrive too late, there may not be enough time for your bloodwork to be done and you will have to return on the next lab day.

WALK IN CLINIC STARTS AT 9:00 AM - NON URGENT CONSULTATIONS WITH THE NURSE.

It is best that you call and make an appointment for injections, bandage changes, vaccines and follow-up meetings.
Please call 819-627-9060.

IF YOU ARE UNSURE IF AN APPOINTMENT IS NEEDED. CALL THE HEALTH CENTER AND TALK TO THE NURSE.

Allergies

- Allergic reactions can present in many forms including skin rashes, hay fever, vomiting and anaphylaxis. Most common allergies are to food, a chemical, pollen from a plant, or a drug.
- If the person is severely allergic to something they should always carry an emergency injector or an EpiPen with them.

Anaphylactic Shock

Anaphylaxis is a severe, life-threatening, systemic hypersensitivity reaction resulting in decreased blood pressure, airway obstruction and severe hypoxia.

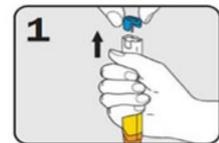
Its normally caused by exposure to latex materials such as gloves, insect stings, ingestion of nuts or shellfish, administration of penicillin, or local anesthetic injections, the reaction usually occurs within minutes of exposure.

Signs and symptoms can include:

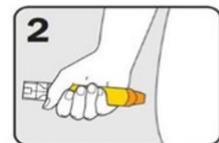
- Itching or tingling sensation over the body
- Coughing
- Difficulty breathing
- Feelings of weakness, dizziness or fainting
- A sense of fear or panic
- Hives
- Edema around the eyes, lips, tongue, hands and feet

How to give EpiPen®

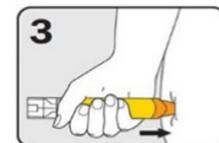
adrenaline (epinephrine) autoinjectors



1. Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE



2. Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



3. PUSH DOWN HARD until a click is heard or felt and hold for 3 seconds REMOVE EpiPen®

Medical Transportation and NIHB

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

Medical Transportation After Hours Pilot Project

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

AUGUST AND SEPTEMBER HOLIDAY HOURS

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

CIVIC HOLIDAY

Monday August 5th, 2019 the office is closed.

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

LABOUR DAY HOLIDAY

Monday September 2nd, 2019 the office is closed.

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

**PLEASE CALL WELL IN ADVANCE TO SCHEDULE YOUR APPOINTMENT DATES
SO THAT ARRANGEMENTS CAN BE MADE.**

Please call Priscillia Durocher – Medical Transportation Coordinator 819-627-9060 Ext. 256
To make arrangements... In my absence, contact Donna Pariseau Ext. 251.

**PLEASE CALL WELL IN ADVANCE TO SCHEDULE YOUR APPOINTMENT DATES
SO THAT ARRANGEMENTS CAN BE MADE**

Priscillia Durocher - Medical Transportation Coordinator 819-627-9060 Ext. 256 to make arrangements



Loïc Allenbach-Bellehumeur - Hearing Aid Practitioner

will be visiting our Health Center

for appointments during the morning

on Friday August 23rd, 2019

You can have hearing screenings, hearing aid cleaning and adjustments
etc. for all Adults and Youth of our community.



The Kebaowek Health and Wellness Center, via our telemedicine technologies, has started a one-of-a-kind First Nations Cardiovascular Health Program. This is with the collaboration of Dr. Morris Schweitzer Ph.D., M.D., F.R.C.P.C., Director of Lipid Research and Management Clinic, Director of Medicine at McGill University in Montreal. We are very excited and pleased to be using our telemedicine technologies that we worked so hard to get for the envisioned use we had in mind for our community and our people.

First Nations Cardiovascular Health Program

The First Nations Cardiovascular Program is interested in treating high risk patients.

If you or your immediate family member (mother, father, brother or sister) has a history of:

* Heart Attack

* Stroke

* Diabetes

* High Cholesterol

or if you have * Central Obesity then your cardiovascular health should be evaluated.



Please call the Kebaowek Health and Wellness Center 819-627-9060 to set up an appointment with Dr. Schweitzer's Clinic. You must have a valid health card.



First Nations People currently have a rate of cardiovascular disease which is three-fold greater than non-native individuals and which to date, has not been adequately addressed. The objective of our program is to treat high risk First Nation individuals with appropriate medications, lower cholesterol levels to current guideline targets and thus reduce the risk of cardiovascular disease. The patients will be seen through the use of a telemedicine network and will receive appropriate medical as well as dietary therapy. Many risk factors for cardiovascular disease are profoundly affected by diet. Patients who are participating in the program will receive nutrition counselling provided by a registered dietician. The purpose of this intervention will be to reduce the patients' risk for cardiovascular disease. Once their medical and dietary objectives have been met, they can then be returned to their family physician for further follow up. Bringing state of the art medical therapy to our First Nations Community will significantly reduce cardiovascular disease and greatly improve the quality of life for you and your family members.

le grand DÉFI
 PRESCRIBED BY FAMILY PHYSICIANS
 PIERRE LAVOIE

LA GRANDE MARCHÉ
 TÉMISCAMING – KÉBAOWEK



HEALTH

THROUGH PHYSICAL ACTIVITY, WE BELIEVE IN IT.



5 km

FREE
 REGISTRATION:
 ONMARCHE.COM

DATE: Sunday, October 20, 2019

TIME: Welcome at 11:30 AM, start at 1:00 PM

PLACE: Philippe Barette Park
 485, Kipawa Road
 Témiscaming



Basic Carbohydrate Counting for Diabetes Management

Carbohydrate counting is a flexible way to plan your meals. It focuses on foods that contain carbohydrate as these raise your blood sugar the most. Follow these steps to count carbohydrates and help manage your blood sugar levels. Your registered dietitian will guide you along the way.

STEP 1 Make healthy food choices

- Enjoy a variety of vegetables, fruits, whole grains, low fat milk products, and meat and alternatives at your meals. A variety of foods will help to keep you healthy.
- Use added fats in small amounts. This helps to control your weight and blood cholesterol.
- Choose portion sizes to help you to reach or maintain a healthy weight.

STEP 2 Focus on carbohydrate

- Your body breaks down carbohydrate into sugar (glucose). This raises your blood sugar levels.
- Carbohydrate is found in many foods including grains and starches, fruits, some vegetables, legumes, milk and milk alternatives, sugary foods and many prepared foods.
- Meat and alternatives, most vegetables and fats contain little carbohydrate. Moderate servings will not have a big effect on blood sugar levels.

STEP 3 Set carbohydrate goals

- Your dietitian will help you set a goal for grams of carbohydrate at each meal and snack. This may be the same from day to day or may be flexible, depending on your needs.

STEP 4 Determine carbohydrate content

- Write down what you eat and drink throughout the day.
- Be sure to note the portion sizes. You may need to use measuring cups and food scales to be accurate.
- Record the grams of carbohydrate in these foods and drinks.
- For carbohydrate content of foods, check the Beyond the Basics resources, food packages, food composition books, restaurant fact sheets and websites.

STEP 5 Monitor effect on blood sugar level

- Work with your health-care team to correct blood sugar levels



| Nutrition Facts | |
|--------------------------------|---------------|
| Per 90 g serving (2 slices) | |
| Amount | % Daily Value |
| Calories 170 | |
| Fat 2.7 g | 4 % |
| Saturated 0.5 g + Trans 0 g | 5 % |
| Cholesterol 0 mg | |
| Sodium 200 mg | 8 % |
| Carbohydrate 36 g | 13 % |
| Fibre 6 g | 24 % |
| Sugars 3 g | |
| Protein 8 g | |
| Vitamin A 1 % | Vitamin C 0 % |
| Calcium 2 % | Iron 16 % |

Finding carbohydrate values using the Nutrition Facts table

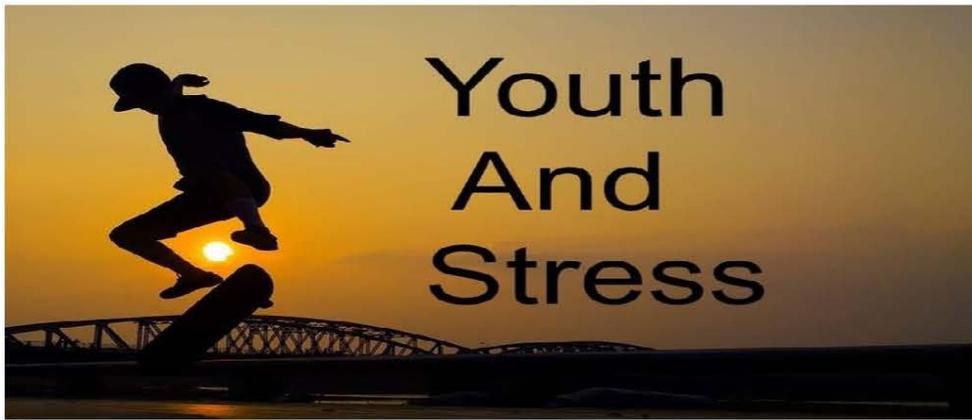
The amount of carbohydrate in a food is listed on the Nutrition Facts table.

The amount listed is for the serving size given. Are you eating more, less, or the same amount? Compare your serving size to figure out the amount of carbohydrate you are eating.

The total amount of carbohydrate in grams is listed first. This number includes starch, sugars and fibre. (Starch is not listed separately.)

Fibre not **DIABETES CANADA**

www.diabetes.ca **does raise blood**



NEW COURSE: Youth Keeping Me Safe... Wellness, Anxiety, Stress & Coping Safety Workshop is a unique safety program designed for kid's **ages 6 to 12** that is all about their personal safety and over all wellness. Featuring the Canadian Red Cross- Beyond the Hurt Program!

This course will give kids the chance to learn new life skills that will empower them to make safe, caring and respectful decisions in their everyday lives, on and off line. They will learn how to calm themselves when anxiety arises while also knowing where to go to when help is needed. We use the most common teaching strategies such as current technology, role playing, games and even video to educate the kids and keep them engaged in an interactive and fun learning style.

We cover topics such as:

- How to quiet your mind- mindfulness and meditation
- How to deal with family and school Stress, Anxiety, Depression, disruptive behavior disorders
- Building Interpersonal Skills Conflict Resolution
- Why am I sometimes sad- Choosing my moods
- Red Cross Creating a Safety Plan for both in and out of the home
- Red Cross Pressures from inside and outside the home, at school, with friends.
- Managing your emotional reactions and how to increase positive emotions
- Protecting Your Online Identity- Safety tips for using Social Media- Instagram, Snapchat, Facebook
- Healthy Relationships- Promoting Healthy Peer Relationships
- Communication & Conflict Resolution
- Dealing with a bully - Cyberbullying
- Harassment and Discrimination and Sexual Harassment
- Managing your emotional reactions,- learn how to calm yourself down
- How to recognize anxiety triggers and how to react to them
- Safe strangers and strangers to avoid
- My Right as a Child to be safe and where to get help if I need it
- Unsure people/inappropriate adult behaviors
- What is the Kids Help Line and how do I use it

Safety Training Plus thanks having this event Sponsored by:
Kebaowek Health and Wellness Center!!

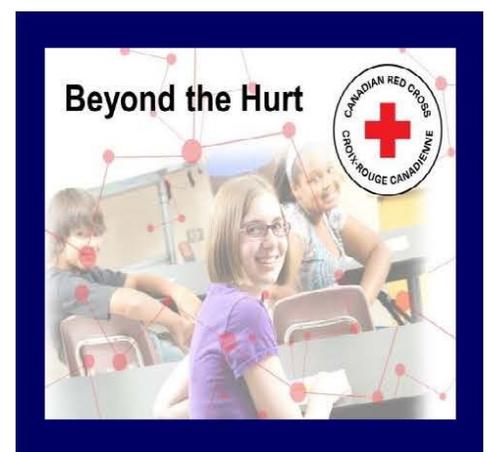
To Register your child please contact:
Darlene McLaren
darmclaren@kebaowek.ca
819-627-9877

**YOUTH
WELLNESS,
ANXIETY, STRESS
& COPING
WORKSHOP**

**DATE AND TIME:
WEDNESDAY
AUGUST 14TH
10:00 AM – 4:00 PM**

**LOCATION:
FIRST-LINE
SERVICES
BASEMENT**

We are proud to be a Training Partner with the Canadian Red Cross to add their Beyond the Hurt – Respect Ed Program to our Youth Training Workshops. Everyday youths are part of a vulnerable population. They are in a period of their lives that is crucial for their mental health and social development.



**The Kebaowek Health and Wellness Center
would like to welcome its
newest employee, Shelly Grandlouis**



Hello everyone most of you know me but for those of you that do not I am Shelly Grandlouis and I am the new Social Work Technician with First Line Services. I am excited to be a part of this team and to have the opportunity to give back to our wonderful community. My role at First Line Services is to provide support to all the Elders which include the Meals on Wheels Program, the Senior Social as well as planning activities and outings.

I look forward to working with the Elders in our community and if you have any questions about what services I can offer you or suggestions of the different activities that you would like to see happen please do not hesitate to drop by or call me at First Line Services. Thank you!

Psychologist Services

Arlene Laliberte is a Clinical Psychologist from Timiskaming First Nation who provides services to our community.

Arlene will be available in Kebaowek First Nation on the following days for appointment:

April 18th - May 16th & 30th - June 13th & 27th - July 25th
August 8th & 22nd - September 5th & 19th - October 17th & 31st
November 14th & 28th - December 12th

Additionally Arlene will be available for appointments at Wolf Lake First Nation in Temiscaming:

May 13th - June 10th - July 1st & 22nd
August 19th - September 16th - October 14th
November 11th - December 16th

To be eligible for an appointment you must provide your First Nation Status Registry Number

For more information or to book an appointment please contact First-Line Services 819-627-9877

You can also speak to any Health Center employee for a referral.

Upcoming Health Center/First Line Activities

Mini-Pals
will be at the
Kebaowek
Childcare Center
for
July & August

Tuesdays
Wednesdays
Thursdays

9:30 am
To
11:00 am

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!!

Upcoming Health Center/Frist Line Activities



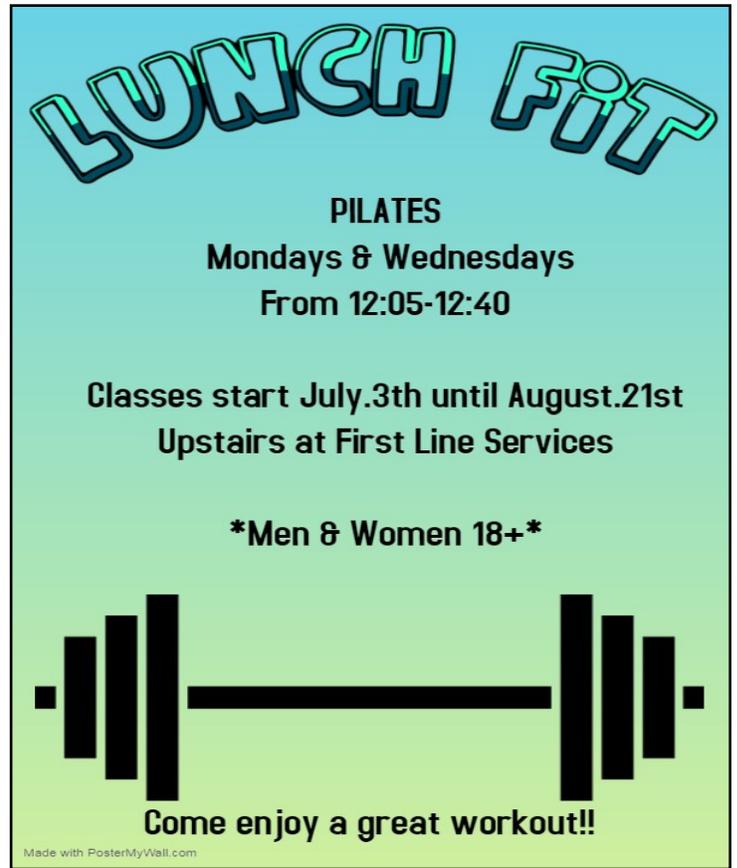
Community Kitchen

MONDAY, AUGUST 26TH

ON THE MENU:
PHILLY CHEESESTEAK STUFFED PEPPERS
&
RICE PILAF

From 4:30pm - 6:30pm
@ Kebaowek Community Hall

Call First Line Services to register by
Friday, August.23rd @ 12:00pm
819-627-9877



LUNCH FIT

PILATES
Mondays & Wednesdays
From 12:05-12:40

Classes start July.3th until August.21st
Upstairs at First Line Services

Men & Women 18+

Come enjoy a great workout!!

Made with PosterMyWall.com

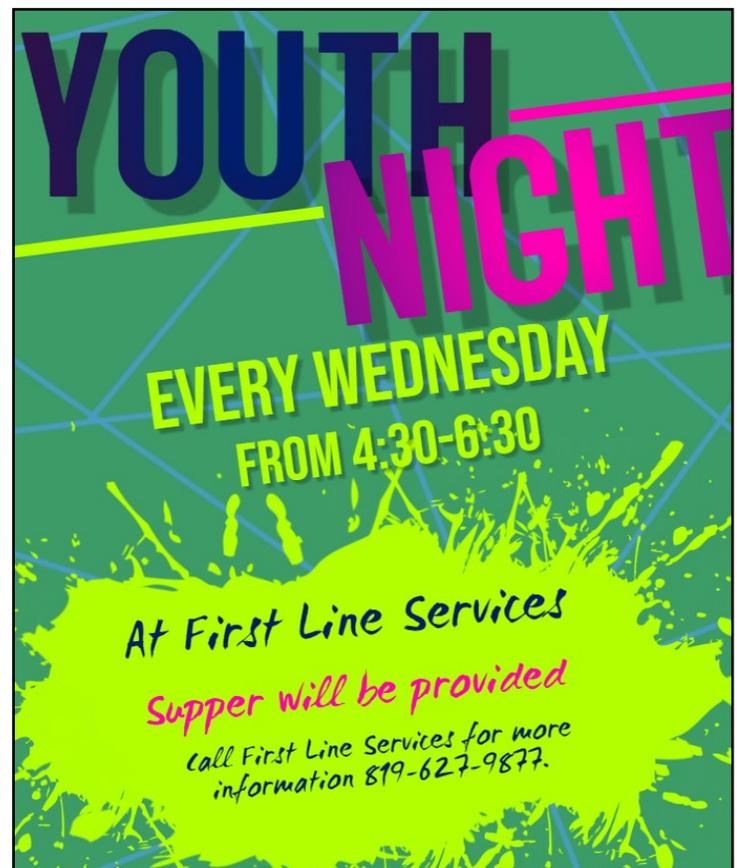


Crib and Yahtzee

SENIOR SOCIAL

Every Thursday
1:00pm to 3:00pm
Community Hall

For more information or
if you would like a ride
please call Shelly at
819-627-9877!!



YOUTH NIGHT

EVERY WEDNESDAY
FROM 4:30-6:30

At First Line Services
Supper will be provided

Call First Line Services for more
information 819-627-9877.

Upcoming Health Center/Frist Line Activities

Meals On Wheels

OUR SERVICE IS DESIGNED TO MAKE IT EASIER FOR ELDERS AND PEOPLE WITH DISABILITIES TO ENJOY A NUTRITIOUS AND TASTY MEAL PREPARED BY A LOCAL CATERER

Criteria:

You must meet the following criteria:

- * Age 60+
- * Reside on-reserve
- * Special referral

You get:

Soup, Hot Main Meal, Juice & Dessert

For more information about the program, delivery options and/or to see if you are eligible, contact Kebaowek First Line Services 819-627-9877

Next delivery dates: August 7th & 21st

KEBAOWEK'S ANNUAL

FOOD DRIVE

August 7, 2019

DRIVERS NEEDED

Please call First Line Services to volunteer
(819) 627-9877



TOGETHER WE CAN MAKE A DIFFERENCE!

Community Shopping Trip



The first Saturday of every month !!

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

Next Trip:
September 7th

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)

Food Bank



KEBAOWEK FOOD BANK HOURS

TUESDAY 1 - 4 PM

WEDNESDAY 1 - 6 PM

THURSDAY 1 - 4 PM

IF YOU HAVE ANY QUESTIONS PLEASE CALL FIRST LINE SERVICES AT 819-627-9877



Kebaowek First Nation Community Calendars

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|---|---|
| August 2019 | | | | 1 RECYCLE Senior Social | 2 | 3 |
| 4 HOLIDAYS Tina Chevrier Darlene McLaren Donna Pariseau Virginia McMartin | 5 Band Office and Health Center closed for Civic Holiday | 6 HOLIDAYS Jennifer Presseault Julie Wabie | 7 Meals on Wheels Lunch Fit - Pilates | 8 GARBAGE Senior Social | 9 | 10 |
| 11 HOLIDAYS Glenda Moore Billy Trepanier Priscillia Durocher Stacey McBride | 12 HOLIDAYS Jennifer Presseault Lunch Fit - Pilates | 13 | 14 Lunch Fit - Pilates Overnight Canoe Trip | 15 RECYCLE Senior Social | 16 12TH ANNUAL KIPAWA COUNTRYFEST | 17 12TH ANNUAL KIPAWA COUNTRYFEST |
| 18 12TH ANNUAL KIPAWA COUNTRYFEST | 19 HOLIDAYS Helene Savard Lunch Fit - Pilates | 20 HOLIDAYS Lisa Chevrier Mitchell McMartin Stacey McBride Kayla Lariviere | 21 Meals on Wheels Lunch Fit - Pilates | 22 GARBAGE Senior Social | 23 Hearing Clinic at the Health Center | 24 |
| 25 HOLIDAYS Mitchell McMartin Helene Savard Julie Wabie Billy Trepanier | 26 HOLIDAYS Julie Wabie COMMUNITY KITCHEN | 27 | 28 | 29 RECYCLE COMMUNITY BINGO Senior Social | 30 | 31 |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|-----------------------|-----------------------|---|--------|--|
| 1 | 2 Band Office and Health Center closed for Labour Day | 3 | 4 Meals on Wheels | 5 GARBAGE Senior Social | 6 | 7 TEXAS HOLD'EM TOURNAMENT Community Shopping Trip |
| 8 | 9 | 10 | 11 | 12 RECYCLE Senior Social | 13 | 14 |
| 15 | 16 | 17 | 18 Meals on Wheels | 19 GARBAGE COMMUNITY BINGO Senior Social | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 RECYCLE Senior Social | 27 | 28 |
| 29 | 30 | September 2019 | | | | |