



Kebaowek First Nation Mazinaigan / Newsletter

Pidji Pibon Kizis / December 2019

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An Update from the Chief

I would like to provide more details regarding the announcements I made in last month's article concerning both the Radio Station and the acquisition of Transport Clouatre. The hiring of Jamie-Lee McKenzie as the Radio Station Manager was an important step towards getting the Station closer to launching as this was the key position that needed to be filled. In doing so, we have given her the responsibility for all aspects of getting the Radio Station up and running. She will get the location of the Radio Station ready, it was decided by Council to move it into the old Land Management Office beside the Police Station. She will be in charge of getting the studios ready, installation of equipment, the hiring of employees, and finally the launch of the Radio Station in 2020.

I didn't go into many details on the acquisition of Transport Clouatre in the last newsletter however I want to provide some details as to why we made the move when we did. As previously mentioned we began the discussions earlier this summer when we approached Mr. Clouatre about selling his business. He came back and said he would be interested so we asked for documents related to his last 5 years of operation as well we signed a confidentiality agreement agreeing to share the details with only our lawyers and the firm we hired to assess the business. Having access to the information, we then hired an actuary firm to review the statements, do some due diligence and come back to us with an opinion on whether this was a viable business, were the revenues consistent year after year and is the business profitable. The report was positive, the business has seen stable revenues for the last 5 years, expenses are in line with expectations and the business turns a good yearly after-tax profit. The report also stated the equipment and assets along with existing contracts indicate that it would be a good acquisition and with the Land Managements contracts with Rayonier we could expect the business to grow. This new endeavour will also allow us to take new contracts such as snow plowing for the municipality of Kipawa, new street development and other new contracts as they are tendered for bidding both on and off reserve. An important part of the purchase was the agreement of Martin Clouatre to stay on and continue to run the business for us as Manager and he has agreed to do so for the next five years as a condition to the sale to ensure we have his expertise and experience while we train a member to work with him all the while maintaining existing contractual obligations and finding new ones. This will not be the only employment opportunity as we will also be needing an individual or individuals to work in finance, and there will be opportunities for heavy equipment operators and transport drivers. These employment opportunities will be phased in as there will be no major changes of employees who are currently working for Martin however as people move on and new contracts are secured, we see opportunities to fill these vacancies with qualified community members. This brings me to the need for training and I know many of you had made inquiries with our Human Resource Office about training for potential jobs. I have asked Human Resources to defer all requests to allow us the time to finalize the sale and take charge of the operation. We will also want to do an inventory of members who are already trained in either heavy equipment or transport drivers, identify our future needs and evaluate whether it would be feasible to bring the training to the community. (Pg 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 Cont'd

In the last week we have been bombarded by a number of important consultations that Quebec is pushing ahead on, as you know this is very frustrating as we cannot keep up with requests, as well we have no budgets to engage experts nor time to bring to the community for discussion. The timelines are unrealistic for issues that are extremely complex. I will touch on each of the requests as there is a link between these files from the first to the last and I will explain how.

The first consultation request we received was a "Consultation on the DRAFT MELCC (Ministry of the Environment) Guide on the Process of Informing and Consulting First Nation Communities". The guide is already written with no First Nation input, it is a 25 page guide that serves to tell potential developers whether they need to or when they should consult First Nations regarding potential projects on traditional territory. I have included the chart on page 3 which was a part of the document to show what they've already decided, yet they want us to attend a session on December 3rd and come prepared for discussion. Even if we wanted changes and came with concrete suggestions, experience has shown me they will listen to us but will not make significant or any changes at all to the guide. This all designed to make it easier for projects to be developed and is a reoccurring theme in all the consultation requests.

The second consultation we received was related to "The New Forest Vision of the Minister of Forest, Wildlife and Parks". We are concerned about the very content of his vision. The Minister's Department is once again demonstrating its limited conception of the territory based solely on short-term economic development. He needs to be reminded of his obligations and should also include respect for the rights, consultation and accommodation of First Nations and the protection of biodiversity. The role of the forest as a land base for of First Nations to exercise their rights and as the habitat for several species, such as caribou, is absent from the forest vision he presented. He wants to double the allowable forestry cut and believes that new growth forest is better than old growth forests to absorb carbon dioxide and help with climate change. This is contradictory to what scientists, environmentalists and traditional knowledge is saying.

The third was a consultation on the "Development of Wildlife Resources" which includes the exploitation of the territory for more hunting and fishing activities once forest companies have opened up more access. There is already too much pressure on wildlife which is why we are lobbying Government for moratoriums on moose hunting in La Verendrye Park as an example.

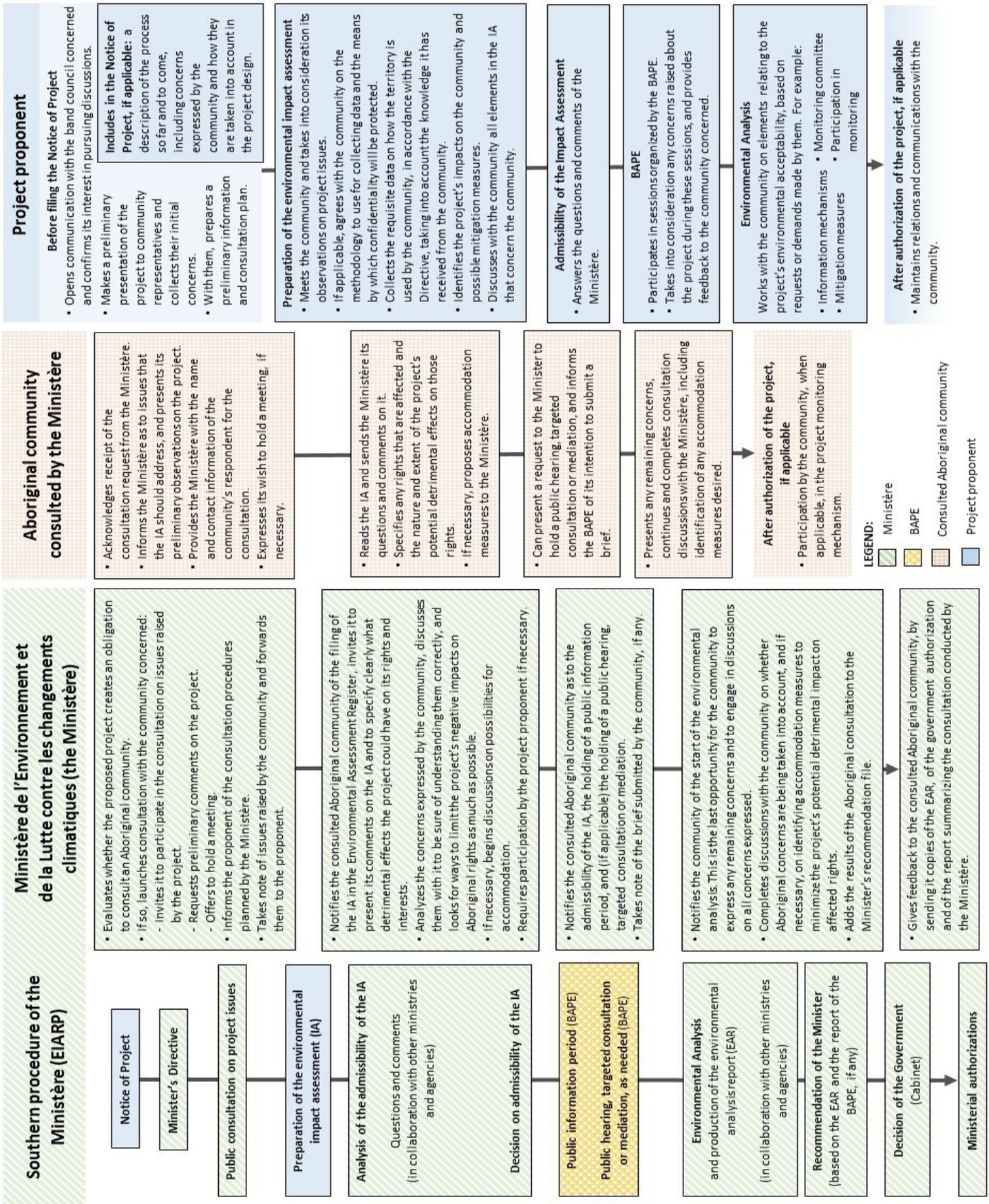
The fourth consultation we received is "PL 46", a Law to amend the National Heritage Act. The whole consultation is based on Quebec's need to change the Law to allow for "Changes to Protected Areas Status to a Sustainable Use Status", which could

include mining. They want to open up areas that are currently protected under the guise that it can now be multi use. This, at a time when Canada and other provinces are increasing the amount of protected areas to reach 20% nationally as a part of the strategy to fight climate change.

The final consultation is by far the most important and scary at the same time and it ties back to the previous four and it is called "Reflection of Quebec's Role in the Development of Critical and Strategic Minerals". Each of the previous four consultations as I've noted, were about opening the territory for more development and exploitation, however they are really to meet this objective, to develop new mines to meet the world's demand for rare earth and other minerals. I have included on page 4 three documents from their consultation document as the Matamec Project is listed but is now called Lake Sheffield. I have also included the map and a diagram which shows the process for new mining development. The Government has offered a meeting for all Algonquin communities on December 4th in Val d'Or and that we have until December 20th to provide our comments on what they are proposing. I will attend the meeting to remind the Government that we are opposed to any mining project but in particular this rare earth project and explain why we are opposed. I will inform them it won't happen without a fight and hope that when the time comes, we all stand up and back up my message. There are many bad projects out there, but in my opinion, this is by far the worse project ever. While I understand the need for new minerals to meet growing demands, it can't be from this potential project. Our water supply and every creature including us will be at risk and if there is one thing I have learned is that we need to protect the water at all costs as our very existence depends on this resource. I've thought about this a lot and I am convinced that if there is ever another world war, I will bet that it won't be about oil, land or minerals, it will be for water. This is how important and valuable this resource is and it is our responsibility to protect it for our children, their children and all future generations. Quebec is only concerned about short-term economic gain at the expense of the one and only environment we have. I can't fight this alone, the best I can do is keep you informed, express our concerns and hope that when and if the times comes, we do what we need to do to ensure we have an environment in the future.



An Update from the Chief Cont'd



An Update from the Chief Cont'd

STRATEGIC AND CRITICAL MINERALS IN QUÉBEC

RICH POTENTIAL

Graphite

Several graphite projects are underway in Québec.

- 1 Lac-des-Îles**
Inerlys Graphite and Carbon Canada
Active mine
- 2 Lac Guéret**
Mason Graphite
Deposit appraisal
- 3 Matawinie**
Nouveau Monde Graphite
Deposit appraisal
- A Lac Knife**
Focus Graphite Inc.
Deposit
- B La Loutre**
Québec Precious Metals
Corporation
Deposit

Cobalt and Platinum Group Elements

Two mines extracting cobalt and platinum group elements as nickel by-products.

- 4 Raglan**
Glencore Canada Corporation
Active mine
- 5 Nunavik Nickel**
Canadian Royalties Inc.
Active mine
- 6 Dumont Nickel**
Magneto Investments Limited Partnership
Deposit appraisal
- C Bravo**
Jen Nunavik Mining Exploration Ltd
Deposit
- D Hopes Advance**
Nickel North Exploration Corp.
Deposit
- E Lac Menarik**
Harfang Exploration Inc.
Deposit
- F Lac Rocher**
Victory Nickel Inc.
Deposit
- G Nisk-1**
Critical Elements Lithium Corporation
Deposit

Niobium

Québec is the second largest producer of niobium in the world and the only producer in the Northern Hemisphere.

- 7 Niobec**
Niobec
Active mine
- H Crevier**
Les Mineroux Crevier Inc.
Deposit

Titanium and Vanadium

Québec is the world's second-largest producer of titanium in the form of ilmenite.

- 8 Lac Tio**
Rio Tinto Fer et Titane
Active mine
- 9 BlackRock**
BlackRock Metals Inc.
Deposit appraisal
- I Vanadium-Lac Doré**
VanadiumCorp Resource Inc.
Deposit
- J Magpie**
The Magpie Mines Inc.
Deposit

Lithium

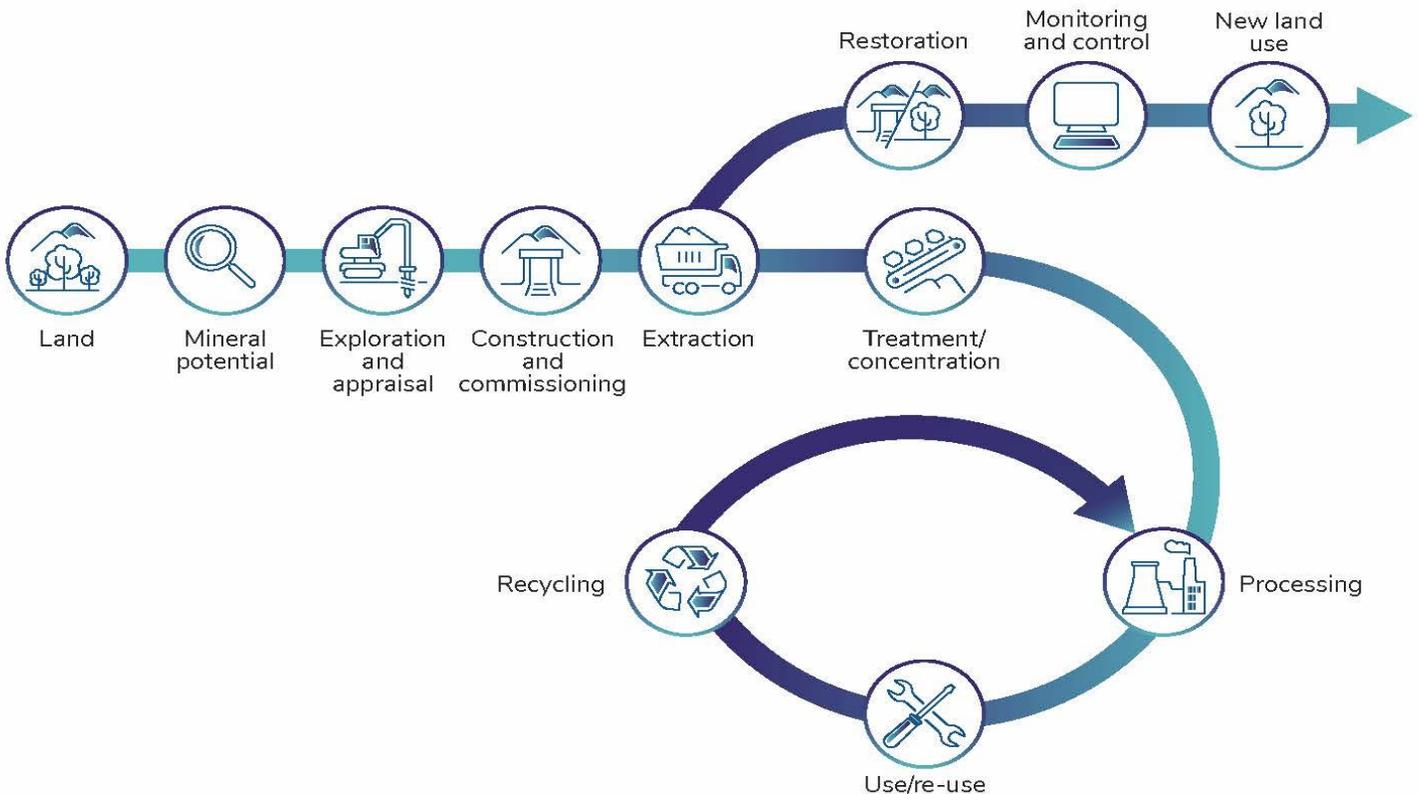
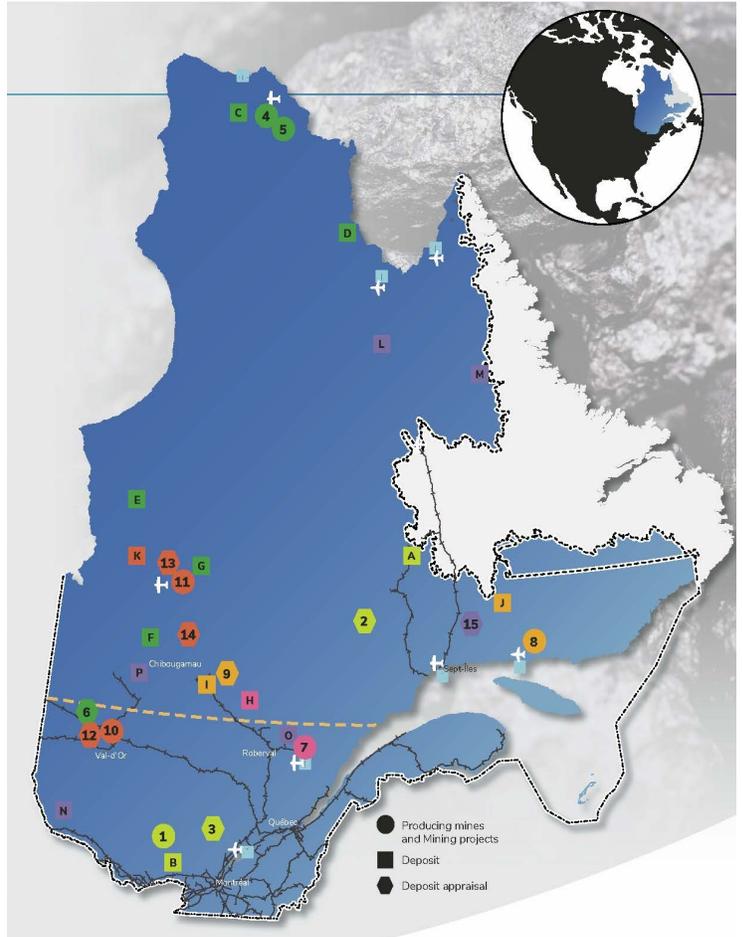
Québec has significant high lithium potential.

- 10 North American Lithium**
North American Lithium Corporation
Mine under maintenance
- 11 Whabouchi**
Nemaska Lithium
Construction and commissioning
- 12 Authier**
Sayona Québec
Deposit appraisal
- 13 Rose**
Critical Elements Lithium Corporation
Deposit appraisal
- 14 Lac Moblan West**
Lithium Guo Ao Life and SOQUEM Inc.
Deposit appraisal
- K James Bay**
Galaxy Resources Limited
Deposit

Rare Earth Elements

Québec has several rare earth deposits and is recognized as having global potential.

- 15 Kwjibo**
SOQUEM Inc.
Deposit appraisal
- L Eldor (Ashram)**
Commerce Resources Corporation
Deposit
- M Strange Lake - Zone B**
Torngat Metals Ltd
Deposit
- N Kipawa (Zeus) (Lac Sheffield)**
Mining title suspended, Québec Precious Metals Corporation and Resources Québec Inc.
Deposit
- O Niobec - REE Zone**
Niobec inc.
Deposit
- P Carbonatite from Montviel**
Geomega Ressources Inc.
Deposit



Job Posting

As the new Radio Station Manager, I've decided to extend the job posting for the radio announcer/broadcaster to January 6th, 2020. The original job posting was created before I joined the Drumbeat Radio Team. From my experience working in radio, I felt the need to add more information to the job description and duties, to help all candidates (future radio announcers) understand the position better. This is a fun and exciting opportunity and I'm looking for someone who has or will create an on-air personality that will stand out. All applicants who previously applied do not have to apply again.

Jamie-Lee McKenzie, Station Manager



FULL-TIME JOB OPPORTUNITY COMMUNITY RADIO ANNOUNCER/BROADCASTER JOB POSTING EXTENDED

PLACE OF WORK: KBAOWEK FIRST NATION

SALARY: COMPETITIVE SALARY

START DATE: FEBRUARY 2020

HOURS: FULL TIME WITH A 6 MONTH PROBATION PERIOD

SUMMARY:

The community radio announcer will be reportable to the radio station manager and will be responsible to assist in overseeing the daily radio program. The announcer will be responsible for on-air interviews and announcements, such as community events, news, and weather.

JOB DUTIES:

- The main duties of the announcer will be to present clear, informative, and entertaining information to the audience
- Present music, news, sports, weather, time, and commercials
- Interview guests and moderate panels or discussions on their shows
- Work with manager/producer to develop creative content

REQUIREMENTS:

(training on radio equipment will be provided)

- High School diploma or equivalent
- A combination of education and experience will be considered
- A valid Quebec driver's license
- Possess strong interpersonal and communication skills

- Knowledge of public radio principles, procedures, operations, and standards
- Knowledge of current and developing trends in radio
- Knowledge of social media (Facebook, Twitter, Instagram)
- Ability to write and edit scripts and other written materials
- Ability to use Word and Excel
- Ability to work a variable work schedule eg. Early mornings, week nights & weekends

APPLICATION DEADLINE:

Before 4:30 pm on Monday January 6th, 2020

Incomplete applications will not be considered. Only those preselected for an interview will be contacted. Please send your curriculum vitae 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: jmckenzie@kebaowek.ca

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

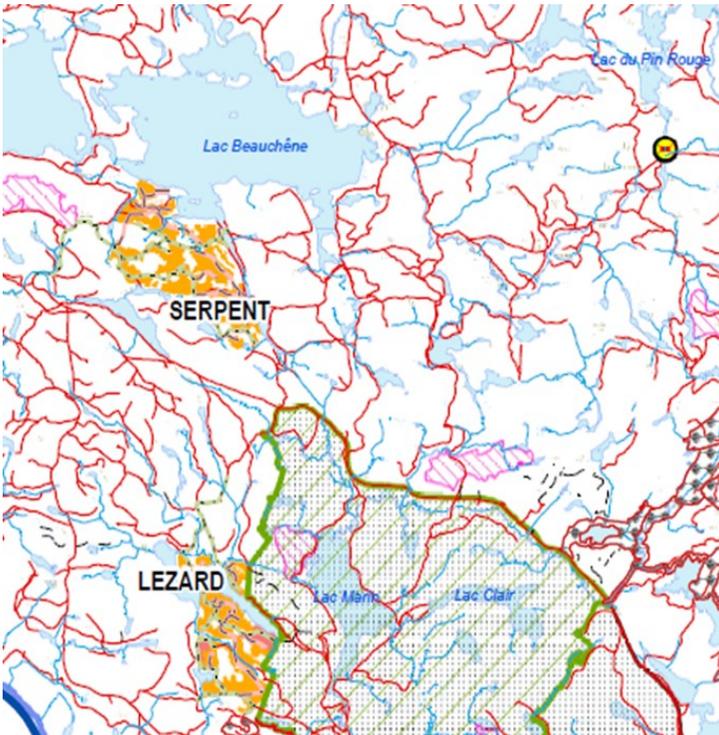
Land Management and Resources

HARMONIZATION

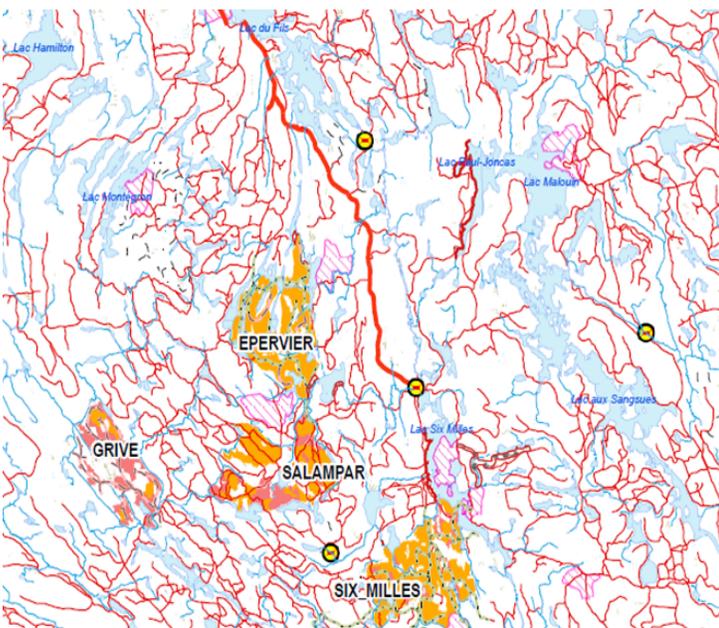
Here are the upcoming sectors that are in discussion.

Our monthly meeting with MFFP & Rayonier is approaching! This meeting consist of discussions/agreements in regards to the forestry work being done here on the traditional territory.

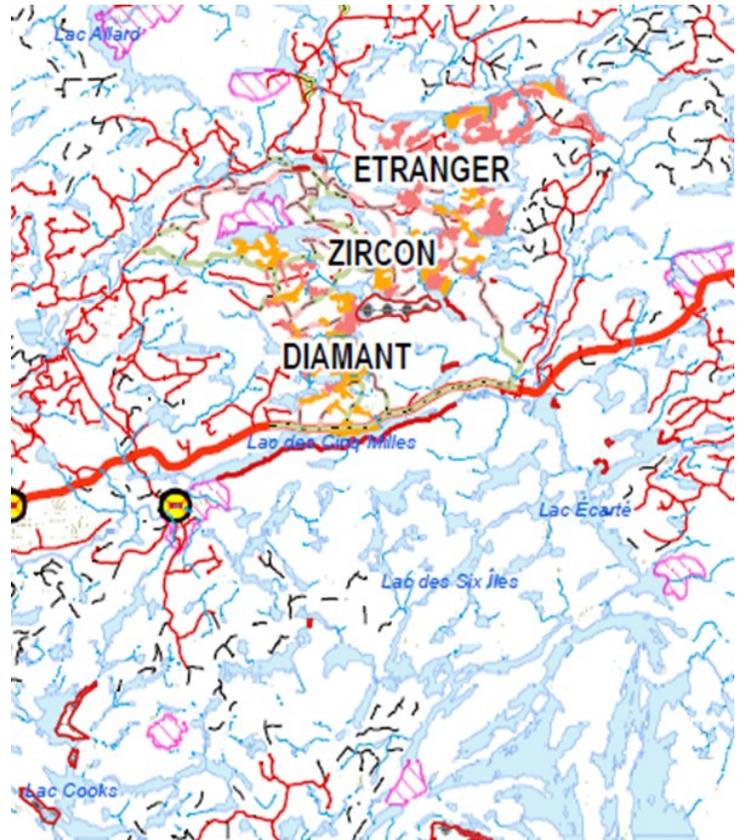
Lezard



Salampar



Diamond & Zircon



The works being done are Partial Cut and Clear Cut along with road construction/improvement (if existing conditions are not favourable).

Some main concerns LMR takes into account is:

- Road Construction (to avoid over access to the territory)
- Any works near water. (Erosion control, visual aspect)
- Member Use
- Traditional Aspects (burial grounds, traditional medicines, camp sites etc.)

Automatic Harmonization Measures LMR Demand:

- A 50M buffer zone surrounding ALL waterways.
- No Loops in road construction, to prevent over access to the territory.
- KFN members have complete access to the territory and waterways AT ALL TIMES
- KFN members have the right to practice traditional rights AT ALL TIMES
- The protection of traditional aspects.

ANY SPECIFIC REQUEST BY KFN MEMBERS WILL BE TAKEN INTO ACCOUNT AND ADDED TO LMRS HARMONIZATION DEMAND

Human Resources Employment and Training 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: Oct 13th - Nov 9th, 2019	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	6	700	14
Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: Nov 10th - Dec 7th, 2019	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	6.1	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 **November 11th, 2019** by the **First Nation Human Resources Development Commission of Quebec (FNHRDCQ)**.

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 2019-2020
819-627-3455 Ext #204 or gmoore@kebaowek.ca

OLYMEL BOREALES FARMS

Job opportunities; If you are interested in applying to this company for a job, please contact Glenda Moore for more information_819-627-3455 Ext #204 or gmoore@kebaowek.ca



Wishing You a Happy and Safe Holiday
from the Human Resource Employment
and Training Department.



Kebaowek Police Department

STATISTICS FOR THE MONTH OF OCTOBER 2019

- 1 Civil Matter
- 1 Family Dispute
- 1 Break and Enter
- 3 Public Assistance
- 1 Noise and Nuisance Complaint
- 2 Breaking and Entering
- 1 Infraction Ticket
- 1 Accident - Property Damage +1000.00

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 !

Kebaowek Housing Department

HOMES FOR SALE



Two Bedroom Duplex with Crawlspace

Contact the Housing Department
for additional information

Tanya Mckenzie

Housing Administrator

819-627-3455

tmckenzie@kebaowek.ca

Two Bedroom Log Home



LOGO DESIGN COMPETITION



CALL FOR SUBMISSIONS

Design a logo for Kebaowek Land Management Inc.

PRIZE

\$400 CASH AND A \$100 in Migizy Gas Gift Certificates

JUDGING PANEL

Chief & Council and the Director of Land Management

SUBMISSIONS SCHEDULE

Deadline: Friday January 24th, 2020 at 12:00 pm (noon)

Drop off submission with Roxane at the Band Office Reception

FOR MORE INFORMATION AND LOGO COMPETITION CRITERIA

Samantha Green 819-627- 3309 sgreen@kebaowek.ca



Job Posting



FULL-TIME JOB OPPORTUNITY CULTURAL COORDINATOR

PLACE OF WORK: KEBAOWEK FIRST NATION BAND ADMINISTRATIVE OFFICE

SALARY: ACCORDING TO KFN SCALES

START DATE: JANUARY 2019

HOURS: 35/WEEK, ENDING AT NOON ON FRIDAYS

OVERALL SUMMARY:

(See Work Description at www.kebaowek.ca)

Under the direction of the Band Office Administration, the Cultural Coordinator acts as the key resource person in the matter of culture and language development for the Algonquin community of Kebaowek First Nation. Will act as main lead in cultural workshops and activities and will support others in their endeavours that promote our Algonquin Culture.

REQUIREMENTS:

(Education and Experience)

- University degree in indigenous studies
- Other post-secondary degree in related fields with extensive experience and training may be considered.

REQUIRED KNOWLEDGE:

- Ability to communicate orally and in writing in English is essential with Algonquin being an asset.
- Knowledge of Microsoft Office suite (Word, Excel, PowerPoint, Outlook) and web-based communications tools for communications and reporting purposes.
- Knowledge and understanding of Indigenous Culture and Practices
- Knowledge of the Kebaowek culture and deemed to be able to acquire community's' confidence.

REQUIRED CONDITIONS:

- Variable work week, Overtime may be required

- Travel in and around our traditional territory (including occasional travel for business requirements)
- A valid Quebec driver's licence
- Must not possess any criminal convictions in an area related to the job and must undergo a screening process. (Criminal records check)
- Medical certificate of good health if considered for the position
- Valid First Aid and CPR Training Certification or ability to undergo training within 3 months of being hired.
- Must follow all safety precautions and protocols.

**Interested persons are invited to send their
résumé and cover letter by e-mail at jroy@kebaowek.ca
You can also drop it off at Band Office Front Desk or
Land Management Office Front Desk**

APPLICATION DEADLINE:

Before 4:30 pm on Monday January 6th, 2020

No application received after that time will be considered.

Phone: 819-627-3309 Ext 215 for additional information

**Thank you for your interest in our
organization.**

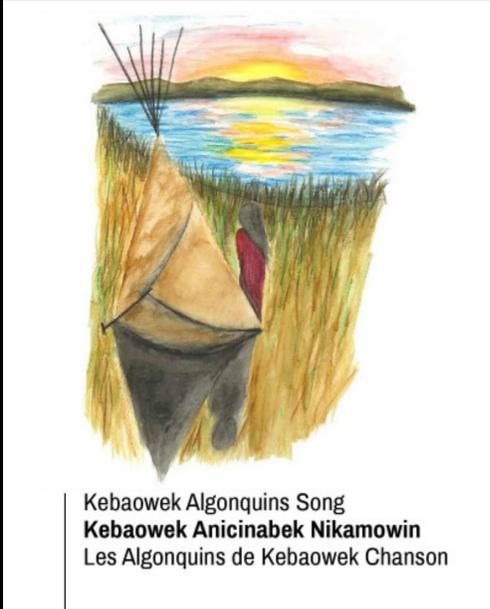
**Only those candidates selected for
an interview will be contacted.**

Kebaowek CCP Program

Coming in January 2020

Phase 2 Algonquin Storybook Reveal

Stay tuned for more details
in the next newsletter!



Kebaowek Algonquins Song
Kebaowek Anicinabek Nikamowin
Les Algonquins de Kebaowek Chanson

A celebration of Success!



Wishing You A
Merry Christmas
&
A Happy New Year
From CCP

We look forward to
working with the
Community once
again in the new year!

Violet Samuel-Mongrain

1929 - 2019



We would like to thank everyone for their support and love during this time of sorrow for the loss of our mother, grandmother and great-grandmother, Violet Samuel-Mongrain who passed away October 30, 2019.

Thank you to everyone that helped with set-up and clean-up afterwards.

Thank you for your support and sympathy,

Perry & Dorothy Mongrain, David, Pamela & family, Linda, Dave & family, Kelly & family



There are no words to express my gratitude to everyone for their support, prayers and generosity during the passing of my beautiful daughter Toni.

Thank you to Kebaowek Band Office, Health Center, First Line Services and to everyone who volunteered and donated to the luncheon. Thank you to the Kebaowek Police and SQ, Ambulance Workers and the Doctors and Nurses at hospital. Thank You to Father Smith for the wonderful service and to everyone who gave a hug or handshake to our family.

Much Love to you all,
Claudia Lafrance and Family

Kebaowek Fire Department

12 Days of Holiday Fire Safety

<p>DAY 1</p>		<p>Water fresh trees daily ... It's time to trim that Christmas tree, and if you're using a real tree, buy a fresh tree and keep the base of the trunk in water at all times. Keep your tree away from any ignition source such as the fireplace, heaters or candles.</p>
<p>DAY 2</p>		<p>Check All lights before decorating ... Before you put those lights on the tree or around the front window check the cords closely. Discard any sets that are frayed or damaged.</p>
<p>DAY 3</p>		<p>Make sure you have working smoke alarms ... With family and friends spending extra time at your home over the holidays, it's a great time to check your smoke alarms. Replace smoke alarms if they are over 10 years old. Remember that you need working smoke alarms on every storey of your home and outside all sleeping areas.</p>
<p>DAY 4</p>		<p>Make sure you have working carbon monoxide alarms ... Carbon monoxide is an invisible, odourless gas that can quickly kill you. Replace any carbon monoxide alarms over seven years old. Installing carbon monoxide alarms in your home will alert you to the presence of this deadly gas.</p>
<p>DAY 5</p>		<p>Make sure everyone knows how to get out safely if a fire occurs ... Develop and practice a home fire escape plan with all members of the household and make sure someone helps young children, older adults or anyone else that may need assistance to evacuate. Go outside, stay outside and call 911.</p>
<p>DAY 6</p>		<p>Use extension cords wisely ... People often use extension cords for that extra set of lights or the dancing Santa in the corner. Extension cords should be used only as a temporary connection. Make sure cords never go under rugs to avoid damage to the cord and fires.</p>
<p>DAY 7</p>		<p>Give space heaters space ... If you are using space heaters to help take the chill off, remember to keep them at least one metre (3 feet) away from anything that can burn such as curtains, upholstery or holiday decorations.</p>
<p>DAY 8</p>		<p>When you go out, blow out ... Candles set the perfect mood for a holiday celebration, but remember to always blow out candles before leaving the room or going to bed. Keep lit candles away from children, pets or anything that can burn such as curtains or blankets.</p>
<p>DAY 9</p>		<p>Keep matches and lighters out of sight and reach of children ... People often keep matches and lighters handy to light holiday candles. But matches and lighters can be deadly if in the hands of children. If you smoke, have only one lighter or book of matches and keep them with you at all times,</p>
<p>DAY 10</p>		<p>Watch what you heat ... The holiday season is one of the busiest times of the year, which means its easy to get distracted from what you are doing. Cooking fires most often occur when cooking is left unattended. Be extra cautious when using oil or high temperatures.</p>
<p>DAY 11</p>		<p>Encourage smokers to smoke outside ... Careless smoking is the leading cause if fatal fires. If you do allow smoking indoors use large, deep ashtrays that cant be knocked over and make sure cigarette butts are properly extinguished.</p>
<p>DAY 12</p>		<p>There's more to responsible drinking than taking a cab home ... With all the festive cheer this time of year , keep a close eye on anyone attempting to cook or smoke while under the influence of alcohol. Alcohol is all too often a common factor in many fatal fires.</p>

Community Notes and Information

KEBAOWEK FIRST NATION

New Year's Eve Celebration

DECEMBER 31, 2019
8:30 P.M. - 2:00 A.M.
KEBAOWEK COMMUNITY HALL

RING IN 2020 WITH
WEEKEND CREW

\$20.00 PER PERSON

Tickets on sale at Migzy Gas Station,
Kebaowek Band Office & Lakeview Store

Purchase your ticket before
December 24, 2019 to qualify for
the countryfest wristband draw

18 yrs & older - Bus & DD Service - Cold Buffet

For more information contact:
Gail Jawbone at 819-627-3455

Danny Raymond's
TEXAS
Hold'em

SATURDAY, JANUARY 18, 2020

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

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

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

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

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

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



Community Notes and Information



INTERESTED IN LEARNING TO KNIT OR CROCHET?

If you are please contact Rose Jawbone at
819-627-3455 or by email at rjawbone@kebaowek.ca
If enough people are interested I will organize
an evening class starting after Christmas.



KEBAOWEK ELDER'S CLUB
(149 Migizy Street)

SUNDAY, JANUARY 26, 2020
TIME: 2:00 p.m.
(Doors open at 1:30 p.m.)

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

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

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

Regular Game Prizes - \$20.00

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

CANTEEN OPEN
Hotdogs, Chips, Pop, Tea, Coffee

EVERYONE WELCOME !!

Handicraft Sessions

EVERY TUESDAY EVENING !!
LAST SESSION BEFORE THE CHRISTMAS
HOLIDAYS IS DECEMBER 17TH !!
HANDICRAFT SESSIONS WILL RESUME
TUESDAY JANUARY 7TH !!

6:00 pm - 8:30 pm
at the Elder's Bulding

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

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

**School-age children get their material
for free.**

**Adults - costs vary, depends on materials
needed for each project.**

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

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

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

Community Notes and Information



NON-RESIDENT FEES FOR COMMUNITY MEMBERS LIVING ON-RESERVE

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

**THE DECEMBER DEADLINE FOR
NON-RESIDENT FEES
TO BE REIMBURSED
IS DECEMBER 17TH AT 12:00 PM**

J **crib Tournament**

KEBAOWEK COMMUNITY HALL
Friday January 31, 2020

Registration 5:30 - 6:30 pm
TOURNAMENT starts at 7:00 pm
ENTRY FEE - \$20.00 a person
\$40.00 per team
18+ years

Register as a team or single and we'll set you up with a team mate through name pulling from a bag

To Register ahead or for more info call Gail at
819 - 627 - 3455 ext: 205

BAR will be open

Food will be served menu available later

Made with PosterMyWall.com

Kebaowek Community Hall

BINGO

Thurs, January 16 2020

Entry Pack \$ 30.00
Extra Pack \$ 10.00

DOOR OPENS 5 : 45
Earlybird Start 6 : 45

Steamed Hot Dogs - Pop - Chips
Dabbers ... ETC

OVER \$2500.00 in PRIZES

BINGO

Made with PosterMyWall.com

Kipawa Countryfest Announcement



Kipawa Countryfest
Presents

THE REKLAWS

Friday, August 14, 2020

A 2020
Kipawa
Countryfest
Wristband
would
make an
excellent
Christmas
Gift !!



Kipawa Countryfest
Presents

Aaron Tippin ★ Sammy Kershaw ★ Collin Raye

Roots & Boots

Saturday, August 15, 2020

GRAB OUR \$60.00 WINTER SPECIAL

**KIPAWA COUNTRYFEST
WEEKEND PASSES
ON SALE NOW!**

SALE LOCATIONS:

COUNTRYFEST MAIN OFFICE
819-627-3455 - Kebaowek, QC
(accepts credit card, debit & cash)

MIGIZY GAS STATION
819-627-3392 - Kebaowek, QC
(accepts credit card, debit & cash)

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

DÉPANNEURSTOP 102
819-627-3190 - Temiscaming, QC
(cash only)

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

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

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

2020 KIPAWA COUNTRYFEST PRICES			
WEEKEND PASS PRICES	WINTER SPECIAL <small>November 1, 2019 - March 31, 2020</small>	SPRING SPECIAL <small>April 1, 2020 - June 30, 2020</small>	AT THE GATE <small>August 14, 2020</small>
ADULT (18+ years)	\$60.00 	\$70.00	\$80.00
YOUTH (6-17 years) <small>All young children must be accompanied by an adult</small>	\$20.00	\$20.00	\$20.00
CHILDREN (0-5 years) <small>All children must be accompanied by an adult</small>	FREE	FREE	FREE
ONE DAY PASS <small>Available at the Gate</small>	FRIDAY <small>August 14, 2020</small>	SATURDAY <small>August 15, 2020</small>	SUNDAY <small>August 16, 2020</small>
ADULT (18+ years)	\$40.00	\$60.00	\$20.00
YOUTH (6-17 years) <small>All young children must be accompanied by an adult</small>	\$10.00	\$10.00	\$10.00
CHILDREN (0-5 years) <small>All children must be accompanied by an adult</small>	FREE	FREE	FREE

Community Wishes for the Month of December



Wishing my daughter Billie a very Happy 25th Birthday !!

Love Dad ♡



Happy 21st Birthday Noah !!
May you have all the joy your heart could hold,
all the smiles a day can bring and all the blessings life can unfold !!
We love you have a great day !!
Love Mom and Jungo xo



HAPPY BIRTHDAY
Uncle Noah !!

Love you have a fantastic day !!
Love you to the moon and back !!

Love Nylah ♡xo



Happy Birthday to our little brother Noah !!
May all your wishes come true !!

We love you !!
From Stephen and Adam
xo



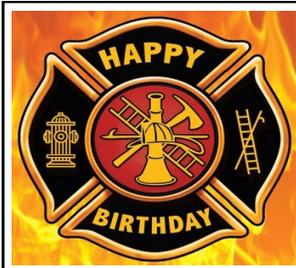
Happy 1st Birthday to our Granddaughter Hayden !!

Love Nana & Papa
xo ♡xo



Happy Birthday to Hayden on December 24th

Love Mom, Dad and Eric
xo ♡xo



Happy Birthday Wishes to
Pascal Bibeau - December 13th
Clifford McKenzie - January 13th
Daniel Joly - January 14th

From your
Fire Department Team



Happy Holidays
From Our Family to Yours
Merry Christmas & Happy New Year

From the McLaughlins
Jason, Vicky, Trent & Evin



Happy Birthday Jimmy !!
Enjoy your day !!

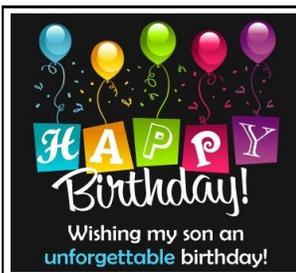
Love you,
Tiddalow, Jason, Trent & Evin
XOX



I'd like to wish my family, friends,
co-workers and the community members
of Kebaowek First Nation
a Merry Christmas and Happy New Year!

May your holiday season be
filled with good health
and happiness !!

Roxane McKenzie
KFN - Secretary



Happy 29th Birthday Jimmy !!

Love You
Mom
XOXO

Kipawa Lake Preservation Society 2020 Calendars

2020 calendars now available, calendars feature moon phases, most Canadian and US holidays as well as beautiful photographs from the Kipawa area. For sale now from our website <http://www.kipawalakepreservationsociety.ca/> \$10 each + shipping or locally you may purchase at the Kebaowek Band Office.

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

Your support is greatly appreciated



An Update from the Health Director

November Meetings

- FNQLHSSC Board of Directors and Annual General Assembly
- Quebec Health Director Network with Complaints Commissions
- CISSS A-T Board of Directors
- Conference Call with National Infrastructure Department
- Health Planning Guide Training
- FNHMA Board of Directors and Annual General Assembly
- Vascular Program fan out meeting with Dr. Schweitzer

Upcoming in December

- FNHMA Board of Directors
- CISSSAT Verification Committee & Board of Directors

Files in Motion:

- Health & Wellness Center talks for funding with Ottawa
- Onimiki PR Campaign to continue
- 5 Year Health Plan Draft Submission
- Support for the Regional Health Governance Project
- Health HR Policy Review

Health & Wellness Center

One of the most important aspects of what we do at your Health and Wellness Center is to advocate for

access to Health and Social Services that is as close to our home as much as possible and obviously in a language that we can understand. Both objectives are becoming more and more difficult to attain because they are tightly related to the high cost of health care and human resource depleted system.

The Quebec Reseau of Health would like to offer proximity services, since it is one of their priorities, however, they are having difficulties attracting the human resources to do them, whereas our neighbouring establishment situated in North Bay have the English speaking resources but no longer want to provide services to out of province clients. This is not a simple matter! Our community and municipal leadership will need to come together in order to provoke change. Even though it sounds quite simple, we will require some open-minded people who are client centered from both provincial systems to find ways of improving proximity access for English speaking people. There needs to be way in this day and age to establish a remuneration system that will



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

IMPORTANT HEALTH CENTER INFORMATION

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 FOR
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.

**ALL EMERGENCY CASES
WILL BE SEEN OUTSIDE OF
WALK IN CLINIC HOURS**



**THERE WILL BE NO NURSES
AVAILABLE AT THE
KEBAOWEK HEALTH AND
WELLNESS CENTER ON
THURSDAY DECEMBER 5TH, 2019
AS THEY WILL BE IN A FULL DAY
OF REQUIRED TRAINING.**

**PLEASE NOTE THERE
WILL BE NO LABWORK
DONE ON THIS DAY.**

We're
HIRING

**The Kebaowek Health & Wellness Center
is looking for people interested in
working in the Homecare Program
as a Home Support Worker.**

Please contact Jennifer Presseault at the
Health Center (819-627-9060) for more
information on the Home Support Worker
role and the application process.

Congratulations!

The Staff of the Kebaowek Health and
Wellness Center would like to
congratulate our Health Director,
David McLaren, who was elected
President of the FNHMA (First Nations
Health Manager Association) at the
Annual General Meeting. David is a also
the Vice-President of Health for the
FNQLHSSC Board of Directors.

DID YOU
GET YOUR
FLU SHOT?

DID YOU KNOW ??

**You can still get your flu shot
at the Kebaowek Health and
Wellness Center !!**

Please call in advance 627-9060


Kebaowek Health and Wellness Center
 3 Ogima Street
 Kebaowek First Nation
 Kipawa, Quebec J0Z 2H0
 Tel: 819-627-9060 Fax: 819-627-1885

2016 MAMMOGRAM ATTESTATION

This is to certify that _____

Had a Mammogram done by _____ (Name and Title of Professional)

at _____, this day _____ at _____

(Address) (Date) (Time)

Professional or Delegated Authority Signature
Signature du professionnel ou personne autorisée

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

Please do not forget to bring your **“2019 Mammogram Attestation”**. If you do not have one, please call Virginia at the Health Center. This attestation is to be completed when you attend your mammogram appointment and returned to the Kebaowek Health and Wellness Center at your earliest convenience. We will be having a participation draw for the women who have had a mammogram done this year.

All Mammogram Attestations must be returned to the Health Centre no later than 12:00 pm on **Wednesday December 11th, 2019**. The draws will take place that same afternoon and winners will be notified.

If you have had a mammogram done between January 1st, 2019 and now, please note that you are still eligible to have your name included for the draw, your family doctor can fill in the “2019 Mammogram Attestation”.

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

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

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

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

2019 Medicine Cabinet Clean Up Contest



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

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

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

All medications need to be dropped off before 12:00 pm on Friday December 13th, 2019 to be eligible for the draw.

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

THE CONTEST WILL RUN ALL YEAR !!

Join us for our 2020 “The BIGGEST Loser” Competition

For those who would like to take a step towards healthier lifestyle, please do not hesitate to join our Biggest Loser Competition.

Every person is asked to come in every second week on a Thursday or Friday to get weighed. For those that work late and cannot come in between 8:00 am and 4:30 pm, please arrange a time with me to get weighed on Thursday night.

Gift cards will be given to the person with the most weight loss % (Weekly winners can only win one prize but are still eligible for the grand prize). When people ask to get weighed it will be taken by one of the nurses or Mitchell.

I am asking those that enter the competition to come up with a name. A poster will be made and all names will be on it and it will only show the body percentage lost (no weight will be shown) during the competition.

Start Date: Monday, January 13th, 2020 at 8:00 am. If you are late joining, there will be no extension to the 10 week program. The last weigh-in date will be March 23rd, 2020 at the very latest. You can do your final weigh-in the week before if that is more convenient. Late registration means you will have less time to lose weight. Rules will be handed to everyone when they come in to join.

Fee: It's free to join

Prizes: Will be given out throughout the 10 week time frame and the grand prize will be determined at a later date.



TEN TIPS FOR A HEALTHY HOLIDAY SEASON

This Holiday Season, give yourself the gift of health and wellness with these tips:

1. Stay Active - Find opportunities to move around whenever you can. Stretch before (and after) sitting down to a long meal, drive or flight. If you're going to be away from a gym, bring running shoes, an exercise band or a workout video with you or borrow any equipment available.
2. Don't Skip Meals - Going into any holiday food situation in a starved state is not a good idea. Eating a snack before a party can be a great strategy to keep you from being vulnerable to tempting foods.
3. Bring your own Healthy Contribution - Bringing some fruit or vegetable crudités to a party will ensure you have a favorable option available. If staying with a relative or friend, go grocery shopping for healthy snacks for yourself and stock up on what you'll need for while you're there. If you're cooking, try healthier recipes or use less of the "bad" stuff (less salt, less butter, less sugar, 2% instead of whole milk, etc).
4. Get Real - Accept that you're going to consume some extra calories and just be aware of what you're eating. Make a conscious decision to splurge on your favorite dishes or treats and say "no thanks" or "maybe later" to the rest. Eat the rich foods that you choose slowly and enjoy the special occasion.
5. Stay Hydrated - Don't forget to drink as much water as usual... and then some! Holiday factors such as air travel, drinking, salty foods and caffeine (from coffee, soda, chocolate and many over-the-counter medicines) can cause and contribute to dehydration. Water also helps fill you up and will inhibit those extra couple bites of something with higher caloric content.
6. Be Positive - Relax and decide to have a happy holiday season! Come back to yourself and get some alone time when you need to. Do your best to get some sun- yes it is cold out but put on

Sports & Mentorship

something warm and spend time outside getting air. Consult with your physician and consider a supplement of omega-3, vitamin D and/or a good B-complex if you think a deficiency might be bringing down your mood.

6. Go for a Walk - Do this on your own to clear your head and get some space, or with a relative or friend to get some fresh air as you catch up. Getting out and enjoying some sun and air will be a nice change of pace from all the sedentary indoor activities of the Holidays. Consider picking up some healthy foods while you're out and about.
1. Stay Rested - Try to get as close to your normal amount of sleep as possible. If you miss a few hours of sleep at some point during the week, try to find time to make it up soon after.
1. Start winding down as close to your normal bedtime as you can. Eat less (and less substantial foods) as it gets later in the evening. Digestion tends to interfere with sleep and late-night eating contributes to weight gain.

Happy Holidays
Mitchell McMartin
Sports & Mentorship Coordinator



Help is available for
suicide crisis and prevention.

CALL 9-1-1
or get support from a
local crisis centre at
suicideprevention.ca/need-help

HOPE FOR WELLNESS HELP LINE
1-855-242-3310 or
hopeforwellness.ca (for online chat)

KIDS HELP PHONE
1-800-668-6868 or
KidsHelpPhone.ca
(for online chat) or
text **CONNECT** to 686868

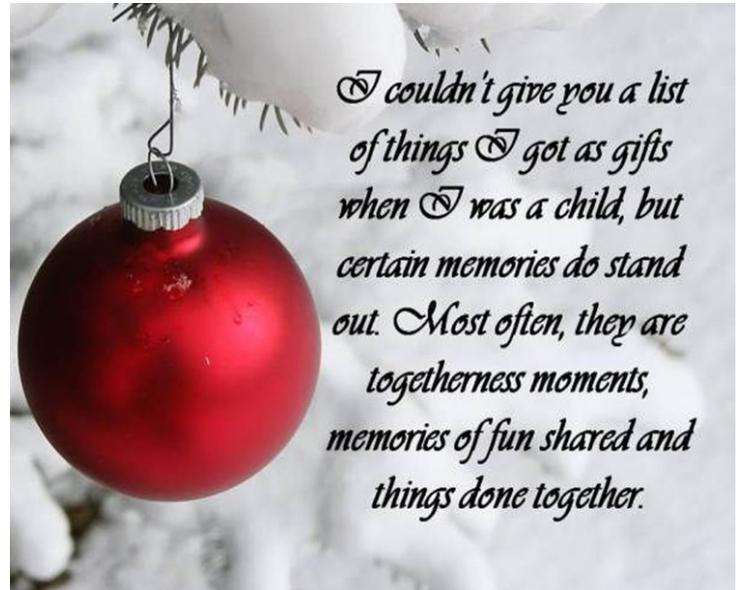
QUEBEC RESIDENTS
1-866-APPELLE
(1-866-277-3553)

YOU ARE NOT ALONE.

CANADA.CA/HEALTH

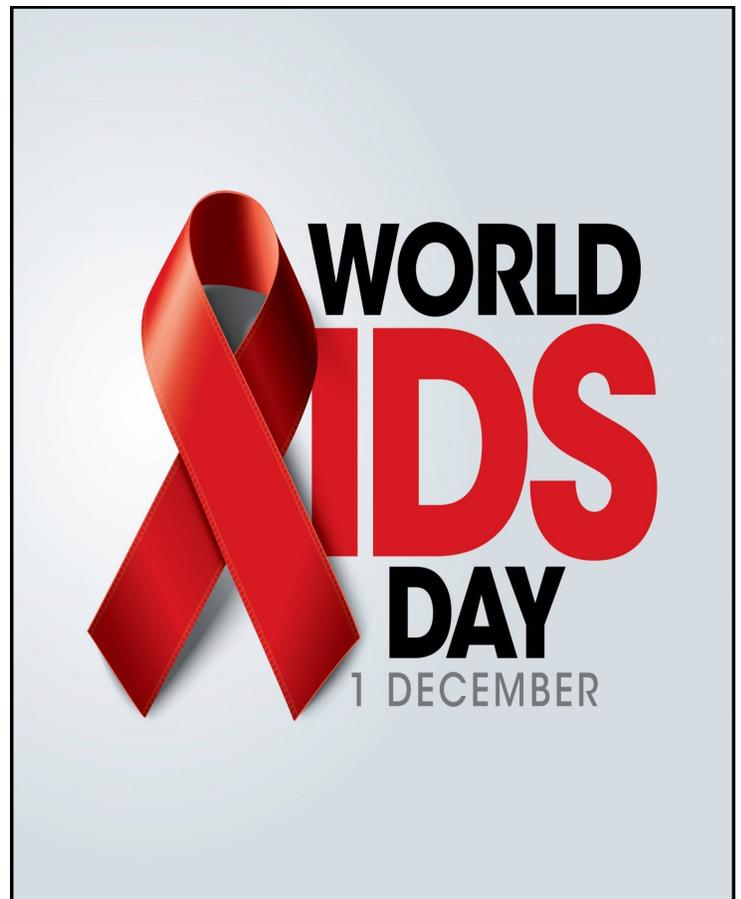
Canada

MCH / Head Start



I wish you all a safe and Happy Holiday!

Lynn Grandlouis
MCH/Head Start Program Worker
Special Needs Educator





Medical Transportation and NIHB Information

Wishing you a wonderful holiday season !!

Priscillia Durocher - Medical Transportation Coordinator and NIHB Liaison

 KEBAOWEK FIRST NATION HEALTH & WELLNESS CENTER 110 Ogima Street, Kebaoewek, QC, J0Z 3R1 ■ Tel: 819-627-9060 Fax: 819-627-1885 Driver Tel: _____ File: 19-20 _____			
MEDICAL VISIT ATTESTATION			
<small>This is to certify that the patient below was present to receive professional services from the health professional stated below. All sections must be completed. Please print clearly.</small>			
Patient Full Name			
Appointment Date	yyyy / mm / dd	Appointment Time in	
Health Professional's Name		Appointment Time out	
Address of Health Facility		Type of Health Service (See chart on back)	
		Signature or Stamp from Health Facility Please Sign or affix your official stamp. (Mandatory)	

Medical Transportation Claims

The last day to submit claims before the holidays is **Wednesday December 18th, 2019 before 12:00 pm.**

**Cheques will be ready for pick up
 Thursday December 19th, 2019
 between 8:00 am and 12:00 pm only.**

Please note there will not be any “Prescription Pick-Ups” during the holidays.

It is important to make the necessary arrangements for your medications.

The last day for prescription pick-ups before the holidays is Thursday December 19th, 2019

**The Health Centre will continue to provide this service
 in the new year, on Tuesdays and Thursdays starting January 7th, 2020.**



Loïc Allenbach-Bellehumeur Hearing Aid Practitioner
 will be visiting our Health Center for appointments during the morning on

- * **Friday, December 13th, 2019**
- * **Friday, January 10th, 2020**
- * **Friday, February 7th, 2020**

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

Please call Priscillia or Donna at 819-627-9060

Medical Transportation and NIHB Information

If you use the Kebaowek Health and Wellness Center's Medical Transportation Program to go to the hospital emergency department outside of the Health Center's business hours please consult the After Hours Schedule below.

December 2019 / January 2020 - Medical Transportation <u>After Hours</u> Project						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM. TO 12:30 PM CALL 819-627-6887		4:30 PM TO 8:30 PM CALL 819-627-6887			12:00 PM TO 5:00 PM CALL 819-627-6887	8:30 AM TO 12:30 PM CALL 819-627-6887

Christmas Holiday Schedule

Please check below for available transportation hours unless you have already made arrangements

December 2019 Holiday Schedule						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23	24	25	26	27	28
8:30 AM TO 12:30 PM CALL 819-627-6887	9:00 AM TO 5:30 PM CALL 819-627-6887	9:00 AM TO 5:30 PM CALL 819-627-6887	CLOSED CHRISTMAS DAY	CLOSED BOXING DAY	9:00 AM TO 5:30 PM CALL 819-627-6887	8:30 AM TO 12:30 PM CALL 819-627-6887

January 2020 Holiday Schedule						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
8:30 AM TO 12:30 PM CALL 819-627-6887	9:00 AM TO 5:30 PM CALL 819-627-6887	9:00 AM TO 5:30 PM CALL 819-627-6887	CLOSED NEW YEAR'S DAY	9:00 AM TO 5:30 PM CALL 819-627-6887	9:00 AM TO 5:30 PM CALL 819-627-6887	8:30 AM TO 12:30 PM CALL 819-627-6887

PLEASE NOTE THERE IS NO TRANSPORTATION AVAILABLE ON THE FOLLOWING HOLIDAYS, THEREFORE, YOU WILL NEED TO MAKE YOUR OWN ARRANGEMENTS.

CHRISTMAS DAY - WEDNESDAY DECEMBER 25TH, 2019

BOXING DAY - THURSDAY DECEMBER 26TH, 2019

NEW YEAR'S DAY - WEDNESDAY JANUARY 1ST, 2020

Non-Insured Health Benefits (NIHB) Program Updates

Pharmacy Benefit Information

New Formulary for Nutrition Products

On October 1, 2019, the NIHB program added a special formulary for clients with a medical need for nutrition products such as thickening agents, infant formulas and nutritional supplements. Products are listed for infants, children and adults.

The Nutrition Products Formulary is available in [Appendix I of the Drug Benefit List](#). These products are listed as limited use (prior approval required). If you have a prescription for a medically necessary nutrition product, your pharmacist can contact the NIHB Drug Exception Centre at 1-800-580-0950 to request approval for coverage.

Increased Coverage of Test Strips and Lancets for Clients Using Insulin

On October 1, 2019, coverage for blood glucose test strips and lancets increased to 8 per day of each item for clients who manage their diabetes with insulin.

New Coverage for Ozempic

NIHB has listed Ozempic as an open benefit. Ozempic is covered in combination with metformin for the treatment of type 2 diabetes.

New Coverage for Lidocaine Ointment

Lidocaine 5% ointment is now covered as an open benefit. NIHB covers up to 35 grams per month with a prescription. Lidocaine ointment is used to reduce pain or itching caused by skin irritations such as insect bites, poison ivy, minor cuts or burns.

Coverage status change for zinc

Elemental zinc is now covered as an open benefit. It may be prescribed to patients to support wound care related to a chronic condition, such as type 2 diabetes.

- voice restoration equipment and accessories
- electric breast pumps when required for certain medical conditions, to a maximum price of \$275

Change in Coverage for Select MS&E Items

On September 9, 2019, the NIHB program increased coverage for mastectomy bras and gender-affirming bras to 3 per year.

On November 18, 2019, laryngectomy products were added as open benefits. Also, coverage for Heat Moisture Exchangers (HMEs) increased to 1 per day (open benefit). HME devices are used to make breathing easier following a laryngectomy or a tracheostomy.

New Recognized Prescribers for MS&E Benefits

Nurse practitioners are now recognized by the NIHB program as prescribers of limb and body orthotics and prosthetic devices.

Speech-language pathologists have been added as recognized prescribers for laryngectomy supplies and for certain voice restoration equipment and accessories.

Hearing Reassessment for Children and Youth with Hearing Devices

On November 18, 2019, the NIHB program increased coverage to allow for more frequent hearing reassessments for children and youth under 18 years of age with hearing devices:

- The first year a client under 18 has a hearing device, they are entitled to 4 reassessments.
- The second year a client under 18 has a hearing device, they are entitled to 2 reassessments.
- After 2 years, clients under 18 with hearing devices are entitled to one hearing reassessment per year.

For more information on all MS&E benefit and policy changes, please refer to the Guide for Medical Supplies and Equipment Benefits and the Medical Supplies and Equipment Benefit Lists. General program information at www.canada.ca

Medical Supplies and Equipment (MS&E) Information

New MS&E Benefit Coverage

The NIHB Program has added the following new MS&E benefits. These are limited use benefits (prior approval required):

- standing frames, positioning seats and portable ceiling lifts and tracks
- FM systems (a type of assistive hearing device)

Reminders

Provider Billing & Client Reimbursement

Many providers are enrolled with NIHB and paid directly by the program, so clients do not have to pay out of pocket for eligible benefits. NIHB recommends that before you receive any item or service, you should speak with your provider's office to confirm that:

- the provider is enrolled with NIHB and will bill the program directly

(NIHB) Program Updates

- the item or service is fully covered by NIHB
- the provider will not charge you any additional fees
- If you are planning to pay up front for benefits and then seek client reimbursement from NIHB, you should contact NIHB before purchasing items or receiving services to confirm that:
- the provider is recognized by NIHB as eligible to provide the product or service
- the requested item or service is eligible for coverage under the NIHB Program
- the provider's rate for the product or service is fully covered by NIHB

For more NIHB Updates please visit

<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>

For more information, you can contact your Indigenous Services Canada NIHB regional office. We will be posting additional information to the NIHB website towards the end of June.

NIHB CLIENT INQUIRIES

Email	NIHB-SSNA@hc-sc.gc.ca
Alberta	1-800-2327301
Atlantic	1-800-565-3294
British Columbia	First Nations Health Authority (FNHA) 1-855-550-5454
Manitoba	1-800-665-8507
Northwest Territories and Nunavut	1-888-332-9222
Ontario	1-800-640-0642
Quebec	1-514-283-1575 / 1-877-483-1575
Saskatchewan	1-866-885-3933
Yukon	1-866-362-6717

Diabetes and Chronic Disease

CHRISTMAS BAKING? TRY THESE! FLOURLESS DIABETIC PEANUT BUTTER COOKIES

Prep Time: 15 minutes
Cook Time: 15 minutes
Total Time: 30 minutes
Servings: 18 servings



INGREDIENTS

- 1 cup (260 g) creamy peanut butter
- 1/2 cup (80 g) splenda
- 1/4 cup (28 g) blanched almond flour
- 1 (50 g) large egg

INSTRUCTIONS

- Preheat the oven to 350 F.
- Prepare a baking sheet lined with parchment paper or a baking mat
- In a mixing bowl, combine all ingredients and stir together until well-mixed. The resulting dough should be thick and dense.
- Scoop about 1-2 tablespoons of dough and form into a small 1-inch ball, placing the ball onto the baking sheet. Repeat until the dough is used up, resulting in about 18 balls.
- Arrange the balls on the baking sheet so that they are about 2 inches apart from each other. Flatten each ball by pressing down using a fork and rotating 90 degrees to press down again, forming a crisscross pattern. Repeat for all balls until they are flattened.
- Bake at 350 F for 12-15 minutes or until the edges of the cookies are browning
- Let the cookies cool before serving. They will be soft when they come out of the oven, and will harden as they cool. Yields 18 cookies.



Addictions and Wellness

Nicotine Replacement Therapies (NRT)

People who want to quit smoking can double or even triple their chances of achieving long-term abstinence by using nicotine replacement therapies (NRT). The treatment is most effective when taking the appropriate dosage, following directions and completing treatment duration, under the supervision of health professional.

Under no circumstances should this information replace the opinion of a health professional.

Are Patches Dangerous?

No. The nicotine in patches does not cause cancer, lung damage or cardiovascular disease.

Can I get addicted to the patches?

No, you can't get addicted to the patch or other NRT. Generally speaking, NRT provides individuals with lower amounts of nicotine than they would get from smoking cigarettes. NRT help individuals with withdrawal symptoms by gradually diminishing a nicotine addiction that has been developed through smoking.

How to Use NRT

NICOTINE PATCH (prolonged and constant supply of nicotine)

- Apply the patch first thing in the morning on a hairless part of your body between your neck and waist.
- Apply the patch to a different location every day.
- Stop using the patch and consult a doctor if you develop a severe skin rash on the site of the patch.
- Remove the patch 15 minutes before practising intense physical activity and place a new patch afterwards.
- **Contraindication:** Hypersensitive skin, generalized skin conditions, allergy to adhesives

Note: People who have difficulty sleeping can remove the patch before bed and apply a new one when they wake up. Water will not damage the patch. You can take a short bath or shower while wearing the patch.

NICOTINE GUM

- Chew 2 or 3 times and place between your cheek and gum line for 1 minute to obtain maximum nicotine absorption by the mouth's mucous membrane.

- Repeat for approximately 30 minutes.
- **Contraindication:** Severe oral disease

Note: It is possible to develop mouth irritation.

NICOTINE LOZENGES (do not chew or swallow)

- Place the lozenge in your mouth and slowly suck on the lozenge until a taste appears. Keep the lozenge between your cheek and gum line until the taste disappears.
- Repeat for approximately 30 minutes.
- **Contraindication:** Severe oral disease

NICOTINE MOUTH SPRAY

- Spray 1 or 2 times in your mouth as needed. No more than 4 sprays per hour.
- Stop using the spray and consult a doctor if you develop bronchospasms (especially if you have asthma or COPD)
- **Contraindication:** Severe oral disease, hypersensitivity to menthol

When using short-acting NRT (gum, lozenges, sprays) avoid drinking or eating within 15 minutes of using the product so as to not interfere with nicotine absorption.

Source: FNQLHSSC

(First Nations of Quebec and Labrador Health and Social Services Commission)

If you would like to quit smoking call Vicky Constant (819) 627-9060 X258 or drop by the Kebaowek Health Center during office hours for more information.



**From the
Kebaowek Wellness & Addiction Program**

First Line Services

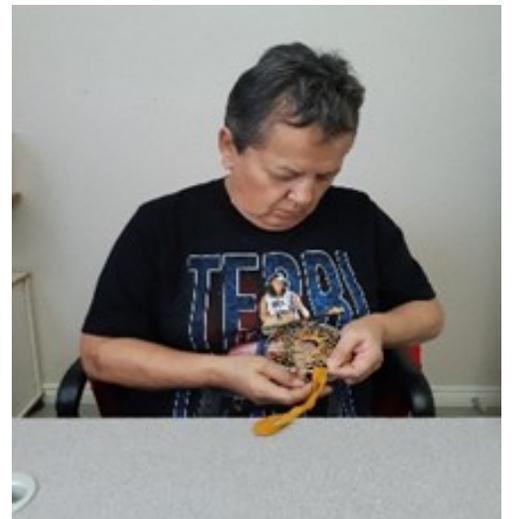
EARLY CHILDHOOD WEEK NOVEMBER 18TH - 22ND

Kebaowek Childcare Center and the Health and Wellness Center participated in the annual Early Childhood Week to remind people that young people have the right to be respected as individuals and to grow up in a safe, healthy environment. We'd like to thank the Kebaowek Police and Fire Department, the Women's Drum Group and Elder Noella Robinson for assisting us in our walk. It was a fun week full of crafts and activities!



Thank You

I would like to thank our seniors for coming out to our Cultural Activities for the month of November it was nice to spend time with you and making crafts. We made dream catchers!!



Upcoming Health Center/Frist Line Activities



North Bay Nordic Ski Club Activity !!

Come on out to the North Bay Nordic Ski Club on **Saturday January 11th, 2020** for some snowshoeing and/or cross-country skiing.

You are responsible for your own transportation; however if you require a ride this can be arranged.

Snack bar available on location !!

If you are interested and would like more information, please call Vicky Constant at the Health Center 819-627-9060 Ext. 258. Please leave message and your phone number.

SIGN UP DEADLINE:
Wednesday January 8th, 2020!!
Sorry no exceptions

Wellness & Addictions Program



Dinner & Workshop

Are you interested in participating in a workshop that will help promote the secret to leading a happy and successful life? If so, please come and check it out!

For:
Kebaowek Community/Band Members

When:
Wednesday January 15th & Thursday January 16th, 2020

Where:
Kebaowek Health Center Conference Room

Time:
5:00 p.m. – 7:00 p.m.
(Dinner will be served both days)

Please call to register with Vicky at the Kebaowek Health Center (819)627-9060 by Monday January 13th at 4:30 pm

An image showing fitness equipment: two green dumbbells, an orange water bottle, and a blue yoga mat on a wooden floor.

KEBAOWEK HEALTH AND WELLNESS CENTER

MORNING WORKOUT CLASSES

ALL AGES WELCOME
10:00 AM

MONDAYS
WEDNESDAYS
FRIDAYS
STARTING SEPTEMBER 4TH

KEBAOWEK COMMUNITY HALL
WORKOUTS WILL BE MILD TO MODERATE
PLEASE BRING PROPER CLOTHES, SHOES AND WATER

An image of red Christmas ornaments and white snowflakes.

Elders Cultural Activity

Come out and join us for making homemade Christmas Wreaths

At First Line Services December 3, 2019 at 1:00pm to 3:00pm.

If you have any questions or would need a ride please call Shelly at 819-627-9877.

Upcoming Health Center/Frist Line Activities



Women's Paint Night

DECEMBER 12th, JANUARY 9th & 23rd
FROM : 6:00PM - 8:00PM

At First Line Services Basement
Snacks & Refreshments Provided.



May this Christmas
end the present year on
a cheerful note and
make way for a fresh
and bright new year!

First Line Services would
like to wish everyone a
Merry Christmas & a safe
and Happy New Year!



MINI-PALS

Located in the basement of First Line Services

Tuesday's 9:30am - 11:00am
18months - 3 years

Wednesday's 9:30am - 11:00am
3 - 5 years

Thursday's 9:30am - 11:00am
0-18 months

- * Various activities
- * Supports early childhood development
- * Nutrious Snacks Provided

For more information contact
Darlene @ 819-627-9877



Made with PosterMyWall.com

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/Frist Line Activities

Last Youth Night for 2019 - December 11th !!

YOUTH NIGHT

EVERY WEDNESDAY AT
FIRST LINE SERVICES
FROM 4:30 - 6:30

Supper will be provided.
For more information contact Kayla @ 819-627-9877.

LUNCH FIT

PILATES
Tuesdays & Thursdays
From 12:05-12:40

Downstairs at First Line Services

Men & Women 18+

Last class before the
Christmas holidays
December 17th !!

Come enjoy a great workout!!

EAT
& be
MERRY

JOIN US FOR
community kitchen
"Moose Stew"

ON DECEMBER 9th
AT 4:30PM
&
ON JANUARY 13th
AT 4:30PM
"to be determined"

Call Darlene at First Line Services
819-627-9877 to register.

Please join us for our
**COMMUNITY
BREAKFAST**

Thursday
DEC 5
6:45-9:00

Phelps bus pick up @ 7:30
Temiscaming bus pick up
@7:50

For more information
contact First Line Services

Thursday
JAN.30
6:45-9:00

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: Dec 11th and Jan 8th & 22nd

SENIOR SOCIAL



Date: Every Thursday

Time: 1:00pm to 3:00pm

Place: Basement of First Line Services



**Come and join us to play
Crib or Yahtzee!!**

Snacks, tea and coffee are provided.

**If you need a ride please call Shelly at
819-627-9877.**

Community Shopping Trip



**The first Saturday
of every month !!**

**Please call First Line Services to submit
your name.**

Important ... Spaces are limited !!

Next Trip:

December 21st and January 11th

**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)**

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.**

**KEBAOWEK FOOD BANK
HOURS**

**TUESDAYS & THURSDAYS
1:00 - 3:00 PM**

**IF YOU WOULD LIKE A FOOD
HAMPER PLEASE CONTACT
819-627-9877**



Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Morning Workout Class Family Movie Night	3 Lunch Fit Elder's Cultural Activity	4 Morning Workout Class Youth Night Arts & Craft Night	5 Community Breakfast Lunch Fit Senior Social RECYCLE	6 Morning Workout Class	7 Elder's Christmas Supper
8 Kim Chevrier is in Calgary for a Meeting (9th - 13th)	9 Morning Workout Class Community Kitchen	10 Lunch Fit Baking with Elder's	11 Morning Workout Class Meals on Wheels Youth Night	12 Senior Social Lunch Fit Women's Paint Night GARBAGE	13 Morning Workout Class Hearing Clinic Youth Christmas Supper	14
15 Breakfast with Santa Holidays Joan St-Denis Kim Chevrier	16 Holidays Donna Pariseau Virginia McMartin Jennifer King Mitchell McMartin	17 Lunch Fit	18	19 RECYCLE	20 Band Office and Health Center are closed for Christmas Holiday	21 Community Shopping Trip
22	23 Band Office and Health Center are closed for Christmas Holiday	24 Band Office and Health Center are closed for Christmas Holiday	25 Band Office and Health Center are closed for Christmas Holiday	26 Band Office and Health Center are closed for Christmas Holiday GARBAGE	27 Band Office and Health Center are closed for Christmas Holiday	28
29	30 Band Office and Health Center are closed for Christmas Holiday	31 Band Office and Health Center are closed for Christmas Holiday	December 2019			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2020			1 Band Office and Health Center are closed for Christmas Holiday	2 Band Office and Health Center are closed for Christmas Holiday RECYCLE	3 Band Office and Health Center are closed for Christmas Holiday	4
5	6 Morning Workout Class	7 Lunch Fit	8 Morning Workout Class Meals on Wheels Youth Night	9 Senior Social Lunch Fit Women's Paint Night GARBAGE	10 Morning Workout Class Hearing Clinic	11 Community Shopping Trip Nordic Ski Club Activity
12	13 Morning Workout Class Community Kitchen	14 Lunch Fit Baking with Elder's Community Kitchen	15 Morning Workout Class Meals on Wheels Youth Night	16 Senior Social Lunch Fit Community Bingo RECYCLE	17 Morning Workout Class	18 Texas Hold'em Tournament
19 Holidays Jamie-Lee McKenzie	20 Morning Workout Class	21 Lunch Fit Elder's Cultural Activity	22 Morning Workout Class Youth Night	23 Senior Social Lunch Fit Women's Paint Night GARBAGE	24 Morning Workout Class	25
26 Elder's Club Bingo	27 Morning Workout Class	28 Lunch Fit Elder's Cultural Activity	29 Morning Workout Class Youth Night	30 Community Breakfast Lunch Fit Senior Social RECYCLE	31 Morning Workout Class Crib Tournament	