



# Kebaowek First Nation Mazinaigan / Newsletter

Akakotcic Kizis / February 2019

**Inside this issue:**

An Update from the Chief Cont'd	2
Attention Kebaowek First Nation Youth - Looking for Readers	3
2016 Community Portrait for Kebaowek First Nation	4
2016 Infographic for On-Reserve First Nations in Quebec	5
Local First Nation Human Resources Department	6
Local First Nation Human Resources Department	7
Kebaowek Lands and Resource Management Update	8
Kebaowek Lands and Resource Management Update	9
Kebaowek Fire Department ... Cell Phone Fire Safety	10
Kebaowek Police Department and Community Notes	11
Community Wishes for the Month of February	12
Community Wishes for the Month of February	13
Kipawa Countryfest ... Wristband Information	14
Kipawa Countryfest ... Artist Announcement	15
An Update from the Health Director/Councillor	16
Take this Quiz to Test Your Heart Skills	17
New Schedule for Walk In Clinic	18
Health Center Notes and Information	19
Medical Transportation and NIHB Update	20
Medical Transportation and NIHB Update	21
Answers to the Test Your Heart Skills Quiz	22
Seven C's of Beating a Drug Addiction	23
Healthy Children Starts in the Home	24
Health Center Notes and Information	25
12 Ways to Beat the Winter Blues	26
Upcoming Health Center/First Line Activities	27
Upcoming Health Center/First Line Activities	28
Upcoming Health Center/First Line Activities	29
Upcoming Health Center/First Line Activities	30
Upcoming Health Center/First Line Activities	31
Community Calendar for February and March	32

## IMPORTANT NOTICE

Eligible voters who reside off-reserve will be mailed an election package so that you can exercise your vote by mail-in ballot for the 2019 Kebaowek First Nation Band Election. To ensure you and/or your family members receive an election package, please inform us of correct/updated mailing addresses as soon as possible.

Please contact:

- Roxane McKenzie, Reception 819-627-3455 or [rmckenzie@kebaowek.ca](mailto:rmckenzie@kebaowek.ca)
- Joan St-Denis, Band Membership 819-627-3455 or [jstdenis@kebaowek.ca](mailto:jstdenis@kebaowek.ca)
- Or call toll free 1-888-229-3224

## An Update from the Chief

As this is my first article of the year, I would like to wish every member a healthy and prosperous 2019. A year filled with good health, good times with your loved ones and the achievement of all of your hopes and aspirations.

Later in the article I will do a short retrospective of what was accomplished in 2018 and some key files and priorities for 2019 but first I want to talk about a couple of pressing issues affecting our community and all First Nation communities in Quebec.

The first issue is Quebec's Firearm Registration Act which came into force on January 29th despite wide spread opposition by native and non-native people alike. The law requires all Quebecers to register all guns or face risk of fines and this is where we have issues. As First Nation citizens we are not Quebecers and it is not automatic that their laws apply on-reserve as we are a federal jurisdiction. As First Nations, the province has a duty to consult and accommodate when their law has the potential to impact our rights and in the case of the gun registry, our right to hunt. This was not the case, the law was announced and we were never given an opportunity to advise the government of our concerns. The Assembly of First Nations of Quebec (AFNQL) gave a presentation before the committee studying the Bill but none of the recommendations were taken into consideration or can be found in the new law. The AFNQL was simply asking that as First Nations who members hunt as a recognized constitutional right, that there be provisions to take into consideration and that there had to be more ways to register than just online or downloading a form. Many communities do not have reliable internet service, the website and forms were only available in French and that it would be problematic for English communities and those whose first language was neither French nor English. We were also concerned by some of the regulations that we would have to advise Quebec when we would be using and transporting the weapon, etc. The law could potentially criminalize members who simply want to hunt. The Chiefs met last week in Montreal and a position was taken that the gun registry doesn't apply on-reserve or our traditional territories and that the Chiefs would like to meet the Minister of Public Security to discuss this further. As Chief, I agree with this position but it is (Page 2)

CONTACT US



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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 Continued

a political position and Quebec has stated that the law applies to all of us, no exceptions, and they will apply THEIR law. While I know Quebec won't do anything on-reserve they will apply their law the minute we leave the reserve as they don't recognize our traditional territories and I'm concerned that this will lead to conflicts. While I would hope we could all support not registering our guns, I'm aware that many have already done so and many more will do so just to avoid the hassle and inconvenience. I will be supporting the Chiefs position and I will not register my firearms, but I am providing the insert we received from Quebec just after the new year with information on how to register. What is really frustrating is the fact that when Quebecers complained about the law, the government was quick to cave to the pressure and will introduce modifications but they will not accommodate us or our rights. If you have any questions or concerns you can call me or come see me at the office. I will keep everyone updated on the developments on this file.

The second issue is about the funding we receive from Indigenous Services Canada (ISC) for elementary education. They have adopted a new funding formula which will have huge impacts in our ability to fund education services for our elementary and secondary students in the coming years. As you know we are funded by ISC through 5 year funding agreements which caps our funding for programs to a guaranteed amount for the 5 year period. We are just finishing year 1 of our agreement and we had negotiated an amount of \$716,515 a year for elementary and secondary school funding. With the new formula, ISC will unilaterally reduce our budget to \$201,735 in 2020-21 because Quebec will no longer be charging tuition fees for all students attending provincial schools. They have not taken into consideration the number of students we now have attending schools in Ontario because of the shortcomings of the Quebec system and the changes in costs we are now paying. We have advised them we expect them to honour the agreement and we commit to keeping all funding in education for the betterment of our children. They have also advised that they will cap the amount of funding we can fund Ontario students at \$17,000 even though it is costing \$23,000 per student this year. They have advised that under the new formula the cap for Quebec students attending Ontario schools is \$17,000 but under the same National formula the amount per First Nation student is \$23,000 a \$6000 difference that they can't explain other than to say that was the formula The Assembly of First Nations agreed too, well we didn't agree, heck we weren't even asked. The also advised that the formula considered only schools on-reserve and not those that were not. We will be

providing them updated and projected costs and will be meeting with ISC staff to discuss how we can ensure adequate and sustainable funding to continue to meet our children's needs and allowing parents to decide where and what school will be best in meeting their child's educational need. It is our responsibility as Council to ensure that the funding is there as we had negotiated and hold ISC to upholding it's commitments.

There are two other major consultations ISC is holding, one is on welfare reform and the other is on membership. They want us to engage on these issues and we are concerned that they know exactly what must be done to correct all past historical injustice to native women who lost their status. We are only concerned and what to ensure we have the resources to meet the new members this will create. As for the welfare reform we are always concerned because history has shown us that reforms to the welfare system means rate reductions or freezes and more barriers to access. This is an important program to our most vulnerable members. We are awaiting more information and details from ISC and will be providing updates as the information becomes available.

This past year was a hectic year with the conclusion of many projects and the beginning of others that will carry forward into this year. We fought for and now have our own Post Office, our own postal code, and with this came finalizing street names, the installation of new street signs and house numbering which gave us all access to 911. Our new Sewage Treatment Plant became fully operational, the old one torn down and the area prepped for potential new development including expansion of the marina. Through funding from Indigenous Services Canada, we were able to purchase some new equipment including a loader and public works truck. As many of you have seen, we were also able to secure funding for the takeover of our own garbage, recycling and composting which we currently pay the MRC to do. We have purchased a new garbage/recycling truck and are building a composting platform. Public Works will be providing more information and details to all members as we finalize plans for the start-up and transition to providing our own garbage/recycling and composting.

The Council and I are committed to continuing the work in 2019 with projects which carry over to this year and the first that comes to mind is the continued advocacy and support to develop our own hydro project, Onimiki, as own source revenue and economic development along with new employment opportunities will continue to a priority. (Page 3)

# An Update from the Chief Continued

We have other business ideas that we would like to explore further as well. As I've said many times we will never have our own facilities, Senior's Home etc, if we depend only on government funding. We have much work to do to make our radio station a reality. Now that we have a license, we need to develop a business plan, secure financing, appoint and train a board of directors, hire a manager and staff to run the station. Then programming needs to be developed and then we can officially launch. This project is important in a future communication strategy to keep all members engaged and involved in the community but also to inform and educate our

non-indigenous neighbours and guests on our traditional territory.

In closing, I like many others are already so tired of winter, the snow and shovelling has been brutal this year and many of the Elders I spoke to have said they haven't seen this much snow since they were young. I'm optimistic in that I heard we are supposed to get an early spring but no matter how early it will be it won't be soon enough says my sore aching back.

Chief Lance Haymond

## **ATTENTION KEBAOWEK FIRST NATION YOUTH**

**Have you ever been interested in learning how to speak our native Algonquin language? Well the Anicinabe Mikana Cultural group can help! Anicinabe Mikana has already started a Phase 2 of the Kids Book Project from last year. Again, once the books are completed, we want to include in each book an audio CD of the story in Algonquin and that is where you, the youth will come in. What we would like to have happen again is have 6 or more Kebaowek Youth come forward who would be open to working with our Algonquin Speaker and learn how to read one of the stories in Algonquin, so that you can be recorded reading the story and put that recording on the CD in the book.**

### **Things to consider:**

1. Must be a Kebaowek First Nation member
2. Each short story will be roughly 15 pages long with only 1 or 2 sentences per page, so they are not very long stories.
3. Our Algonquin Speaker will work closely with all youth to learn the stories.
4. Each youth member will be **compensated** for learning the story
5. Recognition, picture and bio, inside the book you learn to read in Algonquin
6. You will get to learn how to speak your native language
7. **All youth who sign up will be considered**
8. Deadline to submit a youths name is **February 28<sup>th</sup>, 2019**

So if you are interested in learning how to speak the Algonquin language and work with Anicinabe Mikana in continuing to revitalize our language, please contact Justin Roy at the Band Office and submit your name. You can do so by phone, 819-627-3455, or by email, at [jroy@kebaowek.ca](mailto:jroy@kebaowek.ca)

Thanks,

Justin Roy

Economic Development Officer

Statistics Canada, in collaboration with Indigenous Services Canada, is pleased to provide you with this 2016 Census Infographic. Infographics have been designed to provide Aboriginal communities and data users with a visual tool showing relevant socio-economic indicators. This is the first of two products that will be provided through our Aboriginal Community Data Initiative. A more detailed data report to supplement this infographic is currently in development and will be disseminated in the fall of 2019. **This is the 2016 Infographic for Eagle Village (Kebaowek) First Nation.**

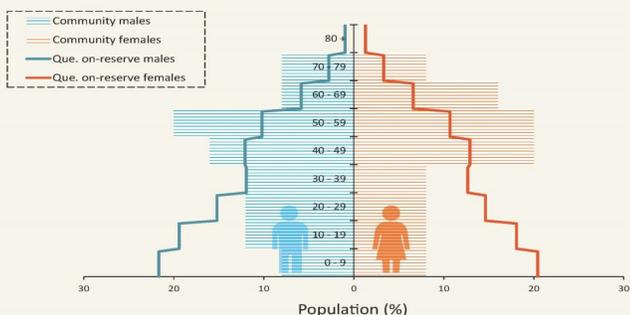


## 2016 Census Aboriginal Community Portrait Eagle Village First Nation-Kipawa

2016 Census data for Aboriginal people (First Nations, Métis and Inuit) in private households<sup>1,2,3</sup>. In 2016, Eagle Village First Nation-Kipawa (Kebaowek) consisted of the Kebaowek census subdivision.

250 Population 2016    240 Population 2006    4% Population change    46 Median age    14% Under age 15    12% Aged 15 to 24    60% Aged 25 to 64    14% Aged 65 plus

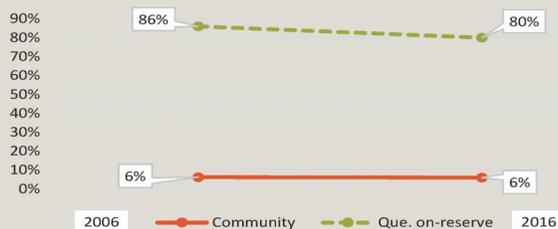
### AGE & SEX DISTRIBUTION



### FAMILY STRUCTURE<sup>4</sup>



### KNOWLEDGE OF ABORIGINAL LANGUAGES



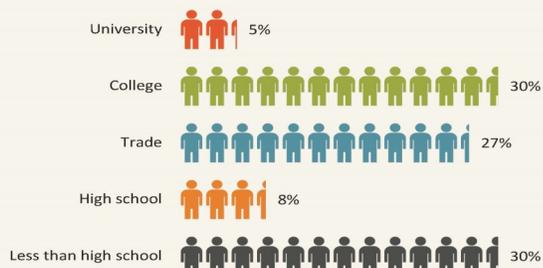
In the community, 15 spoke Algonquin in 2016.

### POPULATION BY HOUSING CHARACTERISTICS



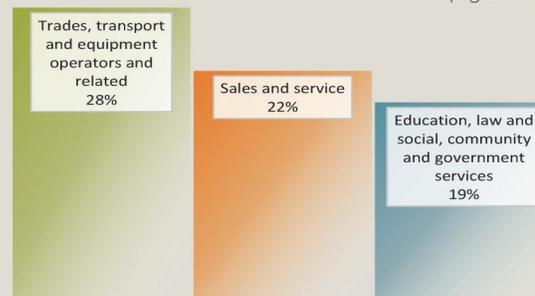
### EDUCATIONAL ATTAINMENT

(Aged 25 and over)



### TOP OCCUPATIONS

(Aged 15 and over)



### LABOUR & EARNINGS

(Aged 15 and over)

**67%** participation rate  
**56%** employment rate  
**17%** unemployment rate

**42%** of workers worked full year, full time in 2015  
**\$25,152** median employment income in 2015

Statistics Canada, in collaboration with Indigenous Services Canada, is pleased to provide you with this 2016 Census Infographic. Infographics have been designed to provide Aboriginal communities and data users with a visual tool showing relevant socio-economic indicators. This is the first of two products that will be provided through our Aboriginal Community Data Initiative. A more detailed data report to supplement this infographic is currently in development and will be disseminated in the fall of 2019. **This is the 2016 Infographic for First Nations living on-reserve in Quebec.**



## 2016 Census Aboriginal Community Portrait Quebec

2016 Census data for Aboriginal people (First Nations, Métis and Inuit) in private households<sup>1,2,3</sup> living on-reserve in the province of Quebec.

**41,730**  
Population 2016

**33,805**  
Population 2006

**23%**  
Population change

**27**  
Median age

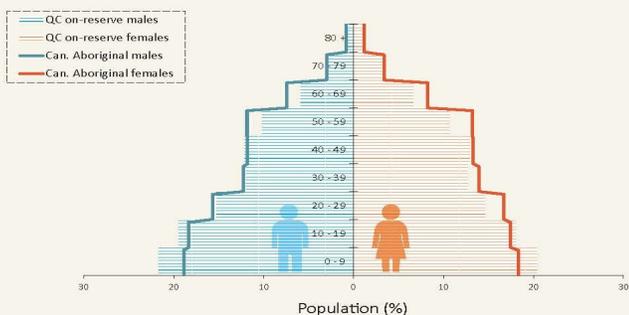
**31%**  
Under age 15

**17%**  
Aged 15 to 24

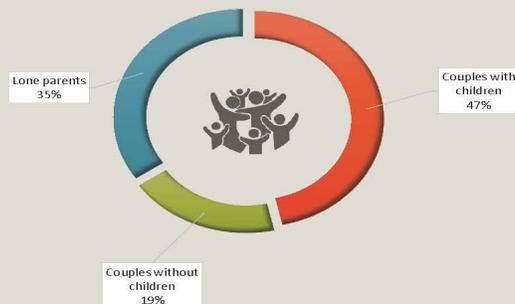
**45%**  
Aged 25 to 64

**7%**  
Aged 65 plus

### AGE & SEX DISTRIBUTION



### FAMILY STRUCTURE<sup>4</sup>



### KNOWLEDGE OF ABORIGINAL LANGUAGES



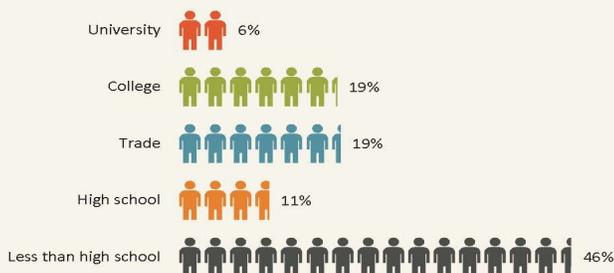
In the province, **16,085** spoke a **Cree** language in 2016.

### POPULATION BY HOUSING CHARACTERISTICS



### EDUCATIONAL ATTAINMENT

(Aged 25 and over)



### TOP OCCUPATIONS

(Aged 15 and over)



### LABOUR & EARNINGS

(Aged 15 and over)

**53%** participation rate  
**43%** employment rate  
**20%** unemployment rate

**45%** of workers worked full year, full time in 2015  
**\$20,571** median employment income in 2015

# 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: Dec 9th 2018 - Jan 5th, 2019	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	6.6	665	15
Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: Jan 6th - Feb 9th, 2019	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	6.4	665	15

NOTE Since July 3<sup>rd</sup> 2016, the number of hours required to qualify to EI is now the minimum requires by economical region. If you apply for special benefits, you will need 600 hours of insurable work. It is strongly recommended to check with your local Service Canada Center for the minimum number of hours required to qualify. Please also note that since January 1<sup>st</sup>, 2017, the two-week waiting period has been reduced to one week. Updated and revised on January 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.**

### VISION-TRAVAIL

Employment councillor visits Centre L'envol, 451 Kipawa Road, Temiscaming Quebec, every Tuesday.  
 Please call to make an appointment 1-819-629-2743.or email to: [v-m@vision-travail.qc.ca](mailto:v-m@vision-travail.qc.ca)

### UP DATE ON THE HANDICRAFT SEWING COURSE

The program has 5 participants who have been in training for seven weeks and learning the art of handicraft sewing. The class has learned how to bead on loom and on hide. Their bead work is completed and have been working on assembling the mitts. They are doing beautiful work.



# Local First Nation Human Resources Department



## ATTENTION ALL BAND MEMBERS BETWEEN 15 & 64 YRS

We really need your participation in the workforce profile, this is very important for Kebaowek First Nation.

**We especially need those living on the reserve or have their address here to participate!**

The information gather will help create the communities profile, which will be important to improve the employment and training services.

### ALL YOUR INFORMATION IS STRICKLY CONFIDENTIAL.

To complete the questionnaire you can either go online or contact one of the communities' data collectors.

Online: [www.employnations.com/profils/en/registration](http://www.employnations.com/profils/en/registration)

**Please note that we do not see any information as it goes directly to HRSDC's Head Office to the data analysts**

Contact one of the following to help you with the survey or to get a paper copy for those who do not have access to internet:

**Madeleine Paul**  
Local Coordinator  
Phone: 705-358-3718  
[m-paul@live.ca](mailto:m-paul@live.ca)

**Gail Joly**  
Data Collector Clerk  
Phone: 705-840-3953  
[wagosh65@hotmail.com](mailto:wagosh65@hotmail.com)

**Corena Joly**  
Data Collector Clerk  
Phone: 819-660-1758  
[comiss66@hotmail.ca](mailto:comiss66@hotmail.ca)

**Kebaowek's  
Annual  
Snowmobile  
Rally**

**Saturday February 23, 2019**

**Registration**  
10 : 00 am - 1 : 00 pm  
**Kebaowek Community Hall**

Must be 18+ and participate in Rally to win  
\$10.00 per hand limit of 3 per entry same name

\* Supper Menu to be determined \*

**Music by  
DJ : Steve  
@ 8 : PM**

**\$ 1000.00  
Jackpot  
Bingo**

**Thurs, Feb 21 - 2019**

**Entry \$30.00  
Extra Pack  
\$10.00**

**Kebaowek  
Community Hall**  
Door Opens @ 5 : 45

**EarlyBird start 6 :45**

Available at Canteen  
Steamed Hot Dogs  
Coffee / Tea  
Pop / Chips

# Kebaowek Lands Management and Resources

Kebaowek First Nation has wrapped-up a successful fish habitat restoration project that has been on-going for the last two years! The Land Management & Recourses Team would like to thank Jesse Wright, Jag Saini and the entire Water First team for teaching us all about Walleye, and Walleye habitat restoration! Which included how to identify potential spawning beds, potential impacts as well as possible solutions to the different impacts!

Thank you to everyone who came to our presentation, and special thanks to Corey Ladouceur for catering the event!

We look forward to more restoration work in the future, here on the traditional territory!



The Lands Management & Resources office will also be on starting up several projects that will begin this year!

- A Moose Research Project, funded by Canada's Climate Change and Health Adaptation Program
- A Water Quality Improvement Project, funded by Eco-Action



KFN has also received funding to participate in the consultation and the review of Bill C-69.

The LMR's two environmental technicians are also working on several different project proposals to bring into the Kebaowek community in the up-coming years. Stay tuned for more information!

Contact our office if you would like details!



**ATTENTION**

**NOW HIRING: Heavy Equipment Operator.**  
**Please contact Pascal Bibeau at 819-627-3309**

## HARMONIZATION

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

The next three sites to be harmonized are:

- **Filoselle (Top of Map)** located along, Lac Ling, Albert Lake.
- **Maryse (Bottom Right)** located along Lac Maryse, Lac B.I, Lac Nord.
- **Pichou (Bottom Left)** located along 5 Mile Lake & near Sucker Lake.

**All of these sites are located along the CHERRY ROAD**

# Kebaowek Lands Management and Resources

The works being done are Partial cut (orange) and Clear (Regeneration) cut (red), along with road construction (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

## Automatic Harmonization Measures LMR Demand:

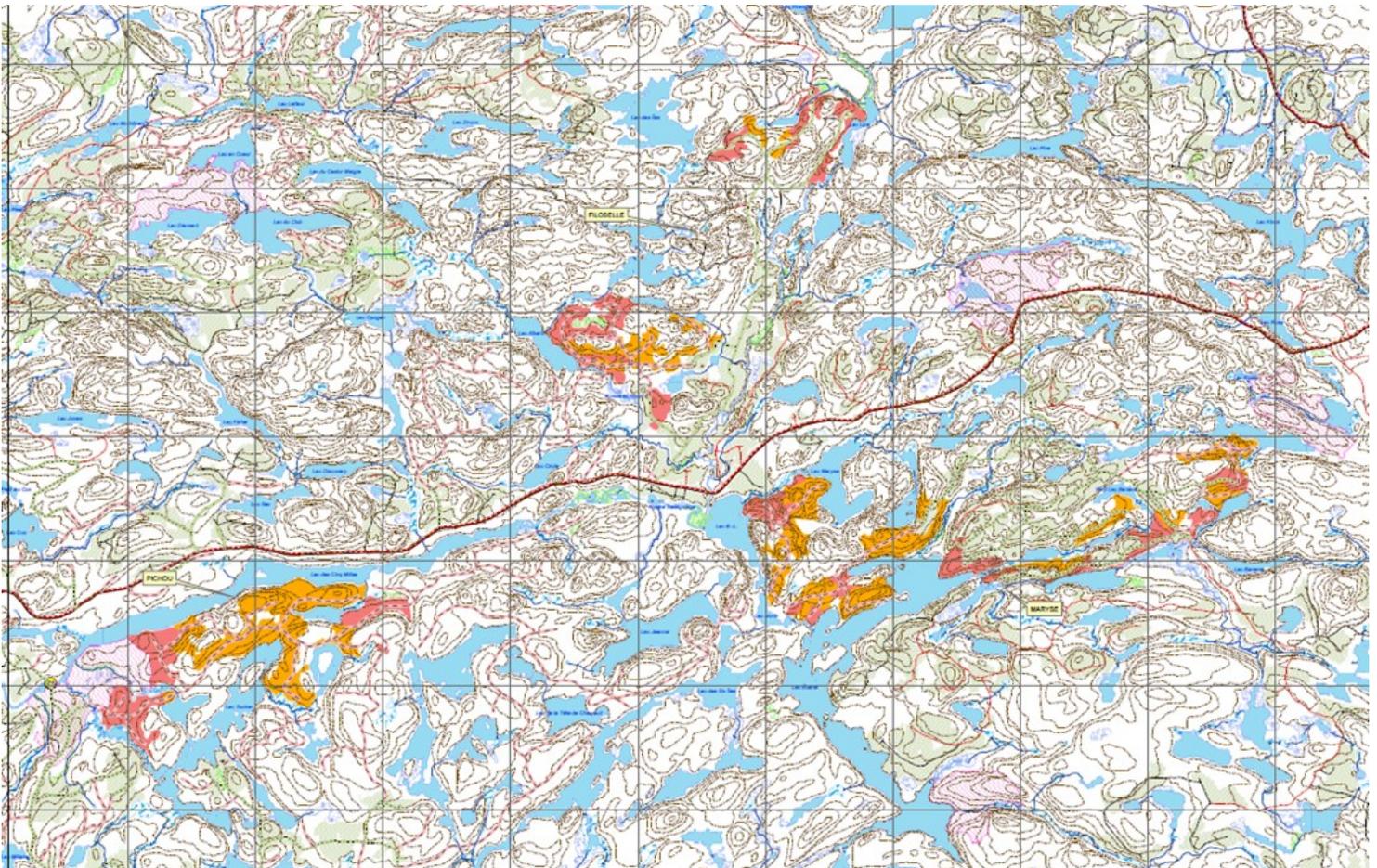
- A 50M buffer zone surrounding ALL waterways.
- No Loops in road construction, to prevent over access to the territory.
- KFN members have complete access to the territory and waterways AT ALL TIMES
- KFN members have the right to practice traditional rights AT ALL TIMES

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

LMR has created a Facebook page that will provide information to community members about:

- The **forestry** work Rayioneer will be performing,
- Any other work that will be done on KFN territory by a non-band member
- Information Postings
- Future Job Postings

***If you have any suggestions on anything else that would be suitable for the LMR Facebook page, OR newsletter, do not hesitate to contact us and let us know!***



# Kebaowek Fire Department

## Can leaving your phone charger plugged in cause a fire?

Most of us are guilty of keeping our phones close to us at all times, even when we sleep. But if you actually charge your phone in bed, you might be unintentionally putting yourself in harm's way.



Many Fire Departments are warning residents of this frightening fire hazard and if their warning doesn't convince you to keep your charger out of bed, this picture sure will.

An alarming photo of burned sheets and a charred charger accompanies the Facebook post, which reads: "Research has revealed that 53 percent of children/teens charge their phone or tablet either on their bed or under their pillow. This is can be extremely dangerous. The heat generated cannot dissipate and the charger will become hotter and hotter. The likely result is that the pillow/bed will catch fire."

45 percent of parents and 30 percent of children sleep with a tablet or smartphone in the bedroom. Of that group surveyed, 28 percent of parents and 35 percent of children admitted to sometimes leaving their devices on at night.

*This is an outlet that has had a cell phone charger plugged in full time; even when the phone wasn't charging. UNPLUG your chargers when you are done using them.*



### **The Canada Safety Council has some tips on how to safely use battery chargers:**

Locate your battery recharging station in a safe area, such as a tabletop clear of any other objects – never near anything flammable. Be careful not to overload any power bars or outlets.

Whenever possible, recharge batteries while you are present in the home. Have a working smoke detector in the room where the batteries are being recharged, and make sure a fire extinguisher is nearby if needed.

Shut off battery-powered devices, such as laptops and tablet computers, when they are not in use

Do not leave laptops, tablets, cellphones or similar devices unattended on couches or beds, or in other areas where they may overheat and come into contact with potentially flammable materials. Ensure good air circulation around devices at all times.

### **Other considerations:**

Only buy and use devices that are listed by a qualified testing laboratory.

Make sure to always follow the manufacturer's instructions.

Only use the battery and charging cord that's designed for your specific device.

# Kebaowek Police Department

## Statistics for the Months of December 2018 and January 2019

November 26 - December 31, 2018

- 2 Mischief
- 2 Public Assistance
- 3 Assist to the Surete du Quebec (SQ)
- 1 Noise & Nuisance Complaint
- 1 Family Dispute
- 1 Uttering Threats
- 1 Assault with Weapon
- 1 Assault
- 1 Failure to Comply with Probation Order
- 1 Intimidation
- 1 Escape and being at Large without excuse (sec145.4)
- 6 R.I.D.E. Operations
- 1 Information received from Public
- 1 Assist to Other

December 31, 2018 - January 28th, 2019

- 5 R.I.D.E. Operations
- 2 Family Dispute
- 2 Assist to Others
- 1 Failure to Comply with Undertaking
- 1 Obstruct Justice
- 1 Noise & Nuisance Complaint
- 1 Accident Property Damage
- 2 Public Assistance
- 1 Assist to the Surete du Quebec (SQ)



Pour nous  
joindre /  
Contact us:

451, chemin  
Kipawa  
Témiscaming  
(Qc)  
J0Z 3R0

819-627-9558  
Ext. 2300



Centre L'Envol  
Éducation des adultes / Adult Education

**Jamais trop tard  
pour  
apprendre!**

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

**Never too  
late to learn!**

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

**It could change  
your life!**

**Ça pourrait changer  
votre vie!**

### The Service Counter for the SAAQ:

Société de l'assurance automobile du Québec  
at the Kipawa Municipal Office  
15, rue Principale (Tee-Lake Sector)

### Regular Opening Hours

**Wednesday – 10 a.m. to 4 p.m.**

**Thursday – 12 p.m. to 6 p.m.**

## Non-Resident Fees for all Community Members Living On-Reserve

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

**THE FEBRUARY DEADLINE FOR  
NON-RESIDENT FEES TO BE REIMBURSED  
IS FEBRUARY 28TH AT 12:00 PM**

# Community Wishes for the Month of February



Happy Birthday wishes to Kieran !!

from  
Mom & Laurier



Happy 3<sup>rd</sup> Birthday  
to our little princess Alyssa,  
hope you have a wonderful day!!

Love from:  
Auntie Tiddalow, Uncle Jason,  
Trent & Evin XOX



**HAYDEN EMILY MARIE BARRER**  
was born December 24th, 2018 at 2:33 am  
Weighing 9 lbs 2 oz

Congratulations to her big brother Eric  
and her parents Steven Barrer & Tori McGregor



Lordy, Lordy Look who's "40",  
happy birthday to my sister Kim who  
will be celebrating her big '4-0'  
in Nashville on February 17<sup>th</sup>!!

Love from: Tiddalow, Jason,  
Trent & Evin XOX



Happy 5<sup>th</sup> Wedding Anniversary  
to Kim & Robert who will be  
celebrating on Friday February 8<sup>th</sup>!!  
Wishing you both many more happy  
years together !!

Fr: Tiddalow, Jason, Trent & Evin XOX



Happy Birthday Claudia,  
have a great day on February 14<sup>th</sup>!!

Love from:  
Vicky, Jason, Trent & Evin  
XOX



Happy Valentine's Day  
to my 3 Sweethearts !!

Love Always,  
Vicky (Mom)  
XOX



Happy Birthday Georgette,  
have a great day !!

Love from:  
Vicky, Jason, Trent & Evin  
XOX



Kim & Robert  
Celebrating 5 Years already !!

Love You  
Mom xoxo



Happy Birthday Tiddalow !!  
May this be a even greater year !!

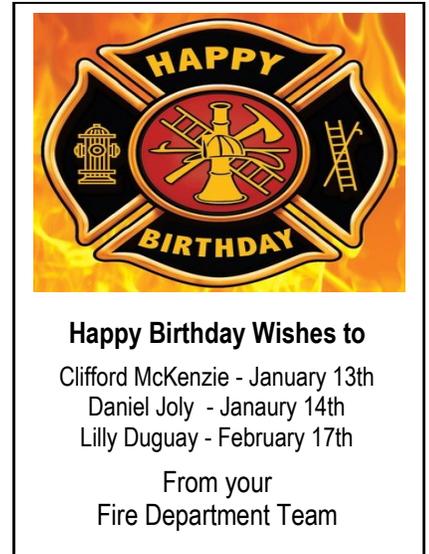
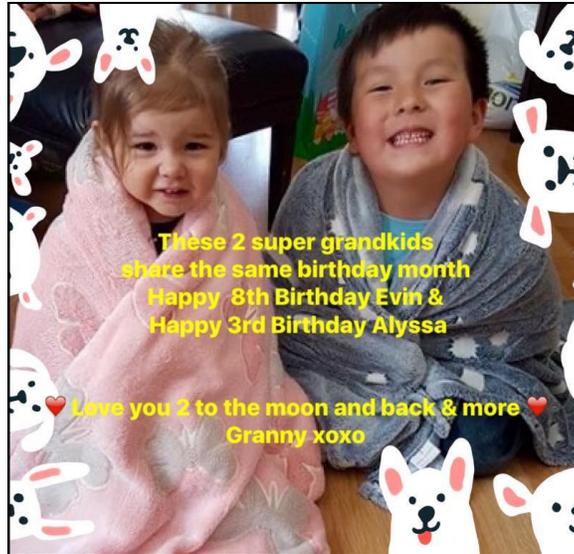
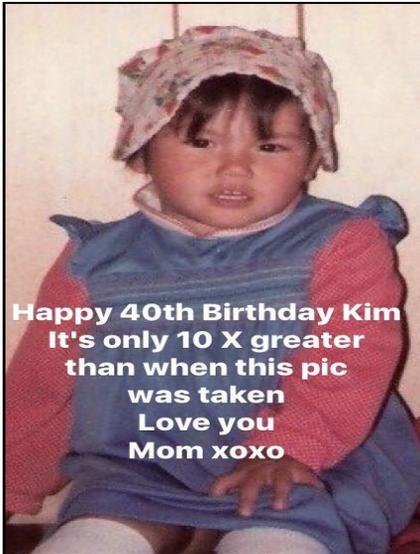
Love You  
Mom xoxo



Happy 19<sup>th</sup> Birthday to our  
Granddaughter Trysta !!  
She celebrates her special day on  
February 28<sup>th</sup> !!

Love Nan & Poppa

# Community Wishes for the Month of February



**KEBAOWEK ELDER'S CLUB**  
(149 Migizy Street)

**SUNDAY, FEBRUARY 24, 2019**  
TIME: 2:00 p.m.  
(Doors open at 1:30 p.m.)

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

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

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

Regular Game Prizes - \$20.00

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

**CANTEEN OPEN**  
Hotdogs, Chips, Pop, Tea, Coffee

**EVERYONE WELCOME !!**

**SATURDAY, MARCH 16, 2019**

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



# Kipawa Countryfest

## August 16-17-18, 2019

**GRAB OUR \$60.00 WINTER SPECIAL**

### 2019 KIPAWA COUNTRYFEST PRICES

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

## ON SALE AT THE FOLLOWING PLACES:

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

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

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

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

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

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

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



ERIC ETHERIDGE



TRACEY BROWN &  
RANDELL PRESCOTT



TERRI CLARK

KELLY PRESCOTT



BUCK TWENTY



# An Update from the Health Director

## January Meetings

- FNHMA Board of Directors
- ISC Infrastructure Manager
- CISSSAT Board of Directors & Verification Committee
- Quebec FN Health Directors Network

## Meetings in February

- Onimiki Campaign and Strategy Committee
- New Health Center Planning Committee
- CISSSAT Board of Directors & Verification Committee
- FNHMA Board of directors Executive Meeting
- HEMA Quebec
- KFN, WL.FN. & MRC

## Files in Motion

- New Health Center, Plans & Specs 95% complete
- Onimiki P.R. Campaign to continue
- 1 Year extension of 5 Year Health Plan Renewal
- Pilot with University McGill Research Center
- New Police Station / Equipment Upgrade
- Filling of Clinical Social Worker Position

## Health & Wellness Center

With the centralization of funds and decision making at FNIHB headquarters, I have been advocating hard to our Regional Office and to the Assistant Deputy Minister for their support and I personally know that both level always do their best to support all First Nations people under their responsibility. Because of our community's financial standing, we are currently looking at new and creative ways at getting our project started with perhaps non-conventional funding streams or mechanisms. We should have more news by the beginning of March.

To all our members who visit our Health Center to see a nurse on a regular basis for normal follow up, blood work or as a walk in, please be advised that in order to facilitate our file charting and other administrative duties required by law, we will be adjusting the walk-in clinic times. Please see the new schedule on page 18 of your newsletter and keep it as a reminder until you are fully familiarized with it. On behalf of my nursing staff, we thank you in advance for your understanding and collaboration.

Former liaison for the Algonquin communities for the CISSSA-T Ms. Annie Vienney has left the organization and has returned to France to be closer to her family. Understanding that this position was important to the communities, the CISSSAT has found a bilingual replacement in the person of Ms. Marie-Helen Lemay. Early in her mandate, Ms. Lemay will be visiting our communities to familiarize herself with our realities and needs. From a KFN perspective, I will continue to convey our issues surrounding English services within the Quebec provincial health network.

Hema-Quebec met with our Health Directors Network and resented a great project or partnership opportunity surrounding stem cell research and registry. We are also considering setting up or collaborating with our neighbours to do a blood donation drive. More information will be available in the weeks to come and if we receive good support, we could potentially set things up during our Spring Health Fair to be held on the 16<sup>th</sup> of May. This would coincide well with this year's "The Gift of Life" theme!

David McLaren  
Director of Health and Social Services / Councillor



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

Loïc Allenbach-Bellehumeur  
Hearing Aid Practitioner  
will be visiting our Health Center  
**for appointments on  
Monday March 11th, 201.**

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 to put your name on the list.

# Take This Quiz to Test Your Heart Skills

**You get 1 point for each correct answer.**

1. Which of the following is NOT a risk factor for heart disease and stroke?
  - a. High blood pressure
  - b. Excess weight
  - c. Arthritis
  - d. Smoking
  
2. Can you name 2 of the 5 stroke warning signs:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  
3. What can you do to reduce your risk of heart disease and stroke?
  - a. Be physically active
  - b. Eat plenty of vegetable and fruit
  - c. Take a break when you are stressed
  - d. All of the above
  
4. Women have different warning signs of heart attack than men.
  - a. True
  - b. False
  
5. Too much salt (sodium) in your diet may lead to high blood pressure. How much sodium should you consume a day?
  - a. About 1 tsp (2,300 mg) or less
  - b. About 2 tsp (4,600 mg) or less
  - c. About 1 tbsp (6,900 mg) or less
  - d. About 2 tbsp (13,800 mg) or less
  
6. \_\_\_\_\_ is the number one risk factor for stroke and major risk factor for heart disease.
  
7. What kind of dietary fats are good for your heart?
  - a. Saturated fats found in animal products such as fatty meat and full-fat dairy products
  - b. Unsaturated fats found in almonds, salmon, olive oil, canola oil.
  - c. Trans fats found in deep-fried food or packaged cookies
  
8. Within one year of quitting smoking, the risk of dying from smoking related attack is cut in half?
  - a. True
  - b. False
  
9. Which of the following is NOT a warning sign of heart attack?
  - a. Light-headedness
  - b. Sweating
  - c. Sudden difficulty speaking
  - d. Nausea
  
10. If someone has suddenly collapsed and is unresponsive, the person is likely experiencing cardiac arrest. What can you do to help?
  - a. Yell for help. Call 9-1-1 and get an AED (if one is available)
  - b. Check for breathing. Begin CPR if the person isn't breathing or is only gasping
  - c. Push hard and fast on. Use AED as soon as it arrives and keep pushing until person starts to breathe or move or someone with more advanced training takes over.
  - d. All of the above.

**Quiz Answers on page 18 !!**

**Check page 22 for  
Upcoming Heart Health Events**

# Health Center Clinic Hours

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

## LABS/BLOODWORK

Tuesday and Thursday mornings only from 8:00 am to 09:45 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

## Biggest Loser Challenge

We have 17 participants taking part in the Biggest Loser Challenge.

I would like to say to the participants to eat healthy choice meals.

An average woman needs to eat about 2000 **calories** per **day** to maintain, and 1500 **calories** to lose one pound of weight per week.

An average man needs to eat about 2500 **calories** per **day** to maintain, and 2000 **calories** to lose one pound of weight per week.

However, this depends on numerous factors.\*

<https://www.healthline.com/nutrition/how-many-calories-per-day>

Please remember weigh-in days are the following days (Thursday & Fridays)

Jan. 31- Feb. 1, Feb. 14-15, Feb 28-Mar 1

Final weigh-ins: March 14 and 15

## March Break Activity 2019

Thursday March 7<sup>th</sup>  
Skiing at Antoine Mountain  
for Quebec March Break

Thursday March 14<sup>th</sup>  
Skiing at Antoine Mountain  
for Ontario March Break

You cannot attend both days. If your school is on March Break that is the week you can attend.

Deadline to sign up for activity is February 27<sup>th</sup> at 4:30pm.

If you don't sign up before deadline then you'll have to pay for your own lift and ski rentals.

Transportation will be made available

Call Mitchell McMartin at the Health Center to register and confirm if you need a ride  
(819) 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

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**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.

## 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 !!**

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 1<sup>st</sup>, 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>

# Medical Transportation and NIHB

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

February and March - Medical Transportation After Hours Pilot Project						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>AFTER HOURS</u> 8:30 A.M. TO 12:30 P.M.  CALL 819-627-6887	<u>AFTER HOURS</u> 4:30 PM TO 8:30 P.M. CALL 819-627-6887				<u>AFTER HOURS</u> 12:00 P.M. TO 5:00 P.M.  CALL 819-627-6887	<u>AFTER HOURS</u> 8:30 A.M. TO 12:30 P.M.  CALL 819-627-6887

## Pharmacy Benefit Information

### Coverage for Multiple Sclerosis Medications

On January 2, 2019, NIHB will list eleven medications for treatment of multiple sclerosis (MS) as limited use benefits with criteria. Previously, these medications were covered only on exception. The medications are listed below, and coverage criteria can be found in Appendix A of the [NIHB Drug Benefit List](#).

Brand Name	Active Ingredient
Avonex	interferon beta-1a
Betaseron	interferon beta-1b
Rebif	interferon beta-1a
Extavia	interferon beta-1b
Plegridy	peginterferon beta-1a
Copaxone	glatiramer acetate
Glatect	glatiramer acetate
Tecfidera	dimethyl fumarate
Aubagio	teriflunomide
Gilenya	fingolimod
Lemtrada	alemtuzumab

### New Listing for Diabetes Medication

NIHB now covers Tresiba (insulin degludec) pre-filled pens as open benefits. This change adds another option for once-daily insulin therapy for adults with diabetes.

### Benefits Recommended by Pharmacists

NIHB has added epinephrine auto-injectors (EpiPens) and some contraceptive products to the list of non-prescription (over-the-counter) benefits that can be prescribed or recommended by pharmacists. This means that you don't need a prescription from a doctor or nurse practitioner for coverage of these benefits.

You can find a complete list of eligible products and medications that can be prescribed or recommended by pharmacists in section 3.13 of the [NIHB Guide for Pharmacy Benefits](#).

If your pharmacist doesn't know about this policy, please ask them to call the NIHB Drug Exception Centre at 1-800-580-0950 for information.

### Client Safety Program

NIHB has changed the name of the Prescription Monitoring Program (NIHB-PMP) to the Client Safety Program (NIHB-CSP). The new name better reflects the aim of the program, which is to support the safety of clients who are prescribed medications that have a risk of problematic use or dependence, such as opioids. Clients are enrolled in the NIHB-CSP based on their prescription drug claim history, or if they are being treated for opioid use disorder (for example, with methadone or Suboxone). Clients in the NIHB-CSP must have

# Medical Transportation and NIHB

the same prescriber (or clinic) for opioid, benzodiazepine, stimulant and/or gabapentin prescriptions.

## Reduction of Dose Limit for Benzodiazepines – Alberta

To help ensure the safety of clients, the NIHB Program is further lowering the dose limit for coverage of benzodiazepines. This change is being implemented region by region, and will take effect in Alberta region on February 11, 2019.

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

## Update on Coverage for Smoking Cessation Treatments

Smoking cessation therapies are used to help people quit smoking. Some people need more than one patch at a time to control cravings, and may combine patches with other forms of nicotine replacement therapy. NIHB clients are now eligible in a 12-month period for coverage of:

- Up to 36 boxes of patches (7 patches per box)
- One 12-week course of treatment, like gums, lozenges, and inhalers, or spray

If you reach your limit on smoking cessation products but want to try quitting again, ask your pharmacist to call the Drug Exception Centre and you may be eligible for more. NIHB will cover these over-the-counter products when they are recommended or prescribed by a pharmacist, so you don't need a prescription from a doctor.

The Program also covers Zyban and Champix, which are prescription medications used to help people quit smoking. Please talk to your health care provider about the right products and therapies for you.

## Dental Benefit Information

### New Coverage of Fluoride Treatment for Adults

On December 5, 2018, the NIHB Program increased coverage of fluoride treatment to include clients 17 years of age and older with a frequency of one fluoride treatment in any 12-month period. Previously, the coverage was only for clients under 17 years of age. With this change, clients of all ages are eligible for coverage of fluoride treatment.

### Change to Dental Sedation Policy

NIHB revised its dental Sedation and General Anaesthesia Policy and removed the predetermination (PD) requirement for minimal sedation (nitrous oxide and oral sedation). These benefits are now listed as Schedule A (open benefits).

## Medical Supplies and Equipment (MS&E) Benefits

### Registered Nurses as Prescribers for Certain MS&E Benefits

NIHB will now accept prescriptions or written recommendations from registered nurses (RNs) for some MS&E benefits. This includes items in the categories of bathing and toileting aids, dressing aids, feeding aids, transfer aids, walking aids, incontinence, ostomy and catheter supplies, wound care supplies and breast prostheses. A complete list of these items is available in the [Medical Supplies and Equipment Benefit Lists](#).

### Additions to the MS&E Benefit Lists

On December 17, 2018 NIHB added new items to the MS&E benefit lists. These items were previously covered only on exception, and are now listed benefits with criteria (prior approval required). New listings include:

- offloading walking and diabetic walking boots
- custom foot bed liners
- orthosis for club foot
- wheeled commodes (for purchase)
- oxygen conserving devices (rental)

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

### Change in Listing Status for Off-the-shelf Limb and Body Orthotics

A range of off-the-shelf limb and body orthotics (e.g. splints, braces) are now open benefits. Prior approval for coverage is not needed if these items are provided within Program price and quantity guidelines. You can check the [Limb and Body Orthotics Benefits List](#) for more information.

## **IMPORTANT NOTICE**

We caution our members to consult with their pharmacist to ensure that it is even possible for them to prescribe these medications as it varies from pharmacy to pharmacy. There are many variables in regards to what they can do. Having the pharmacist complete this process and provide this service has a professional fee. Please note ... Health Canada/NIHB covers the cost of the medication but not the professional fee. You may be required to pay this fee as it is not covered or reimbursable. Every pharmacy operates under their own procedures, so please ask questions first to avoid unexpected issues.

# Answers to the Test Your Heart Skills Quiz

## ANSWERS

- (c)** Know your risk factors. Take the free confidential My Risk Assessment today @ [heartandstroke.ca/risk](http://heartandstroke.ca/risk)  
**Risk factors you can't control:** Age, gender, family history, ethnicity and history of stroke or TIA (mini-stroke).
- The five warning signs of stroke are:  
**Weakness** – Sudden loss of strength or numbness in the face, arm or leg, even if temporary.  
**Trouble speaking** – Sudden difficulty speaking or understanding or confusion, even if temporary  
**Vision problems** – Sudden trouble with vision, even if temporary.  
**Headache** – Sudden severe and unusual headache  
**Dizziness** - Sudden loss of balance, especially with any of the above signs.
- (d)** Strive for 150 minutes of physical activity each week; eat 5-10 servings of fruits and vegetables each day and control you stress by identifying you stressors. Learn more about how to control your risk factors at [heartandstroke.ca](http://heartandstroke.ca)
- False.** Women often experience the same symptoms as men do, but women and men don't respond to a heart attack in the same ways. Women are less likely to believe they're having a heart attack, and they are more likely to put off seeking treatment.
- (a)** Canadian should consume no more than one teaspoon of salt a day. You can consume less salt by cutting down on processed foods and reducing the salt you add while cooking or at the table.
- High blood pressure is the number one risk factor for stroke and major risk factor for heart disease. Have your blood pressure checked regularly as recommended by your healthcare provider.
- (b)** Unsaturated fats can be good for your heart when eaten in moderation. Eliminating trans fat and lowering saturated fats in your diet will help reduce your risk of heart disease and stroke

- True.** It is never too late to quit smoking. The benefits of quitting are felt within day regardless of your age.
- (c)** Warning signs of a heart attack include; Chest discomfort, discomfort in other areas of the upper body (neck, jaw, shoulder, arms, back) shortness of breath, sweating, nausea and light-headedness. Call 9-1-1 if someone is experiencing any of these symptoms
- (d)** Most cardiac arrests occur in homes and public places.

### So what's your heart health IQ?

8 - 10 Correct ... Well done !

5 - 7 Correct ... Good work

0 - 4 Correct ... Sorry ... You may benefit from visiting the Heart and Stroke Foundation website @ [heartandstroke.ca](http://heartandstroke.ca)

## AED's – Automated External Defibrillators



An **AED** (Automated External Defibrillator) is a small, lightweight device that analyses a person's heart rhythm and can recognise irregular heart rhythms such as ventricular fibrillation (VF) or ventricular tachycardia (VT), also known as Sudden Cardiac Arrest – A Heart Attack.

## Kebaowek First Nation has 3 AED's in the Community

### DO YOU KNOW WHERE THEY ARE ???

**You can save a life.**

- Located at the Health Center – in the lobby near the nursing clinic door.
- Located at the Community Hall (the Dome) on the wall near the kitchen
- The Kebaowek Police Department. The police on duty carry an AED in their vehicle at all times. Call the Police in case of an emergency.

# Seven C's of Defeating a Drug Addiction

## #1: Conceptualize what a drug addiction is

It is very important when dealing with a drug addiction to understand just what that is. A drug addiction is when an individual becomes dependant on any substance that impairs their normal ability. If you experience an emotional, mental and/or physical set back in anyway when you are without that substance for a reasonable length of time, there is a considerable chance that you are addicted.

## #2: Confess that there is a struggle

Denial is a key barrier in defeating a drug addiction. Many times individuals will say I am not addicted, but their consistent reuniting with that substance cancels out what they are saying. However, when you confess that there is a struggle, a signal of hope is sent to your mind, body and others around you.

## #3: Consider your surroundings

It is virtually impossible to defeat a drug addiction when you place yourself in surrounding that make drug use easily accessible and readily available. An individual must avoid environments and people that create comfort zones for drug use.

## #4: Convince yourself of the power inside you

Individuals become victims of un-success because they fail to embrace the power inside of them. Individuals should know that the effort inside of them they used to start the

drug addiction is surpassed ten times by the power inside of them to defeat it. If that person realize that they have this internal power, a rise is inevitable.

## #5: Carry out daily mental training

The mind is like a muscle, the more you exercise it the stronger it becomes. With that being said, there is value in going through daily mental meditations that reflect on the new person that is drug free and has successfully defeated their past addiction.

## #6: Consistently verbalize your freedom

This is when an individual gets a pass to talk to themselves about themselves. This is called engaging in verbal affirmation. On a consistent basis get in front of a mirror and tell yourself that you are not the victim of that addiction, and that you have full control of your drug free destiny.

## #7: Create healthy alternatives

An individual will be more likely to continue enjoying their drug free life after successfully defeating an addiction if they channel energy into healthy alternatives. Don't just sit around, because that will give your mind permission to regress. Find safe and fun things to do that will occupy your time and promote the new you.

**Check page 23 for  
Upcoming Addictions & Wellness Activities**

## Naloxone Kits

**Naloxone** is a drug that can temporarily reverse an opioid overdose, so long as it is given right away and followed up by emergency medical care. In other words: if you or anyone else is having an OD (Over Dose) from an opioid (such as fentanyl, codeine, oxycodone, morphine or heroin) **Naloxone can save a life ...**



CARRY A NALOXONE KIT



CALL 9-1-1



#STOPOVERDOSE

## Kebaowek First Nation has NALOXONE kits in the community.

### DO YOU KNOW WHERE THEY ARE ???

**You can save a life.**

- Located at the Health Center – in the clinic, with the Homecare Nurse and in the Health Center lobby near the clinic door where the AED is located.
- Located at the Community Hall (the Dome) on the wall near the kitchen where the AED is located.
- The Kebaowek Police Department. The police on duty carry a NALOXONE kit in their vehicle at all times. Call the Police in case of an emergency.

**\*\*\* If you would like a NALOXONE KIT for yourself, a friend or a family member, Please contact the Nurses at the Health Center or obtain a kit from the local Pharmacy. Naloxone Kits are FREE !! \*\*\***

# Healthy Children Starts in the Home

## What you can do to keep your children healthy?

Healthy habits, including regular physical activity and healthy eating that begin at home at a young age and continue throughout life, are important to achieving and maintaining a healthy weight. Between the ages of 6 and 12, children learn to make decisions and begin to make more choices of their own. They are developing eating habits and attitudes they may carry with them for the rest of their lives. Peer pressure influences children and youth of all ages and is particularly strong in the early teen years.

- You as a parent, play an important role in helping your children stay healthy. Encourage your children to eat three well-balanced meals a day at regular times. Provide them with at least five servings of vegetables and fruit a day. Five servings might look like this: a small apple, half of a banana, a handful of baby carrots, a small bowl of peas and a stalk of broccoli.
- Offer them water and lower-fat milk (1% or 2%) instead of pop and other sugary drinks.
- Serve fresh fruit, veggie sticks and yogurt after school and on the weekends instead of high-fat, high-calorie snack foods such as potato chips and cookies
- Encourage free outdoor play (A pick-up game of baseball? Sliding?) While limiting their screen time in front of computers, video games and TV.
- Help children get pleasure out of being active by encouraging them to choose activities they love – is it dancing, basketball, hockey, soccer, swimming, rollerblading, biking, or jumping rope?
- Schedule family outings that are active such as talking a walk or swimming at the center pool.
- Get your kids cooking – they usually like to eat what they have fun making.
- Set a good example yourself by eating healthy and being physically active on a regular basis.

Here is a great recipe to try with your children ...

## **Bowtie Pasta with Chicken, Veggies and Tomato Sauce**

**4 servings / 30 min  
Prep 10 min / Cook 20 min**

This meal is great for providing energy for your active kids. They won't know about the two portions of vegetables per serving. In order to "hide" the vegetables in the tomato sauce, I try to dice them as small as possible or buy frozen veggies that are very small.

### **Ingredients**

- 4 cups whole wheat bow tie pasta
- 1 tsp olive oil
- 2 raw chicken breasts, diced
- 2 cups frozen mixed vegetables
- 2 cups pasta sauce
- 1 cup of part skim mozzarella cheese, grated

### **Directions**

- Cook pasta according to the directions on the package.
- Meanwhile, heat oil over medium heat. Add diced chicken and cook until no longer pink inside. About 5 minutes.
- Add vegetables and cook 1 minute, until heated.
- Add sauce and simmer 10 minutes.
- Toss pasta with sauce and divide into bowls. Top with cheese and serve.





**ELK LAKE**  
ECO CENTRE

**5<sup>th</sup> Annual**

**Mental Wellness Retreat**

**March 21-22-23-24, 2019**



**Come out and join us for a weekend of pampering while receiving valuable information at the beautiful Elk Lake Eco Centre.**

**Stay the weekend or just for the day.**

**Call the receptionist 819-723-2260 to book your spot, rooms fill up fast.**

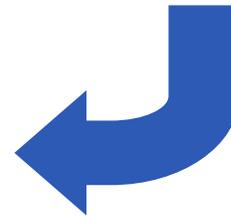
**ATTENTION KEBAOWEK BAND MEMBERS ...**

Timiskaming First Nation has extended an invitation for Kebaowek First Nation members to attend their Wellness Retreat at the Elk Lodge Eco Centre.

Free for participants.

Please call the TFN Health & Wellness Center to sign up and reserve your room, spots are limited.

Please see poster for more info.



**TO KEEP UP TO DATE WITH ACTIVITIES, EVENTS AND ANNOUNCEMENTS ... LIKE AND FOLLOW US ON OUR FACEBOOK PAGES**

**KEBAOWEK HEALTH AND WELLNESS CENTER AND KEBAOWEK FIRST LINE SERVICES**



*thank you*

A Special thank you for all those who volunteered for First Line Services throughout the winter holidays! Your help was greatly appreciated!

Also, thank you to the Kebaowek Band Office & community for your donations for the Food Bank!

# 12 Ways to Beat the Winter Blues

1. **Let the Light In:** Natural light is a big deal. Help let the natural light come in your house by opening up those curtains and blinds! Consider even switching out dark curtains with light ones because dark curtains darken up spaces so much more than you'd think.
2. **Exercise:** Exercise is always a great pick-me-up. It's much harder to be motivated to work out in the cold winter months, but it is so worth it. If you're not up to a full on sprint, bundle up and take a walk outside. The sunlight will help lift your spirits.
3. **Accomplish one thing each day:** If you have a long to-do list (which consists of boring things like taxes), but you don't want to do any of it, just set a goal to do one thing on your list each day. Setting yourself up for success is a much better way to be happy than setting yourself up to being overwhelmed and feeling like a failure.
4. **Get Outside:** It might be cold and snowy, but there will be sunny days too. Take advantage of the sunny ones and get outside for a little while. Even if that just means sweeping the garage or standing on the back porch for five minutes. Either way, the fresh air will feel good.
5. **Stay Healthy:** This is a hard one, and it's not always within your control. But being sick defeats everything and it's hard not to be frustrated that you can't get anything done because you feel lousy. So get your flu shots, drink lots of water, eat your veggies, wash your hands, use essential oils, etc. And rest if you can when you feel something coming on!
6. **Socialize:** The best cure for loneliness is to be around other people. More often than not, it's going to have to be you that makes the effort to see your friends. Arrange a play group or a girls night out with one or more friends. If you don't have the time or energy for that, just write someone an email. They will usually write back and make you feel a little less lonely. Ironically, the worst cure for loneliness is social media. It usually ends up making you feel like everyone else is having a blast without you.
7. **Make Something:** If you are sick of sitting in the house but don't have many other options due to the cold or budget or whatever, make your house a prettier place to be! There are ways to make your house pretty without spending any money. Chances are, you probably have stuff leftover from other projects to make something new. Paint a wall a new color, rearrange furniture, work on a quilt. Then be proud of what you made.
8. **Do Service:** Depression tends to get me the worst when I start dwelling on all the 'sad' aspects of my life. It's always helpful to get out of your own head for awhile and help someone else. And this doesn't mean go clean out their pantry or something...service can be as simple as visiting someone and listening to them. Or making cookies and taking them to a neighbor.
9. **Organize:** Winter is the best time to organize, since you are stuck in the house anyway. My number one cause of frustration is being disorganized. Being disorganized leads to not being able to find things, which makes me late for stuff, which makes me embarrassed. Make a list of your top ten spots in your house that really need to be organized. Work on one area each week and make a better system so that area stays organized. By the time you reach the end of your list, winter should be over!
10. **Spend quality time with your Significant Other:** The new year is always busy—trying to fit in those extra resolutions, all the things that were put off til' after Christmas. Date night tends to get put on the back burner. But even if all you do is watch TV every night, you can still do it together. Turn off your computer, put away your phone or tablet, and just focus on your spouse and the movie. Better yet, get a babysitter and go out! You will be amazed at how invigorated you feel after having a great conversation with another adult.
11. **Bring Nature Indoors:** We miss the green of the summer, the flowers of the spring. It all seems like a distant memory and after months of looking at dead grass and leafless trees, I can't even remember what it was like before the winter. This is a great time to buy fresh cut flowers or a new houseplant and freshen up your house. It helps clear the air, too.
12. **Eat right:** Start each day with a green smoothie and have healthy warm dinners at night. Eating a healthy balanced diet will help regulate the serotonin levels in your body and help you feel better all over. Plus it will help fight off any lurking germs that might want to get you sick!

Read more at <https://www.honeybearlane.com/2014/01/12-ways-to-beat-the-winter-blues.html#OZ2afKh11TmADxJz.99>



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

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

or through online chat at [hopeforwellness.ca](http://hopeforwellness.ca)

# Upcoming Activities Health Center/Frist Line Activities

## FEBRUARY IS HEART HEALTH MONTH



PLEASE JOIN US FOR A FOUR COURSE

### VALENTINE'S DAY DINNER

Catered by: Carolyn Pariseau

FOLLOWED BY

### "YOU CAN'T BEAT A HEALTHY HEART" INFORMATION SESSION

WHEN: WEDNESDAY FEBRUARY 13TH, 2019

WHERE: COMMUNITY HALL

TIME: 5:30 PM DOORS OPEN AT 5:00 pm

WITH GUEST SPEAKER: JOSEE CARRIERE

To register contact Virginia McMartin at the  
Health & Wellness Center 819-627-9060

GREAT DOOR PRIZES TO BE WON !!

MUST RSVP BY MONDAY FEBRUARY 11TH

SAVE THE DATE



## Get Checked



- Blood Pressure
- Cholesterol
- Glucose

### SCREENING CLINIC

Kebaowek Health and Wellness Center

February 11th to 15th, 2019

During office hours !!

Wednesday 8:00 to 6:00 pm

Walk-in Clinic

No appointment necessary!!

**CHANCE TO WIN A GREAT DOOR PRIZE**

For transportation please call Priscillia at the  
Health & Wellness Center 819-627-9060



### North Bay Nordic Ski Club Trip 2019

**Sunday January 13th**  
**At 10:00 a.m.**  
**630 Northshore Rd.**

Come on out and enjoy some skiing or snowshoeing fun  
at the North Bay Nordic Ski Club this Sunday!

If interested, please call **Vicky** at the Kebaowek Health  
Center **(819)627-9060 X258** to register ASAP.  
(Leave a message with your name and a call back number)

Transportation is your responsibility.

There is a canteen available onsite, however you may  
bring your lunch if you so choose to.

Sponsored by  
Kebaowek Health Center  
~Wellness & Addictions Program~

## BOWLING NIGHT

### WHEN

Friday February 8th, 2019

### TIME

We will meet at Partner's Billiards & Bowling  
for 7:00 p.m.

PLEASE CALL **VICKY** AT THE HEALTH CENTRE TO  
SIGN UP BY 4:30 P.M. WEDNESDAY FEB 6TH AT  
**(819)627-9060 EXT.258** PLEASE LEAVE  
MESSAGE WITH THE NAMES OF WHO IS  
COMING AND A CALL BACK #. THANKS !!  
TRANSPORTATION IS YOUR RESPONSIBILITY,  
BUT IF YOU REQUIRE A RIDE, LET ME KNOW  
AND I WILL TRY TO ACCOMMODATE.

HOPE TO SEE YOU THERE !!  
ALCOHOL & DRUG FREE ACTIVITY !!

# Upcoming Activities Health Center/Frist Line Activities

## Family Swim

For parents & children aged 0-5

Wednesday, February 13th

9:30 - Bus leaves Daycare for the Centre

10:00 - 11:00 - Swimming

11:15 - Leave the Centre to return back to Kipawa

Make sure to pack a bathing cap,  
swim suit & towel.

For more information contact First  
Line Services 819-627-9877.

First Line offers  
3 different play groups !!

**The Funny Fox (2 years)**  
Tuesdays from 9:30-11:30

**Howling Wolves (3-4 years)**  
Wednesdays from 9:30-11:30

**Mini-Pals (0-2 years)**  
Thursdays from 9:30-11:30

All groups are located in the  
basement at  
First Line Services.

For more information  
or if you  
require transportation  
please contact First Line  
819-627-9877



## Public Swimming for Kebaowek Band Members

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

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

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

## PISCINE / POOL

**7 Janvier au 7 Juin 2019**

		Res. / Non Res.
LUNDI MONDAY	10:00 am - 11:00 am (O) 7:00 pm—8:00 pm (O) + (C)	Adulte \$4.50 \$6.75 Ét/stu \$3.00 \$4.50 Sénior \$3.00 \$4.50 Famille \$9.00 \$13.50
MARDI TUESDAY	12:00 pm - 1:00 pm (O) + (C) 7:00 pm—8:00 pm (O)	
MERCREDI WEDNESDAY	10:00 am - 11:00am (O) 11:00 am—12:00 pm (Aquabambins - parent/tot) 7:00 pm - 8:00 pm (O)	
JEUDI THURSDAY	12:00 pm - 1:00 pm (O) + (C) 7:00 pm - 8:00 pm (O) + (C)	
VENDREDI FRIDAY	6:00 pm—7:00 pm (O)	
SAMEDI SATURDAY	10:00 am—11:00 (O) 3:00 pm—4:00pm (O) 7:00 pm - 8:00 pm (O) + (C)	
DIMANCHE SUNDAY	10:00 am - 11:00 am (Aquabambins - parent/tot) 11:00 am - 12:00 pm (O)	

La piscine est à votre disposition suivant les conditions suivantes:  
The pool is at your disposal following these conditions:

(C) Corridor.  
(O) Ouvert à tous / Open to all age  
(Aquabambin-Parent/tots) Parent & bébé seulement/ parent & baby swim only

\*Les enfants de 6 ans et moins ou qui ne nagent pas doivent être accompagnés d'un adulte dans l'eau.  
\*Children under 6 years of age or non-swimmer must be accompanied by an adult in the water.  
Casques de bain obligatoire / Bathing caps mandatory  
Maillot de bain doit être au-dessus du genou/Bathing suits must be above knee.

# Upcoming Activities Health Center/Frist Line Activities

**COME OUT AND JOIN US AT THE SENIOR SOCIAL**

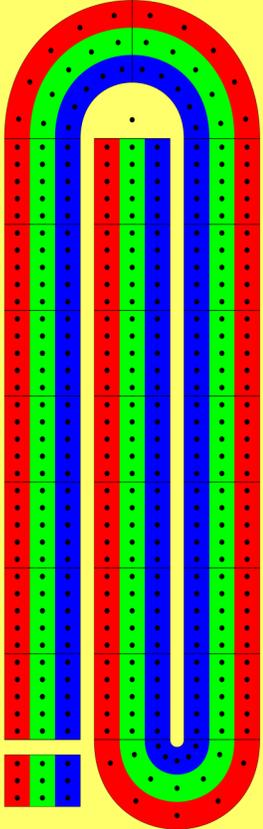
**Every Thursday**

**Basement of First-Line Services**

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

**Snacks, Coffee/Tea**

For more information or if you require transportation please contact First Line Services 819-627-9877



**VALENTINE'S Family Breakfast**

**FEBRUARY 14TH**

At Kebaowek Community Hall  
6:45am-9:00am

Phelps Bus Pickup - 7:30 in front of hall  
GTS/EGT Bus Pickup - 7:50 at 4-way stop

For more information contact First Line Services 819-627-9877



First Line Services:

**WOMEN'S PAINT NIGHT!**



*February 12th & 26th*

**6:00pm - 8:00pm**  
in the First Line Services basement

**Coffee/Tea/Water & Snacks provided**

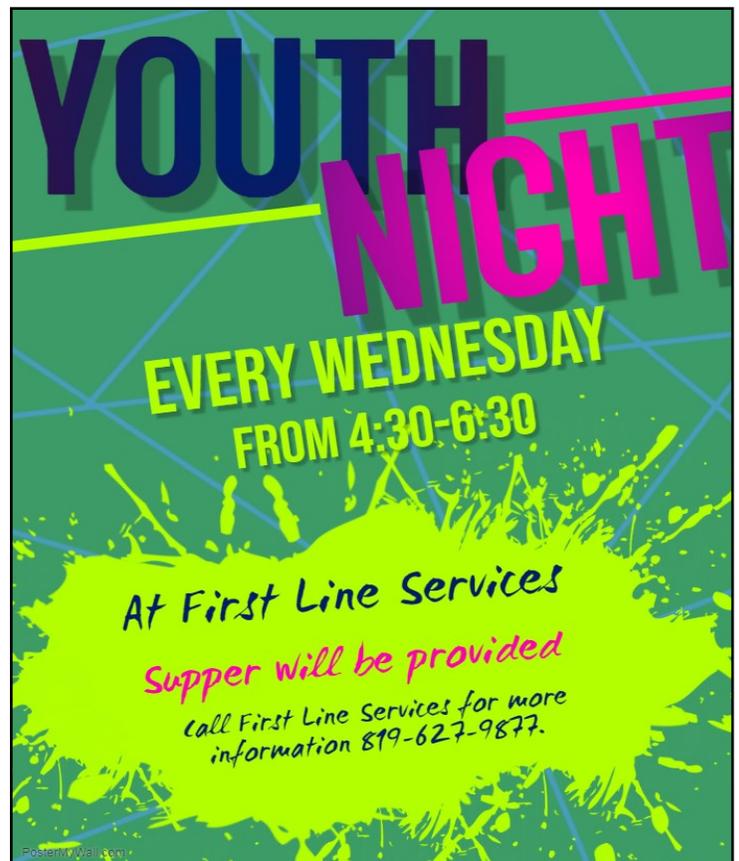
For more information contact First Line Services 819-627-9877.

**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 Activities Health Center/Frist Line Activities

## Meals on Wheels

**Nutritious and tasty meals delivered to your door!**

**Can't decide what to eat? Too tired to cook?**

We firmly believe that easy access to nutritious food is important for people who want to lead a healthy life. Our service is designed to make it easier for seniors and people with disabilities to eat well.

The meals we provide are specially designed to provide one third recommended daily nutritional needs.

### Criteria:

You must meet the following criteria:

] Age 65+ ] Reside on-reserve ] Special referral...

**You get: Soup, Hot Main Meal, Juice & Dessert**

- Meals are delivered (with dates and times to be determined).
- Meals will be prepared fresh by our local catering professional
- We work and aspire to meet clients' individual dietary needs, medical condition, physical ability and personal taste.

### For More Information

About delivery options, meals and prices or to find out if you are eligible for this service, please contact at:

Kebaowek First Line Services 819-627-9877

**Next delivery dates: February 6th & 20th**



## 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!!

## Community Kitchen

Monday, February 11th

4:30pm - 6:30pm

@ Kebaowek Community Hall

**On the Menu:**

**Ground Turkey Stuffed Peppers & a Sweet Potato Side Dish**

Call First Line Services to register by Friday @ 12:00pm

819-627-9877

## FAMILY MOVIE NIGHT

**THE GRINCH**

Monday, February 25th  
Doors open @ 5:15PM  
MOVIE STARTS AT 5:30PM



At First Line Services basement

Dinner will be provided.

Coffee/Tea/Water/Popcorn available.

# Upcoming Activities Health Center/Frist Line Activities

## Community Shopping Trip

The first Saturday of every month !!



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

Next Trips:

February 2nd and March 2nd

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

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

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

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

## LUNCH FIT

\*\*Starting Jan.8th until June.27th\*\*

Tuesdays, Wednesdays & Thursdays  
From 12:05-12:40

In the basement of First Line Services

\*Men & Women 18+\*

Circuit Training, Pilates, Weights



Come enjoy a great workout!!

KEBAOWEK FIRST NATION

# FOOD BANK



As of January 7th, 2019 the Kebaowek Food Bank will only be open on Tuesdays & Thursdays from 1:00PM-3:00PM.

If you would like a food hamper, please contact First Line Services

819-627-9877

# FoodBank



KEBAOWEK FOOD BANK NEEDS YOUR HELP !

WE ACCEPT NON-PERISHABLE ITEMS SUCH AS PEANUT BUTTER, CANNED FRUIT & VEGGIES, PASTA, KRAFT DINNER, SOUPS, TOILET PAPER ETC.

THANK YOU TO ALL THAT DONATE!

IT IS TRULY APPRECIATED AND HELPS FEED OUR FAMILY, FRIENDS & NEIGHBOURS



