



Photographer - Mules Joly

# Kebaowek First Nation Mazinaigan / Newsletter

Miskomin Kizis / July 2019

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## An Update from the Chief

In this month's article, I will be providing an update on an important file, our rights and title and the need to be able to benefit from development on our Nations traditional and ancestral territory and as well an update in regards to education.

As I write this article I find myself struggling to understand and make sense of what's been happening these past weeks with our exclusion from being an equal partner for the development of 100 Wellington Street in Ottawa. It is the former US embassy and has been vacant for 16 years until the government decided to give it to the three National Indigenous Organizations (NIOs) the Assembly of First Nations, the Inuit and the Métis to develop into an Indigenous People's space. Prime Minister Trudeau announced this on June 21, 2017 and the AFN was tasked by resolution to consult the Algonquin Nation.

We were all invited to a meeting in Ottawa which started with a tour of 100 Wellington and then we were presented a concept paper drafted by the AFN which said the three NIOS would be partners and sign a 99 year lease for the building and the Government would fund the repairs and the renovations required. They would be equal partners and would develop a non-profit corporation to administer the property. The Algonquin Nation was not offered equal participation and benefit, instead we would be consulted on a few design features, namely the entrance and we could name the building, but that was it. This did not sit well with us as the building is on unceded Algonquin land which everyone acknowledges and we felt as a minimum we should have equal benefit like the others. We repeatedly told AFN staff what we wanted but they kept coming back with revised concept papers however not one of them included equal partnership so we grew frustrated and asked for a meeting with National Chief Bellegard. He came to meet us, although he said he could not make that decision alone as there were two other partners and they would have to agree and he would speak to the leaders of the other NIOs. He did speak to them and they did not agree to make us equal partners and told the NC it was his problem to solve. We then sent an invite to all three NIOs requesting a meeting and only the NC had the decency to show up. For us this was disrespectful and insulting and we knew we could not sit by anymore and we needed to take action and send a strong statement to Canada and the NIOs. We then learned that on June 20th, there was going to be a signing ceremony, the Governor General and the NIOs were going to sign an agreement for the transfer of the building to the NIOs and then it would be open to the public on June 21st. We held a press conference condemning the NIOs for excluding the Algonquin people and then we, the Algonquin communities and our Grand Chief Verna Polson, decided we would set up a wigwam and protest to stop the signing ceremony and the opening of the building. The ceremony and public opening were cancelled and the three NIOs were told that nothing would happen until the Algonquin issues were settled.

The Wigwam lent by Kitigan Zibi was set up Wednesday night and we have been there since and will be until we become equal partners with the NIOs. As many of you know Grand Chief Polson has been leading this protest and has been sleeping in that wigwam since last Wednesday, she is committed and serious about (cont'd page 2)

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Police Department**  
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Kebaowek, QC J0Z 3R1  
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## An Update from the Chief

protecting our rights and is sacrificing her time, her family, her health and her well-being all for the benefit of you members and all the other Algonquin people. I am so proud of her and truly appreciate the work she is doing and has been doing as our Grand Chief and strong Anishnabe Kwe, by her actions and selflessness, she is demonstrating why she is a great leader.



We continued to demand to meet with the leaders of the NIOs and have an open and frank discussion as to why they do not want to include the Algonquin people. We waited a week for that meeting to happen only to see the Inuit and Métis dig in and confirm directly that they do not want the Algonquin Nation as partners. We told them we couldn't believe or understand their position, we simply want the same opportunities as those other groups. The following paragraphs are information directly from a power point presentation prepared by the AFN

*Options for use are open and could include e.g.*

*Welcome House - given the proximity to Parliament Hill, could showcase history from the diversity of Indigenous peoples' perspectives. The Centre could be open to the public, house exhibits, host events, educate public and welcome school groups and international visitors.*

*Indigenous Peoples House - function as a kind of Permanent mission providing space for First Nations, Inuit and Métis governments and representative organizations to host meetings and events.*

*For these or other options, the building could be staffed by Indigenous people, creating a space for Elders and creating employment opportunities for Youth*

This battle is about respect, recognition and the opportunity to showcase our beautiful history, language and culture and educate Canadians and tourists who will visit the building. The Inuit and Métis are being given that chance and so should we, so the battle continues until we find a solution that ensures we are equal partners in all aspects of this project.



*Thursday June 20th, First morning of protest, Algonquin community flags are set up including Kebaowek First Nation's.*



We are planning a rally and as more details and information is made available we will be sending out a notice to see if there are members who would travel to Ottawa and protest for a few days. We are trying to coordinate this with Wolf Lake and Temiskaming First Nation, transportation, lodging and meals will be provided.



*Delegation from Lac Simon*

## An Update from the Chief



*Algonquin Chiefs were on site to show their support of Grand Chief Verna Polson including Chief Lance Haymond*



*Picture on left ...*

*Grand Chief Verna Polson with Chief Lance Haymond and AFNQL Regional Chief Ghislain Picard*

*Picture on right...*

*Grand Chief Verna Polson with National Chief Bellegarde who stopped by with food and to offer support*

In closing what really hurts the most is that the three leaders of those NIOs don't give a damn that an Algonquin woman is sleeping in a wigwam and that her safety could be compromised at any time and this is just weeks after the Commissioners of the Murdered and Missing Women and Girls submitted their final report. This is shameful, leaving our most vulnerable, a woman mind you, to continue staying on the streets of Ottawa, we are open to continued dialogue and finding a way forward but it has to be now so we can have Verna come home to her family and friends. I will continue to provide updates via our website and Facebook pages that the Health Center and Land Management Department have. I would also suggest to follow Verna on Facebook as she provides regular updates and uses Facebook live to inform everyone about what's going on.

### **Additional Update on July 1st, 2019**

**Grand Chief Verna Polson has now taken a harder stand and has started a hunger strike at midnight. She will not be consuming anything including water . Grand Chief Polson along with Chief Frankie Cote from Kitigan Zibi and Chief Casey Ratt from Barriere Lake met with Prime Minister Justin Trudeau on Canada Day and he said he nor his government will intervene and he expects us to work this out with the NIOs.**

I also want to touch on the issue of Education briefly, as I have stated Indian Affairs is going to cut our elementary school funding by \$500,000 next year because of a new funding formula for First Nation Education. This is unacceptable and we told the Department we expect them to honour our funding agreement at the current \$699,000 and that we will take all action necessary including legal if necessary. The reason I bring this up again is that the level of funding is important to helping us meet the funding needs of our students including post secondary.

Our Post Secondary budget is a fixed budget that Indian Affairs unilaterally determines and for Kebaowek this is a little over \$400,000 per year and when you take salary and administration we have about \$350,000 to fund students going to college and university. This amount is not enough to fund all students requests for funding so in the past we have moved surplus's in other programs to Post Secondary to cover more students but in the end we do have to tell some students no because we just don't have the funds to do so. This year was no exception, we received more requests than we normally would because of S3, thirteen newly reinstated and registered members applied for funding adding pressure to an already badly underfunded program so again we, the Council and Education Department had to make hard decisions based on the Post Secondary Policy. This policy outlines how students are granted funding based on priorities, it also includes deadlines for applying for funding and this year like every year it was May 1st. We have received (cont'd page 4)

# An Update from the Chief

requests for funding totalling \$616,900 for a \$350,000 funding envelope.

## **Priorities for funding is as follows:**

**Priority 1** Those students finishing high school and going into post secondary either college or university.

**Priority 2** Those returning students that were funded the previous year and are continuing their studies and are in good standing (passing) in their program.

**Priority 3** Those who are not in good standing and have failed two consecutive semesters, those wishing to return to school after being out of the system for a period of time and late applications received after the May 1st deadline.

The Council transferred an amount of \$161,000 from surpluses in elementary education to the post secondary budget to boost it to \$511,000 so more students could go to school. We then review the requests based on the priorities noted above starting at Priority 1 students and we go down the list of Priority 2 students until we reach a total of \$511,000, the available budget. This year that meant we were able to fund all Priority 1 and 2 requests but had no funding left for those in the Priority 3. This is the harsh reality we have to administer to our members because the government won't fund the real cost of post secondary education so all

students who want to continue their education can do so. This is partly why ISC is cutting our elementary budgets because we still generate small surpluses but we always use them for post secondary.

This year was especially challenging for two reasons, we had more returning students and more requests from people reinstated and gained status through S3 and the second phase of S3 is yet to be implemented which means more students, same budget. While I'm glad people are regaining lost status, the government is not doing us any favours by not adjusting our budgets to meet the growing needs and it will be the same for many other programs and services. I felt it was important that everyone knows how difficult it is to be put in this awkward position of having to say no when I know and believe that education is vital for our people.

In closing I would like to congratulate all graduates whether it be elementary, high school, college and university. I know it takes a lot of hard work and am proud of seeing our members succeed. I would also like to acknowledge Councillor Chaput for attending a couple of the graduation ceremonies as Council representative. I had the pleasure of attending the graduation ceremony at Algonquin in North Bay. I hope you enjoy the summer break, get recharged and to spend time with family and friends.

Chief Lance Haymond



*Jacob Young graduated from G Theberge School on June 23rd, 2019*

*He received an achievement award for top marks in math and the he won James Shae Bursary from the Quebec Western School Board.*

*Congratulations Jacob !!*



*Toni Lafrance graduated from Algonquin High School in North Bay on June 27th. Toni is the daughter of late Chief Harry St-Denis.*

*The school allows the Chief of the Community to give the diploma to the graduating students from their community.*

*Toni is wearing a beautiful dress made by her mother Claudia.*



*Kebaowek had three members graduate from Nbisiing Secondary School in Nipissing First Nation on June 19th, 2019.*

*Congratulations to Jack Monette (top left) Robert Poucachiche (top right) Mallory Tepiscum (right)*

*Wishing you all the best !!*



# Kebaowek Election Results

## Statement of the Votes

Kebaowek First Nation May 31, 2019

NAME OF CANDIDATE FOR COUNCILLOR	TOTAL VOTES RECEIVED
Chaput, Gerald (Yogi)	209
Chevrier, Kimberly (Kim)	95
Hunter, Doris	149
McKenzie, Justin (Chummy)	22
McLaren, David	118
Perrier, Dennis (Jungo)	84
Roy, Justin	125
Tepiscum, Lois	65

Number of valid ballots cast for candidates for Councillor: 307

Number of rejected ballots for candidates for Councillor: 2

## Statement of the Votes

### Elected Candidates

TO THE OFFICE OF COUNCILLOR:

Gerald Chaput

Doris Hunter

Justin Roy

This count was diligently conducted in accordance with the *Indian Band Election Regulations*.



Left to right ... Councillor Justin Roy, Councillor Gerald (Yogi) Chaput, Chief Lance Haymond, Councillor Doris Hunter



First Nations Education Council

In association with  
 Indigenous Services Canada

# YOUTH EMPLOYMENT OPPORTUNITY IN TECHNOLOGY

20-week ICT work experience

**ARE YOU AGED BETWEEN 18 AND 30?**  
**ARE YOU UNEMPLOYED?**  
**WANT TO DEVELOP NEW SKILLS IN TECHNOLOGIES?**



**APPLICATION DEADLINE: JULY 15, 2019**

20-week mentored work placement, starting August 12, 2019  
 2 training sessions, in August and November 2019  
 IT Essentials (CompTIA A+ certification)

Contact: Rose Jawbone at the Band Office 819-627-3455

Details at: [www.cepn-fnec.com/en/programs/connexion-competes/](http://www.cepn-fnec.com/en/programs/connexion-competes/)  
[info@cepn-fnec.com](mailto:info@cepn-fnec.com)

## Kebaowek Housing Department

### **One Bedroom Apartment available August 1st, 2019**

**Criteria:** Single or couple  
 (Overcrowding is not an option)

**Rent:** \$350.00 month plus utilities

Applications are available at the Kebaowek Housing Department.

**Deadline for submission:**  
 July 19th, 2019 by 12:00 pm (noon).

Tenants will be chosen by criteria formula if there are any ties then it will be based on date of application.

Tanya McKenzie, - Housing Administrator

# An Update from Councillor Justin Roy

Kwe Kebaowek Members,

I want to start off by saying what an honour and a privilege it has been this past month being a newly elected member of Council. I truly look forward to the next two years working with and for the community and all its members in trying to better improve our quality of life.

I would also like to thank all other members who ran in the election, it takes special and dedicated people to put your name out there. Lastly, a big thank you to outgoing Councillor David McLaren for all your hard work, time, and energy you put in as a Councillor these last 4 years. It was a privilege getting to work with you on a number of items and I look forward to continuing to work with you. You accomplished a lot in your time as Councillor and also set us down the right path in a lot of other projects/files currently taking place.

I hope everyone had a wonderful Indigenous People's Day (IPD) and I was very happy to see so many members come out to take part in all the festivities. For those members who could not make it we decided to do something a bit different this year. The whole concept of the day was about revitalizing our culture and traditions as well as sharing them with all of our neighbors. This year's IPD took place in partnership with Wolf Lake First Nation, Town of Temiscaming and the Municipality of Kipawa and was held at Park Phillip Barrett in Temiscaming. The day began with a Sun Rise Ceremony where we had over 20 people come out. Later in the morning, youth from all communities took part in cultural and educational booths. All youth in attendance were divided into groups, with each group representing one of the Grandfather Teachings. Each group got to take part in each of the 7 teachings, activities, and readings organized for them. To name some of the activities, we had readings of the Kebaowek Kids Books, learning about the 7 Grandfather Teachings, making bannock on a stick, and the history of Algonquin people. After breaking for lunch the day continued with the official opening ceremonies for the day. Elder Noella Robinson provided the opening prayer followed by speeches from IPD day planners as well as elected officials from each of the communities involved. Once the opening ceremonies were finished, our MC's for the day, Kirby Mianscum and Maurice Kistabish who MC'd everything in Anishinabe, English, and French, took over and led us into our Pow Wow for the afternoon. We had a host drum group, The Poplar Singers, as well as jingle, fancy shawl, grass and traditional dancers. While our Pow Wow was taking place, people from all communities were able to take in all the different teachings and activities throughout the afternoon. Our Pow Wow and activities were followed by a traditional feast catered by Carolyn Pariseau and her team. Upon everyone filling everyone's stomachs, Elder Noella Robinson gave a closing prayer. After a little bit of down time, the day was not quite done

yet, as people still left in attendance got to take in an evening of music and listen to famous Indigenous artist Keith Secola, playing tunes such as Fry Bread and Indian Car. All in all it was a beautiful and successful day, not just for Kebaowek but for our neighboring communities as well. We got to take a step closer in the revitalization of our culture and traditions, while getting the share those teachings and traditions with all our neighbors and friends. For thousands of years our people have been the original guardians and stewards of these lands and waters, practicing and living by our culture and traditions and we will continue to do so for millennia to come through days such as Indigenous Peoples Day.

In closing, as I grow in my role as Councillor and be given mandates, portfolios, and files, rest assured I will do the best I can to communicate to all members the details, progress, and updates of all items I oversee. A strong community is one that is transparent, open, communicates and is willing to work together, on all items big or small, good or bad, and that is what I plan on doing over the next 2 years, working towards a strong community for all the generations to come.

Hope everyone has a fantastic and safe summer!

Meegwetch,  
Councillor Justin Roy





## 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: May 12th - June 8th, 2019	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	21.6%	16.7%	6.6	665	15
Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: June 9th - July 6th, 2019	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	21.6%	16.7%	6.8	665	15

Since July 3<sup>rd</sup> 2016, the number of hours required to qualify to EI is now the minimum requires by economical region. *Please also note that since January 1<sup>st</sup>, 2017, the two-week waiting period has been reduced to one week.* 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 June 10, 2019 by the First Nation Human Resources Development Commission of Quebec (FNHRDCQ).

**NEED  
SOME  
WORK DONE**

### Summer Student Employment 2019

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



Congratulations to  
Chelsii Jawbone Williams !!  
She is officially a  
Residential Real Estate Agent.  
Wishing Chelsii the very best  
in her future endeavors.

#### 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.**

# Kebaowek CCP Update

## Greetings to all community members!

Thank you to our Planning Team Committee members Matthew Chevrier and Clara Tepiscum-Moore for their participation in 2<sup>nd</sup> Annual Comprehensive Community Planning (CCP) Regional Workshop, organized by the FNQLSDI. Over 60 participants from 26 First Nation communities gathered for this 3-day event (June 4 -6), sharing stories, experience and best practices around Indigenous planning.



It was a great time to share our journey of the Comprehensive Community Plan and our stories of success to date. It was a motivating week knowing that there are so many other First Nations hopeful to start their own journey.

A few words from Matthew Chevrier – CCP Planning Team Member

*"I recently had the privilege of attending and presenting at the 2<sup>nd</sup> Annual CCP Regional Conference in Quebec City. I was asked to present as a speaker on the topics of youth mobilization and data gathering and analysis. As a member of Kebaowek First Nation, I take great pride in being a representative for our people and was thrilled to share our stories, experiences and successes with our neighboring communities. I feel as though engaging and interacting with other communities who are in various stages of their own CCP process is integral in fostering collaboration, building trust and continued learning."*



Kebaowek' CCP has been in progress for the last 2 years and we understand that it will take time to complete our plan with the communities input. There will be times of great momentum and times where we pull back to work on what we have gathered as well as our next steps. It is a realization that planning does not happen overnight and that we will work at a pace that best suits our own diverse needs. So, let's continue to work forward and we will have a plan that we can be proud of!

In the upcoming months, we will be planning focus groups to finalize our priorities that have been made to date. For those who have not had the opportunity to participate in any of our events and workshops, surveys or questionnaires, there is still time to give your input for your future goals and aspirations at other events to take place.

As the CCP Coordinator I will be hosting a couple of impromptu gatherings at the dome throughout the summer that will allow members to come in at their own convenience. It will be an opportune time to share your thoughts and ideas in a more informal setting. Please stay tuned for dates and times. Meegwetch!

A colorful poster for a bingo event. At the top, it says 'THURS JULY 25, 2019' in red. Below that, 'Kebaowek Community Hall' in red. The word 'BINGO' is written in large, bold, yellow letters. There are two bingo cards shown in the corners. In the center, there are several bingo balls in blue, green, yellow, and red. A yellow ribbon banner across the balls says '\$ 1000.00 Jack Pot'. Below the balls, it says 'Over \$2500.00 in prizes' in white. Then '\$30.00 Entry - - - - Extra Pack \$10.00' in yellow. Below that, 'DOOR OPENS AT 5:45' in white. Then 'Earlybird start 6:45' in white. At the bottom, 'Pop, Water, Coffee, Chips &amp; Steamed Hot Dogs' in white. The background is a gradient of red and orange.

# Kebaowek Fire Department

## Forest Fires

Forest fires are frequent in Québec and are often caused by human activity. The forest fire season usually starts in April until late October. You can limit forest fire-related dangers by seeing to the following:



### Be Informed

When you go to the forest and the degree of flammability is high (in the spring or during a drought), be informed about the following subjects:

- The danger of fire in your region or in the sector where you intend to go, and the in effect. These measures may consist in:
  - A ban on open fires in the forest or nearby
  - The restriction of or a ban on logging operations or forest development activities at certain times of the day
  - A ban on access to and travel in the forest, regardless of the means of transportation and the type of forest road or path taken
- The municipal by-laws governing outdoor fires
- The instructions in effect in controlled zones (ZECs), parks and reserves
- The restrictions on access to the forest, as well as on travel, work and burning in the forest

### Take Precautions

Here is what you can do for your protection:

- Always have an emergency kit within reach (at the cottage, in your backpack when hiking in the forest).
- Control vegetation around your home.
- Store building materials, firewood and propane tanks more than 10 m away from any building on your land; clear away all vegetation within a radius of 3 m of the propane storage tank in order to reduce the risk of a fire spreading.
- Keep near your home a hose or a water supply of at least 200 litres in order to intervene promptly if a fire starts.
- Choose a cleared location, out of the wind, for a fire outside; have a shovel, a bucket of water or a rake nearby, constantly monitor your fire and, to extinguish it, spray it with abundant water and cover it with ash, sand or earth.
- Burn anything (waste, dead leaves) at the end of the day, when there is no wind, far from vegetation and in compliance with municipal by-laws.
- If you smoke outside, put out your cigarette butt on a rock or bury it in the ground.

### Report a Forest Fire

To report a forest fire, call the Société de protection des forêts contre le feu (SOPFEU) at 1-800-463-3389. For any emergency situation, call 911.

### Protect Yourself from Smoke

The smoke caused by a forest fire moves according to the speed of the wind.

The following people are more likely to be bothered by the smoke:

- Young children
- The elderly
- People with respiratory problems such as asthma and bronchitis
- People with heart problems

Even if you are in good health, follow the

following advice to protect yourself from the effects of the smoke:

- Listen carefully to public notices and warnings about the presence of smoke or the air quality.
- Avoid outdoor activities when the air quality index is poor.
- Close the windows and doors of your home, along with the air exchange system, when there is smoke outside.
- Breathe into a damp cloth when in the presence of thick smoke, and be sure to keep the cloth in front of your mouth and nose in order to avoid inhaling smoke.

To protect your pet from the detrimental effects of smoke, do not let your pet go outside.

If, despite all the precautions taken, you do not feel well, call Info-Santé at 811. For a medical emergency, call 911.

### Plan Your Travel

Comply with the following instructions:

- Plan your travel after checking the road conditions by calling Info Transports at 511 or going to the website [www.quebec511.gouv.qc.ca](http://www.quebec511.gouv.qc.ca).
- Comply with the signs posted, particularly at the approaches to forest roads, since forest roads may be closed by the authorities because of a fire further on in the forest zone where you want to go.
- Comply with the instructions of the authorities when travelling in a convoy (a type of organized transportation by which isolated residents can get supplies or evacuate their homes, if need be, because of a fire nearby): follow the escort vehicle, do not pass other vehicles, never stop, take only the route planned, keep the windows of your vehicle closed and ensure air circulation solely inside the vehicle so as not to get smoke inside.

[www.urgencequebec.gouv.qc.ca](http://www.urgencequebec.gouv.qc.ca)

# Land Management and Resources

## Reducing/Preventing Blue-Green Algae Blooms

As the spring and summer months being to warm up and the change of water quality in the Kipawa Lake Watershed persists, the possibility of ALGAE BLOOMS are becoming more frequent. We would like the community to know that LMR is currently working on a procedure to better address scenarios where Blue-Green algae may be present.



*Protecting lakes and rivers is a winning solution for everyone, in town or in the country, at the cottage or on the farm.*

Several factors help the growth of blue-green algae, such as high water temperature, low current, water stagnation and climate change.

The main culprit, however, is the **excess of phosphorus** .

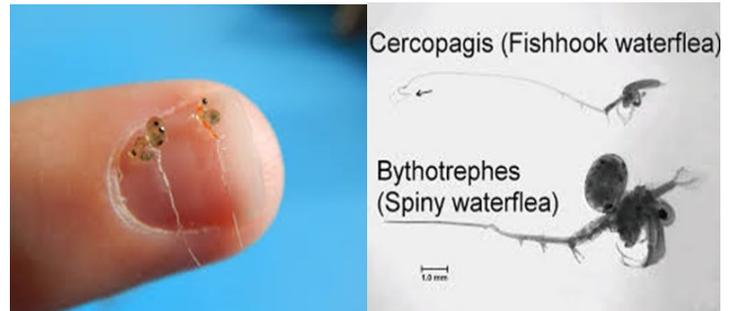
By doing things to limit phosphorus intake, we can help restore the Kipawa Lake Watershed, and further prevent it from changing.

### **Protective Measures:**

- Creating Riparian Buffer Zones along shoreline
- Using Phosphate-Free soaps & detergents.
- Pay attention to your septic system (leakage, outdated, overflow, distance from water etc.)
- Use less herbicides and eliminate fertilizers
- Help slow climate change.

If you see any signs of blue-green algae, contact the LMR office and someone will be there to collect a sample. Keep in mind that non-toxic algae can be present, but as a safety precaution, treat it as Blue-Green Algae!

## The spiny water flea detected in the waters of Abitibi-Témiscamingue !!



Help keep these 'SILENT INVADERS' out of the Kipawa Lake Watershed !!

**Washing your boat and fishing equipment could stop the spread of this INVASIVE SPECIES.**

- **Inspect** your boat, trailer and other equipment and remove all clumps or fragments of aquatic plants, as well as all mud and organisms that are visible to the naked eye. These items should be discarded in a location (e.g. a garbage can) that will prevent them from being reintroduced into the natural environment
- **Empty** any water that may be left in your boat or other equipment (e.g. holding box, motor, bilge or cooler) before leaving the lake
- **Clean and dry** your boat and trailer, as well as any other equipment that came into contact with the water
- **Repeat** all these steps when you plan to visit a new lake.



**A Big Thank You to everyone who came out to the Trappers Course!**

# Land Management and Resources



## Turtles Need YOU This Season

Turtles are on the move once the weather gets warm - but sometimes, a road or a highway stands between them and their destination. Speeding traffic and slow-moving turtles don't mix, and many turtles are severely injured or killed on roads every year.

Pick them up by grasping them firmly by both sides of the body, in front of their hind legs.

**Be careful not to drop them, and always remember SAFTEY!**

Large snapping turtles have long necks and can bite hard, so instead of picking them up, gently push them from behind to safety with a blunt object. Don't use anything sharp that could cause injury.

**Always keep them moving in the same direction that they were headed.** Do not try to make them change course, as they have a destination in mind and will simply try to cross the road again if placed back where they started from. Once they're safe on the other side, leave them alone.

**Don't relocate turtles to new areas,** even if you think their current location is odd (unless it is obviously hazardous, such as a busy parking lot). Moving them to an unfamiliar location can subject them to foreign diseases and parasites that they lack a natural immunity to, so that should be avoided.



## Giant Hogweed

PRE BLOOM



POST BLOOM



The clear watery sap contains **TOXINS.**

When in contact with the sap and exposed to sunlight, it can cause severe inflammation and **BURNS** of the skin!

If you see any, Contact LMR at 819-627-3309!!



### **Flower Description**

Giant hogweed has broad, flat-topped flower clusters of many small white flowers. Each flower cluster may grow to a diameter of 2.5 feet.

### **Leaf description**

The compound leaves of giant hogweed may expand to five feet in breadth. Each leaflet is deeply cut.

### **Stem description**

The stem and stalks are hollow and vary 2 - 4 inches in diameter and is capable of growing to a height of 15-20 feet. Stalks and stem produce sturdy pustulate bristles.

### **Fruit Seed Description**

The flowers produce large elliptic dry fruits marked with brown swollen resin canals.

# Community Wishes for the Month of July



Congratulations to our son Clint who completed his 4 years of College with his Civil Engineering Technologist Degree and his Project Management Degree We are so proud of him !!



Congratulations to Clint who competed in his first competition and won  
2nd Place - Junior Classic Physique  
2nd Place - Men's Classic Physique  
Way to go !!



Happy 18th Birthday to my Big Sister Toni !!

Love You !!  
Tommie  
xoxox



Happy Birthday Wishes to Yogi Chaput who celebrates his birthday on July 31st !!

From your Fire Department Team



Happy Graduation Toni!!

Love always,  
Mom, Jean-Michel  
and Tommie  
xoxox



To my Lil Mal A Monkey

Happy Graduation !!

Love Mum ♥



Happy 18th Birthday Beautiful Toni!!

Love Mommy and Jean-Michel  
xoxox



Happy Birthday with to Mommy/Tori on July 6 !!

Love  
Hayden, Eric & Steven  
xoxox

## Kebaowek's Annual Boat Rally

" 23 Years of Boating Fun "

### Saturday July 20 - 2019



(Made with PosterMyWall.com)

Registration

10:00 AM - 1:00 PM

Kebaowek Community Hall

\$10.00 Entry 18+

\*extra 2 hands may be purchased in same name only \*  
must participate in rally to win

Menu on Wheels

Cory's FOOD TRUCK

NEW Service

Dance

DJ - Music Steve B

8:00 pm - 2:30 am

♠
♥

♦
♣

# Health Director's Update

## Meetings in June

- CISSSAT Board of Directors Meeting
- CISSSAT Board of Directors Conference Call
- FNQLHSSC Board of Directors Meeting
- Social Services - Youth Protection
- Coalition for English Speaking First Nations of Quebec
- Project Management Committee for new Health Center

## Meetings in July

- FNQLHSSC Annual General Assembly
- Liaison from CISSSAT
- IFSD Governance Study

## Files in Motion

- New Health Center, Plans & Specs 100% complete
- Vascular Disease Project with Dr. Schweitzer going well
- Health Center policies review
- Health Plan merge with First-Line Services

## Health & Wellness Center Update

The KFN Health & Wellness Center is taking part of a study as a result of our Regional Governance Project in Health. Several communities have volunteered to provide information on the real costs of running either a Health Prevention and Promotion Center like ours and a Nursing Station like those in isolated communities.

I will be working on a new business plan for our Health Center so we can acquire the funding to go out for tendering this winter when it would be the optimum time for the best prices. I am hoping that some promises during the upcoming Federal election can help us advance our important project.

I want to take this opportunity to congratulate our members of Council in the recent community election and wish them the best for their respective term.

David McLaren  
Director of Health & Social Services

# 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 Temiskaming:

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.

# HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ www.BelievePerform.com

- LOVE**  
Be there for your child and show care and love
- EXERCISE**  
Encourage play, exercise and sport
- BEHAVIOUR**  
Keep an eye out for any changes in behaviour
- SUPPORT**  
Regularly support, encourage and praise your child
- REST TIME**  
Help your child to manage stress by building in some rest time
- BE PROUD**  
Tell your child that you are proud of them
- PATIENCE**  
Be patient. Don't pressure your child
- HELP**  
Don't be afraid to seek help from professionals
- FEELING**  
Get to know how your child is feeling
- EDUCATE**  
Educate yourself about mental health problems
- PROBLEM SOLVING**  
Help your child to effectively problem solve
- LISTEN**  
Make sure you take time to listen to what your child has to say
- COPING**  
Help your child to learn some simple coping skills such as relaxation
- SYMPTOMS**  
Be aware of signs and symptoms
- CONVERSATION**  
Encourage your child to engage in conversation
- ENVIRONMENT**  
Provide a positive environment for your child where they can thrive

# Culture Program

Pimadjiwowin ejishing (Culture Position) at the Health Center is working at various tasks within the next few months. Harvesting forest products for nibikiwinini (medicines) is a helpful practice for having sacred medicines available for ayamiyewin (prayer). Harvested nibikiwinini will be stored at the culture office.

The space provided for the Health Centers Culture Workers is located at 106 Ogima Street (formally the Land and Resource offices). Sharing culture knowledge are steps to strengthen culture traditions. It is our interest to plan various activities that includes the four aspects of life, spiritual, physical, emotional and mental. Our encouragement when hosting workshops, ceremonies and activities will be attentive when preparing programs for rediscovery of customs and traditions.

For your personal interest of practicing crafting skills or discovering traditional anicinabe traditions, you're invited to stop by to participate in leisure learning activities. There is a modest amount of materials to work with. Opportunities to harvest materials from the bush if deciding to make traditional bush tools and objects can be discussed and planned.

## **Upcoming Meetings in July**

- Meeting July 2<sup>nd</sup> with "Minwashin" representative; for an upcoming language themed Culture Days to be held in Temiscaming on September 12<sup>th</sup> and 13<sup>th</sup>, more information coming soon!
- Interview for culture craft making for the viewers of TVCTK Temiscaming on July 15<sup>th</sup>
- Hunters Point Camping trip July 21<sup>st</sup>-27<sup>th</sup>

## **Upcoming Activities**

The possibility for a canoe trip over night for two night is in the planning stages. The date we are looking at is August 13-14<sup>th</sup> and the canoe trip will include the canoes, paddles, food, lifejackets and transportation. More information will be available in the upcoming weeks including information for registering and what you will be responsible to bring.

Any questions please contact either Tori or Rod at the Health Center 819 627 9060 or visit us at 106 Ogima Street during office hours.

Migwetch, and enjoy the ayandasogon nibin! (Many days of summer!)

Rod St-Denis

In the month of June, we held a Ribbon Skirt Making Workshop with 14 enthusiastic participants. While for most it was their first time sewing, we all enjoyed ourselves and were able to finish with great results just in time for Indigenous Day. If you were unable to attend this workshop or have not completed your skirt, please come see us at our offices as we are currently set up with the sewing machines and can give you a hand with any help you may need.

We are looking forward to making more skirts with you and introducing events in the community that you will able to wear your skirt for in the future.

Chi Miigwetch, Tori



# Health Center Notes and Information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WALK IN CLINIC 9:00 AM - 12:00 PM	<b>LABS/BLOODWORK</b> <b>8:00 AM – 9:45 PM</b>  WALK IN CLINIC 9:00- 12:00	WALK IN CLINIC 9:00 AM - 12:00 PM	<b>LABS/BLOODWORK</b> <b>8:00 AM – 9:45 PM</b>  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 IS CLOSED

## LABS/BLOODWORK

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

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

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

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

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

## What is Hepatitis C?

Hepatitis C is an infection of the liver caused by the hepatitis C virus. Hepatitis C may eventually cause permanent liver damage such as cirrhosis (scarring of the liver) or liver cancer in the later stages of the disease.

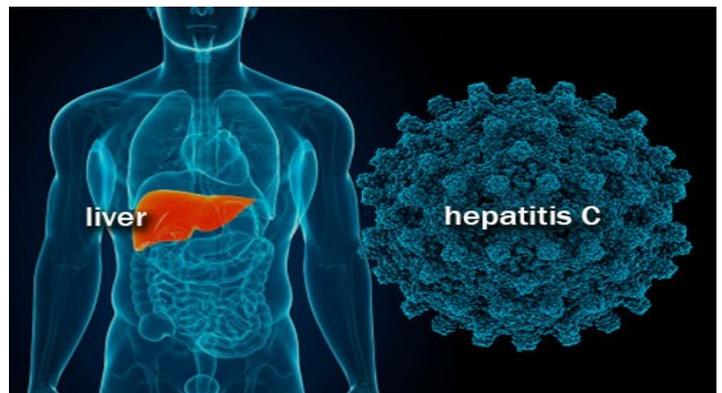
The liver is a very important organ in your body. It helps the body fight infections, break down toxins (poisons) and drugs, digest food, and more. You can't live without it.

You can have hepatitis C and not know it. You can live with hepatitis C for 20 to 30 years or more without feeling sick even though the virus is injuring the liver. Over time, the injury to the liver gets worse, making it hard for this organ to work properly.

Acute hepatitis C refers to the first six months after infection with the virus. Between 60 per cent and 70 per cent of people infected do not develop symptoms during the acute phase. However, if symptoms do occur they typically include:

- Flu-like symptoms    • Jaundice    • Dark urine
- Muscle pain    • Loss of appetite    • Joint pain    • Fatigue

The time between exposure to the virus and development of symptoms is six weeks on average. Following infection, the



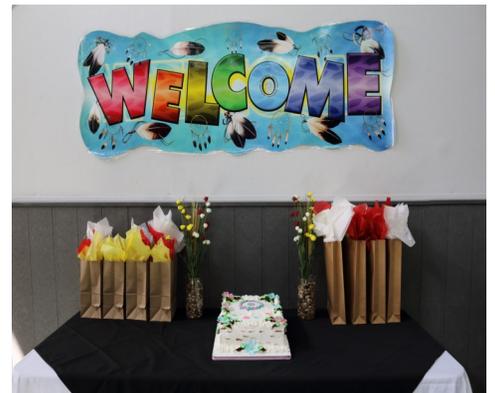
hepatitis C virus causes inflammation which slowly damages the liver over the next 10 to 20 years, often without an individual being aware of the infection.

Hepatitis C is spread through direct blood-to-blood contact with an infected person. Hepatitis C is not spread through hugging, kissing, coughing or sharing utensils.

You can have a blood test to find out if you have been exposed to the hepatitis C virus. The test can detect antibodies to hepatitis C in your blood as early as eight weeks after a possible exposure in most people, but ideally should be done after 14 to 20 weeks to be certain.

# MCH and Head Start Program

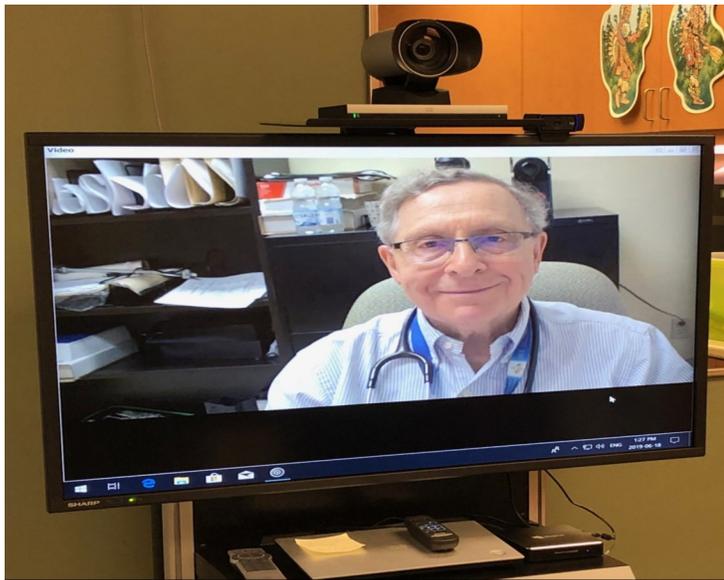
I would like to thank the families who attended the Welcome Baby Ceremony this year. We welcomed all the babies who were born in 2018 that live in and near the community. Welcome to Octavia Wells, Ryleigh Valcourt, Aubree Lajoie and Hayden Barrer. I would like to thank our Elder Noella Robinson for her prayers and knowledge at the ceremony as well as the drummers Mukwa Ikwe including Council who welcomed the beautiful babies to the community with a gift.



I would like to acknowledge all the children who attended the KASP program this school year, we had a great time watching your children grow and develop. I certainly will miss see everyone this summer. We had a wonderful time teaching, listening and getting to know your children at personal level. They all have a great personality and I hope they enjoyed their time at the afterschool program. I would like to thank all the Health Center staff, Darlene McLaren, Kayla Lariviere, Mitchell McMartin, Virginia McMartin, Michelle St-Denis & Vicky Constant who helped with the program, the children were lucky to have fun people create games for them this year. I would like to thank all the full time and replacements tutors, Billie Chevrier, Shelly Grandlouis, Danielle Duguay, Chloe Fortin, Gabrielle Young, Patty Hunter, Cathy Girard, Kimberly Constant & Rose Jawbone for the hours they spent with your children in the assistance with their education. They all did a wonderful job and you can see throughout this the year how much the children learnt from these incredible ladies.



Lynn Grandlouis - MCH/Head Start Program Worker and Special Needs Educator



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

# First Nations Cardiovascular Health Program

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

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

\* Heart Attack

\* Stroke

\* Diabetes

\* High Cholesterol

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



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



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

# Medical Transportation and NIHB

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

<b>Medical Transportation After Hours Pilot Project</b>			
SUNDAY	MONDAY - TUESDAY - WEDNESDAY - THURSDAY	FRIDAY	SATURDAY
<u>AFTER HOURS</u> 8:30 AM - 12:30 PM  CALL 819-627-6887	<u>AFTER HOURS</u>  4:30 PM - 8:30 P.M. CALL 819-627-6887	<u>AFTER HOURS</u> 12:00 PM - 5:00 PM  CALL 819-627-6887	<u>AFTER HOURS</u> 8:30 AM - 12:30 PM  CALL 819-627-6887
<p><b><u>JULY AND AUGUST HOLIDAY HOURS</u></b></p> <p>Unless prior arrangements have been made, here are the hours for local transportation:</p> <p style="margin-left: 40px;"><b><u>CANADA DAY</u></b></p> <p style="margin-left: 40px;"><u>Monday July 1st, 2019</u> the office is closed.                      Medical Transportation is available from 8:30 am to 12:30 pm – Call 819-627-6887</p> <p style="margin-left: 40px;"><b><u>CIVIC HOLIDAY</u></b></p> <p style="margin-left: 40px;"><u>Monday August 5th, 2019</u> the office is closed.                      Medical Transportation is available from 8:30 am to 12:30 pm – Call 819-627-6887</p> <p style="text-align: center;"><b>PLEASE CALL WELL IN ADVANCE TO SCHEDULE YOUR APPOINTMENT DATES SO THAT ARRANGEMENTS CAN BE MADE.</b></p> <p style="text-align: center;">Please call Priscillia Durocher – Medical Transportation Coordinator 819-627-9060 Ext. 256 To make arrangements... In my absence, contact Donna Pariseau Ext. 251.</p>			



## Non-Insured Health Benefits (NIHB) Program Update



### **UPCOMING CHANGES TO NIHB EYEWEAR COVERAGE**

On June 29, 2019, NIHB will make changes to coverage of corrective eyewear (glasses and contact lenses). These changes will make it easier to understand your coverage and will offer more choice – you will be able to use your coverage towards the purchase of any type of prescription eyewear.

**These rates will be in effect for eyewear ordered on or after June 29, 2019:**

STANDARD COVERAGE AMOUNT	\$275 *	For prescription that are less than $\pm$ 7.00 (minimum prescription strength will continue to apply). This is the most common rate.
HIGH INDEX COVERAGE AMOUNT	\$415 *	For prescriptions that are $\pm$ 7.00 or higher.

\* Clients in the Northern Territories and Atlantic region can contact their regional office for more information on applicable rates.

# Medical Transportation and NIHB

## **UPCOMING CHANGES TO NIHB EYEWEAR COVERAGE**

### **QUESTIONS AND ANSWERS FOR CLIENTS**

#### **When will the changes to eyewear coverage be in effect?**

The changes will be in effect on all eyewear ordered on or after June 29th, 2019.

#### **What are the major changes to NIHB eyewear coverage?**

The major changes are:

- The NIHB Program will provide you with a coverage amount based on your prescription. There are two coverage amounts: standard and high index.
- You can use your coverage amount towards the purchase of any type of prescription eyewear (glasses or contact lenses) you choose.
- To make it easier to remember when you qualify for new eyewear, the frequency period will be changed to a calendar year basis. The next calendar year you are eligible for new eyewear is calculated from the last calendar year you received new eyewear. For example, if you are an adult (eligible for new eyewear every two years) who received new eyewear in 2017, you would be eligible for new eyewear in 2019. If you get new eyewear at any time in 2019, you will be eligible again on January 1st, 2021. If you get new eyewear any time in 2020, you will be eligible again on January 1st, 2022.

#### **What are the new eyewear coverage amounts?**

The amount is based on your prescription:

- Most clients (lower than  $\pm 7.00$  in both eyes) will qualify for the standard coverage amount of \$275. As before, minimum prescription strength will continue to apply.
- Clients with prescriptions that are stronger ( $\pm 7.00$  or higher in at least one eye) qualify for the high index coverage amount of \$415.
- Clients who have exceptional vision care needs and may require more coverage (reimbursement amount or frequency) will continue to be considered on a case-by-case basis.

#### **What do the coverage amounts include?**

It includes all costs for one or more prescription items, such as contact lens or glasses, fitting, dispensing fees and tints. Please note that you are responsible for purchase costs that exceed your coverage amount (Standard or High Index). For exceptions, please see next question.

#### **Will the NIHB program continue to cover exceptions?**

As before, some clients will continue to qualify for more coverage (reimbursement amount or frequency), based on their medical need. For exception items, a prescription and medical justification by an ophthalmologist or optometrist is required. The criteria have not changed and can be found on the NIHB website.

#### **I need new glasses now, can I get the new rate or do I have to wait?**

The new rates are effective on eyewear ordered on or after June 29th, 2019. If you submit a claim for eyewear ordered before June 29th, 2019, it will be processed using the old rates.

#### **What happens if I do not spend my entire coverage amount on my first claim?**

Any remaining balance will continue to be available to you until the end of the frequency period to use for other eyewear (for example, towards another pair of glasses). The NIHB Program will keep track of this and you can contact your regional office if you do not know your balance.

For example, if you are an adult eligible for the standard coverage amount of \$275 every two calendar years, and you use \$150 towards a pair of glasses in 2019, the NIHB Program will track that you have an unspent balance of \$125. You can use this balance until December 31st, 2020 towards the purchase of another pair of glasses or contact lenses. On December 31st, 2020, your unspent balance expires and you are eligible for new eyewear coverage on January 1st, 2021.

#### **If the coverage is now by calendar year, and I last received new glasses in 2018, when am I next eligible?**

How often you can get new eyewear will be calculated by calendar year only, not month and date. For an adult who is eligible every two years, in this case, since you last received coverage for eyewear in 2018, you will be eligible again on January 1st, 2020.

#### **Are contact lenses covered?**

You can use your coverage amount (standard or high index amount based on your prescription) towards the fitting and purchase of either glasses or contact lenses. You may qualify for contact lenses as an (page 2)



# Medical Transportation and NIHB

exception with certain prescriptions. If you qualify for contact lenses as an exception, additional coverage may be provided towards the purchase of glasses to use as a back-up.

## **Are repairs covered?**

As before, you will continue to qualify for minor or major repairs. The criteria have not changed and can be found on the NIHB website.

## **Are there any changes to eye exam coverage?**

There are no changes to the eligibility criteria or frequency guidelines for eye exam coverage. However, like eyewear coverage, the frequency period will be changed to a calendar year basis.

## **Are there any changes to the prior approval process for eye exams or corrective eyewear?**

No. As before, your optometrist submits a prior approval to the regional office to confirm eligibility for your eye exam. The prescription from your eye exam is needed to determine your eyewear coverage amount.

You may order your eyewear through your optometrist or you may choose to have eyewear made elsewhere (such as through a separate optician). If you choose to go through an optician, please let your optometrist know right away. Once you pick out your new glasses (or contact lenses), your eyewear provider submits the prior approval request to NIHB for coverage of the eyewear. Your coverage amount or balance will be applied during the prior approval process.

## **Where can I get more information on the upcoming changes?**

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



Loïc Allenbach-Bellehumeur - Hearing Aid Practitioner  
will be visiting our Health Center

**for appointments during the morning  
on Friday July 26th and Friday August 23rd, 2019**

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

## MANAGE CAFFEINE INTAKE

Caffeinated beverages like coffee, tea or pop can dehydrate you. If they are part of your daily routine, make sure you are also getting plenty of water. A good rule of thumb is at least a glass of water for each caffeinated beverage.



# Addictions & Wellness

## In the Spirits of Summer 6 Tips for Drinking Alcohol Safely

A cold beer at a barbecue. Happy hour on a boat. Cocktails on the patio. Summer is well-suited for enjoying alcohol along with the lovely weather. As a result, many people find themselves drinking in new or different environments that may increase the risks associated with alcohol.

Alcohol affects balance, coordination and judgment. It dehydrates and interferes with your body's ability to regulate its own temperature. Heat and sun exposure – hallmarks of summer – amplify these effects, which in turn increase your risk of heat illness and accidents.

If you choose to drink alcohol this summer, follow these six tips to do so safely:

### 1. Hydrate

Staying hydrated is the foundation of safe summer drinking. Alcohol prevents the reabsorption of water into the blood stream by inhibiting the hormone ADH. The dehydrating effects of alcohol combined with sweating in the sun can create a serious lack of water in your body.

Drink water even when you aren't thirsty – alternating your alcoholic drinks with something hydrating can keep you feeling well and having fun.

### 2. Pace Yourself

Summer drinking tends to take place at barbecues, during days at the beach or out on a boat. Lazy days mean time tends to be on your side – go slow, take breaks. Sun exposure and heat heighten the effects of drinking, so less is really more.

### 3. Know Your Limits

This applies first and foremost to alcohol consumption, but it's also crucial to know your limits when it comes to activities. Drinking alcohol can bring out the risk-taker in you, while simultaneously inhibiting balance, coordination and judgment.

You should be particular wary of swimming during or after drinking. All swimmers should wear a life vest on open water, but the risk of drowning increases with alcohol. Impaired swimmers are more likely to misjudge distance, the strength of the current, the temperature of the water and their own strength as a swimmer.

**Drinking alcohol can bring out the risk-taker in you, while simultaneously inhibiting balance, coordination and judgment.**

### 4. Designate a Driver

It should go without saying that there should always be a sober designated driver whenever traveling by car. The same goes for boating: One in five reported boating fatalities involve alcohol and a sober presence will not only keep the boat operating smoothly, but ensure any drinkers stay safe.

### 5. Stay Aware

While you are drinking responsibly, with a designated boat driver and a healthy quota of potable water, that doesn't mean everyone else is. Summer drinking sneaks up on people and it's important to stay aware of drunk drivers or alcohol-induced risks around you.

### 6. Take Extra Precautions

When you're drinking alcohol, you should take extra steps to stay safe in your activities. Consider these precautions:

- Wear a life jacket
- Use caution around fire pits or grills
- Eat a bit more frequently
- Drink lots of water or hydrating non-alcoholic drinks
- Set an alarm on your phone to remember to reapply sunscreen

Little things that help you compensate for the effects of alcohol can keep you healthy and safe if you choose to partake.

#### Source:

<https://www.nm.org/healthbeat/healthy-tips/nutrition/safe-summer-drinking>



## Sports and Mentorship

# YOUTH HUNTER'S POINT CAMPING TRIP

## July 21st - 26th, 2019

FOR YOUTH 6 YEARS TO 17 YEARS OF AGE  
If your child is 5 years of age or younger,  
they must come with a parent of guardian.

ACTIVITIES INCLUDE:

Swimming, Paddleboat, Kayaking  
Bonfires, Nightly Movie  
Cultural Activities  
Christmas in July Celebration  
Information Workshops  
Dodgeball, Scavenger Hunt, Capture the Flag  
and much more fun !!

DEADLINE TO REGISTER:  
July 17th, 2019  
Please call Mitchell, Erica or  
Virginia 819-627-9060



This past week the Walking Challenge ended. We had 31 participants join the activity in April and we had 22 individuals bring in their booklet. These booklets showed which days the participant walked and the amount of kilometres that they walked each day. After adding all 22 individuals kilometres, they walked a grand total of 2,490 kilometres which is the same distance of walking from Kebaowek to Orlando, Florida.

I would like to congratulate the prize draw winners: Annette Mongrain (1<sup>st</sup>), Derek Hunter (2<sup>nd</sup>), Verna Robinson (3<sup>rd</sup>) and Kelly Kovalskie (4<sup>th</sup>).

There were 12 individuals that walked over 100 km during the program and each person was given a gift for their hard work.



The Workout Classes given at the Community Hall on Monday, Wednesday and Friday mornings has finished for the summer. The exercise class will begin after Labour Day on September 4<sup>th</sup> at 10:00 am. I look forward to seeing everyone in the Fall.

Mitchell McMartin  
Sports & Mentorship Coordinator

LET EXERCISE  
BE YOUR STRESS  
RELIEVER,  
NOT FOOD

# HEAT STRESS



**Know the signs and symptoms of heat stress. Stop your activities before you begin to feel them.**

**Do heavy physical activity early in the morning or at night.**



**Avoid drinking alcohol**

**Maintain proper hydration. Drink small amounts frequently. Avoid feeling thirsty!**

**Stay in good physical condition**

**Wear loose, breathable clothing such as cotton, linen or silk. Wear hats and use sun screen.**

# Diabetes and Chronic Disease



## Scavenger Golf

We hosted a Scavenger Golf activity on Monday June 24<sup>th</sup>, 2019 at the Temiscaming Golf Course, the weather was perfect but the flies were terrible however that did not deter anyone from completing their 9 holes and also completing the 9 questions on a variety of health topics. Following a few hours of walking and playing 1 round of golf, they enjoyed a delicious BBQ with salads.

There were 3 Participation Draws, the 1<sup>st</sup> Prize was won by Capri McMartin, the 2<sup>nd</sup> Prize was won by Lois Grandlouis and the 3<sup>rd</sup> prize was won by Aliyah Gervais.

All in all it was a great day to socialize while trying something new, that encourages walking, a big Thank You too all that attended!

### The questions included:

Is jogging better than walking?

Which is better - Tanning beds or natural sunshine?

How long am I contagious for when I have a cold or flu?

Is there a difference between a Nutritionist and a Dietician?

Children up to 17 years of age need a minimum of \_\_\_\_ minutes of moderate to vigorous physical activity per day.

What are 4 common men's health issues?

List 4 medical conditions that are of great concern for women.

Based on Health Canada's website 2019, who should get the flu vaccine?

**I have provided the answer to one of the questions below ...**

## Tanning Beds vs. Sun ... Which is healthier?

Forgive us, but that's a trick question. The answer is neither. The "healthy glow" from tanning is an indication of skin damage from ultraviolet rays. When our skin is damaged by UV rays, pigment called melanin causes our skin to change to a tan color. The healthiest of glows is your natural skin color.

**Outdoor Sun Tanning** - Even though it's natural, exposure to sunlight is still damaging to your skin. One bad sunburn can more than double an individual's chances of developing skin cancer. Avoid the sun midday when the rays are the strongest.

**Tanning Beds** - Some tanning advocates insist that indoor tanning is a healthy source of vitamin D and is much better than outdoor tanning. This is simply not the case. Both indoor and outdoor tanning causes damage to our skin. Tanning beds emit roughly 12 times more UVA light than natural sunlight.

## How to Prevent Skin Cancer

If we haven't already made it clear, limiting UV ray exposure is the best thing you can do to lower your risk of skin cancer. Here are some tips to prevent skin damage that can lead to cancer:

- Avoid direct sunlight during hours 10 a.m. to 4 p.m.
- Do NOT use tanning beds.
- Use sunscreen if the sun's rays are unavoidable.
- Wear light protective layers to cover skin such as long sleeve tops, hats and sunglasses.

## Wear Sunscreen

We know you've heard it a million times, but one of the best things you can do for you skin is to wear SPF each day. If you're already in the habit of using a face and body lotion each day, then this will be an easy transition. Simply start using a lotion with at least SPF 30 to protect yourself all day long. This also goes for the winter months when the sun's rays can be just as intense as in summer.

## Antibiotic Resistance

It's hard to imagine that our grandparents and great-grandparents lived in a world without antibiotics. This was a time when many people died from now-curable infectious diseases. That is not a world we would wish on our children or grandchildren. And yet, antibiotics are becoming ever less effective, because bacteria can evolve to withstand their effects, a process called antibiotic resistance. Left unchecked, there is risk of losing these medications as an essential life-saving treatment.



Antibiotics are often used to treat bacterial infections, such as strep throat and urinary tract infections. However, the more we use these medications, the less effective they may become.

Patients, healthcare providers, and health system leaders all have a part to play to use antibiotics more responsibly. Otherwise, we may face a future where antibiotic treatments are no longer effective in treating infections.

### **What is considered unnecessary use of antibiotics:**

- Taking or being prescribed antibiotics for infections caused by a virus.
- Being prescribed the wrong type, dose or duration of antibiotics.
- Taking antibiotics in ways other than how they were prescribed.
- Taking leftover antibiotics without a prescription or using someone else's antibiotics.

### **You do not need antibiotics for:**

- Colds or flu
- Most coughs and bronchitis
- Sore throats not caused by Strep
- Runny noses
- Most ear aches

### **Patients can help keep antibiotics working by:**

- Protecting yourself from infection
- Keeping vaccinations up to date
- Talking with a health care provider about antibiotic use
- Asking questions

For more info: [www.canada.ca](http://www.canada.ca)  
(type Antibiotic Resistance into the search bar)

## Frist Line Services



First Line Services would like to welcome our Bear Hug Day Camp Educators ...  
Amanda Joly, Trysta Young & Phoebe Lavergne!  
We know the children will have a great summer with lots of new friends and memories made!



**Kebaowek Food Bank would like to thank the  
K&R Golf Fundraiser  
Kenny Morris and Robbie Young  
for their food and monetary donation!**

**It is very much appreciated !!**



## Upcoming Health Center/Frist Line Activities



First Line Services Annual Trip to

# Leisure Farms

## Strawberry Fields

**Wednesday, July 10th**

Bus leaves the Community Hall @ 9:30 for Sturgeon Falls and expected to return by 2:00pm.

Please remember to bring bug spray, sunscreen, hat and a lunch as it will not be provided.

A bus will be available for transportation, so you must register as soon as possible as seats are limited!

Register with First Line Services 819-627-9877 by Friday, July 5th.

**Transportation Provided!**

If it is raining or the weather is too hot we will have to postpone the trip.



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

**Tuesdays  
Wednesdays  
Thursdays**

**9:30 am  
To  
11:00 am**



## FIRST-LINE SOCIAL

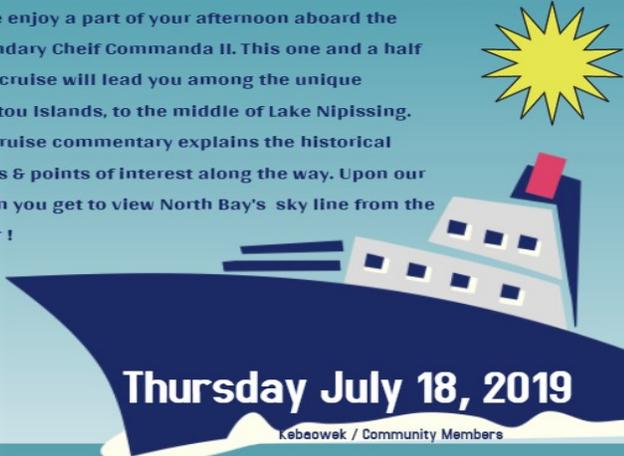
EVERY TUESDAY MORNING AT 8:30AM, YOU ARE MORE THAN WELCOMED TO COME OVER TO SMUDGE AND HAVE A COFFEE WITH US UPSTAIRS AT THE FIRST-LINE SERVICES BUILDING!!

WE HOPE TO SEE YOU THERE!!

# Upcoming Health Center/Frist Line Activities

**Manitou Islands Scenic Cruise**  
aboard the  
**CHIEF COMMANDA 2**

Come enjoy a part of your afternoon aboard the Legendary Chief Commanda II. This one and a half hour cruise will lead you among the unique Manitou Islands, to the middle of Lake Nipissing. The cruise commentary explains the historical sights & points of interest along the way. Upon our return you get to view North Bay's sky line from the water!



**Thursday July 18, 2019**  
Kebeowek / Community Members

\* Boarding time is 12:30 pm which is a 1/2 hour before the departure of 1:00 pm  
\* Transportation to & from North Bay is your responsibility

**TO SIGN UP or more info Call Vicky 819 627 9060 ext 258**

**BY : WELLNESS & ADDICTIONS**

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# LUNCH FIT

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

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

**\*Men & Women 18+\***



**Come enjoy a great workout!!**

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# Senior Social

**COME & JOIN US EVERY THURSDAY**  
**FROM 1:00PM - 3:00PM**  
**AT THE COMMUNITY HALL**  
**COFFEE/TEA & SNACKS PROVIDED!**



**For more information call First Line Services 819-627-9877**

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# Community Kitchen

**MONDAY, JULY 15TH**

**On The Menu:**  
**Quesadilla**  
**Healthy Summer Treats (fruit salsa & pita chips), Strawberry Frozen Yogurt Sandwiches**

**From 4:30pm - 6:30pm**  
**@ Kebeowek Community Hall**

**Call First Line Services to register by Friday, July.12th @ 12:00pm 819-627-9877**



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## Upcoming 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:

**July 10th & 24th and August 7th & 21st**



# 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.*

### Community Shopping Trip



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

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

**Next Trips:  
July 6th and August 3rd**

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

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

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



# Food Bank

**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
<b>HOLIDAYS</b> Tina Chevrier Mitchell McMartin Bonnie Down Vicky Constant	1 <b>Band Office and Health Center closed for Canada Day</b>	2 <b>HOLIDAYS</b> Virginia McMartin Kim Chevrier Billy Trepanier Julie Wabie	3 Lunch Fit - Pilates	4 <b>RECYCLE</b>  Senior Social	5	6  Community Shopping Trip
7 <b>HOLIDAYS</b> Tina Chevrier Donna Pariseau Bonnie Down Virginia McMartin	8 <b>HOLIDAYS</b> Kim Chevrier Julie Wabie  Lunch Fit - Pilates	9	10 Meals on Wheels  Lunch Fit - Pilates  Leisure Farms Trip	11 <b>GARBAGE</b>  Senior Social	12	13
14 <b>HOLIDAYS</b> Priscillia Durocher Jennifer Presseault Billy Trepanier	15 Community Kitchen  Lunch Fit - Pilates	16	17 Lunch Fit - Pilates	18 <b>RECYCLE</b> Manitou Islands Scenic Cruise  Senior Social	19	20  Annual Boat Rally
21 <b>HOLIDAYS</b> Vicky Constant Jennifer Presseault Lisa Chevrier Glenda Moore	22 Lunch Fit - Pilates	23 <b>ANNUAL YOUTH HUNTER'S POINT CAMPING TRIP JULY 21ST - 26TH</b> ↔	24 Meals on Wheels  Lunch Fit - Pilates	25 <b>GARBAGE</b>  Senior Social  Community Bingo	26 Hearing Clinic at the Health Center	27
28 <b>HOLIDAYS</b> Bonnie Down Kayla Lariviere Darlene McLaren Glenda Moore	29 <b>HOLIDAYS</b> Billy Trepanier Darlene McLaren  Lunch Fit - Pilates	30	31 Lunch Fit - Pilates	<b>July 2019</b>		

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