



Kebaowek First Nation Mazinaigan / Newsletter

Niki Kizis / March 2019

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An Update from the Chief

I have spent the last week in reflection on life and how short and precious it is and how quickly it can be gone. Kebaowek First Nation lost a Band Member and an employee of our Land Management Department in an accident. On behalf of Council, the Land Management Team and the entire Kebaowek community, I would like to express my deepest condolences to Claudette, Travis, Blake, Sylvia and the entire Joly/Jawbone family. Clifford Joly will be missed by everyone that had the pleasure of knowing him and working with him.

Many thoughts go through your mind as you think about your life and how you are living it, you think about your family and for me I think a lot about the community. I always wonder whether I am doing enough for myself, (self-care, am I eating well, enough rest, am I in a good place mentally and physically?). It's something I realize that I don't think about often because I spend most of that time thinking about my family and am I doing enough for them and do they have what they need from me and hoping they understand when I fall short. The vast majority of my time and that of my fellow Council is spent trying to improve the day to day lives of our members whether you live in community or off-reserve. We try to anticipate and meet the needs of an ever growing and aging population, trying to figure out ways to lessen our dependence on government funding by creating new opportunities while trying to protect our rights which quite honestly is a never ending challenge. I realize that in spite of all efforts we still find ourselves struggling to find a balance between all of these competing realities. Am I doing my best?, are we on the right track?, are we focussing on the right priorities?, is there a balance between the local community issues, national and regional work we do? When I really stop and think about it, I think we are doing the best we can with what we have. Can I do better, yes, absolutely, I should quit smoking and improve my health, I should find ways to spend more time with family and friends and I need to continue to work on the issues that are important to this community and most importantly I also need to engage the community more so I and Council know we are working on prioritized issues.

I'd like to give an update on a couple of the files mentioned last month, namely the Gun Registry and its application and impact on our members who continue their aboriginal right to hunt. The Regional Chief was able to secure a meeting with the Minister of Justice for Quebec and she stated there would be no delay in the application of the law or any special provisions for First Nations as she stated the law applies to all Quebecers, failing to recognize we are not Quebecers, we are Anishnabe living in the province of Quebec, an important distinction. We have an upcoming Chief's Meeting at the end of March and this is one of the topics we will be discussing and hopefully agreeing on a collective approach. If that doesn't happen we will need to develop our own (Page 2)

CONTACT US



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



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



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

An Update from the Chief Continued

approach. I have stated previously that maybe its time we started to draft, develop and apply our own laws for this and other areas where we are impacted negatively by someone else's laws. I see us developing and enforcing our own hunting and fishing laws, which could include our own gun registry, endorsed and approved by the community. Our own citizenship and election law should also be a priority. Citizenship is a key area as Indian Affairs is still determining who is a member of our community but in the same breath are refusing to correct all discrimination that First Nation women have endured because of the Indian Act. I had mentioned there is an ongoing National consultation, and the Federal Government in the information provided to us, is again trying to put limits. Based on this information, there will continue to be discrimination and many members and children will continue to be denied status. Our position, which I will share with Indian Affairs is to fix all discrimination, give people who are entitled, their status and based on those numbers we will negotiate program and service funding based on the total number of Kebaowek members.

I have just returned from a meeting with Environment Quebec, they have launched a new consultation on making it easier for developers to realize their projects, mainly mining. They profess that the environment will be protected and yet at the same time the Federal Government has come out with a new Federal Policy on mining and it too has provisions to accelerate projects and reduce the bureaucracy and permitting process. What is lacking in both is how we are to be consulted and how these governments intend to implement our Free, Prior and Informed Consent which is the cornerstone of the United Nations Declaration on the Rights of Indigenous People which both Canada and Quebec have adopted but not implemented. It's these policies and changes to laws that are having the greatest impact on our rights and its why we attend these meetings and sessions, prepare position papers and letters only to be totally frustrated when they move ahead without addressing our issues and challenge us to do something about it. They know full well we can't block roads or demonstrate every time we don't agree or we don't have the finances to take them to court, so we end up with laws that disregard and trample our rights.

In the coming, days and weeks, you will undoubtedly hear that some members have or will be receiving eviction notices from band owned housing. It is not a nice thing to do

but when you have exhausted all efforts to get people to pay their rent and/or respect the lease conditions they agreed to, then we need to take action and we will do so. The community has huge financial obligations for housing as we are the ones who take out the mortgages and we are responsible for meeting those financial obligations. When members don't pay, those funds are taken from other band administration programs and services as the banks want their money and it is us, who is responsible to ensure we have policies and procedures to collect rent and meet those obligations. We have been and are far more lenient than we needed to be but at some point we have to use the tools available to us and eviction is one of those tools we have and is to be used as a last resort after exhausting all other efforts to get members to comply with the terms and conditions of their leases.

There are many more topics and issues we need to discuss as a community, land claims and what are our options, we need to also have a frank and honest discussion on the issue of what do we do about cannabis now that it is legal. There are two laws, one federal and one provincial, so which one if any applies on reserve. Do we develop our own? There are many sides to the issue, recreational smoking and its impacts on our youth? Medical use of cannabis, including oils and edibles as an alternative to prescription medication for pain management, how do we ensure members continue to have a safe and accessible supply? Then there is of course the economics of cannabis, lets not fool ourselves, the governments are going to make millions off of this and neither level of government has any intentions of sharing the wealth, so we should look at how we can benefit from this while protecting our young people, ensuring those that need or want it have access to a safe supply and finally financial benefits that could help us realize other projects or we could decide that we want no part of this. We need to hear all voices and sides of this issue and decide as a community how we proceed.

The following picture was taken during a Gathering of the Algonquin Nation Leadership held in Val D'or, Quebec on February 14th & 15th. This was the first time that all the Algonquin communities have met together in over 25 years. There are 11 Algonquin communities, 9 in Quebec and 2 in Ontario. It was a good first meeting, lead by a ceremony with the Elders and then 2 days of discussing how we can work together on issues affecting our communities and the Nation. There was agreement on a couple of (page 3)

An Update Continued

priorities, language and culture and trying to get access to resource revenue sharing so we can lessen our dependence on government funding. We also agreed to meet again soon and to try and do so on a continual basis as there is strength in working together.



Front row, left to right ... Lisa Robinson - Chief of Wolf Lake, Ghislain Picard - Regional Chief for the AFNQL, Adrienne Jerome - Chief of Lac Simon, Pierre Papatiem - Elder, Jeanette Brazeau - Elder, Oscar Kistabish - Elder
Back row, left to right Kirby Whiteduck - Chief of Pikwàkanagàn, Lance Haymond - Chief of Kebaowek, Anida Decoursay, Councillor for Algonquin of Barriere Lake, Steve Mathias - Chief of Long Point, Ron Bernard - Councillor for Pikwàkanagàn, David Kistabish - Chief, of Pikogan, Tammy Cote, Councillor form Kitigan Zibi, Wayne McKenzie - Chief of Timiskaming, Verna Polson - Grand Chief. Absent from photo, Regis Penosway - Chief of Kitcisakic and Jimmy Hunter - Vice Grand Chief.

In closing, I realize that this is Quebec and Ontario's March Break weeks and I hope parents are getting to spend some time with their children. I will be so glad when Spring really arrives and the snow begins to melt, its been a long winter and I like others just want to see it and the snow go away.

Chief Lance Haymond

In regards to communications and our intention on getting information out to you in a timely manner, we are offering to create an email blast account so that those who wish to receive information as it happens via their email can get it. All you have to do it send your email address to rmckenzie@kebaowek.ca with the words "be informed" as the subject so Roxane can include you in the most recent dissemination of info available. We will continue to use our Newsletter, Website and will include our community radio station once it is up and running.

Shoreline Stabilization To Improve Water Quality In the Ottawa River

**New Project:
January 2019 - March 2021**



LMR will be restoring damaged shorelines by planting indigenous trees, shrubs, and plants

Project Goals:

- Improve water quality
- Address climate change issues
- Youth learning workshops
- Implement monitoring system
- Protect aquatic species

For more information call
McKaylii at 819-627-3309

Kebaowek Band Council Elections

I have been appointed the Electoral Officer for the Kebaowek Band Council Elections to be held on **May 31st, 2019**. A nomination meeting is scheduled for **Thursday, April 18th, 2019** in the evening. More information will be provided in the near future.

In order to help us reach as many band members as possible, please provide us with your new address if you have moved in the last 2 years.

Thank you,

Nicole Rochon, Electoral Officer
election@kebaowek.ca

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: Jan 6th - Feb 9th, 2019	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	6.4	665	15
Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: Feb 10th - March 9th, 2019	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	6.7	665	15

NOTE Since July 3rd 2016, the number of hours required to qualify to EI is now the minimum requires by economical region. If you apply for special benefits, you will need 600 hours of insurable work. It is strongly recommended to check with your local Service Canada Center for the minimum number of hours required to qualify. Please also note that since January 1st, 2017, the two-week waiting period has been reduced to one week. Updated and revised on February 10th, 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.

COMMUNITY WORKFORCE PROFILE:

We would like to thank all who have completed the workforce profile survey.

All participants who completed the survey were eligible for gift draws which was done on February 9th, 2019.

Congratulations to the winners:

ADULTS:

1st prize: Tanya McKenize - \$400.00, 2nd prize: Robert Joly (Bobby) - \$250.00
3rd prize: Andrew Joly - 2 Wristbands for Kipawa Countryfest

YOUTH:

Jaya-Lynn Shen - \$250.00 Best Buy gift card

VISION-TRAVAIL

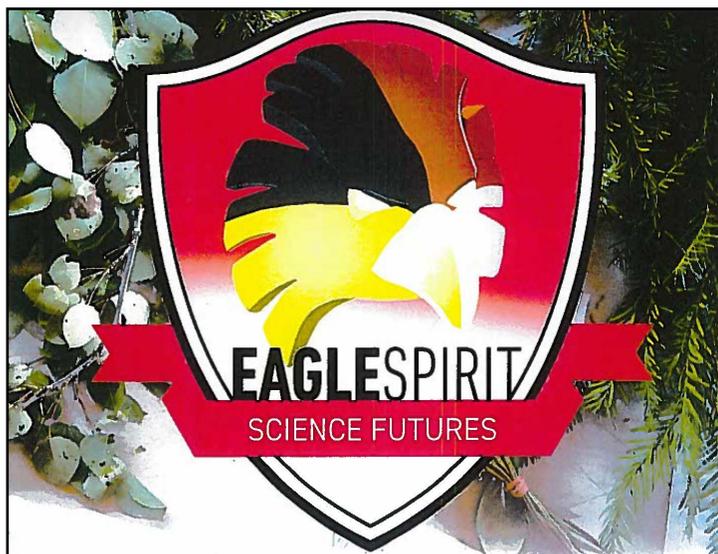
Employment councillor visits Centre L'envol, 451 Kipawa Road, Temiscaming Quebec, every Tuesday.
Please call to make an appointment 1-819-629-2743.or email to: v-m@vision-travail.qc.ca

Education Department

! IMPORTANT

**TO ALL BAND MEMBERS INTERESTED
IN PURSUING POST SECONDARY STUDIES**

If you are interested in pursuing a post-secondary institution for the school year 2019-2020. Please contact the Education Administrator to request an application for funding. **All applications must be COMPLETED and submitted to the Education Administrator no later May 1, 2019.**



Eagle Spirit Science Futures

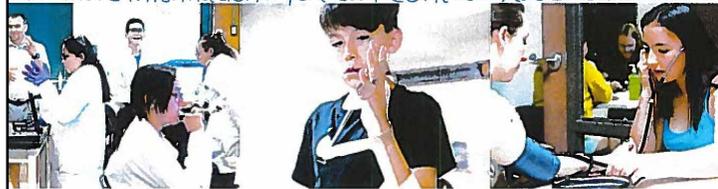
Health and science camp for Indigenous youth in grades 7-8
Must be a resident of Quebec

Registration: March 1 to April 15, 2019

Camp dates: **JULY 14-21, 2019**

contact: indigenous.health@mcgill.ca

For more information: you can contact Rose Jawbone



We also welcome applications to be our junior and senior camp counsellors
Learn more at www.mcgill.ca/indig-health/outreach



McGill

Indigenous Health Professions Program
Eniethi/nikonhraíéntho

INDIGENOUS ENVIRONMENTAL KEEPERS PROGRAM



ONE YEAR PAID TRAINING AND INTERNSHIP

Gain skills and experience in: Indigenous Knowledge, Scientific Knowledge, Land-based Knowledge and Applied Knowledge.

CLASSES START AUGUST 2019



REQUIREMENTS

- Must be Indigenous
- Youth ages 19-30
- Female 30+
- Must attend 1 info session
- Must not be currently enrolled in school or be employed

PROGRAM HIGHLIGHTS

- One year paid training (living allowance, travel and child-care costs) for eligible participants
- Includes eight weeks of field school
- ECO's Canada's BEAHR Certification
- Surface Common Core, First Aid, WHIMIS & more...

HOW TO APPLY

Please apply by June 21st by contacting the following:

SHAUNA LAPATAK
Program Coordinator
705.698.1247



OUR PARTNERS

This project is Funded by Service Canada's Skills & Partnership Fund



CALL TO ARTISTS & CREATORS

The National Arts Centre (NAC) is a large performing arts venue that produces live performances of English, French, and soon Indigenous Theatre (Fall 2019), and also presents dance and music of all genres. The NAC is located in downtown Ottawa on unceded Algonquin territory.

The Centre, working in collaboration with and taking guidance from the Algonquin Advisory Council, is looking to work with an artist or group of artists of the Algonquin Nation to create a panel or permanent installation for the building that acknowledges the traditional territory, honours the host Nation, and is grounded in Algonquin knowledges, cultures, and traditions. This call is open to all Algonquin people, including those from the eleven nations and those living in urban areas.

For more information about this opportunity and to express your interest please visit www.nac-cna.ca/project, or contact Robert VanderBerg by phone at 613-947-7000 x593 or by email at robert.vanderberg@nac-cna.ca. Call closes April 5, 2019.

Kebaowek Fire Department

Power Failure Safety

In Québec, bad weather often causes power failures. When a power failure lasts, certain risks to health and safety increase, such as the risk of **fire**, carbon monoxide poisoning and food poisoning. You can take certain steps to limit the risks in the event of a power failure:

Be prepared

Have an emergency kit on hand.

If your life or that of a relative depends on a life-support apparatus that operates electrically, have an emergency power source available or plan to go to the home of a family member or friend if necessary.

Inspect your heating system

Here are some prevention tips:

- Have your heating system inspected and cleaned by a qualified technician once a year.
- If you have a backup heating system, ensure that it meets safety standards and that it is installed in accordance with manufacturer instructions and the rules in force.
- Install a carbon monoxide detector if you plan on using a combustion heating system (for example, a gas-fuelled heater or a wood fireplace).

Take action during a power failure

Follow these instructions:

- Avoid frequent opening of the refrigerator or freezer door, to ensure that the food lasts longer.
- Sort the food in case of a prolonged power failure.
- Do not use an outdoor cooking appliance indoors (propane barbecue, hibachi-style grill, etc.).
- Lower the thermostats to a minimum to avoid an overload when the power is restored.
- Keep a lamp plugged in to know when the power is restored.
- Flush the toilet and partially open the taps to run a small amount of water several times a day, to prevent the pipes from freezing, unless the municipality advises otherwise.
- Follow the operating instructions for your backup heating system.
- Follow the instructions for the installation and use of the generator, if you have one.

If you use a backup generator, be sure to:

- Read the manufacturer's instructions before starting the device.
- Turn off the main breaker in the home before plugging in the generator.
- Install the generator outside the home on an elevated base, sheltered from bad weather.
- Install the generator away from doors and windows, to ensure that the exhaust does not enter the house.
- Plug electrical devices into the generator power outlets.

- Ensure that extension cords, if used, are safe and approved by an agency recognized by the Régie du bâtiment du Québec.
- Never allow the power cables to lie in water (in the event of flooding).
- Do not overload the generator.
- Turn off the generator for one hour every eight hours.
- Turn off the generator and let it cool down before refuelling.

Once the power has been restored, turn off the generator and unplug it before turning on the main breaker in the home.



Safety Tips

POWER OUTAGES

Plan ahead:

- ✓ Consider adding an alternate heat source
- ✓ Buy a wind-up or battery-powered radio
- ✓ Charge your cell phone and check your emergency kit

During an outage:

- ✓ Turn off appliances, and leave one light on
- ✓ Only use battery-powered lights
- ✓ Never use BBQs, generators, or camp stoves indoors

After an outage:

- ✓ Disconnect power before entering a flooded basement
- ✓ Throw out unsafe food
- ✓ Restock your emergency kit

Kebaowek Police Department



STATISTICS FOR THE MONTH OF FEBRUARY 2019

January 29th - February 27th, 2019

- 1 Accident - Property Damage + \$1000
- 1 Leaving the Scene of Accident
- 1 Uttering Threats
- 4 Public Assistance
- 1 Noise and Nuisance Complaint
- 2 Mental Health Intervention
- 1 Family Dispute
- 1 Assault with a Weapon
- 2 Assist to the Surete du Quebec (SQ)

WE WANT YOUR INFORMATION NOT YOUR NAME

The Kebaowek Police Department is asking the community of Kebaowek to join us in the fight against the drug trafficking going on in our community. If you have any information about drugs being sold in the community please contact us at (819) 627-9624 or come meet with us at the Police Station. No names will be mentioned for the information provided. We cannot do this alone, we need your help, together we can accomplish anything.



Pour nous
joindre /
Contact us:

451, chemin
Kipawa
Temiscaming
(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!

Ça pourrait changer
votre vie!

**Never too
late to learn!**

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

It could change
your life!

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

Community Wishes



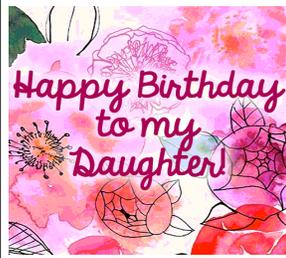
Happy Birthday to my sister, Olivia
She celebrates her 76th birthday
on March 7th !!

From Theresa



Happy Birthday to my sister, Vera
She celebrates her 77th birthday
on March 9th !!

From Theresa



A very happy birthday to my daughter
Connie in Hawaii !!

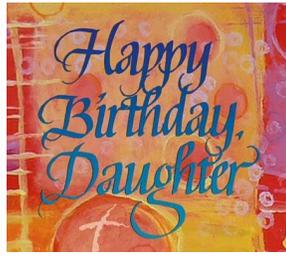
She celebrates her birthday
on March 22nd !!

Love Mom



Happy Birthday wishes to Theresa
She celebrates her 79th birthday
on March 6th !!

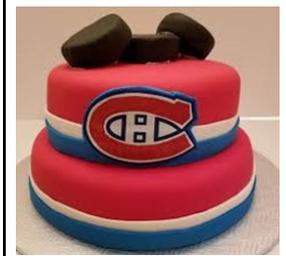
From your Family & Friends



A very happy birthday
to my daughter Rena !!

She celebrates her special day
on March 29th !!

Love Mom



Happy Birthday to our cousin Jungo
who celebrates his birthday
on Thursday March 14th,
have a good one !!

Tiddalow, Jason, Trent & Evin XO



Happy Birthday Grampa !!
Have a fantastic day,
I love you a thousand hugs !!

Love your little pumpkin,
Nylah xo



Happy Birthday to my Mom
who celebrates her 59th on
Wednesday March 13th,
wishing you all the best !!

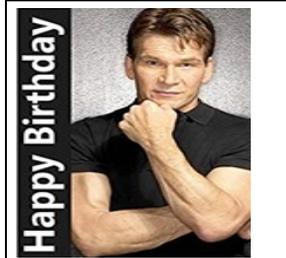
Love you !!

Tiddalow, Jason, Trent & Evin XO



Happy Birthday to my
wonderful husband hope all your
birthday wishes come true !!

I love you love forever,
Cary ♥ xo



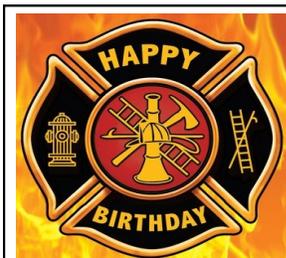
Happy Birthday Lisa,
have a good one !!

Tiddalow, Jason, Trent & Evin XO



Happy Birthday to a
Great Step Dad !!
Thank you for all you do have a
fantastic day !!

Love Stephen Adam and Noah xo



Happy Birthday Wishes to
Blair Fudge who celebrates
his birthday on March 26th !!

From your
Fire Department Team

With our heartfelt Sympathy

Our sincerest condolences
to the Joly family.

Clifford was everyone's friend
& always willing to lend a hand,
without ever having to ask him.

He will forever be missed by many.

Claudette, Travis and Blake,
we are always here for you.

Love, Donna, George and family,
and also the Washago crew
Xoxo



KEBAOWEK ELDER'S CLUB
(149 Migizy Street)

SUNDAY, MARCH 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

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

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

Regular Game Prizes - \$20.00

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

CANTEEN OPEN

Hotdogs, Chips, Pop, Tea, Coffee

EVERYONE WELCOME !!



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

BINGO 16+

THURS MARCH 21, 2019

over \$2500.00 in Prizes

KEBAOWEK COMMUNITY HALL

Entry Pack \$30.00
Extra Pack \$10.00

Door Opens 5:45
Earlybird Start 6:45

Steamed Hot Dogs - Pop - Chips -



Kipawa Countryfest

August 16-17-18, 2019

**WINTER SPECIAL
ENDS
MARCH 31ST !!
\$60.00
ADULT WRISTBAND**

**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
ADULT (18+ years)	\$60.00	\$70.00	\$80.00
YOUTH (6-17 years) All young children must be accompanied by an adult	\$20.00	\$20.00	\$20.00
CHILDREN (0-5 years) All children must be accompanied by an adult	FREE	FREE	FREE
ONE DAY PASS Available at the Gate	FRIDAY August 16, 2019	SATURDAY August 17, 2019	SUNDAY August 18, 2019
ADULT (18+ years)	\$40.00	\$60.00	\$20.00
YOUTH (6-17 years) All young children must be accompanied by an adult	\$10.00	\$10.00	\$10.00
CHILDREN (0-5 years) All children must be accompanied by an adult	FREE	FREE	FREE

Best Deal

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 - February Meetings

- FNQLHSSC Board of Directors
- ISC Infrastructure Manager
- CISSSAT Board of Directors & Verification Committee
- Quebec First Nations Health Directors Network

Meetings in March

- Onimiki Campaign and Strategy Committee
- New Health Center Planning Committee
- CISSSAT Board of Directors & Verification Committee
- FNHMA Board of directors Executive Meeting

Files in Motion

- New Health Center, Plans & Specs 97% complete
- Onimiki P.R. Campaign to continue
- Vascular Disease Pilot Project with University McGill Research Center
- New Police Station / Equipment Upgrade
- Filling of Clinical Social Worker and Cultural Coordinator Positions

Health & Wellness Center

I want to start off by thank you our Members for helping us with our new Nursing clinic hours. With the additional work from our pilot project with McGill University on vascular disease and their documenting requirements, it was very important for our staff to have between 8 am and 9 am to focus on some of the administrative work that's encompassed in their role.

Met with new indigenous liaison Ms. Marie-Élaine Lemay and English files holder Ms. Cindy Caouette of the CISSSAT on February 21st. Very meaningful discussions were held and I feel that we picked up from where we left off with the departure of Ms. Annie Vienney. Ms Lemay seems very committed in collaborating with our communities and is ready to work towards improving our people's access to health care in a language we can fully understand.

On account of certain acts that only qualified Social Workers who are Members of the Quebec Order of Social Workers can do (law 21) and to the fact that we did not receive applicants that are part of the Order, will be reposting for a resource person with a psycho-educator background to assist our team. Please see posting included in our

newsletter. Please, also take note of the posting for a Cultural Coordinator.

On a Council Note

With the upcoming election for Chief and Council occurring in late May, we have decided to engage the former Mayor of Temiscaming, Ms. Nicole Rochon, to act as our new Electoral Officer. Ms. Rochon was sent to Toronto for training on the latest rules and regulations and started her mandate March 5th. To contact her, please call the Kebaowek Band Office (819)627-3455 or email at election@kebaowek.ca

In regards to communications and our intention on getting information out to you in a timely manner, we are offering to create an email blast account so that those who wish to receive information as it happens via their email can get it. All you have to do is send your email address to rmckenzie@kebaowek.ca with the words "be informed" as the subject so Roxane can include you in the most recent dissemination of info available. We will continue to use our Newsletter, website and will include our community radio station once it is up and running.



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

Loïc Allenbach-Bellehumeur
Hearing Aid Practitioner
will be visiting our Health Center
**for appointments during the morning
on Friday April 5th, 2019.**

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.

Health Center Clinic Hours

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



After deciding she wanted to quit smoking Annette Mongrain joined the Kebaowek Smoking Cessation Program. This program offers various supports to clients who want to quit smoking.

We are very pleased to say that her commitment to the program has paid off, and she is now a non-smoker!

Congratulations to you Annette, your determination to make your life that much more healthier is inspirational to others, keep it up!

Helene Savard - Community Health Nurse
Vicky Constant - Wellness & Addictions

What is screen time?

Screen time is the time you spend watching TV or DVDs, using computers, playing video or hand-held computer games, or using tablets or smartphones.

Too much screen time can have an impact on children's language development and social skills. This is because children need real-life interactions to develop these skills.

Too much screen time can also affect older children's development – for example, it can affect their ability to have conversations, maintain eye contact, pay attention in school or read body language. Too much screen time can also result in children missing out on developing a wide range of interests, and the friends and learning associated with these interests.

You can reduce this risk by making sure your child balances time spent using screens with other activities.

Employment Opportunity



FULL-TIME JOB OPPORTUNITY PSYCHOSOCIAL EDUCATOR

PLACE OF WORK: KEBAOWEK FIRST NATION HEALTH AND WELLNESS CENTER
SALARY: IN COMPARISON TO PROVINCIAL SCALES
START DATE: APRIL 1ST 2019
HOURS: 35/WEEK ENDING AT NOON ON FRIDAYS

OVERALL SUMMARY: (See work description at www.kebaowek.ca)

Under the direction of the First line services manager and in accordance with the policies, orientations and priorities adopted by the Kebaowek First Nation Health and Wellness Center, the Psychosocial Educator is responsible for providing clients at all stages of life with evaluation, counselling, and/or preventive action to promote independence and social integration within their respective environments.

REQUIREMENTS (Education and experience):

- University degree in Social Work or psycho- education
- Other degrees in related fields with extensive experience and training may be considered.

REQUIRED KNOWLEDGE:

- Ability to communicate orally and in writing in English is essential with French being an asset.
- Excellent command of the Microsoft Office suite (Word, Excel, PowerPoint, Outlook) and web-based communications tools.
- Knowledge and understanding of First Line Service issues, concerns, needs and priorities.
- Knowledge of the Kebaowek culture and deemed to be able to acquire community's' confidence.

REQUIRED CONDITIONS:

- Variable work week, Overtime may be required
- Travel (including occasional travel for business requirements)
- Must not possess any criminal convictions in an area related to the job and must undergo a screening process. (Criminal records check)
- Medical certificate of good health if considered for the position
- Valid First Aid and CPR Training Certification or ability to undergo training within 3 months of being hired.
- Must follow all safety precautions and protocols.

Interested persons are invited to send their résumé and covering letter by e-mail at dmclaren@kebaowek.ca

Before noon on March 22nd, 2019.

No application received after that time will be considered.

Phone: 819-627-9060 Ext 261 for additional information.

*Thank you for your interest in our organization.
Only those candidates selected for an interview will be contacted.*

Employment Opportunity



FULL-TIME JOB OPPORTUNITY CULTURAL COORDINATOR

PLACE OF WORK: KEBAOWEK FIRST NATION HEALTH AND WELLNESS CENTER
SALARY: ACCORDING TO KFN SCALES
START DATE: APRIL 1ST 2019
HOURS: 35/WEEK ENDING AT NOON ON FRIDAYS

OVERALL SUMMARY: (See work description at www.kebaowek.ca)

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

REQUIREMENTS (Education and experience):

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

REQUIRED KNOWLEDGE:

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

REQUIRED CONDITIONS:

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

Interested persons are invited to send their résumé and covering letter by e-mail at dmclaren@kebaowek.ca

Before noon on March 22nd, 2019.

No application received after that time will be considered.

Phone: 819-627-9060 ext 261 for additional information.

*Thank you for your interest in our organization.
Only those candidates selected for an interview will be contacted.*

Heart Health Update

February was "Heart Health Month" and with that being said the Diabetes/Chronic Disease Department held an Information Session with Josee Carriere as guest speaker, and I am sure everyone that attended would agree that it was great success. We used the Valentine theme for dinner prior to the session, where we served a 4 course healthy meal that consisted of Cauliflower Bruschetta for an appetizer, followed by a Mandarin Orange Salad, and Chicken Masala with rice pilaf for the main course and ended with Angel Food cake with fresh berries and light whip cream, this was to show that healthy eating can be and is enjoyable. (Recipes can be picked up at Health Center and it is posted on our Facebook page).



Once dinner was complete, Josee began her session with a power point that included information on how the heart works, plaque, cholesterol, angina, stroke, smoking, physical activity and so much more, many members did learn something (comments from the evaluations) and they were very pleased with the overall session. Josee is a great resource that is very eager to share her knowledge with our community, and although her first language is French and has slight accent, everyone understood her message, that was presented very clearly.



I would also like to mention that early February I received a call from Channel 13 (Community Television) Madeleine Paul who asked if she could attend the session along with fellow co-workers who again were very pleased with the whole session/presentation, so much so that they requested to be at the next one "Shingles Information Session" that will be held in April.

Our goal at the Health Center is to ensure that our members are made aware of any and all information that is pertinent in our area, age groups and gender that in turn may help members reduce risk of any onset of diseases and/or understand that by taken preventable measures can lead to a healthier YOU!

JOIN US FOR A DIABETES TRAINING SESSION

With Lorie McLean (Diabetes Health Trainer)

March 26th, - 27th, 2019 9:00 am to 4:00 pm

Kebaowek Community Hall

As requested by many Lorie McLean will be back to host a diabetes training session. Lunch and Snacks will be provided, transportation is also available if needed. The training session is open to EVERYONE living with or without diabetes.

MUST REGISTER BY MARCH 20TH, 2019

HOSTED BY WOLF LAKE FIRST NATION AND Kebaowek First Nation

TO REGISTER OR FOR MORE INFORMATION CONTACT

SONIA @ 819-627-3628 OR VIRGINIA @ 819-627-9060

HEALTHY HEART TIP

Get regular, moderate physical activity!
It helps lower blood pressure and helps your body control stress and weight.
Start by doing what you can, even 10 minutes can make an impact on your heart.

Recipes from our Heart Health Supper

MANDARIN ORANGE SALAD

Sweet Mustard Dressing:

- ½ cup Sugar (or Splenda)
- ¼ cup Vinegar
- 1 cup Vegetable Oil
- 1 tsp. Salt
- ½ Red Onion, chopped
- 1 tsp. Dry Mustard
- 2 tbsp. Water

- 1 Head of Romaine Lettuce
- 10 oz Can Mandarin Orange segments
- ½ cup Slivered almonds OR pecans (toasted or plain)

Blend sugar, vinegar, oil, salt, onion, dry mustard and water in your blender until well mixed. (We use the hand blender for this job too). Make this ahead and refrigerate for a few hours to blend the flavors.

Tear lettuce into bite-sized pieces and put into a salad bowl.

JUST BEFORE SERVING:

add the oranges and nuts and toss with enough dressing to coat the leaves. You will probably have some dressing left over. It keeps well in a glass jar in the refrigerator.

Serves 6

VARIATION:

You can make this with fresh strawberries instead of oranges.



MINI CAULIFLOWER BRUSCHETTA

- ½ large head of cauliflower, roughly chopped (should be about 3 cups)
- 1 egg
- ¼ cup parmesan cheese
- ¼ cup part skim mozzarella cheese
- 1 clove of garlic, minced
- 1 tablespoon fresh basil, finely chopped
- ½ tsp salt
- pepper, to taste

Bruschetta Topping

- 5 plum or Roma tomatoes, seeded and diced
- 1 tablespoon fresh basil, chopped
- 3 cloves of garlic, minced
- 1 tablespoon extra virgin olive oil (*optional*)
- Salt and Pepper

For the cauliflower crust:

- Preheat oven at 450 F. Line pizza sheet with parchment paper (crucial)
- In a bowl of food processor add the chopped cauliflower and process until no large chunks remain. It should be like couscous.
- Pour into a bowl and microwave for 8 mins, it is important to leave it cool completely before moving to the next step.
- With a thin dish towel or cheese cloth, squeeze the cooked cauliflower until almost of the water/liquid has been removed.
- Place the cauliflower in a bowl and add the remaining ingredients. Mix well.
- Scoop about 1/2 tablespoon or teaspoon sized balls.
- Place them about 4 inches apart on the parchment covered sheet, press down on each ball like you are making a thumb print, then continue to flatten them with your fingers into flat even disks.
- It may seem like the crust will stick, but if you have the parchment paper it will release after it is fully cooked.
- Bake for 12 minutes or until golden.

Bruschetta:

- Add all ingredients together, let sit until ready to serve on cauliflower.



MCH and Head Start Program



Food and Nutrition

Early Childhood Nutrition (0 – 5) The Early Childhood Years

- Young children need to develop healthy eating and physical activity habits early on. Children pattern habits after parents and caregivers. Good role models are important.
- Preschoolers quickly grow and change physically, mentally, and socially.
- Preschoolers need healthy food to meet their growth and developmental needs. These can best be met by following national and/or local food guide recommendations for ages 2 - 5.
- Parents and caregivers know the importance of nutrition to a child's physical and mental development to grow and develop. However, they also need to be good role models.
- Meal and snack times teach sharing and socializing skills. Small children have small stomachs and get full quickly. They need child-sized servings for meals and snacks that respect local traditions and customs.
- Note that even pre-school children can learn basic kitchen and gardening skills.

School-Aged Children (K-12) The School Years

- Important nutrients needed for this age group are carbohydrates (starches, breads, bannock, etc.) for energy, protein for building body tissue, calcium for strong and growing bones, and iron for making more red blood cells during periods of rapid growth.
- Parents should provide a variety of foods, set regular eating

times, set a good example and allow children to decide when they are full.

- Unhealthy snacks have too many calories and not enough nutrients for proper growth and development. It is best to keep chips, candy and pop out of the house.
- Promote water instead of sugary, high calorie drinks like energy, sports, and fruit drinks, as well as pop.
- Promote healthy, traditional foods, gardening and being out on the land.

Recommended Number of Food Guide Servings per Day

Age in Years	2-3	4-8	9-13
Sex	Girls and Boys		
Vegetables and Fruits	4	5	6
Grain Products	3	4	6
Milk and Alternatives	2	2	3-4
Meat and Alternatives	1	1	1-2

Medical Transportation and NIHB

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

Medical Transportation After Hours Pilot Project

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

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

EASTER HOURS

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

Thursday April 18th the office is closed at noon.

Medical Transportation is available from 12 pm to 4 pm – Call 819-627-6887

(Good Friday) Friday April 18th the office is closed.

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

(Easter) Monday April 22nd the office is closed.

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

PLEASE NOTE - FISCAL YEAR END

- All claims for the fiscal year April 1st, 2018 – March 31st, 2019 must be submitted for reimbursement no later than April 26th, 2018 at 12:00 pm.
- After this date your claims for the fiscal year (April 1st, 2018 – March 31st, 2019) may not be processed for reimbursement.

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.

Addictions & Wellness

THE DEADLY EFFECTS OF METH



The hideous look of crystal meth shows on the scarred and prematurely aged faces of those who abuse it.

(Photo credit: courtesy Attorney General's Office, Taswell County, Illinois)

The short-term and long-term impact of the individual

When taken, meth and crystal meth create a false sense of well-being and energy, and so a person will tend to push his body faster and further than it is meant to go. Thus, drug users can experience a severe "crash" or physical and mental breakdown after the effects of the drugs wear off.

Because continued use of the drug decreases natural feelings of hunger, users can experience extreme weight loss. Negative effects can also include disturbed sleep patterns, hyperactivity, nausea, delusions of power, increased aggressiveness and irritability.

Other serious effects can include insomnia, confusion, hallucinations, anxiety and paranoia. In some cases, use can cause convulsions that lead to death.

Long-range damage

In the long term, meth use can cause irreversible harm: increased heart rate and blood pressure; damaged blood vessels in the brain that can cause strokes or an irregular heartbeat that can, in

turn, cause cardiovascular collapse or death; and liver, kidney and lung damage.

Users may suffer brain damage, including memory loss and an increasing inability to grasp abstract thoughts. Those who recover are usually subject to memory gaps and extreme mood swings.

METH HARM

SHORT-TERM EFFECTS

- Loss of appetite
- Increased heart rate, blood pressure, body temperature
- Dilation of pupils
- Disturbed sleep patterns
- Nausea
- Bizarre, erratic, sometimes violent behavior
- Hallucinations, hyper excitability, irritability
- Panic and psychosis
- Convulsions, seizures and death from high doses

LONG-TERM EFFECTS

- Permanent damage to blood vessels of heart and brain, high blood pressure leading to heart attacks, strokes and death
- Liver, kidney and lung damage
- Destruction of tissues in nose if sniffed
- Respiratory (breathing) problems if smoked
- Infectious diseases and abscesses if injected
- Malnutrition, weight loss
- Severe tooth decay
- Disorientation, apathy, confused exhaustion
- Strong psychological dependence
- Psychosis
- Depression
- Damage to the brain similar to Alzheimer's disease, stroke and epilepsy

- **Paranoia:** suspicion, distrust or fear of other people.
- **Cardiovascular:** related to both the heart and blood vessels.
- **Alzheimer's disease:** a disease affecting some older people which is accompanied by memory loss.

Addictions & Wellness

HOW METHAMPHETAMINE AFFECTS PEOPLE'S LIVES

When people take methamphetamine, it takes over their lives in varying degrees. There are three categories of abuse:

LOW-INTENSITY METH ABUSE:

Low-intensity abusers swallow or snort methamphetamine. They want the extra stimulation methamphetamine provides so they can stay awake long enough to finish a task or a job, or they want the appetite-suppressant effect to lose weight. They are one step away from becoming "binge" (meaning uncontrolled use of a substance) abusers.

BINGE METH ABUSE:

Binge abusers smoke or inject methamphetamine with a needle. This allows them to receive a more intense dose of the drug and

experience a stronger "rush" that is psychologically addictive. They are on the verge of moving into high-intensity abuse.

HIGH-INTENSITY METH ABUSE:

The high-intensity abusers are the addicts, often called "speed freaks." Their whole existence focuses on preventing the crash, that painful letdown after the drug high. In order to achieve the desired "rush" from the drug, they must take more and more of it. But as with other drugs, each successive meth high is less than the one before, urging the meth addict into a dark and deadly spiral of addiction.

Source:

<https://www.drugfreeworld.org/drugfacts/crystalmeth/history-of-methamphetamine.html>



I would like to thank those who came out to the Bowling Night in North Bay on Friday February 8th. It was a lot of fun! Hope to see you all again!

Upcoming Activity

Movie Night in North Bay
Saturday March 22nd

Supper & Workshop!

*Guest speaker: Pierre Morais
(From Vancouver's Scared Straight Tour)
will be back to visit Kebaowek!*

Wednesday March 20th

Topic: ADDICTIONS & FENTANYL

Door opens at 5 p.m. (for supper)

Supper will be served at 5:30 p.m.

Presentation is from 6 p.m. - 7:30 p.m.

If you are a Kebaowek member and plan on attending the supper please call Vicky Constant or leave your name with Reception at the Health Center (819)627-9060 to sign-up.

Deadline is: Friday March 15th @ NOON.

Everyone is welcome to attend the workshop!

Sports & Mentorship

The Biggest Loser Competition is in full swing and we have one week remaining before it ends. This year we had 18 participants take part in the challenge. We gave a weekly weigh-in prize to the top participant that had the most weight-loss percentage, prizes were given to Sweet Chili Heat (Weigh-In 1 – 4.40%), Lighten Up (Weigh-In 2 – 5.34%) and Laurielle (Weigh-In 3 – 5.12%) . The final weigh-in is March 14th-15th and I wish good luck and good job to those still working at this.

Mitchell McMartin



Kebaowek Health & Wellness Center WALKING CHALLENGE Spring 2019

100 KM + 8 WEEKS = SUCCESS

WHO CAN JOIN ??

**ANYONE OVER THE AGE OF 16 CAN REGISTER
FOR THE 100 KM / 8 WEEK CHALLENGE !!
IF YOU ARE 15 YEARS OF AGE OR YOUNGER
WE HAVE A CHALLENGE JUST FOR YOU ...
60 KM / 8 WEEKS !!**

**WALK WHEN YOU WANT AND/OR JOIN US ON
WEDNESDAY AFTERNOON TO WALK IN A
GROUP FOR EXTRA INCENTIVES!!**

CHALLENGE BEGINS APRIL 15TH, 2019 !!

**JOIN THE WALKING CHALLENGE !!
CALL MITCHELL (819) 627-9060 TO JOIN
PRIZES AND GIFTS TO BE GIVEN
AMONGST PARTICIPANTS AND WINNERS !!**

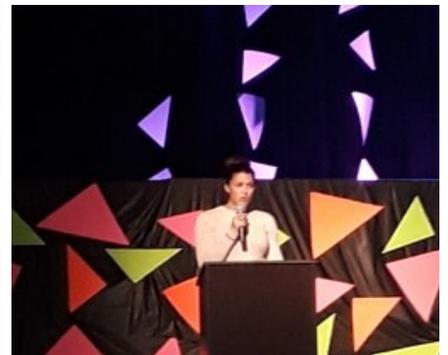
First-Line Services

thank
YOU
SO
much

The Kebaowek Food bank would like to extend their thanks to everyone who donated to our local food bank during the bus rides this Titan's hockey season.

It is so greatly appreciated !!

On Wednesday, February 27th, the Kebaowek Health and Wellness Center teamed up with community member, Gavin Gervais who organized an Anti-Bullying Assembly at the Centre in Temiscaming for parents and primary students of G. Theberge School. At this event there were activities and a showcase of different performers and guest speakers who were all there to share the message of ending bullying. Our delicious lunch that was catered by Carolyn Pariseau and was helped served by some of the Health Center team. Gavin has been organizing this event for 6 years now, and each time it is always a day that is truly enjoyed by all. It takes just 1 person to make a difference, and Gavin has done just that by bringing awareness of bullying within the school and our community and surrounding areas. The Kebaowek Health and Wellness Center was honored to have been asked to be a part of this big day. Keep up the great work Gavin, you are a great role model and a true inspiration.



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



**Kebaowek
Health and Wellness
Center**

**Annual
Spring Health Fair**

Thursday May 16th, 2019

1:00 pm - 7:00 pm

Community Hall

- Screening Clinic
- Information Booths
- Community Supper
- Prizes



Find us on
Facebook

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

Upcoming Health Center/First Line Activities

**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**

Upcoming Health Center/Frist Line Activities

COME OUT AND JOIN US AT THE SENIOR SOCIAL

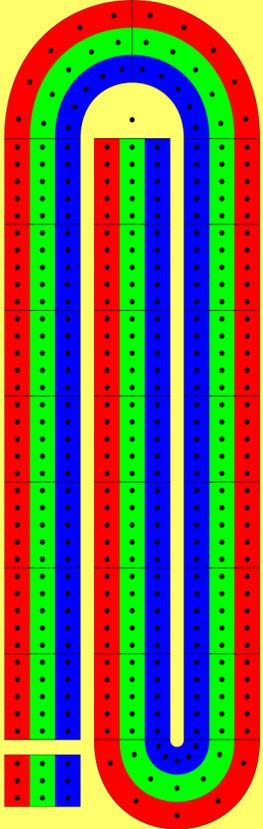
Every Thursday

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



Community Kitchen

Monday, March 18th

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

**On the Menu:
Beef & Broccoli**

Call First Line Services to register by Friday, Feb 8th @ 12:00pm
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 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: March 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!!

FAMILY MOVIE NIGHT

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

At First Line Services
basement

Dinner will be provided.
Coffee/Tea/Water/Popcorn available.

PosterMyWall.com

Community Family BREAKFAST

Thursday, March.28th

6:45am - 9:00am

At Kebaowek Community Hall

Bus Pick-up:

Phelps - 7:30am in front of dome

GTS/EGT- 7:50 at the 4-way stop

For more info call First Line Services
819-627-9877

Upcoming 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:
March 2nd and April 6th

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!!

WOMEN'S PAINTING NIGHT!

MARCH.12th & 26th

FROM 6:00PM - 8:00PM

In the basement of First Line Services

Come enjoy a relaxing evening of painting together!

Snacks will be provided!
For more information contact
First Line Services 819-627-9877.

FoodBank

KEBAOWEK FOOD BANK NEEDS YOUR HELP !

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

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
March 2019					1	2 Community Shopping Trip
3 <u>Holidays</u> Jenn Presseault Priscillia Durocher Stacey McBride Glenda Trepanier	4 Quebec March Break Monday to Friday → Community Kitchen	5	6 Meals on Wheels Youth Group Women's Paint Night	7 GARBAGE Women's Day Event Senior Social March Break Ski Trip (Quebec students)	8 Youth & Teen Anxiety Workshop	9 Ice Fishing Derby
10 <u>Holidays</u> Lynn Grandlouis Vicky Constant	11 Ontario March Break Monday to Friday → Hearing clinic at the Health Center	12 Women's Paint Night	13 Youth Group	14 RECYCLE Senior Social March Break Ski Trip (Ontario students)	15	16 PALS Activity Texas Hold'em Tournament
17	18 Community Kitchen	19	20 Meals on Wheels Youth Group	21 GARBAGE Community Bingo Senior Social	22	23 North Bay Movie Outing
24 Elder's Club Bingo 31	25 Family Movie Night	26 Women's Paint Night	27 Youth Group	28 RECYCLE Community Breakfast Senior Social	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Meals on Wheels Youth Group	4 GARBAGE	5 Hearing clinic at the Health Center	6 Community Shopping Trip
7	8	9	10 Youth Group	11 RECYCLE	12	13
14	15 Community Kitchen	16	17 Meals on Wheels Youth Group Community Bingo	18 GARBAGE Election Nominations The Band Office and Health Center are closed for Good Friday	19 The Band Office and Health Center are closed for Good Friday	20
21	22 The Band Office and Health Center are closed for Easter Monday	23	24 Youth Group	25 RECYCLE	26	27 Texas Hold'em Tournament
28	29	30				