



Kebaowek First Nation Mazinaigan / Newsletter

Namegos Kizis / October 2019

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An Update from the Chief

In this month's update I need to begin by talking about Miaja, the language conference we co-hosted with Wolf Lake First Nation. The main objectives of the Conference were to discuss and share how we can revitalize and preserve our traditional Anishnabe language and to celebrate Algonquin art and culture. I must acknowledge the hard work of the organizing committee who put on a two good day of activities. I must also acknowledge Councillor Justin Roy for his commitment to make sure this event was a success as well as Rodney St-Denis and Lloyd Paul for their time and contributions. I cannot tell you how many times people approached to tell me that we had a beautiful community and how they felt safe in walking around. It really makes you feel good because many of the participants were here for the first time and left with a good impression of our community.

In last month's article I mentioned that the Algonquin communities have been working together to try and force a moratorium on moose hunting in La Vérendrye Park. The communities had made this request to the Quebec Government however they were unwilling to do so this year but they did commit to sharing data they had on moose and that they would do an aerial inventory in winter of 2020 for the park. They also agreed to the creation of a joint technical team made up of government officials and Algonquin representatives from our communities. Our representative on the technical team will be Kacie McLaren from our Land Management Department who is already working on a community moose project. Please provide her with the data and information she is requesting. The reason I say this, is it will become important for us to know how many moose we are harvesting, how many we see etc, because the government is using inflated numbers saying Kebaowek (Page 2)

A MOOSE RESEARCH PROJECT

This project is focusing on how Climate Change is effecting our Traditional Food, more specifically **MOOSE.**

The First Steps of the Project is **DATA COLLECTION!**

- Are you an active Hunter/Trapper/Landuser?
- Have you seen a Moose in the KFN Territory?
- Have you noticed unusual weather patterns?

Contact Kacie McLaren at 819-627-3309
or kmlcaren@kebaowek.ca

CONTACT US

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

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

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

An Update from the Chief Cont'd

members kill over 100 moose a year. This is a tactic to make us look bad while ignoring the fact non-native sport hunters are killing 3000 moose a year in Zone 13 which we are in. The statistics are for our use and information and not for the Quebec government's.

The Algonquin Leadership and Quebec have agreed to develop a plan to enlarge the area of study to include the Grand Lake Beaver Preserve, these areas are outside the park but are important to our community as we have ten family trap lines in this area and it include areas like Wolf Lake and Grassy. This will lead to a joint agreed upon work plan, which will allow for input and the co-development of a Moose Management plan for the Park and Beaver Preserve. This will be completed by consulting with our community members in our respective communities. It's an ambitious plan but we can't let Quebec continue to manage this important resource based on economics and how much money they can make. While we are not opposed to sport hunting, the number of moose harvested should be based on science and the ability of the resource to sustain itself.

The Algonquin communities have been slowing hunters down as they are entering the park to give them information on the declining moose population and one community Barrier Lake has taken the bold step to stop all hunters trying to enter their traditional territory as they are living first hand with the declining population and want action taken now. They have and will continue to protect their traditions and way of life and we support them in their ongoing efforts.

In last month's article I also spoke of the Indian Day School Settlement which was approved on August 12th. These are schools which some of our members went to such as Hunters Point. I found this chart below which lays out what you need to do and the timeline if you want to file a claim. I plan to have an information session on this topic late October to ensure that anyone who is entitled to file a claim has the best information to do so.

In closing I want briefly touch on the upcoming Federal Election. As you may know, I do not encourage or discourage people from exercising their right to vote, I respect each person's right to decide. I also do not usually advocate for any one party because for me as Chief it does not matter which government is there, we have to work with who is elected and we still have the same challenges, same bureaucracy however with that being said some are easier to work with than others. The most important priorities for the next Government, from my perspective, is the protection and recognition of our rights and title to our territory and climate change. We should support parties who prioritize these issues if you are thinking of whom you would support.

In closing I know hunting season is upon us and I wish all

community hunters a successful hunt and that you get to put some traditional meat in your freezers. Happy and safe hunting to all and I wish everyone a safe and happy Thanksgiving.

Chief Lance Haymond

The Federal Court has APPROVED a nation-wide class settlement to compensate survivors for harms suffered while attending Federal Indian Day Schools and Federal Day Schools.

What can I do now?

REGISTRATION STILL OPEN

- opt out by November 18, 2019; opting out is a serious and permanent decision

Claims for Compensation will begin to be processed 120 days from August 19, 2019

- 120 days is Tuesday December 17th, 2019 subject to any appeals

WHAT NOW?

- REVIEW the Claims Form online or call Gowling WLG 1-844-539-3815

Once claims process starts Class Members have 2.5 years to complete Claims Forms

Please complete a Registration Form to receive information about the settlement as it becomes available. There is no deadline to register. Should you have any questions or require support, please visit www.indiandayschool.com or contact us at 1 (844) 539-3815.

INDIAN DAY SCHOOL UPDATE

DIONNE SCHULZE - LAWYERS

1. The settlement agreement in the *McLean* class action was approved by the Federal Court on August 19, 2019.

However, the claims process has not yet started and the claims forms will not be accepted before November 20, 2019 at the earliest, depending on whether or not the Court's decision is appealed. The implementation date for the compensation process, once it is known, will be posted here: <https://indiandayschools.com>

2. **The group covered by the settlement is now made up of anyone who attended one of the schools and during the periods on the list finalized on August 8, 2019** available here: <https://indiandayschools.com/en/wp-content/uploads/schedule-k.pdf>

This list does not necessarily include all federal day schools situated on a reserve or in an Inuit village, nor all the time during which the schools were administered by the federal government or on the federal government's behalf by a third party.

3. Any member of the group has until October 18, 2019, to file an application in the Federal Court of Appeal for leave to appeal the approval order.

The Federal Court of Appeal could decide not to authorize an appeal and filing an application will not interrupt any of the periods provided for in the approval order.

4. Anyone who attended one of the schools and did so during the periods set out on the list is automatically included in the settlement unless:

- a. the person chooses to opt out of the class action November 16, 2019 at the latest (according to the information on the class action's Facebook page) by sending the form available here: <https://indiandayschools.com/en/wp-content/uploads/opt-out-form.pdf>
- b. or, if he or she filed separate legal action in the court before November 16, 2019, that concerns the harms he or she suffered in the same school and during the same period and if he or she has not discontinued that case.

Anyone who has not opted out of the settlement will have no rights other than the process provided for in the settlement agreement and all his or her other rights will be extinguished.

5. The *Dubé/Jonah* class action filed before the Québec Superior Court, as well as several other class actions filed before other courts, has not been certified. There is therefore

no need to choose between *Dubé/Jonah* and *McLean* because at this time, everyone who attended one of the schools during the periods mentioned in the list is automatically included in the *McLean* settlement agreement.

6. The following points do not constitute legal advice and are only legal information.

- a. For someone who believes the worst harm he or she suffered in a day school on the list was verbal abuse or unreasonable or disproportionate physical discipline or punishment:

- i. the *McLean* settlement offers compensation that he or she could probably not obtain through a court action;
- ii. he or she would probably not lose any rights by participating in the class action and using the process it creates.

- b. For anyone who suffered sexual abuse or physical abuse that would constitute a criminal act* related to the operation of one of the schools on the list:

- i. it is possible that he or she has a cause of action against the federal government or a third party that administered the school or against one of the employees;
- ii. it is not clear what abuse will be compensated in the process provided for in the settlement because it is not clear whether it will cover abuse suffered outside the school premises but committed by teachers, other employees or students or third parties connected to the school;
- iii. it is also not clear which forms of abuse will be covered when the settlement extinguishes class members' rights (for example, if abuse is related to the operation of a school but is not covered, will the victim still have the right to sue?);
- iv. anyone in that situation should obtain advice from a lawyer on their rights and should consider the possibility of opting out of the class action in order to file legal action in his or her own name, depending on the circumstances and the nature of the abuse suffered. (Note that someone at a call centre or help line is not usually a lawyer and should therefore not provide legal advice.)

7. Anyone who has not opted out of the class action will be represented by the law firm that is heading the lawyers acting for the class in *McLean*. The role these lawyers will play in preparing claim forms is not yet clear, other than operating a call centre; no other lawyer will be able to represent a class member except with the Federal Court's permission. There will be no hearings into claims for compensation; they will all be dealt with on paper by a claims administrator.

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: August 11th - Sept 7th, 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: Sept 8th - Oct. 12th, 2019	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	6.3	665	15

Since July 3rd 2016, the number of hours required to qualify to EI is now the minimum requires by economical region. If you apply for special benefits, you will need 600 hours of insurable work. It is strongly recommended to check with your local Service Canada Center for the minimum number of hours required to qualify. Please also note that since January 1st, 2017, the two week waiting period has been reduced to one week. Updated and revised on **September 10th, 2019** by the **First Nation Human Resources Development Commission of Quebec (FNHRDCQ)**.

ADULT EDUCATION

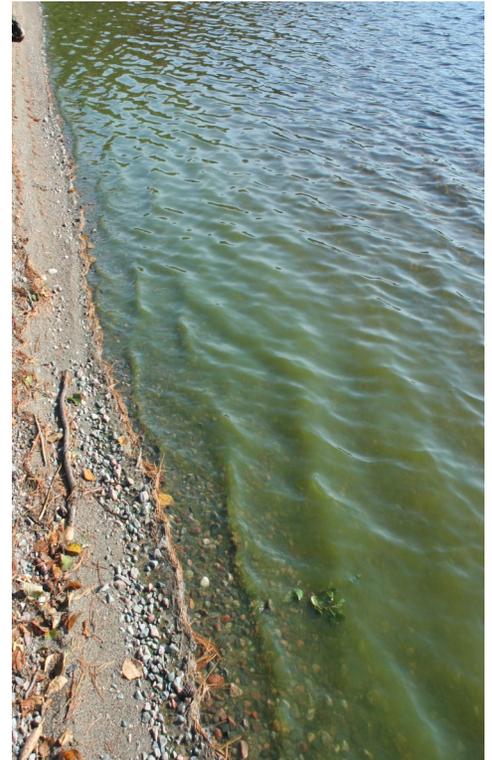
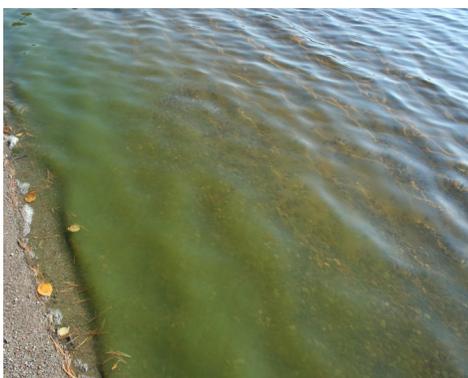
If you are attending Adult Education at l'Envol in Temiscaming, please contact Glenda Moore for your registration and book fees for the academic year 2019-2020
819-627-3455 Ext #204
or gmoore@kebaowek.ca

NOW
HIRING

If you have a valid Class A Licence, Bergeron has a job for you! Bergeron has an immediate opening for a SHUNTER to move dry box trailers on the Rayonier site in Temiscaming. Training is available, Salary, bonus, and benefits are according to the Collective Labour Agreement with a Collective Insurance Program. Start your career with Bergeron. Apply now! Call or

KIPAWA PRESERVATION SOCIETY NOTICE

We've had some reports recently of algal blooms on Kipawa Lake in multiple lake areas. Please let us know if you notice (or have noticed) anything resembling what is shown in these photos please take photos, note the date, time, location. Do not touch the water or allow children or pets to go near. Certain species of algae (blue green algae or cyanobacteria) have the ability to produce harmful toxins.



Email:
info@kipawalakepreservationsociety.ca

Facebook:
[Kipawa Lake Preservation Society](https://www.facebook.com/KipawaLakePreservationSociety)

Handicraft Sessions

**EVERY TUESDAY EVENING
STARTING OCTOBER 8TH**

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

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

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

School-age children get their material for free.

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

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

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

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

Kebaowek Police Department

STATISTICS FOR THE MONTH OF AUGUST 2019

- 1 Noise and Nuisance Complaint
- 4 Assist to Surete du Quebec
- 1 Accident - Property Damage +\$1000
- 4 Public Assistance
- 1 Civil Matter
- 2 Mental Disorder
- 1 Family Dispute
- 1 Bench Warrant (Penal) from another Unit
- 1 Natural Death
- 1 Assist to Other
- 2 Theft
- 4 Infraction Tickets
- 2 Mischief

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

The Kebaowek Police Department is asking the community of Kebaowek for their continued support in providing us with information on drug trafficking or other illegal activities occurring in or around our community. So if you have any information about drugs being sold in the community please contact us at (819) 627-9624 or come meet with us at the Police Station. No names will be mentioned or recorded for the exchange of information. Together we can keep these harmful substances away from our youth and most vulnerable people. Meegwetch !

Kebaowek Housing Department

HOME FOR SALE



Two bedroom duplex,
with crawlspace.

Contact the
Housing Department
for additional
information.

Tanya Mckenzie
Housing Adminsitrator
8196273455

tmckenzie@kebaowek.ca

NON-RESIDENT FEES FOR COMMUNITY MEMBERS LIVING ON-RESERVE

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

**THE OCTOBER DEADLINE FOR
NON-RESIDENT FEES TO BE REIMBURSED
IS OCTOBER 31ST AT 12:00 PM**

Kebaowek Fire Department

FIRE PREVENTION WEEK

It is the full week of October that includes the 9 of the month that is retained for the event. You want to know why? Keep on reading ...

HISTORY

Why is there a fire prevention week? Why is it held at the beginning of October each year? A brief story...

It is October 9, 1871, in Chicago. A major fire is raging. It is brought under control only 27 hours later, leaving only ruin and devastation in its wake. More than 250 people lost their lives/died and 100,000 others were left homeless. The fire destroyed more than 17,400 buildings and ravaged over 4,800 hectares of land.

It was forty years later, in 1911, that the oldest member organization of the National Fire Protection Association (NFPA), the Fire Marshals Association of North America, organized the first fire prevention day to commemorate the great Chicago fire. The event grew to such proportions that 11 years later, the first Fire Prevention Week was launched in the United States.

In Canada, it was Ontario that held the first provincial Fire Prevention Day, in 1916. The first national Fire Prevention Day was held in 1919. The Governor General of Canada proclaimed the first Fire Prevention Week in Canada in 1923. And the Ministère de la Sécurité publique du Québec has held a Fire Prevention Week since 1990.

Why commemorate the date of a fire that occurred in the United States? It seemed only logical for the two countries to pool their efforts to highlight the event on the same date. Thus, Fire Prevention Week has always been held in the first full week of October in the United States as well as in Canada.

FALL FIRE SAFETY TIPS FOR HOME

As the weather starts to change, so should your fire safety considerations in your home. Preventing fires is important all year long, and focusing on the appropriate fire safety tips for the season can make your efforts more worthwhile. Here are a couple of things to keep in mind as the temperature gets cooler and the leaves start to fall.

Candle Fire Safety

You might be tempted to start bringing out your favorite fall scented candles soon. There's just something about a beautiful, fragrant candle that feels comforting on a fall day. Candles come with their own safety considerations, however. Keep candles 12 inches away from anything that can burn and blow out candles when you are leaving the room.

Never use a candle if there is oxygen being used in your home for medical purposes; electric candles are a safer option.

Heating Equipment Safety

Make sure your heating equipment is in working order and has been inspected before you start to use it. Since this equipment has been out of use for the last several months, it's important that you follow the appropriate steps to make sure the unit is clean and functioning properly. If you use space heaters, make sure that they are surrounded by three feet of empty space and that they are turned off when you leave the house or go to bed.

Chimney Inspection

If you have a usable fireplace, it's essential to make sure that it is cleaned and inspected before you start using it to prevent built up creosote from starting a fire. Cozying up next to a beautiful fire might be a quintessential part of your fall, but make sure that you do so as safely as possible.



Smoke Detector Test

At the end of daylight savings time, you need to remember to change your clocks but also to test your smoke and carbon monoxide detectors and change their batteries. Be sure to check your fire extinguishers, too.

Safe Leaf Removal

When leaves start to fall, make sure you take care of them. This means cleaning out your gutters and not leaving large piles of dried leaves around your home. It's also important not to park over a pile of leaves as it can start a pretty serious fire. If you are going to burn your leaves, make sure you monitor the fire and that it's far away from any buildings and trees.

Storing Flammable Liquids

Flammable liquids should not be stored in inside the home or in an attached garage or shed. This includes any unused fuel still in the fuel tank. Store this equipment away from your home or drain excess fuel out of the tank before storing. Remove fuel from lawn mowers before storing

Kebaowek Fire Department

All but one of these jolly jack-o'-lanterns matches another jack in the pack. Can you find all the pumpkin pairs? There are eight and one lone pumpkin.



HALLOWEEN FIRE SAFETY TIPS FOR DECORATING YOUR HOUSE

It has become increasingly popular to decorate the outside of your home for Halloween. Whether you're going for fun, spooky or super scary, remember to think about fire safety when decorating.

Jack-O-Lanterns Few Halloween decorations are as iconic as the jack-o-lantern. While candles are traditional, consider using LED lights or glow sticks as a safer alternative. If you do use candles, light them with long matches or a utility lighter. Place jack-o-lanterns on a level, stable surface away from trick or treaters. Keep them away from flammable decorations and never keep a light jack-o-lantern inside your home. Avoid leaving jack-o-lanterns unattended.



Decorations Hay bales, corn stalks, paper or cardboard signs, and even foam decorations are inexpensive and look great, but most of them are flammable. For that reason, keep them away from candles and open flames. Hay bales and corn stalks are especially flammable, so avoid placing them near jack-o-lanterns with candles. Either use LED lights or glow sticks to light them or keep them in separate areas.

Avoid Open Flames In addition to limiting candles and open flames in luminaries and jack-o-lanterns, avoid including any other open flame in your decorating plans. This includes torches and fire pits. While fire pits are great for staying warm on a cold night, only use a covered fire pit and keep it away from trick or treaters to reduce the risk of accidents. Also, make sure you have a fire extinguisher close by and review the operating instructions so you are prepared to use it if necessary.

Clear A Pathway Whether you are putting up a few items or filling up your yard, make sure there is a clear path for trick or treaters to safely approach you. If you have elaborate decorations, post signs to limit confusion and prevent accidents. Keep open flames, including



Kebaowek Community Hall



Thurs, October 17 2019

Entry Pack \$ 30.00

Extra Pack \$ 10.00

DOOR OPENS 5 : 45

Earlybird Start 6 : 45

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

OVER
\$2500.00
in
PRIZES



SATURDAY, OCTOBER 5, 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

**** NEXT TOURNAMENT DATE: NOVEMBER *16, 2019 ****



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

SUNDAY, OCTOBER 27, 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

**NEW YEAR'S
EVE**

2020

31 DECEMBER 2019

Kebaowek Community Hall

COLD BUFFET AT MIDNIGHT - PARTY FAVOURS

\$ 20.00 A PERSON

Door Opens 8:30

**Live Music by
WEEKEND CREW**

18+

Adult
HALLOWEEN
PARTY
PRIZE \$ FOR TOP 3 COSTUMES



Friday October 18, 2019

Fun starts at 9:00 pm
\$5.00 entry With or Without Costume

DJ : PERRY DAVIDSON
Kebaowek Community Hall

CHILDREN'S
HALLOWEEN
Party

October 25th

Door Opens at 6:00 pm



Kebaowek Community Hall

COSTUME JUDGING - DRAWS - TREATS - DOOR PRIZE

Come have some fun!



made with PosterMyWall.com

KIPAWA
COUNTRYFEST

SAVE THE DATE

August 14-15-16, 2020



Community Wishes for the Month of October



Happy Birthday to my bestest chum
Rhonda !!
Have a fantastic day !!

Love Cary, Jungo, the Boys, Kaitlyn
and Nylah ♡xoxo

To a special *Mom*



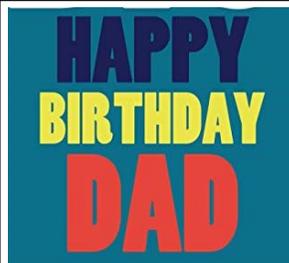
Happy 80th Birthday

Happy 80th Birthday to our
Mom, Marilyn Peer !!
She celebrates her special day
on October 22nd !!

Love Jim, Linda and Billy



Happy Anniversary to
Vicky & Jason who celebrate their
special day on October 1st !!
All the best to you both and cheers to
many many happy more !!
Love Mom xoxo



Happy Birthday to our
Dad, Bob Peer !!
He celebrates his special day
on October 28th !!

Love Jim, Linda and Billy

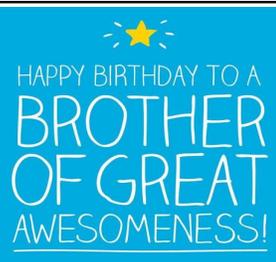


Happy Birthday Trent !!
Hope your day brings you as
much joy, as you brought me
17 years ago !!
Love You
Granny xoxo



Wishing a special Mother
a very Happy 70th Birthday
on October 26th !!

Love
Your Daughter Roxane
& Son-In-Law Billy



Best wishes going out to our
younger brother on October 28th !!
Happy Birthday Googs !!

Love your 3 Sisters
xoxo



Wishing our Memere a very
Happy 70th Birthday !!

Love
Jamie-Lee, Dylan, Meghan
xoxo

2019-20 Titans home schedule Horaire local 2019-20 Titans

- Sat-sam 14 sep New Tecumseth Civics 7:30pm
- Sun-dim 15 sep West Nipissing Lynx 2pm
- Sun-dim 22 sep Ville Marie Pirates 2pm
- Fri-ven 27 sep Bradford Bulls 8pm
- Fri-ven 4 oct Ottawa Sharpshooters 8pm
- Fri-ven 11 oct Bancroft Rockhounds 8pm
- Sun-dim 13 oct Almaguin Spartans 2pm
- Sat-sam 26 oct New Tecumseth Civics 7:30pm
- Sat-sam 2 nov West Nipissing Lynx 7:30pm
- Sat-sam 9 nov South Muskoka Shield 7:30pm
- Fri-ven 15 nov Bradford Rattlers 8pm
- Sat-sam 16 nov Almaguin Spartans 7:30pm
- Sat-sam 23 nov West Nipissing Lynx 7:30pm
- Fri-ven 6 dec Bradford Bulls 8pm
- Sun-dim 8 dec Ville Marie Pirates 2pm
- Fri-ven 13 dec Meaford Knights 8pm
- Fri-ven 17 jan Bradford Rattlers 8pm
- Sat-sam 18 jan South Muskoka Shield 7:30pm
- Fri-ven 31 jan Almaguin Spartans 8pm
- Sat-sam 1 feb Meaford Knights 7:30pm
- Fri-ven 14 feb Ville Marie Pirates 8pm



**Titans...The name says it all !
Titans...Le nom dit tout !**

Health Center Notes and Information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WALK IN CLINIC 9:00 AM - 12:00 PM	<p style="color: red; text-align: center;">LABS/BLOODWORK 8:00 AM – 9:45 PM</p> <p style="text-align: center;">WALK IN CLINIC 9:00- 12:00</p>	WALK IN CLINIC 9:00 AM - 12:00 PM	<p style="color: red; text-align: center;">LABS/BLOODWORK 8:00 AM – 9:45 PM</p> <p style="text-align: center;">WALK IN CLINIC 9:00- 12:00</p>	WALK IN CLINIC 9:00 AM - 12:00 PM
THE KEBAOWEK HEALTH CENTER IS CLOSED FOR LUNCH 12:00PM TO 12:45 PM				
WALK IN CLINIC 12:45 PM - 16:30 PM	WALK IN CLINIC 12:45 PM - 16:30 PM	WALK IN CLINIC 12:45 PM - 16:30 PM	WALK IN CLINIC 12:45 PM - 16:30 PM	HEALTH CENTER IS CLOSED

IMPORTANT HEALTH CENTER INFORMATION

LABS/BLOODWORK

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

The LAB BOX leaves the
Health Centre at 10:00 AM SHARP!

If you arrive too late, there may not be
enough time for your bloodwork to be
done and you will have to return
on the next lab day.

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

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

Please call 819-627-9060.

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

**ALL EMERGENCY CASES WILL BE
SEEN OUTSIDE OF**



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 ...

Medical Transportation After Hours Pilot Project

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

SEPTEMBER AND OCTOBER HOLIDAY HOURS

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

THANKSGIVING HOLIDAY

Monday October 13th, 2019 the office is closed.

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

REMEMBRANCE DAY

Monday November 11th, 2019 the office is closed.

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

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

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

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

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



Loïc Allenbach-Bellehumeur - Hearing Aid Practitioner

will be visiting our Health Center

for appointments during the morning

on Friday October 18th, 2019

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

MCH and Head Start Program

Halloween Keep it Fun and Safe!

With witches, goblins, and super-heroes descending across Kebaowek, parents here are some safety tips to help prepare your children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun!

- Costumes should be light-coloured and flame resistant with reflective strips so that children are more easily seen at night. (And remember to put reflective tape on bikes, skateboards, and brooms, too!)
- Costumes should be short enough to avoid tripping.
- Remind children to keep away from open fires and candles. (Costumes can be extremely flammable.)
- Use face paint rather than masks or things that will cover the eyes.
- Remind children to walk, slither, and not in the street.
- Remind children to look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
- Provide yourself or the children with a flashlight to see better and to be better seen.
- Have children plan their route and share it with you and the family.
- Trick or Treaters should travel in groups of four or five. Young children should be accompanied by an adult.
- Visit homes that have the porch light on.
- Make sure children know they should accept treats at the door and must not get into cars or enter the homes or apartments of strangers.
- Remind children not to eat their treats and goodies until they are examined by an adult at home. And candy should not be eaten if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.
- Set agreed-to boundaries with your children. Explain the importance of staying within them and arriving home on time.

Lynn Grandlouis
MCH/Head Start Program Worker
Special needs Educator

September was a busy month for the MCH/Head Start Program as we hosted different activities. Thank you to those who came out and participated.



Our Annual Grandparents Day Breakfast was held on Sunday, September 8th, 2019



We hosted an FASD Awareness Stop on Monday September 9th, 2019

MCH / PALS Outdoor Movie Night was held on Saturday September 14th, 2019



Shingles Information Session



On Wednesday September 25th, 2019 the Kebaowek Health and Wellness Center (Diabetes/Chronic Disease Department) held an Information Session with guest speaker Ms. Melanie Norman from the CSSST-K. 45 people attended the session, all of who left with a lot of information regarding the topic of Shingles. I was pleased to see many people ask questions, their was a definite interest, and Melanie's Power-Point Presentation was very professional, yet simple to understand, no doubt she is a natural at doing presentations.

After reading all of the evaluations, it is safe to say that everyone's knowledge on the subject has increased dramatically. Not only did they learn about the signs and symptoms, if they are contagious etc. but also information about the different types of vaccines along with the effectiveness of each.

Please note that she shared a handout about shingles and the vaccine, if anyone would like a copy just stop by the Health and Wellness Centre and I will be happy to share this information with you.

Needless to say the session was nothing short of a success, and I am hoping to see everyone again at the Annual Woody's walk on Tuesday October the 8th, 2019 at the Community Hall. The Kebaowek Health and Wellness Center is pleased to announce that Julie Page, from Temiscaming, will be our guest speaker. She will be sharing her story as a cancer survivor. Everyone is welcome to attend

Breast Reconstruction Awareness (BRA) Day
is a program of the
Canadian Breast Cancer Foundation (CBCF)

History

BRA Day was started in 2011 by Dr. Mitchell Brown, a Toronto plastic surgeon who saw the urgent need for improved breast reconstruction education, awareness and access. BRA Day was created to "Close the Loop on Breast Cancer". The goal was to educate patients about their choice for reconstruction when undergoing mastectomy, and to ensure adequate access for reconstructive surgery. Within only two years the BRA Day movement spread to over 30 countries.

About the BRA Day logo

The BRA Day logo is a symbol that represents the breast reconstruction journey. This ribbon has a double meaning; the inner loop resembles an infinity symbol, which stands for an open-minded and broad approach to treating and reconstructing the breast cancer patient. The pink ribbon's closed loop represents the important role of breast reconstruction in closing the loop on breast cancer. Reconstruction allows women to improve their quality of life and move forward from their journey through cancer with a renewed sense of wellbeing. Breast reconstruction helps close the loop on a woman's experience with cancer.



WHEN: November 17-23, 2019

HOW: By organizing targeted or group activities and by taking concrete actions throughout this week that focus on little ones aged 0-5.

WHY: To make early childhood a priority in our communities, by mobilizing the entire population.

In the coming weeks, you will receive documentation as well as promotional materials produced for the First Nations and Inuit as part of ECW.



Stay tuned! The FNQLHSSC is presently working on a contest that will be open to all families to shine a spotlight on First Nations and Inuit children! Fabulous prizes will drawn from among all eligible participants. More details to come...





You are invited to come out and join us for the
11th Annual Woody's Walk
which has been organized to promote
Cancer Awareness in honour of the memory
of Lorraine (Woody) Paul
TUESDAY OCTOBER 8TH, 2019



CANCER INFORMATION SESSION

6:00 pm at the Community Hall

Guest Speaker - Julie Page

Snacks and Refreshments will be served

Door prize for participants !!

Woody's Walk will start at 7:00 pm
at the Kebaowek Ball Field.

Come out and show you're your support
and walk with us for friends and family
who are cancer survivors, currently fighting
cancer or in memorial of those
who have lost their battle.

We will be selling Candle Luminaries for \$2.00
each. They will be lit and placed around the
walking track to remember
and honor family and friends who have been
touched by Cancer.

All proceeds from the luminary sales
will be donated to Cecile McKenzie
who is currently battling cancer.

You can purchase your luminaries
beginning Monday September 16th, 2019
at the Health Center or Band Office
during business hours and they will be sold
at the hall the day of the event.

Purchase them early if you would like
to write personal message,
decorate your bag or add a picture.



Sports and Mentorship

On Sunday, October 20th, we (Brittany Jennison, Kelly Turner, Kati Belliard, France Lessard and Josee Gauvreau) will be hosting an activity called Le Grande Marche located in Temiscaming at Philippe Barette Park. This day will be geared towards a day of physical activity for everyone that would like to come and participate.

Activities Include:

- FREE swimming and skating at the Centre in the morning 10:30am to 11:30am
- Local organizations and individuals will have booths available to talk about physical activity
- 5 km walk that will start at 1:00 pm at the Centre
- 3 km obstacle course that will start at 1pm at the Centre
- Inflatables will be available for the kids between 11:30 am to 1:00 pm
- A fire will be available to keep people warm
- Healthy snacks will be provided on site for free
- Prizes will be given out to participants

Bus transportation will be provided, please see the bus schedule below.

Nurses will be on-site in case of any injuries.

If you would like to take part please go to www.onmarche.com to register for the event.

If you have any questions concerning the event or need help to register , please call Mitchell at the Health

WE WILL BE ORDERING
T-SHIRTS FOR
BAND/COMMUNITY
MEMBERS THAT WILL BE
PARTICIPATING IN
LA GRANDE MARCHÉ !!



THE T-SHIRT WILL HAVE THE
KEBAOWEK FIRST NATION
LOGO ALONG WITH
A SLOGAN !!

PLEASE CALL
MITCH OR VIRIGINA AT THE
HEALTH CENTER 627-9060
BEFORE

FRIDAY OCTOBER 11TH
AT NOON TO ORDER



Bus Transportation

Kebaowek-Témiscaming Trips

First bus trip will allow people to go to the FREE swimming and skating available at the Le Centre from 10:30 am to 11:30 am.

Leaving Kebaowek Community Hall	10:00 am
Tee-Lake	10:10 am
Letang (Stop 102)	10:15 am
Letang (Au Bercaill)	10:17 am
Arrive at Témiscaming – Parc Philippe Barette	10:20 am

Second bus trip to the Grande Marche site.

Leaving Kebaowek Community Hall	11:15 am
Tee-Lake	11:25 am
Letang (Stop 102)	11:30 am
Letang (Au Bercaill)	11:32 am
Arrive at Témiscaming – Parc Philippe Barette	11:35 am

Returning at 3:30 pm from Le Centre - Témiscaming

le grand DÉFI
PIERRE LAVOIE
 PRESCRIBED BY FAMILY PHYSICIANS
LA GRANDE MARCHÉ
 TÉMISCAMING - KÉBAOWEK



HEALTH

THROUGH PHYSICAL ACTIVITY, WE BELIEVE IN IT.



5 km

FREE
REGISTRATION:
ONMARCHE.COM

DATE: Sunday, October 20, 2019
TIME: Welcome at 11:30 AM, Start at 1:00 PM
PLACE: Philippe Barette Park
 485, Kipawa Road
 Témiscaming

 FÉDÉRATION DES MÉDECINS
 OMNIPRATICIENS DU QUÉBEC

 Rio Tinto

 Québec
 FIER PARTENAIRE



WEEKLY Arts & Craft NIGHT



Weekly Wednesday Night's Art and Crafts with Rodney at the First-Line Services Basement

Hours: 6:30 pm- 9:00 pm

This is an invitation for community members to stop by with your handiwork. The evenings will be an "open night" to start or finish projects that you may have. Art lessons will be available during this time. Try your hand at a miniature totem pole and mask making!

Introductory steps at designing and sculpting will be practiced with various types of clay, leading to wood carving if desired for authentic works of art. As the art classes begin to take shape, continuous introductory lessons to painting, beading, loom beading, wire sculpting will be open for learning and skill building.

Introductory tips of how to get started with design, what material to work with, how to work with materials, preparation of materials will be discussed for future projects that may be started.

Hope to see you there!

Free activity for all age groups, if under the age of 12 must have parent or guardian present.

Questions please call Rod at 819 627 9060 or email rstdenis@kebaowek.ca



Everyone needs a little help sometimes

SUICIDE

CALL 1-800-2738255
OR
TEXT HELLO TO 741741

DOMESTIC VIOLENCE

CALL 1-800-799-7233
OR
TEXT SUPPORT TO 741741

SELF HARM

CALL 1-800-366-8288
OR
TEXT CONNECT TO 741741

BULLYING

CALL 1-800-420-1479
OR
TEXT HOME TO 741741

LGBTQ+

CALL 1-866-488-7386
OR
TEXT START TO 678678

SEXUAL ASSAULT

CALL 1-800-656-4673
OR
TEXT HOME TO 741741

PREGNANCY INFANT AND CHILD LOSS

CALL 1-800-944-4773
OR
TEXT HELLO TO 741741

ABORTION

CALL 1-866-439-4253
OR
TEXT HELPLINE 313131

GRIEF

CALL 1-800-445-4808
OR
TEXT CARE TO 839863

EATING DISORDERS

CALL 1-800-931-2237
OR
TEXT NEDA TO 741741

MENTAL HEALTH

1-800-950-6264
OR
TEXT NAMI TO 741741



KASP

* Kebaowek After School Program

Inquiries?

Please contact Lynn Grandlouis at the Kebaowek Health and Wellness Center.

lgrandlouis@kebaowek.ca
819-627-9060

Set Your Child Up for Success by Teaching Healthy Boundaries

As a parent, you may have wondered how best to help your children learn to make positive choices. One way to set your children up for success is to establish strong boundaries in your home. It's essential to begin instructing your children about boundaries between themselves and others very early on in their childhood. A child who grows up in a home where healthy limits are well established will learn to apply such boundaries in his or her own life, thus developing better self-control and the capacity to make positive choices.

What Does "Boundary" mean? A boundary signifies a limit that a person has for themselves. Limits that people set can be physical or emotional boundaries.

1. **Physical boundaries.** This limit can be physical and tangible, such as one's own body parts. This involves explaining to a child that his body belongs only to himself and that nobody else teaches him to develop a sense of his physical self. Explaining, "Daddy's body belongs to him" and "Your body belongs to you" is a good place to start.
2. **Emotional boundaries.** Another type of boundary is more emotional and than physical. Teaching children that it's not okay to say hurtful things to others is an example of an emotional boundary. Teasing would be another way of crossing a person's emotional boundaries. In a sense, boundaries are rules that you live by. Living with boundaries basically means, "I won't do anything to harm you" and "I expect you not to do anything to harm me, but if you do, I'll let you know."

Teaching Boundaries:

When you're raising kids to have healthy boundaries, it's important to allow your children to have and express their own feelings. This one can be pretty tough as it isn't unusual for some parents to try to suppress a child's healthy behavioral expression. For example, if a 4-year-old starts crying and stomps her feet, what would you do as a parent? One healthy strategy to ensure your 4-year-old develops healthy boundaries is to help her label her feelings. Say something like, "I see that you're frustrated that you can't have the candy right now. Maybe you can have some candy after dinner." Then, move on with life. You helped her to label her emotions. You chose not to punish her or demand that she stop crying or "Straighten up right now."

As a parent, you just showed acceptance of your child's feelings. Each time you behave this way as a parent, you're reinforcing your child's natural sense of self and boundaries. Another

example is a two or three-year who throws a toy at their sibling. Again, tell your child that it's okay to have and express angry feelings, but it's not okay to throw a toy at others. During the episode, show no feelings. When you're establishing boundaries, it's time to be diplomatic. Be firm, but not frustrated or angry. Simply state, "It's not okay to throw a toy at your brother. When you throw a toy, you have to sit in a chair," and say nothing more until the minutes have passed. Have your child sit in a chair for the number of minutes that matches their age (if they're two years old, they sit for 2 minutes; 3 years old, 3 minutes). After the time is up, thank your child for sitting in the chair and go on with your day. Hopefully, your child will not throw a toy again. Instead, he or she will see that you allowed them to have and show feelings without negative consequences, as long as they stayed within your boundary.

Expect your children to occasionally "test the limit," or challenge your boundary—this is completely normal. When these testing behaviors occur, think of each situation as an opportunity to show your kids the consequences of crossing the line. Sometimes, there will be situations when you find it prudent to explain some boundary situations or "rules" to your child. For example, telling your child that no one but a doctor when Mom or Dad is also present should touch your child where their bathing suit fits is an effective way to teach limits and boundaries related to his or her own body.

Modeling Boundaries:

Ultimately, the single best way to teach children healthy boundaries is for parents to have healthy boundaries themselves and to model them in the home. Showing respect for each person in the house, ensuring everyone has rights to their feelings and appropriate expressions of them, as well as talking openly and honestly about any challenging issues demonstrate healthy boundaries for children. From the time your children are born, you're charged to teach them many things so they'll grow up to make positive choices in life. Help create happier, healthier lives for your kids by teaching your children about limits and boundaries. Parents who ensure their kids grow up learning about limits and boundaries provide a solid foundation for their children's futures. Apply some of these methods in your home to teach your kids about having and maintaining healthy limits and boundaries, and your kids will thrive.

Continue reading at <https://childdevelopmentinfo.com/development/set-your-child-up-for-success-by-teaching-healthy-boundaries/#qs.63f0u>

Upcoming Health Center/Frist Line Activities



KEBAOWEK HEALTH AND WELLNESS CENTER

MORNING WORKOUT CLASSES

ALL AGES WELCOME
10:00 AM

MONDAYS
WEDNESDAYS
FRIDAYS
STARTING SEPTEMBER 4TH

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

First Line Services
and
Wellness & Addictions
Presents....

HALLOWEEN FUN @ LEISURE FARMS



October 20th
@ 10:00 a.m.

CALL AMANDA JOLY
AT FIRST LINE
SERVICES TO
REGISTER
819-627-9877

TRANSPORTATION IS PROVIDED, LIMITED SEATS AVAILABLE

BAND & COMMUNITY MEMBERS OF ALL AGES

FAMILY FUN NIGHT WITH HYPNOTIST JIMMY G.

COME OUT AND ENJOY A FUN EVENING WITH YOUR FAMILY

WEDNESDAY, NOVEMBER 20TH
AT THE KEBAOWEK COMMUNITY HALL

DINNER STARTS AT 5:30PM
HYPNOTIST SHOW STARTS AT 7:00PM

DINNER SHOW DOOR PRIZES

YOU MUST REGISTER BY TUESDAY, NOVEMBER 12TH AT 4:30PM BY CALLING FIRST-LINE SERVICES AT 819-627-9877



FAMILY MOVIE NIGHT

TOY STORY 4

Monday, October 21st
Starts at 5:15
@ First Line Services Basement



free dinner!
free popcorn!

Upcoming Health Center/Frist Line Activities

Senior Social Community Baking



Date: October 9, 2019
Time: 1:00pm to 3:00pm
Place: At the Dome

Come and join us for some fun and baking a diabetic friendly homemade treat for Thanksgiving weekend.

To sign up please call Shelly at 819-627-9877 no later than Friday October 4, 2019 at 12:00pm.

COME JOIN FIRST LINE FOR THE **Community Breakfast**

Thursday, October 10th

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

Phelps bus:
pick up in front of dome for 7:30

Temiskaming Bus:
pick up at 4way corner @ 7:50

FOR MORE INFORMATION CONTACT FIRST LINE SERVICES @ 819-627-9877.

Made with PosterMyWall.com



MINI-PALS

Located in the basement of First Line Services

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

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

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

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

For more information contact
Darlene @ 819-627-9877



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.

Upcoming Health Center/Frist Line Activities



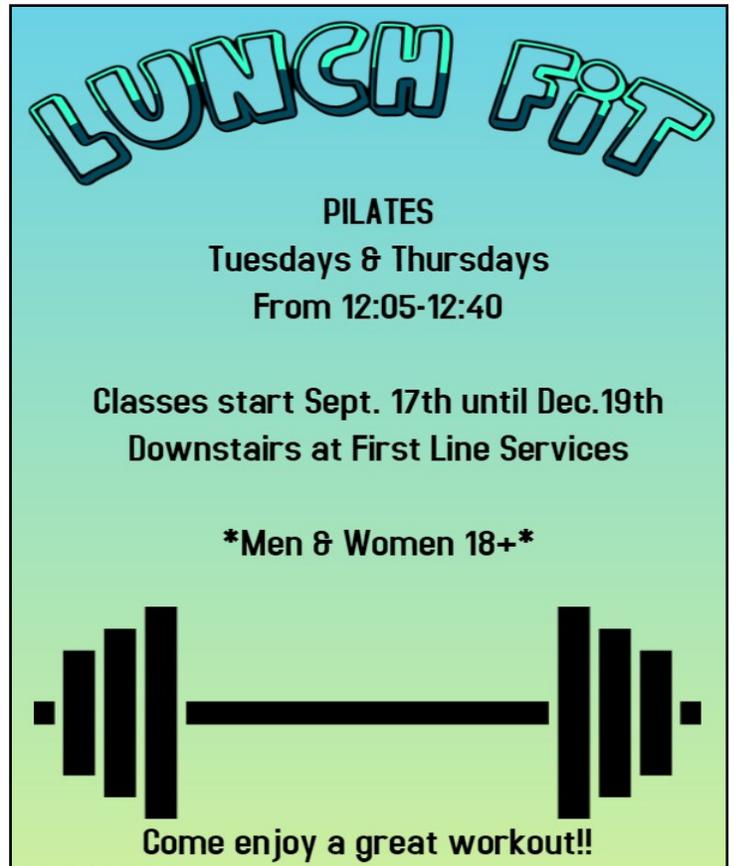
Community Kitchen

TUESDAY, OCTOBER 15TH

ON THE MENU:
Skillet Lasagna

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

Call First Line Services to register by
Friday, October 11th @ 12:00pm
819-627-9877



LUNCH FIT

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

Classes start Sept. 17th until Dec. 19th
Downstairs at First Line Services

Men & Women 18+

Come enjoy a great workout!!



First Line Services:

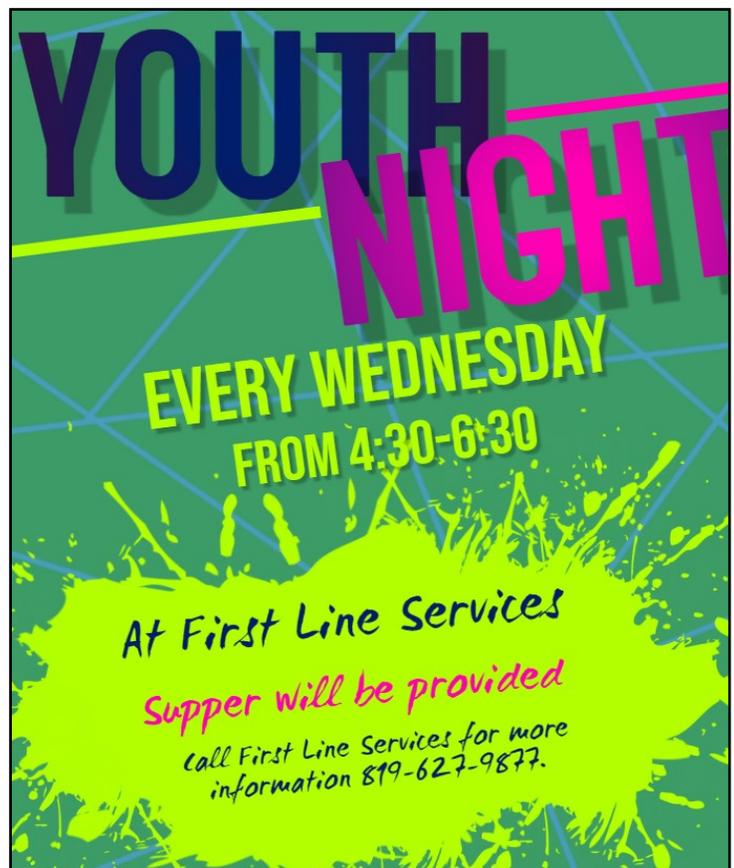
WOMEN'S PAINT NIGHT!

Upcoming Dates:
October 10th & 24th

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

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

Criteria:

You must meet the following criteria:

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

You get:

Soup, Hot Main Meal, Juice & Dessert

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

Next Delivery Dates: October 2nd, 16th & 30th

SENIOR SOCIAL



Date: Every Thursday

Time: 1:00pm to 3:00pm

Place: Basement of First Line Services



Come and join us to play
Crib or Yahtzee!!

Snacks, tea and coffee are provided.

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

Community Shopping Trip



The first Saturday
of every month !!

Please call First Line Services to submit
your name.

Important ... Spaces are limited !!

Next Trip:

October 5th and November 7th

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

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

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

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
October 2019		1 Lunch Fit	2 Meals on Wheels Youth Night Arts & Craft Night	3 Senior Social Lunch Fit GARBAGE	4	5 Texas Hold'Em Tournament Community Shopping Trip
6	7	8 Lunch Fit	9 Senior Social Baking Youth Night Arts & Craft Night	10 Community Breakfast Senior Social Lunch Fit Women's Paint Night RECYCLE	11	12
13	14 Band Office and Health Center are closed for Thanksgiving	15 Lunch Fit Community Kitchen	16 Meals on Wheels Youth Night Arts & Craft Night	17 Senior Social Lunch Fit Community Bingo GARBAGE	18 Adult Halloween Party	19
20	21 Federal Election Family Movie Night	22 Lunch Fit	23 Youth Night Arts & Craft Night	24 Senior Social Lunch Fit Women's Paint Night RECYCLE	25 Children's Halloween Party	26
27 Elders Club Bingo	28	29 Lunch Fit	30 Meals on Wheels Youth Night Arts & Craft Night	31 Senior Social Lunch Fit GARBAGE		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2019					1	2 Community Shopping Trip
3	4	5 Lunch Fit	6 Youth Night Arts & Craft Night	7 Senior Social Lunch Fit Women's Paint Night RECYCLE	8	9
10	11 Band Office and Health Center are closed for Remembrance Day	12 Lunch Fit	13 Meals on Wheels Youth Night Arts & Craft Night	14 Senior Social Lunch Fit GARBAGE	15	16 Texas Hold'Em Tournament
17	18	19 Lunch Fit	20 Dinner & Hypnotist Show	21 Senior Social Lunch Fit Community Bingo Women's Paint Night RECYCLE	22	23
24	25	26 Lunch Fit	27 Meals on Wheels Youth Night Arts & Craft Night	28 Senior Social Lunch Fit GARBAGE	29	30