



# Kebaowek First Nation Mazinaigan / Newsletter

Kakone Kizis / September 2019

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## An Update from the Chief

I must begin my article by talking about Countryfest. Every year I am amazed at the sheer number of people who come to this annual event. The campers who come and stay a week in advance and then all those others who move here for the weekend to enjoy great music and our hospitality. The crowds on both nights were huge and I, like many others really enjoyed the great line up of entertainment chosen by the organizing committee. I need to acknowledge and personally thank them on behalf of the Council and the community for their hard work and dedication to making this event a success year after year. I see the long hours and planning that they do and for that I am grateful and appreciative. They do however, get a lot of help and support and a big thank you goes out to our Public Works Department and the summer students for keeping the community clean and in doing the set up on the field. Thank you to the volunteers who sell tickets, wristbands and staff the canteen, bars and prepare for and serve a well appreciated steak dinner. Thank you to Richard Miness Sr for taking responsibility to collect donations and this year going the extra step to sell tickets for some incredible prizes. A big shout out to Roger Mitchell and his team for handling event security.



Terri Clark with the Countryfest organizing committee and Chief Lance Haymond and Councillor Gerry Chaput and some of the support team that put in many hours to help make Coun-

In July we lost another community member, Marvin McKenzie passed away after a battle with cancer. He was a great guy and I could tell you many stories of the unselfish, easy going person he was and also stories of the many great meals he cooked for us while we were at moose camp. He will be missed and I would like to again extend my condolences and sympathies to his family and friends.

As you know the Algonquin communities have been working together on a number of files, continuing to build on our success following the work we did to get a positive result for 100 Wellington. We are now working together on two more important files as the Algonquin Nation. The first is trying to reduce the number of moose sports hunters in La Verendrye Park where most Algonquin communities get their meat. They have noticed a steady decline in the moose over the past years and more so since they allowed the killing of bulls, cows and calves every year. We are asking for a moratorium on the issuing of permits in the park and that Quebec jointly do a study with us, to determine the moose population still in existence. No survey has been done since 1994, yet they continue to issue 245 permits a year for the park and on average they are killing 90 moose a year. The numbers are staggering when you consider no evaluations are done and they have no idea how many moose are in the park and the other hunting zones. There Quebec governments main objective is economics, they make a lot of money from the hunt where our main objective is conservation so that the resource will still be there for our communities. We have met Minister Dufour of MFFP twice in the last weeks and will be meeting him again in the coming weeks to continue discussions. I have included our press release and an (cont'd on page 2)

CONTACT US



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



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



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

# An Update from the Chief

APTN article on the Governments response. We hope to expand the discussion to include the Grand Lake beaver preserve which is outside the park but it has trap lines belonging to members of Kebaowek so we would like the same surveying done. Once a survey is complete we would like to see Quebec issue permits to non-indigenous hunters based on sustainable harvesting practices.

The second project we are working on together is to try and stop a project called Gazoduq which is a proposed new natural gas pipeline that will cut a huge swath through Algonquin traditional territory. We are joining together to stop this project because of potential environmental impacts including crossing many rivers and bodies of water, loss of use on a huge part of our territory which would become off limits because of the pipeline. We will continue to provide updates on this file as we are just starting to get ourselves organized.

As you may have read, Indian Affairs and Canada approved "S3 phase two" meaning that they will return status to women who lost it for marrying a non-native. They have removed the 1951 cut-off date and will reinstate all the way back to when the Indian Act started and secondly Indian affairs will no longer assume that a father of an Indian child is non-native if there is no father's name on the birth certificate. As I have mentioned previously this will have huge impacts, we will be getting a large number of new members, preliminary estimates says it will be in the hundreds and this will further strain our underfunded program and services like Education because most new members will probably be off-reserve. While I'm glad Canada is righting historical wrongs, they have forgotten to give us corresponding financial resources to serve all of the new members.

I would like to acknowledge and say a big thank you and good job to our Kebaowek firefighters who helped the Temiscaming Fire Department battle a huge fire that impacted several homes. We received a note from the Director of Public Works from Temiscaming thanking them for their assistance, this made me proud of our team for the job they do. It gives me great reassurance that if we ever need them, they are ready to tackle the challenge.

September is the start of another school year and I would like to extend well wishes to all of our students who are returned to class this year. Thank you to our summer students who worked with our Health Center Team, Camp Bear Hug, Daycare, Land Management Department, Migizy Gas and the Public Works Department.

In closing, Grandparents day is also in September so we wish you a great day and thank you for the wisdom, teachings and love you extend to your grandchildren.

Chief Lance Haymond



Press release

For immediate release

## **Algonquin Nation demands a complete moose survey and a co-developed management plan in the Vérendrye Wildlife Reserve**

**Kitcisakik, August 21, 2019** - The leadership of the Algonquin Nation demand immediate action from the Quebec government to implement a moratorium on sport hunting, complete a survey on the moose population, and a co-developed management plan for the conservation of the moose in the Vérendrye Wildlife Reserve. This request was expressed on August 16, 2019 to the Minister of Forests, Wildlife and Parks (MFWP), Mr. Pierre Dufour.

The Algonquin leadership are deeply concerned by the marked decline in the moose population, an important and vital source of food for their members. The leadership reminded the Minister of MFWP that the Wildlife Reserve is located on the unceded traditional territory of the nation and covers parts of the beaver reserve, which we would like to remind the beaver reserve was set aside exclusively for the Algonquin people.

The Algonquin Nation is calling for a complete survey to document the current state of the moose population. Using the results of the survey and our traditional knowledge, the Algonquin leadership want to co-develop a management plan for the conservation of the moose which are currently threatened by sport hunting, deforestation, climate change, diseases and parasites. The Nation seeks peaceful co-existence with a focus on conservation.

If the Quebec government's response is unsatisfactory, the Algonquin leadership promise to assume their responsibility as "protectors of the territory" by adopting appropriate, peaceful measures to this effect. "As stewards of the land, it is our duty to take steps to manage wildlife conservation for all future generations. We are therefore united to take all the necessary measures to face this state of emergency, for the best of our Nation and for all citizens" said Chief Régis Penosway, of Kitcisakik.

"We invoke our inherent rights and jurisdiction as custodians of our land, as specified in the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP)," said Chief Casey Ratt, of Barriere Lake.

"Indigenous peoples have the right to the conservation and protection of the environment and the productive capacity of their lands or territories and resources. States shall establish and implement assistance programs for indigenous peoples for such conservation and protection, without discrimination" Article 29, UNDRIP.

For further information, contact:

Casey Ratt, 819-441-8002, [rattcasey@gmail.com](mailto:rattcasey@gmail.com) (English Spokesperson)

Lucien Wabanonik, 819-355-9084, [lucien.wabanonik@lacsimon.ca](mailto:lucien.wabanonik@lacsimon.ca) (Francophone Spokesperson)

## An Update from the Chief

# Quebec says moose preservation plan is on the agenda after urgent appeal by Algonquin Nation

Lindsay Richardson  
APTN News



Following the declaration of a “state of emergency” ahead of the fall hunt, the provincial government has agreed to consult and collaborate with the Algonquin Nation to complete a comprehensive moose population survey in Quebec’s expansive La Verendrye Wildlife Reserve.

Last week, the nation issued a press statement and raised alarms about herd numbers dwindling within the 12,500 square kilometre park, and the direct impact of this decrease on First Nations’ food security.

As a result, Pierre Dufour, minister of Forests, Wildlife and Parks, met with representatives from Algonquin communities in Val d’Or on Aug. 16. A second exchange, this time via telephone, was held with an Algonquin spokesperson, Dufour’s chief of staff, as well as cabinet members and senior officials from the province’s forest ministry five days later, on Aug. 21.

“It was agreed that additional exchanges were required with the Algonquin communities to seek mutually satisfactory solutions to their concerns and knowledge related to the status of the moose population,” reads a government statement issued Monday.

Barrier Lake Chief Casey Ratt says the Algonquin require only a few dozen moose to provide enough meat to sustain his community through the winter months.

Other communities in the area say the same.

“It’s part of our primary food source – it’s in very high demand for the entirety of our members here. It was always an animal with multiple uses: the skin, the sinew,” said Lac Simon Councillor Lucien Wabanonik.

Whatever’s not consumed, Wabanonik says, is used up by local artists to create their wares, or for making tools – two initiatives that also provide essential revenue to the remote communities.

“What people need to understand is that it’s not necessarily hunting for sport, what we’re doing; this is really an animal that does a lot of good for us outside of just providing nutrition,” he explained.

However, Quebec hunters granted licenses in an annual lottery are taking more than their share: this year, at least 97 moose were killed in four weeks, according to Ratt.

While a “conservation plan” was put into place in 2012, it expires in 2019 – and in its function, falls well short of what the Algonquin communities feel is fair and balanced practice.

“I think even the sports hunters can agree that there are less large male [moose] now,” Wabanonik added.

Ratt said there hasn’t been a thoroughly documented survey done since at least 1994, and is more important now than ever.

The population is equally threatened by other recurring factors, such as parasites and changes to climate or habitat.

According to Dufour, the current regulations “are based on the Ministry’s inventory data and take into account the ability of the moose population to support a sustainable harvest.”

But sports hunters are, in times of unsatisfying hunts, allowed to shoot of cows and calves- dramatically impacting population growth, according to Wabanonik, who added that mating patterns for adult male moose are very specific, occurring only every three to four years.

Dufour did not address the nation’s suggestion that the reserve be closed temporarily – possibly for several years – in order to conduct this research without interference.

He did, however, mention the possibility of conducting aerial surveys starting in 2020.

A meeting is set for early September so that representatives from both sides can “arrive at a common understanding of the issues related to conservation of wildlife resources,” according to the statement.

“The Ministry confirms its commitment to establishing and maintaining relationships with the Algonquin communities based on dialogue, collaboration, trust, and mutual respect,” it reads.

“We want to be heard; we want to share some preliminary information with the Minister, and we want to find solutions and be proactive while respecting everyone in this process,” Wabanonik said.

lrichardson@aptn.ca  
@sentimtl

# An Update from Justin Roy - Economic Development/Councillor

Kwe Kebaowek,

COUNTRYFEST...I would be foolish trying to start this article any other way without first acknowledging the awesome weekend that took place last month in our community. A great big recognition and thank you to the Countryfest Organizing Committee, I share the sentiments of the Chief for the hard work and planning that goes into this event. A big thank you as well to the community and its members for once again welcoming visitors to our community with open arms and allowing campers to take up every nook and cranny to become part of the community for the week/weekend.

To think it has already been a few months since elections have taken place and as much as I have learned, there is still so much more to learn and share and work to be done. As Economic Development Officer, I believed and thought I knew a lot of about inner workings of our community, what was going on, opportunities, issues, and obstacles and so on but boy was I wrong. Now I say this in a good way because, like most of us, I love to learn and the more I learn, the more I know, and the more I know the more I can do for this community and most importantly, the more I can share with the community.

Being more settled now in my role as Councillor I have been given the mandates of: Education, Finance, Anicinabe Mikana and will be sharing the mandate of Land Management with Councillor Gerald "Yogi" Chaput. I have made it a priority to get myself as up to speed and knowledgeable as possible in all these mandates.

As busy as the month of August was for our community it is looking like September is shaping up to be just as busy, with numerous of activities, meetings, and events taking place in the community which will lead me into my next topic...



As I am sure you have all seen the Miaja sign up across from Migizy, posters all over the community, as well as a poster and programming of the day later found on page 10 and 11 in this month's newsletter. Our community will be co-hosting this event with Wolf Lake in collaboration with the Algonquin Cultural Group, Minwashin on **September 12th and 13th, 2019**. The first edition of Miaja took place last year in Val D'Or and I was

fortunate enough to attend along with Grand Chief Verna Polson, and while taking in the event the both of us made it known to the event organizers that we would love to see the next edition of this event take place in our community and now here we are. The focus of this year's event is Indigenous Language to coincide with 2019 being UNESCO's Year of Indigenous Languages. Various workshops and shows will take place, all with an emphasis on Anicinabe Mowin. For more information please check out the Miaja Poster and Programming on pages 10 and 11. If anyone has any questions regarding the event please feel free to contact myself, and I hope to see you all at the event!

## CCP and Economic Development Meeting

On September 30th, I will be co-hosting a meeting with our CCP Coordinator Kim Chevrier. As Kim will give an update as to where we are in our CCP Process, I will be giving a presentation on all matters/projects on my desk as Economic Development Officer. During this presentation I will be sharing all kinds of information and updates but will also need feedback and opinions from community members on a number of projects. Projects you can expect to get an update on include:

1. Community Radio Station Project Update
2. Community Sugar Bush Project
3. Phase 2 and Phase 3 Kids Book Project
4. Tourism Plan
5. Waterfront Masterplan
  - a. Updating the Waterfront Master
  - b. Phase 1A Marina Update
  - c. Phase 2 Cultural Center Update

Speaking of Radio Station, thank you to all community members who took some time to vote on the official name of the Radio Station. You can find the official reveal of the name on page 15 of the newsletter. You will also find on page 6, a second job posting for the radio station – Radio Station Broadcaster, to go along with last month's job posting for the Radio Station Manager. For all those interested in these job postings but feel they have little or no radio experience, please do not let that hold you back from applying as anyone hired within the Radio Station will receive all the training, support, and resources needed to be successful in these roles.

With summer quickly winding down and school about to start, I hope all members got to have a beautiful and safe summer and got to relax and enjoy time with family, friends and loved ones. To all our students about to embark on another school year, I wish you all the greatest as you all pursue your education. Have a great and safe September Kebaowek!

Until next month,  
Meegwetch, Councillor Justin Roy

# Land Management and Resources

## **Educating Youth about the Environment and Climate Change**

During the Annual Youth Camping Trip to Hunter's Point, Riley Chevrier and I, Hope Clayton, were assigned to go up to Hunter's Point for a day trip to educate and involve the youth with fun activities associated with the environment. It was a day filled with learning and fun. I believe we need to educate the younger generation as much as we can now, about the environment and global warming, so that they won't make the same mistakes mankind made in the past, which are now destroying our planet.

To start off the day, we had the children participate in a water pollution science experiment, we used recycled pop bottles to visually see how plastic waste is affecting our water ways while talking about the harm it can cause to aquatic life as well as land animals. We briefly talked about the great pacific garbage patch and ways we can prevent plastic from entering the water ways. In the afternoon, we went on a nature walk to educate the children on different types of trees and their medicinal uses. On our nature walk we collected pieces of nature to build our terrariums. In the terrariums, the water is constantly being recycled, creating an eco-system. To end the day, we had the kids participate in a scavenger hunt, which involved finding objects we talked about on our nature walk.

It was such a great feeling and experience going up to Hunter's Point where our ancestors grew up, living off the land and appreciating it, this made the trip even more special being able to educate the youth of our community about the environment and climate change up in Hunter's Point.

Hope Clayton



*Water Pollution Experiment*



*Making Terrariums*

## 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](mailto:tmckenzie@kebaowek.ca)**

## **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 SEPTEMBER DEADLINE FOR  
NON-RESIDENT FEES TO BE REIMBURSED  
IS SEPTEMBER 26TH AT 12:00 PM**

# Employment Opportunity



Kebaowek First Nation is presently accepting applications for the following position:

## **Community Radio Broadcaster**

Deadline to Apply: Wednesday September 27th, 2019 at 4:00 p.m.  
Duration: Full time indeterminate with a 6-month probation period  
Start Date: October/November 2019  
Place of Work: Kebaowek First Nation  
Salary: Competitive Salary @ 40 hours per week

### **Summary:**

The community radio broadcaster will be reportable to the radio station manager and will be responsible to assist in overseeing the daily radio program.

### **Requirements:**

- High School diploma or equivalent
- A combination of education and experience will be considered.
- Valid Quebec driver's license

### **Knowledge, Skills and Abilities Required:**

- Possess strong interpersonal and communication skills and the ability to work effectively with a wide range of constituencies in a diverse community.
- Knowledge of public radio principles, procedures, operations, and standards.
- Knowledge and understanding of radio communications facilities and distribution systems.
- Knowledge of on-air and remote broadcasting processes and procedures.
- Knowledge of current and developing trends in radio.

- Knowledge of operating radio equipment.
- Ability to use Word & Excel and be comfortable with using the internet.
- Ability to develop and deliver presentations.
- Ability to create, compose, and edit written materials.
- Ability to work a variable work schedule eg. Early mornings, week nights & weekends

**Incomplete applications will not be considered. Only those pre-selected for an interview will be contacted. Please send your curriculum vitae supporting documents and two (2) recent references by mail, e-mail or by fax, to:**

**Kebaowek First Nation**  
110 Ogima Street  
Kebaowek (Québec) J0Z 3R1  
Tel: (819) 627-3455  
Fax: (819) 627-9428  
Email: [jroy@kebaowek.ca](mailto:jroy@kebaowek.ca)

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

From the family of Marvin McKenzie

We would like to thank all of our family, friends and neighbors for their words of comfort, cards, flowers and support, during our sad loss. Thank you to all who travelled to attend his funeral service.

We truly appreciate the kindness that has been extended to our family.



## Employment Opportunity

### **Office Manager Land Management Department**



Kebaowek First Nation is looking for an Office Manager to perform clerical duties and ensure the accuracy of our files at our Kebaowek Land Management Department.

The successful candidate will be responsible for creating Department budgets, invoicing clients, ensuring prompt payment of invoices and developing and maintaining a comprehensive filing system within the Kebaowek Land Management Department.

#### **Duties:**

- Calculate, prepare and issue documents related to accounts such as bills and invoices,
- Compile budget data and documents based on estimated revenues and expenses and previous budgets,
- Prepare payroll for payroll clerk, including calculating all Land Management employee salaries or hours and determining paycheck amounts,
- Respond to customer inquiries, maintain good customer relations and solve problems,
- Perform related clerical duties, such as word processing, maintaining files and record systems, answering phones, and placing orders.

#### **Requirements:**

- College diploma in Business or Accounting
- Good knowledge of Microsoft Office programs
- Polite and ease of verbal and written communication
- High degree of confidentiality, discretion and ethics

#### **Job Type:**

- Full time employment, 35 hours per week.

#### **Salary:**

- Based on education and experience.

Please submit your resume to Yves Paquette in person at the Land Management Building before noon on September 20<sup>th</sup>, 2019.

Priority will be given to Kebaowek First Nation Band Members.

## Kebaowek Police Department

### **STATISTICS FOR THE MONTH OF JULY 2019**

- 5 Noise and Nuisance Complaint
- 3 Assist to Surete du Quebec
- 1 Information Received from Public
- 2 Public Assistance
- 1 Civil Matter
- 1 Mental Disorder
- 2 Family Dispute
- 1 Arrest Warrant Executed
- 1 Natural Death

## **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 !

**THE KEBAOWEK CHILDCARE CENTRE  
HAS 1 SPOT AVAILABLE IN THE  
INFANT ROOM ( 17 MONTHS AND UNDER)  
AND 1 SPOT AVAILABLE IN THE  
18 MONTH OLD GROUP.  
IF INTERESTED PLEASE CALL 819-627-1000  
AND ASK FOR PATTY**

# 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: July 7th - August 10th, 2019	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	6.5	635	15
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

Since July 3<sup>rd</sup> 2016, the number of hours required to qualify to EI is now the minimum requires by economical region. If you apply for special benefits, you will need 600 hours of insurable work. It is strongly recommended to check with your local Service Canada Center for the minimum number of hours required to qualify. Please also note that since January 1st, 2017, the two week waiting period has been reduced to one week. Updated and revised on **August 12th, 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.**

### 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](mailto:gmoore@kebaowek.ca)

### VISION-TRAVAIL

Employment councillor, every Tuesday, will be pleased to meet with you.

She will be at Centre L'envol,  
451 Kipawa Road,  
Temiscaming Quebec.

Please call to make an appointment

### A CAREER AWAITS YOU AT BOREALES FARMS

The Olymel Company would like to come and give information for all aspect of working for their farms.

If you are interested please give your name to Roxane or Glenda.

In order for this information session we need participants.

The attentive date of their visit would be **September 30, 2019**.

This would be a possible opportunity for those who are

A CAREER AWAITS YOU AT

FERMES BOREALES

5 PERMANENT FULL-TIME positions for ANIMAL ATTENDANT

Fugèreville  
Lorrainville  
St-Eugène-de-Guigues  
or Béarn



---

- ◆ No prior training or experience necessary
- ◆ Fermes Boréales provides continuous training for its employees
- ◆ Starting salary 15,00 \$ per hour
- ◆ Bilingual work environment
- ◆ Fringe benefits, salary review every 6 months, excellent possibilities for advancement
- ◆ Modern, high tech facilities





FERMES BOREALES

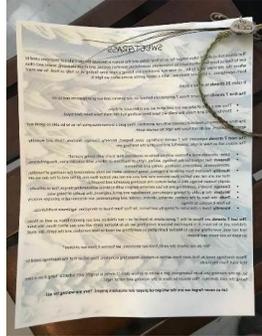
For more information, visit our website at [fermesboreales.coop](http://fermesboreales.coop) or contact Marie Claude Cloutier 819-629-4527



The greatest dangers in school transportation are outside the bus As a driver, you can help ensure children are safe whenever you drive near a school bus, whether you are on the road or in a school zone. Always pay attention to signs and signals in school zones and surrounding areas, as well as in the school yard. Always remain vigilant near a school bus. Always abide by the rules of the Highway Safety Code, particularly near children.

# CCP Update

We wish to thank all that came out to the CCP booth at Kebaowek's Annual Countryfest. We had many visitors to the booth and handed out Sweetgrass along with its' cultural meaning. We will have more to share at our next CCP Community meeting if you did not receive any.



We had a total of 108 votes for the naming of our upcoming radio station. The winning name is posted on page 15 in this month's newsletter and will be made public via our CCP Facebook page. The winner of the door prize was Andrew Down. Congratulations!



Participate in the next CCP Community meeting on September 30, 2019 and get a chance to win the "Medicine Spirit" painting by Jill Ladouceur. The CCP meeting will include updates from CCP pertaining to data analysis and Economic Development updates including the new radio station logo, which community will have a chance once again to vote on.... Stay tuned for more information in the next few weeks!



We hope to see you there!  
Meegwetch  
Kim Chevrier

**BINGO**

*Thursday*  
*Bingo*

Sept 19th 2019

Door opens 5:45  
Earlybird 6:45

Entry Pack \$30.00  
Extra Pack \$10.00

*Kebaowek*  
*Community*  
*Hall*

Over \$2500.00  
in Prizes

Steamed Hot Dogs -  
Pop - Chips ..... etc

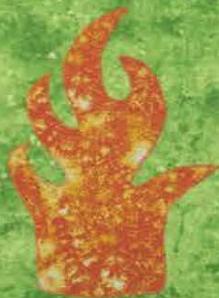
Presented by MINWASHIN  
in collaboration with KEBAOWEK and WOLF LAKE

# MIAJA

Nakockitatowin otcī anicinabemowin

A GATHERING  
HONORING THE  
ANICINABE LANGUAGE

SEPT. 12 & 13 2019  
KEBAOWEK



MINWASHIN.ORG



ARITIBI-TEMISCAMINGUE  
TOURISM



Québec

Canada



Artwork created by Fabian Mabeza



## A GATHERING HONORING THE ANICINABEK LANGUAGE

### PROGRAM

Simultaneous translation services and free campsite provided during the event.

#### THURSDAY, SEPTEMBER 12

##### 10 AM REGISTRATION

**LAUNCH OF NINAWIT** – A SERIES OF PROGRAMS PRODUCED BY YC9 ON THE HISTORY OF THE ANICINABEK NATION

##### LUNCH

##### 1 PM-5 PM OPENING CEREMONY

Lance Haymond, Chief of Kebaowek; Lisa Robinson, Chief of Wolf Lake; Verna Pblson, Grand Chief of the Algonquin Anishinabeg Nation Tribal Council; Ghislain Picard, Chief of the Assembly of First Nations Québec-Labrador; Sébastien Goupil, Secretary General of the Canadian Commission for UNESCO; et Richard Kistabish, president of Minwashin

**FOR THE VERY FIRST TIME:** Projection of a short film in Anicinabek language directed by Kevin Papatie.  
Co-production: Minwashin and Wapikoni mobile.

##### WORKSHOPS - BLOCK 1

- How can we support the development of our language?  
*Adi ke minosek kidji kaaka anicinabemonaninwak*
- Anishnabe Odinewin, a project dedicated to the revival of Anicinabek linguistic, cultural and traditional practices  
*Anicinabemowin inenidamowinan, anicina be aki kakino hamagewin kidji kackonaminiw ikijijiwewin, ijatawin acits mino neta witona niwan*
- Art workshop: «The three Anicinabek alphabets»  
*Inanakiwin nitawitogin : ka nisk anicinabek mazinadeganan*

##### WORKSHOPS - BLOCK 2

- How can we get young people interested in language?  
*Adi ke tota niwink ociki madiziwatc kidji sakitowatc anicinabemowina*
- Language, identity and land / *Ijigijiwewin, ijina goziwin acits aki*
- Singing and drumming / *Nigamowin acits tewegan*

##### 5 PM PRESENTATION OF TRADITIONAL ART AND VISIT OF KIOSKS

##### SUPPER

MENU PREPARED WITH TRADITIONAL PRODUCTS

##### 8 PM CONCERT BY ANICINABEK ARTISTS

#### FRIDAY, SEPTEMBER 13

##### 8:30 AM WORKSHOPS - BLOCK 3

- Technology as a tool to revive our language  
*Tekno kidji a bidjitowik kidji madjitowik a nicinabemowin*
- Standardization of the Anicinabek language?  
*Kakina pejigon kidji ijibigewik?*
- Art workshop: «The three Anicinabek alphabets»  
*Inanakiwin nitawitogin : ka nisk anicinabek mazinadeganan*

##### WORKSHOPS - BLOCK 4

- How to promote the transmission of Anicinabek language?  
*Adi ke minosek kidji kaaka anicinabemonaninwak*
- Standardization of Anicinabek language?  
*Kakina pejigon kidji ijibigewik?*
- Singing and drumming (English and Anicinabek)  
*Nigamowin acits tewegan*

##### LUNCH

##### 1 PM PROPOSALS OF COURSES OF ACTION

##### DISCUSSION PERIOD

##### 3:30 PM ART PERFORMANCE: ÉMILE PROULX-CLOUTIER

##### 4 PM CLOSING CEREMONY

### VENUE

Kebaowek Community Hall

116 Ogima Street, Kebaowek



**TO REGISTER:**

[minwashin.org](http://minwashin.org) / [info@minwashin.org](mailto:info@minwashin.org)

Facebook : Minwashin - Première Nation Abitibi-Témiscamingue - Instagram : Minwashin

## HUNTING FIRE SAFETY

In addition to working smoke alarms, anglers and hunters are encouraged to thoroughly check and clean all heating appliances, (i.e., woodstoves, propane heaters, kerosene heaters, naphtha stoves and lanterns) in their cabins, camps, trailers and recreational vehicles before using them. Chimneys also need to be inspected for any damage or obstructions prior to use and cleaned if deposits of creosote are present.

### Wood Heat Safety Tips

- Burn dry, well-seasoned wood to reduce risk of excessive creosote build-up.
- Store wood outdoors, stacked in an open area or shed away from the house to provide good air-flow to assist drying.
- Check chimneys and flue pipes often for creosote and soot build up and keep clean to prevent chimney fires.
- Maintain a proper cap on top of chimneys to protect against damage from rain or snow.
- Inspect spark screens on chimney caps regularly to make sure smoke can vent properly.
- Keep combustible materials a safe distance away from woodstoves and fireplaces.
- Always use a properly fitting screen for fireplaces to keep sparks and embers contained.
- Allow ashes from woodstoves or fireplaces to cool before emptying them into a metal container with a tight-fitting lid. Keep the container outside.

### Portable Fuel-Fired Heater Safety Tips

- Any portable fuel-fired heater should be equipped with a safety tip-over shut-off feature and bear the mark of an accredited testing agency.

- Only adults familiar with the operating and refuelling procedures of the heater should be allowed to operate or refuel it.
- Before operating any portable fuel-fired heater read and follow the manufacturer's instructions.
- Always maintain an adequate supply of fresh outside air when using fuel-fired portable heaters indoors. Follow manufacturer's directions to ensure proper ventilation.
- Heaters should never be left burning overnight or while sleeping.
- Refuel portable heaters outdoors, only after the unit has cooled. Only use approved fuel in the heater.
- Store fuel for the portable heater in the appropriate approved fuel container, outside the home.
- Keep portable heaters at least one metre (3 feet) away from anything that can burn, including curtains, wall coverings, upholstery, clothing and people.
- Keep all doorways and halls clear. In case of fire, a heater should not be blocking your escape.
- Place heaters in areas where they will not get bumped or knocked over.
- Prevent burns by keeping children away

## Sparky's HIDDEN PICTURE PUZZLE



The following objects are hidden in this picture:  battery,  smoke alarm,  candle,  flashlight,  pencil,  sailboat,  banana,  golf club,  bell,  sock,  ruler,  ring,  cup, and a  button!

For more FUN STUFF, visit [SPARKY.ORG](http://SPARKY.ORG)

The name and image of Sparky are trademarks of the NFPA.

# Kipawa Countryfest 2019

12th Annual Kipawa Countryfest August 16-17-18, 2019! An eventful fun filled weekend with so much awesome live music from Terri Clark, Eric Ethridge, Prescott and Brown, Buck Twenty, Kelly Prescott, Weekend Crew, Kipawa River Band, The Angry Pants, The Pickup Band, Blue Rail, Ghost Rider, Kipawa Choir and our Countryfest weekend house band, Gravitas! (3 days – 13 bands – 17 shows). Photos are taken by our official Countryfest Photographer Keith Benard! You can find more on the Kipawa Countryfest Facebook page. On behalf of the Countryfest Committee, Jennifer Chevrier, Tina Chevrier, Gail Jawbone, and Roxane McKenzie, WE THANK EACH AND EVERY ONE OF YOU FOR ALL YOUR SUPPORT to make this happen each year and we'll see you again in 2020! We cannot say thank you enough to everyone who helped through volunteering or covering key aspects of the festival ... Chief and Council, Public Works Department, Summer Students, Roger Mitchell, Dan and Nancy Lavigne, our drivers Hugette and Steven, Bobby Joly, Richard Mines Sr, Kebaowek Police, Donna Pariseau, Billy Fleury, Ronnie Raymond, Shane Fleury and so many others !!





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

**SUNDAY, SEPTEMBER 29, 2019**

**TIME: 2:00 p.m.**  
(Doors open at 1:30 p.m.)

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

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

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

**Regular Game Prizes - \$20.00**

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

**CANTEEN OPEN**

**Hotdogs, Chips, Pop, Tea, Coffee**

**EVERYONE WELCOME**



**\*\*SUPER TOURNAMENT\*\***

**SATURDAY, SEPTEMBER 7, 2019**

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

**ENTRY FEE - \$110.00**

(\$100.00 Towards Prizes & \$10.00 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 18+ 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**

**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 !**

# ANNOUNCING *our new community radio station name ...*



# KIPAWA COUNTRYFEST

SAVE THE DATE

*August 14-15-16, 2020*

# Community Wishes for the Month of September



Happy 2nd Birthday Nylah

Love you always,  
Uncle Adam xo

Have a great day !!



Happy Birthday Wishes to  
Ronnie Raymond - September 25th  
Dylan McKenzie - September 27th

From your  
Fire Department Team



Happy 2nd Birthday to Nylah

Love you forever and  
have a great day !!

Love Uncle Noah xo



Happy Wedding Anniversary wishes  
for my beautiful wife Cary  
on September 29th !!

From your loving husband Jungo  
and Granddaughter Nylah ♥



A Big Happy 2nd Birthday  
to our Honey Bee Nylah !!

Enjoy your special day on  
September 27th !!

We love you to the moon and back !!  
Love Always, Grama & Poppa ♥



Happy Birthday to a wonderful  
Wife and Mother (Cary)  
who celebrates on September 14th !!

We love you ... Jungo,  
Adam, Noah, Stephen & Kaitlin  
xoxo



Happy 7th Wedding Anniversary  
to my one and only love !!

Cheers to us Baby !!

Love you forever & always ♥  
Love Cary xo



Wishing a very Happy Birthday  
to my Grama !!

She celebrates her special day on  
September 14th !!

I love you ♥  
Nylah xoxo



Happy 6th Birthday  
on September 3rd to  
Papa's little guys !!  
You both make me so proud !!

Love always, Papa  
xoxo



The world did us a favor by giving us  
the two of you on September 3rd, 2013.  
Although you are each unique,  
you share the same wonderful qualities  
that only twins share. Here's wishing  
you both a Happy 6th Birthday !!  
Love always, Mommy xoxo



Happy 30th Birthday  
to our birthday buddy  
on September 3rd, Aunt Shelly!!

Love, Keshon & Kobe  
xoxo



Happy 6th Birthday  
on September 3rd to the best big  
brothers anyone can ask for !!  
I love you both so much !!

Love always, Kaylee  
xoxo

# Health Director's Update

## Meetings in August

- No scheduled meetings.

## Scheduled Meetings in September

- CISSAT Board of Directors and Verification Committee Meetings
- FNQLHSSC Board of Directors Meeting
- Coalition of English Speaking First nations of Quebec
- FNHMA Board of Directors
- First Nations Health Directors Network of Quebec

## Files in Motion

- New Health Center, Plans & Specs 100% complete, reformulating request to National Office with follow up call on September 5th.
- Vascular Disease Program expansion planning.
- Health Center policies review, pre accreditation request.
- Health Plan merge with First-Line Services

## Health & Wellness Center Update

The month of August slows down a bit on the business end of the health sector. However, we do not have the option to stop

services delivery for many essential services as they are 'essential services'! For many organizations, it's a time for summer holidays so we all try to accommodate our employees with their much needed time off to rejuvenate and at the same time, allow for a continuum of services that are needed for our clients. I value tremendously my staff for putting our clients first as they usually do, by collaborating once again in ensuring there were no gaps in essential services despite our small contingency of workers. Meegwetch!

To our members, enjoy our beautiful fall season that is on our door step. Take full advantage of the garden harvest freshness to start a healthier lifestyle and be safe as you gather your traditional foods for the winter months on our Unseeded Algonquin Territory.

## Quotes on Harvesting

"Striving for success without hard work is like trying to harvest where you haven't planted." *David Bly*

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." *Anonymous*

David McLaren

Director of Health & Social Services



### **Did you know it is currently estimated that 6% of children are affected by food allergies?**

It's back to school time again and we know that this period can generate a certain excitement for kids and parents alike. However, along with packing school supplies, you'll also be packing school lunches for your children. While there are food safety tips that you should follow to avoid food poisoning, it's also important to remember allergy awareness when you are packing lunches.

Although many foods can cause allergic reactions, the majority of reactions are caused by peanuts, tree nuts, sesame seeds, soy, seafood, wheat, eggs, milk, sulphites and mustard.

Symptoms may include mild skin irritations and hives, to breathing difficulties and loss of consciousness. The most severe reaction, called anaphylaxis, can be fatal.

Because of the potential seriousness of allergic reactions, many schools have policies in place to stop students from bringing certain items in their lunches. It's very important for you to follow the school's food allergen policy, even if your child does not have allergies. You should also remind your child that it is risky to exchange or share food.



We would like to thank the Bear Hug Day Camp Educators, Amanda Joly, Phoebe Lavergne and Trysta Young for ensuring the children in our community had a fun and memorable summer!

# Culture Program

## The Reverence of Traditional Culture

Stepping back into traditional practices is a way to brighten the four aspects of life, weekly workshops are offered by appointment for a traditional culture way of expression and personal self-healing. Introductory ways of self-expression are also practiced daily from the Health Centers Culture Coordinator place of learning, located at 106 Ogima Street.

### Summary of daily workshops:

- Smudging and sharing thoughts for a productive day
- Sharing knowledgeable historic timeline events of the Algonquin people
- Engaging in lost traditional practices, Reviving traditions
- Field trips to walk the traditional territory, harvesting and discovering

### **Spirituality**

Land acknowledgements, giving thanks, offering tobacco to the land and your ancestors

### **Emotional**

Feeling positive emotions, making time for yourself; try smudging for holistic approaches of re-discovery

### **Physical**

Being outside, exploring the outdoors on your Traditional Algonquin Anicinabe Territory

### **Mental**

Sharing a life story with someone, in a good way, offering some knowledge to someone who can respect and learn from your life experiences.

Migwetch and hope to get better acquainted

Rod St Denis  
819 627 9060 ext 292  
[rstdenis@kebaowek.ca](mailto:rstdenis@kebaowek.ca)

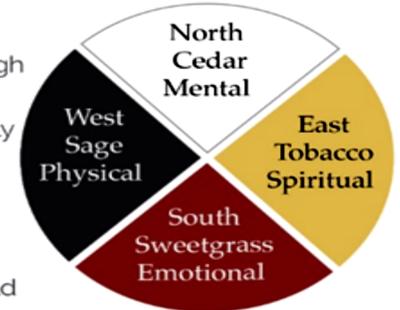
“It may seem a little crazy to walk directly into the line of fire... those who are willing, are those who achieve great things.

People say I'm crazy. I say thank you”  
- Jessi Combs

Smudge is an Indigenous practice of giving thanks, asking for guidance and cleansing to go forward in a good way.

Set your medicine on fire with a wooden match and then blow out the flame. Let it rest in the abalone shell, let it smoulder - let it create smoke. Use your feather to move the smoke. When it goes up, it is taking your gratitude, worries and messages to Creator..

You can wash the smoke through your house - Sage will help to freshen, kill germs and spiritually cleanse. You can smudge as often as you like and wherever you like. If you have had an argument, sadness or negative people in your home, you should smudge all the corners and doorways.



In the morning, it is traditional to burn sage to begin a new day with gratitude and a fresh start.

After burning your medicine, you should spread the ashes outside on the ground in front of your door to signify that negative thoughts, actions, words and feelings are not welcome inside your home .

S M U D G E

### **Courage.**

I wash my hands in the sweet smoke so that they may be constructive and reach out to others in a good way.

### **Honesty.**

I bring the smoke over my head and down my back to lighten my troubles and bring clarity of purpose.

### **Respect.**

I smudge my eyes so that I will see good things in people and learn from them.

### **Truth.**

I smudge my mouth so that I will speak good things to people and learn to choose my words carefully.

### **Wisdom.**

I smudge my ears so that I will listen carefully to others, learn from what they say and become someone they want to talk to.

### **Love.**

I bring the smoke towards me to surround my heart so that what has been damaged can heal and what pain is to come will help me to be strong and grow in a good way.

### **Humility.**

I wash my feet in the smoke so that I may walk a path full of purpose, compassion, balance and kindness.

May the smoke wash over me, collect my messages of gratitude and gather my worries. Let them rise up to Sky World. May my ancestors see that I live with good intentions.

[passthefeather.org](http://passthefeather.org)

# Health Center Notes and Information

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

## 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
<b><u>AFTER HOURS</u></b> 8:30 AM - 12:30 PM  CALL 819-627-6887	<b><u>AFTER HOURS</u></b>  4:30 PM - 8:30 P.M. CALL 819-627-6887	<b><u>AFTER HOURS</u></b> 12:00 PM - 5:00 PM  CALL 819-627-6887	<b><u>AFTER HOURS</u></b> 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:

#### **LABOUR DAY HOLIDAY**

Monday September 2nd, 2019 the office is closed.

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

#### **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

**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 September 20th, 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

I hope you all had a wonderful summer. I was out of my office the past 8 weeks, I am back now and continuing my work with our beautiful young children. Expect to see me at the Daycare and the After School Program. Keep a look out for our monthly family activities. We will be having our Annual Grandparents Day Breakfast on Sunday September 8<sup>th</sup> at the dome. FASD Awareness Day will be on September 9<sup>th</sup> so stop by to see us for information and a little gift. We will be located near Migizy Gas on the side of the road.

**With school starting it very important for children to have a great routine so I have some tips for morning, evening and bedtime routines.**

## **A Good Day Starts with a Good Night's Sleep**



It's not unusual for parents to allow their children to stay up later during the summer than during the school year. You may want to start making changes now, expect your children to complain and try to stay up later, but the earlier they get to bed, the more prepared they'll be

for school. It will be much easier to decide what time your children need to go to bed if you know what time they have to get up in the morning. Most experts agree that children need between 9 and 10 hours of sleep each night to be at their best, while 8 hours is the absolute minimum. For example, if you know that your child must be up by 6 a.m. to be ready for school by 7:30 a.m., your children should be getting ready for bed around 7:30 p.m. Explain to your children the importance of getting a good night's sleep. Tell them that it is during sleep that the body heals itself. Getting enough sleep will give them the energy that they need to stay awake during the school day. A good night's sleep also lessens crankiness, which makes them easier to be around!

## **Establish an Evening Routine**

Get your children in the habit of following a routine every night. If they choose their clothing for the next day, take a bath, brush their teeth, and get into their pajamas every night before they go to bed, you're transitioning them into settling down. Having a set routine such as this, or any schedule you use as a family, will give them a strong sense of consistency and help them wind down. This process can also reduce complaining from your kids about bedtime. Older children are often allowed to stay up later than younger children, but this doesn't mean that they should be

permitted to stay up too late. Have them follow the same routine: choosing their clothes, taking care of their personal needs, and going to bed earlier than usual – so that they'll be ready to get a good night's sleep. Once the children are in bed, take this time to enjoy one-on-one time – depending on their age, read them a bedtime story or have a chat about something that happened that day or about something that they want to talk about.

## **Morning Routines are Equally Important One**

Item you may want to purchase for your children at the beginning of the school year is an alarm clock. By giving your child an alarm clock, you're giving them some of the responsibility in getting up on time. Does this mean that you won't have to nudge them to get them out of bed when school first starts? Most likely not; in fact, chances are you'll have to remind them over and over to get up, get dressed, and eat so that they can get to school on time. It may be best to wake children up early the first week or so of school until they're able to rise and get ready by themselves. As they become more accustomed to their new schedule, you can let them sleep a little later. Remember, you want your kids to have ample time to get dressed, eat breakfast, and gather their things before they head out. If they ride a school bus, they need to be ready when the bus comes. For younger children, it's a good idea to create a chart of things that they need to do each morning. You may want to use pictures to create a "to-do" list with the following items:

- Get dressed – picture of clothing (shirt, pants, socks, and shoes)
- Eat breakfast – picture of food
- Brush teeth – picture of toothbrush and toothpaste
- Get ready to go – picture of backpack and lunch bag

Older children may not need pictures, but having a list of what they need to do each day is still helpful. Post a list in several places around the house, such as their bedroom, the bathroom, and the refrigerator so that they don't have to keep running through the house to figure out what's next. Place the list in a sheet protector so that they can cross or check the items off.

*Medical experts and nutritionists espouse the benefits of eating a healthy breakfast every morning. Not only does breakfast give the body the energy it needs after a relatively extended period of not receiving nutrients, but it also helps with focus. Eating breakfast improves a child's concentration and allows them to perform better in school.* If your child doesn't want to eat a full breakfast, find foods that they can eat quickly, but that will still provide the nutrients their body needs. Most experts recommend eating a serving of protein first thing in the morning. Scrambled eggs on toast, yogurt and fruit, or a peanut butter and jelly sandwich on whole wheat bread are good options for breakfast. It's okay to be creative!

le grand DÉFI  
 PRESCRIBED BY FAMILY PHYSICIANS  
 PIERRE LAVOIE

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

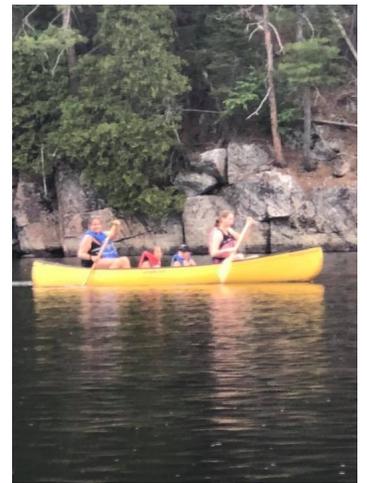
**PLACE:** Philippe Barette Park  
 485, Kipawa Road  
 Témiscaming



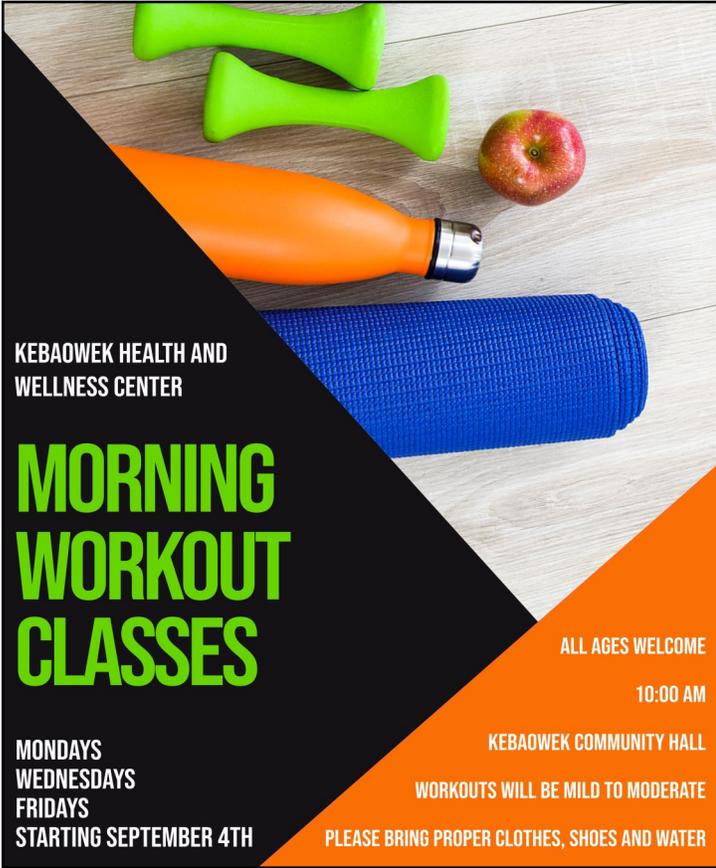
# Sports and Mentorship



We had a great turn out to our Annual Youth Hunter's Point Camping Trip as we had 18 kids and 11 adults participate which included out 2 medical students from McGill University. The kids had so many physical activity opportunities throughout the week; we had swimming, capture the flag, cops and robbers, and volleyball to name a few. I would like to thank the adults that participated in all the games with the kids; the kids found the games much more fun with their parents and other adults joining. I'd like to thank Land Management for sending two workers, Hope Clayton and Riley Chevrier, to do a couple of activities with the kids. Also, this year we went for a canoe trip to Ostaboningué with all the kids and adults. The day prior, Rodney St-Denis and I showed everyone how to get back in the canoe using the T-rescue technique. We are looking forward to next year's trip and hope that there are more people that would like to join us. ~ Mitchell McMartin



## 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



# KASP

\* Kebaowek After Achool Program

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

lgrandlouis@kebaowek.ca  
819-627-9060

# SHINGLES

**WHAT IS SHINGLES ?  
AM I AT RISK FOR SHINGLES ?  
HOW CAN I PREVENT IT ?  
WHAT IF I ALREADY HAD IT ?  
AND ANY OTHER QUESTIONS YOU MAY HAVE WILL BE ANSWERED**

**COME JOIN US AND GET THE FACTS !!**

**WHEN: WEDNESDAY SEPTEMBER 25TH  
WHERE: COMMUNITY HALL  
TIME: DOORS OPEN AT 5:00 PM DINNER AT 5:30 PM  
MEAL CATERED BY CAROLYN PARISEAU  
PRESENTATION AT 6:00 PM WITH GUEST SPEAKER MELANIE NORMAN**

**\*TO REGISTER CALL VIRGINIA 627-9060\*  
DEADLINE TO REGISTER IS MONDAY SEPTEMBER 23rd  
YOU DO NOT HAVE TO ATTEND THE SUPPER TO PARTICIPATE IN INFORMATION SESSION**



This special event is for grandparents & their grandchildren

Please join First Line Services & MCH in celebrating:

# Grandparent's Day!

Grandparents play a special role in children's lives, so to honour that we will be having a special breakfast on:

Sunday, September 8th  
8:30am-10:30pm  
At the Community Hall

8:30-9:30 - Breakfast ~ 9:30-10:30 - Activity

For more info: contact First Line Services  
819-627-9877

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## Upcoming Health Center/Frist 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**



**PALS:**

**OUTDOOR FAMILY  
MOVIE NIGHT**

**Saturday, September 14th**

"Movie to be determined"

Movie will start at 8:30PM

At the ballfield.

Bring your lawn chair and snacks!

**ORANGE SHIRT DAY**

**Community Breakfast**

**Monday, September 30th**

**6:45-9:00**

**At the Community Hall**

**The first 15 families in will receive a gift!!**

Phelps bus pick up: 7:30 in front of the hall  
Temiskaming bus pick up: 7:50 at 4way stop



Orange Shirt Day is a national awareness day to honour  
and remember Residential School Survivors

**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



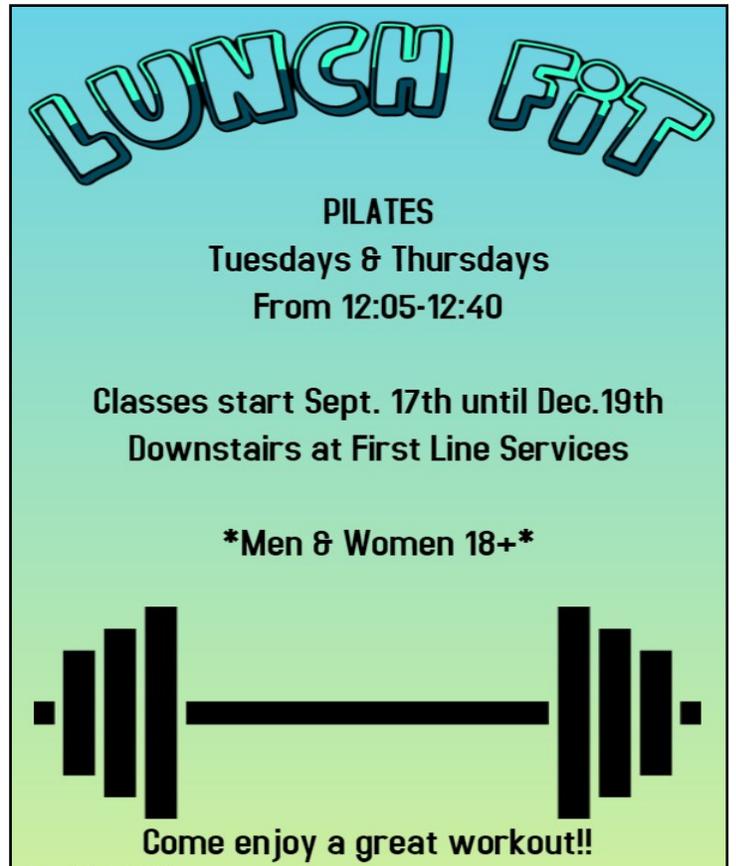
# Community Kitchen

**MONDAY, SEPTEMBER 16TH**

**ON THE MENU:**  
**CHILI**

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

Call First Line Services to register by  
Friday, September 13th @ 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!

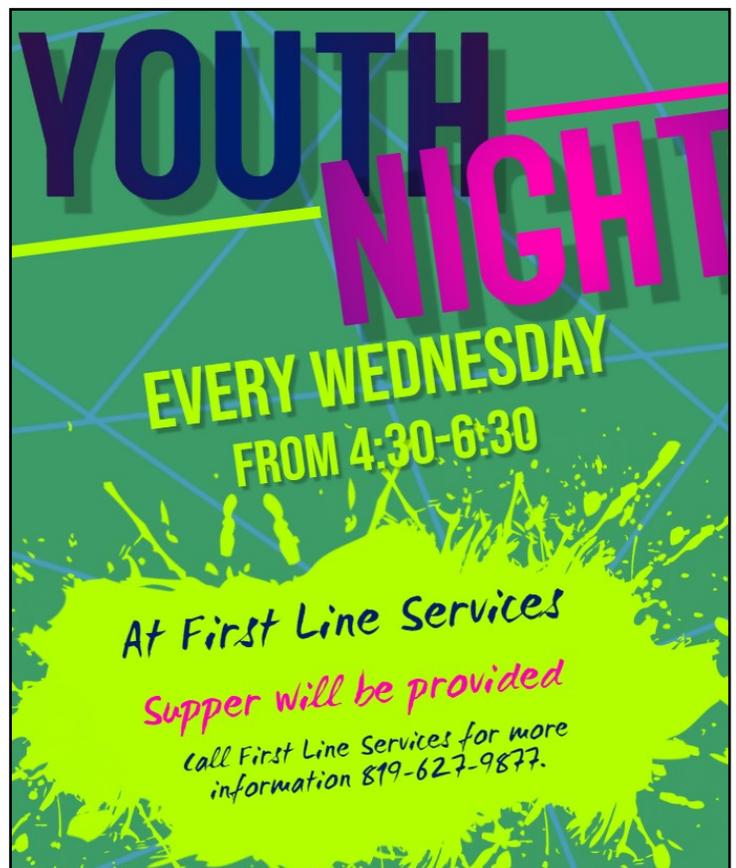


**Upcoming Dates:**  
**Sept. 12th & 26th**

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

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: September 4th & 18th**

# Senior Social

COME & JOIN US EVERY THURSDAY

FROM 1:00PM - 3:00PM

AT FIRST LINE SERVICES  
BASEMENT

COFFEE/TEA & SNACKS PROVIDED!



Crib

OR



Yahtzee

Senior Social is cancelled for September 12th !!

If you require transportation contact Shelly  
@ 819-627-9877

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## Community Shopping Trip



The first Saturday  
of every month !!

Please call First Line Services to submit  
your name.

Important ... Spaces are limited !!

Next Trip:

**September 7th and October 5th**

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

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

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

# FoodBank

KEBAOWEK FOOD BANK NEEDS YOUR HELP !

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

**KEBAOWEK FOOD BANK  
HOURS**

TUESDAYS & THURSDAYS  
1:00 - 3:00 PM

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



# Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Band Office and Health Center closed for Labour Day</b>	3	4 Meals on Wheels Youth Night	5 Senior Social  <b>GARBAGE</b>	6	7 Texas Hold'Em Tournament Community Shopping Trip
8 Grandparent's Day Breakfast	9 Family Movie Night FASD Awareness Stop	10	11 Youth Night	12 <b>MIAJA</b> Women's Paint Night <b>RECYCLE</b>	13 <b>MIAJA</b>	14 PALS Outdoor Family Movie Night
15	16 Community Kitchen	17 Lunch Fit	18 Meals on Wheels Youth Night	19 Senior Social Lunch Fit Community Bingo <b>GARBAGE</b>	20	21
22	23	24 Lunch Fit	25 Youth Night Shingles Info Session	26 Senior Social Lunch Fit Women's Paint Night <b>RECYCLE</b>	27	28
29 Elder's Club Bingo	30 Orange Shirt Day Community Breakfast CCP and Economic Development Meeting	<b>September 2019</b>				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October 2019</b>		1 Lunch Fit	2 Meals on Wheels Youth Night	3 Senior Social Lunch Fit <b>GARBAGE</b>	4	5 Texas Hold'Em Tournament Community Shopping Trip
6	7	8 Lunch Fit	9 Youth Night	10 Senior Social Lunch Fit Women's Paint Night <b>RECYCLE</b>	11	12
13	14 <b>Band Office and Health Center closed for Thanksgiving</b>	15 Lunch Fit	16 Meals on Wheels Youth Night	17 Senior Social Lunch Fit Community Bingo <b>GARBAGE</b>	18 Adult Halloween Party	19
20	21 Federal Election	22 Lunch Fit	23 Youth Night	24 Senior Social Lunch Fit Women's Paint Night <b>RECYCLE</b>	25 Children's Halloween Party	26
27	28	29 Lunch Fit	30 Meals on Wheels Youth Night	31 Senior Social Lunch Fit <b>GARBAGE</b>		