



Kebaowek First Nation Mazinaigan / Newsletter

Pidji Pibon Kizis / December 2020

Inside this issue:

An Update from the Chief Continued	2
An Update from the Chief Continued	3
Attention Kebaowek Members ... Call for Artists/Storytellers	4
Kebaowek Cultural Center Planning Launch	5
Membership ... Registration in the Indian Register	6
Membership ... Registration in the Indian Register	7
Community Information and Announcements	8
Community Information and Announcements	9
Employment and Training Service Center Update	10
Community Information and Announcements	11
Kebaowek CCP Update and Kebaowek Fire Department	12
Community Wishes for December and January	13
An Update from the Health and Social Service Director	14
An Update Continued ... Medicine Cabinet Clean Up Contest	15
Health Center Notes and Information	16
MCH and Head Start Program Update	17
Medical Transportation and NIHB Update	18
Medical Transportation and NIHB Update	19
Snow Shoveling Facts and Technique Options	20
Understanding Diabetes ... Christmas and the Holidays	21
HIV/AIDS in First Nations On-Reserve in Canada	22
Health Center Notes and Information	23
The Holiday Season and Addictions	24
Grief and the Holidays ... Dealing with Pain	25
How to Manage Holiday Stress During Covid-19	26
First Line Services Notes and Information	27
Health Center/ First Line Upcoming Activities	28
Health Center/ First Line Upcoming Activities	29
Health Center/ First Line Upcoming Activities	30
Health Center/ First Line Upcoming Activities	31
Community Calendars for December 2020 and January 2021	32

An Update from the Chief

The Federal Government is also asking us to get involved in some Environmental Impact Assessments for major projects that are occurring, you have heard me speak of Gazoduq and our efforts to develop a real consultation process which allows for deep and meaningful dialogue. There are now two additional Impact Assessments we are going to be involved in, Wasamac Gold Mine, close to Rouyn and the Temiscaming Dam replacement. We have been working with Wolf Lake First Nation, Temiskaming First Nation and we will be expanding our collaboration to include Long Point First Nation. The Federal Government has also offered us a Rights and Reconciliation negotiating table to discuss, a whole host of issues including Land and Title, Education, Access to Resources, Self-Government, Housing and Infrastructure and any other topic we would mutually agree upon. This sounds good however the problem is that any agreement reached is non-binding on the Government and they can simply walk away. For the time being we have declined but we do know that a couple of other communities have agreed to such tables. We will monitor and see how those discussions go and whether they are bearing any real results. This is but a small snapshot of the issues we are currently dealing with and do not include the fact that we have had multiple Algonquin Chief's meetings, Assembly of First Nations of Quebec Chief's meetings, National Committees at AFN and we have the upcoming Special Chiefs Assembly being done virtually over 3 days next week.

On a more local level, we have continued to have discussions with the Quebec Government to acquire the Church in Hunters Point and recently they proposed options for us to consider. Both Chief Robinson and I are in full agreement that we will jointly take charge of the church and we should have this done early in the new year. The Government has also agreed to limit any development on the lands surrounding the Church and they will continue to be public lands as well we may continue to use this area for cultural purposes as well. We've also continued to discuss with SEPAQ the Decontamination Project that will happen in the spring of 2021. We had a call this week and they confirmed that we will be given the contract which will be an important contract for our construction company. Again there should be some temporary work opportunities, they will be posted once we have a better sense of the manpower and equipment we will need.

We are just waiting for Quebec to sign the Funding Agreement for our new Police Station which will be constructed starting in the spring. We have already gone out to tender for the Architect and we are ready to award the contract for plans and specifications. This project will create some employment opportunities in construction however the biggest benefit is the new facility which will replace the current outdated building we have now. As you may have heard, we (pg 2)

CONTACT US



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



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



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

An Update from the Chief Cont'd

lost an officer to the SQ and we are currently in the process of finding a replacement, we are hoping to find First Nations and/or female officer to join our police service team.

I'd be remiss if I did not address the ongoing Covid-19 Pandemic. I don't want to go in much detail as the Health Director in his article, has given the best up to date information however as you know this is subject to change depending on the evolution of the virus. I simply want to remind everyone that there has been so much talk about the vaccine that we don't want to lose focus on the fact that we will need to continue to follow public health measures including washing your hands and physical distancing for at least the next 6 to 9 months. Prime Minister Trudeau has indicated we should all be vaccinated by next September but we already know there will be priorities that none of us can argue against. Our frontline workers, our elderly, those with underlying health conditions will all be prioritized and then the rest of us will then have access. Now more than ever we need to double down in our efforts, it is not rocket science, it is really common sense, wear a mask as much as possible especially when not in your bubble or your space is compromised, physical distance when required or unsure, wash hands as often as required and above all else, if you are sick, stay home and self-isolate. We have been so fortunate to date and just because we have no cases does not mean we don't have risks. We still need to venture out to shop and attend appointments, as well we still have family and friends who visit. There are active cases around us and if all of remain vigilant, we can get through this.

In a previous article I had referenced the additional financial support that was provided to the community to assist with the added costs related to the Covid -9 pandemic and listed some of the areas where we invested those dollars however I should have provided more clarity and context around those funds. I have had a number of off-reserve members who reside in cities reach out and ask me what assistance we can provide to them in terms of housing support or food security. Let me start from the beginning ... In March, we were hit with the first wave of the pandemic, schools and business were closed and we were told to stay home and only go out for essential tasks like shopping. The Federal Government started to announce support programs for businesses and individuals to assist with the crisis. Around the same time the Minister of Indian Affairs announced \$305 million for First Nation, Métis and Inuit communities. Details on the program and allocations would be forthcoming. We

learned that Métis and the Inuit portion was carved out and that the First Nation's portion would be allocated per capita on-reserve. Another amount of funds would be available to off-reserve entities like Friendship Centers and other groups to support off-reserve and urban Indigenous people in meeting their Covid-19 needs. For Kebaowek, we received \$164,000 and in the letter it said the funds could be used for Personal Protection Equipment (PPE), Education Supports, Food Security, increased Policing costs and a host of other eligible categories. There was no indication that there would be additional funds beyond this so our Emergency Preparedness Group prioritized what the funds would be used for. Funds were expended on supporting our Post Secondary, Elementary and Secondary students. Food security for our Elders and those in need by increasing frequency of the Meals on Wheels Program, extra funds to stock our Food Bank and a donation to the off-reserve Food Bank in Temiscaming acknowledging that they service a vulnerable clientele including some of our off-reserve members. We also provided a food hamper to our Elders, on and off reserve limited by proximity to the community and also to social assistance recipients and those who are low income. We purchased PPE and additional police costs quickly started to eat up the budget. These funds were never enough to meet community needs let alone those of our off-reserve members all over the country. It's sad and unfortunate that the Government provides funds based on the on-reserve population, it was misleading to our members living off-reserve that the funds are available to meet all needs, then to advise us that off-reserve organizations have received funds for off-reserve members. This creates a huge problem for off reserve members, that call and ask for help and we are not equipped to deliver the service nor do we have the budget to do so. They then turn to the off-reserve organization who too has supposedly received funds to support an off-reserve member's needs and are told no but I'm sure your community can help. These members are falling through the cracks, they are mad because they believe we just don't want to help and they are even angrier when they are turned away from off-reserve organizations. We have all lobbied hard for additional funds and the Government has provided some additional funds for Post-Secondary students and Policing, a lot of costs are being absorbed by the community's regular budgets.

For those of you who know me well, if I could, I would give everyone what they needed, however the reality is that we have always been chronically underfunded and these extra

An Update from the Chief Cont'd

Covid-19 dollars were never going to be sufficient to meet all our needs, thus again forcing us to make the hard choices.

That being said at the end of October the Government announced additional Covid-19 funds would become available and that communities would have to apply by November 30th. This would be proposal driven funding and not per capita funding. We were able to submit a project proposal by the deadline and it is our hope that in the coming weeks we receive the funding requested. Again funding is being made available to off-reserve organizations to help off-reserve people but we are not clear on who receives funds and who they serve so I expect to receive additional requests for support that we can't simply meet. We are committed to meeting member's needs but we don't have the financial resources to do so for everyone. We will continue to do the best we can and I am hopeful that our members understand the limitations we have, we didn't create the inequities, the Government does when it funds for on-reserve but not for off-reserve community members.

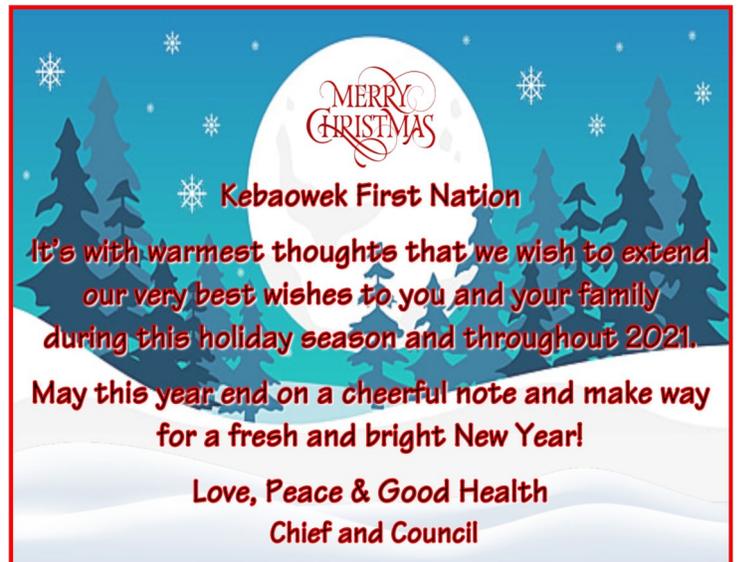
With the Christmas season fast approaching the Band Office and some services will be closed for the Christmas Season. The offices will close on December 18th and will reopen on January 4th, 2021. Please note however that we have asked staff to work from home for the week of January 4th – 8th, 2021 and that they can be reached by email or by phone.

Covid-19 has also impacted our mental health, we have experienced lots of isolation and anxiety over the virus. If you feel overwhelmed, please reach out, we have good mental health supports, First Line Services can assist you with your needs. Don't let the stigma stop you from asking for help, there is no shame in needing support. Mental health is an illness, it does not define you or make you weak.

With that I know that 2020 has been one heck of a year and its one we will always remember and I hope it is something we don't have to live through again. What it has done for me, is it has made me realize and appreciate what I have, what's import to me and to what lengths I'd go to protect my family and community. I am not alone, I have witnessed many members and staff who are just as committed. I have a new appreciation for not taking things for granted now knowing things change and it can do so quickly, so hold your children and family near, be grateful for what we have in spite our struggles and above all else show kindest and love to your fellow human beings.

Have a safe and healthy Holiday Season
Merry Christmas and Happy New Year

Chief Lance Haymond



IF YOU ARE IN THE KEBAOWEK AREA AND FED UP OF SHOVELING OR JUST CAN'T KEEP UP, GIVE ME A CALL !!

D&B SNOW REMOVAL (819) 627-6881



Attention Community Artists - Storytellers - Writers



ATTENTION ALL KEBAOWEK MEMBERS

Call for Artist

Anicinabe Mikana would like to invite all Kebaowek First Nation artists to submit a sample piece of artwork for the Phase 4 of our Kids Short Story Project. Six (6) children's stories will be created and requires the assistance of an experienced artist, to create all the illustrations for each book. This book will be printed, targeting young children in school and daycare.

Project Background

The past 3 years we, Anicinabe Mikana, have received funding from Canadian Heritage to produce Children's Short Storybooks that would be in Algonquin, English, and French. With Phase 1 and 2 of the books completed and Phase 3 nearing completion, Anicinabe Mikana applied again to Canadian Heritage to do a Phase 4 of the project and our funding application was accepted in full.

List of Mandatory Requirements for Applying:

- Registered Kebaowek First Nation Band member
- Sample drawing, on 8.5 x 11 paper, that would appeal to young children (could be digital drawing, hand drawn, painted, etc.)

Statement of Work:

If Chosen, artist will be asked to:

- Complete approximately 16 drawings, cover page and illustration for each page in book, for each of the 6 books (approximately 96 illustrations).
- All drawings must be 8.5 x 11 (letter size) portrait format.
- Illustrations may be high resolution digital illustrations or hand drawn/ painted coloured artwork.

One illustrator will be chosen by the Anicinabe Mikana group according to applicants that supply and meet all mandatory requirements.

As the chosen artist.

1. Your name would be acknowledged as the illustrator and a short paragraph biography will be included in the story book, including a photo of yourself

2. All drawings that are used for this project will then become property of Anicinabe Mikana.
3. Artist will be **compensated** for all of their work.

Deadline for Submissions:

Received by Friday, January 8th, 2021 at 12:00 p.m. by mail, hand delivered or by email:

- To Anicinabe Mikana at Band Office or by email at jroy@kebaowek.ca

Should you have any questions, you can contact:

Justin Roy

Tel: (819) 627-3455 or Email jroy@kebaowek.ca



ATTENTION ALL KEBAOWEK MEMBERS

Call for Storyteller / Writer

Anicinabe Mikana would like to invite all Kebaowek story tellers/writers to submit a sample children's short story for the Phase 4 of our Kids Short Story Project. Six (6) children's stories will be created and requires the assistance of an experienced storyteller/writer, to create the story for each book. This book will be printed, targeting young children in school and daycare.

Project Background

The past 3 years we, Anicinabe Mikana, have received funding from Canadian Heritage to produce Children's Short Storybooks that would be in Algonquin, English, and French. With Phase 1 and 2 of the books completed and Phase 3 nearing completion, Anicinabe Mikana applied again to Canadian Heritage to do a Phase 4 of the project and our funding application was accepted in full.

List of Mandatory Requirements for Applying:

- Registered Kebaowek First Nation Band member
- Provide **1** sample children's short story that would appeal to young children (could be done in word document or written by hand, etc.)
- Types of stories wanted, culturally relevant, using traditions, history, teachings, or trying to use places and characters from Kebaowek traditional territory, history

Artists - Storytellers - Writers

and community, for example.

Statement of Work:

If Chosen, storyteller will be asked to:

- Complete 6 children's short stories ranging from 15 – 20 pages, with 1-2 sentences per page.

One story teller will be chosen by Anicinabe Mikana according to applicants that supply and meet all mandatory requirements.

As the chosen storyteller/writer.

1. *Your name would be acknowledged as the story teller and a short paragraph biography will be included in the story book as well as a photo of yourself.*
2. *All stories that are used for this project will then become property of Anicinabe Mikana.*
3. *Story teller will be **compensated** for all of their work.*

Deadline for Submissions:

Received by Friday, January 8th, 2021 at 12:00 p.m. by mail, hand delivered or by email:

- To Anicinabe Mikana at Band Office or by email at jroy@kebaowek.ca

Should you have any questions, you can contact:

Justin Roy

Tel: (819) 627-3455 or Email jroy@kebaowek.ca



KEBAOWEK CULTURAL CENTER PLANNING LAUNCH



Cultural Center Planning Project

We are starting to make plans for our waterfront Cultural Centre and we want to hear from you!

What kind of activities do you think should take place at the Cultural Center? What should the Cultural Center look like? Which stories should we tell visitors?

Between December 2020 and March 2021, we will be asking for your input through community surveys, telephone interviews and radio talk shows.

Your ideas will be included in the work being undertaken by Kebaowek Economic Development and consultants to develop a Business Plan, an Interpretive Plan (for potential programming and exhibits) and an Architectural Plan. Watch this Cultural Center webpage, (<http://kebaowek.ca/CulturalCenter.html>), community social media pages, and Drumbeat Radio for more notices and links to the on-line surveys and project reports.

**The first survey will be open
December 15 – January 15, 2021**

Visit <https://www.research.net/r/KCCentre1>
to take a 5-minute survey and
be entered to win a \$250 Amazon gift card!

Paper copies of the survey are available at the KFN Band Office and KFN Land Management Office. Email copies of the survey are also available, contact Justin Roy at jroy@kebaowek.ca

Quick Links

Community Survey #1:

<https://www.research.net/r/KCCentre1>

Kebaowek Membership

REGISTRATION IN THE INDIAN REGISTER

Registration in the Indian Register of Indigenous Services Canada does not happen automatically. If you are eligible to be registered as an Indian under the *Indian Act*, you must apply.

REGISTRATION IN THE INDIAN REGISTER

For adults 16 years of age or older

If you are not registered but are entitled to be and you wish to be registered, you must apply for registration by completing the form entitled:

Application for Registration on the Indian Register and for the Secure Certificate of Indian Status (SCIS) (For adults 16 years of age or older)

With the application, you must provide:

- Your original birth certificate listing parents' names. A photocopy is not acceptable.
- Photocopies of the front and back of your original valid identification that contains your name, date of birth, photo and signature, i.e., passport page, driver's license, health card.
- If also applying for a Secure Certificate of Indian Status (SCIS), you must provide 2 identical Canadian passport-style photos.
- A completed Guarantor Declaration form. Eligible guarantors are indicated on the back of the form.
- Your guarantor must sign and date the photocopies of your valid identification. If you applied for the Secure Certificate of Indian Status (SCIS), your guarantor must sign and date the back of one of your photos and write the following statement "This is a true likeness of (name of applicant)."
- Sign and date your application form and mail it along with your provided documents to the address indicated on the form.

If your name as it appears on your application form is different from your name on any of the other required documents, you must also provide:

- An original legal name-linking document that links your previous name with your current name, for example, a change of name certificate, a marriage certificate or a divorce order.

Or,

- A photocopy of a legal name-linking document and acceptable valid identification with your name as it appears on the application form, for example, your driver's license.

REGISTRATION IN THE INDIAN REGISTER

(For children 15 years of age or younger or dependent adults)

If a child, or dependent adult, is not registered but is entitled to be and you wish to register the child, or dependent adult, you must apply for his/her registration by completing the form entitled:

Application for Registration on the Indian Register and for the Secure Certificate of Indian Status (SCIS) (For children 15 years of age or younger or dependent adults).

With the application, you must provide:

- The child's, or dependent adult's, original birth certificate, listing parents' names. A photocopy is not acceptable.
- If there are legal documents granting custody or guardianship of the child to the applying parent or legal guardian, the legal documents must be provided.
- For dependent adult, an order of guardianship must be provided.
- Photocopies of the front and back of original valid identification of the applying parent or legal guardian that contains his/her name, date of birth, photo and signature, i.e., passport page, driver's license, health card.
- If also applying for a Secure Certificate of Indian Status (SCIS) for the child, or dependent adult, you must provide 2 identical Canadian passport-style photos.
- A completed Guarantor Declaration form. Eligible guarantors are indicated on the back of the form.
- Your guarantor must sign and date the photocopies of applying parent or legal guardian's valid identification. If you applied for the Secure Certificate of Indian Status (SCIS) for the child, or dependent adult, your guarantor must sign and date the back of one of the photos and write the following statement "This is a true likeness of (name of child or dependent adult)."
- All parents listed on the birth certificate must sign and date the application form.
- If legal custody or guardianship documents were provided, all custodial parents or legal guardians listed on the documents must sign and date the application form.
- For dependent adult, all legal guardians listed on the order of guardianship must sign and date the application form.
- Mail the completed application along with your provided documents to the address indicated on the form.
- Or, for persons born on or after April 17, 1985, the application process may begin at the Indian
- Registration office. Please submit the completed application along with the required documents to:

IN PERSON: Kebaowek First Nation Indian Registration Office
110 Ogima Street, Kebaowek, Quebec.

BY MAIL: Kebaowek First Nation Indian Registration
PO Box 756
TEMISCAMING QC J0Z 3R0

If the name of the parent or legal guardian as it appears on the application form is different from their name on any of the other required documents, you must also provide:

Kebaowek Membership

- A photocopy of a legal name-linking document that links the previous name of the parent or legal guardian with their current name, for example, a change-of-name certificate, marriage certificate or divorce order.

The Application forms and the Guarantor Declaration forms are available for pick up at the Kebaowek First Nation Indian Registration Office or you can download them at the Indigenous Services Canada website at: www.aadnc-aandc.gc.ca

REGISTERING A DEATH IN THE INDIAN REGISTER

DEATH CERTIFICATE

As soon as possible after the death of a person who is registered in the Indian Register of Indigenous Services Canada (ISC), a death certificate must be submitted to the Kebaowek First Nation Indian Registration Office or to Indigenous Services Canada.

Upon receipt of the death certificate, the death will be recorded in the Indian Register and the deceased person's name will no longer appear on active band lists.

ESTATE INFORMATION FORM (For opening of an Estate file with Indigenous Services Canada)

The contact person of the deceased person's estate will be the provided with an Estate form. It must be completed and submitted to the Kebaowek First Nation Indian Registration office or submitted by mail to:

Indigenous Services Canada (ISC)
10 Wellington Street
GATINEAU QC J0Z 0H4

An ISC officer will communicate with the Estate contact person to open an Estate file if needed.

CONTACT INFORMATION

Please inform this office if you have a change of address. It is important to maintain contact with you to obtain documents needed for Indian registration, to send you Band election voting packages or other general mail outs. Please telephone your contact information change to 819-627-3455.

Are you eligible to apply?

Eligibility for Indian status under the *Indian Act* is based on the degree of descent from ancestors who were registered or were entitled to be registered.

To find out if you are eligible, ask yourself:

- Do either or both of my parents have status?
- Do any of my grandparents have status?
- Is anyone in my immediate family, for example, an uncle, an aunt or a cousin, registered or entitled to be registered?

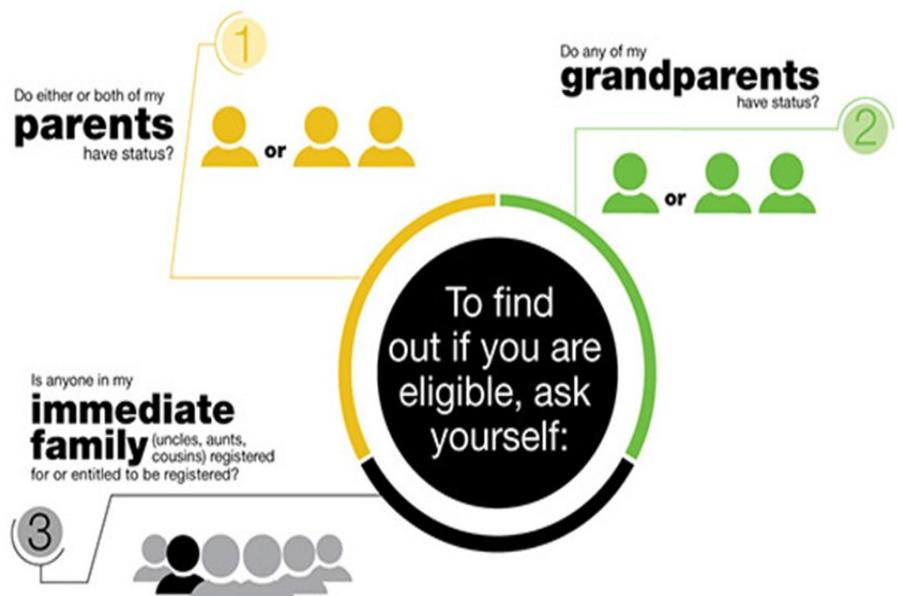
In general, you may be eligible for Indian status if:

at least one of your parents is or was registered or entitled to be registered under subsection 6(1) of the *Indian Act*

Or

both of your parents are registered under subsection 6(2) of the *Indian Act*

Are you Eligible to Apply?
This information was obtained from the
Indigenous Services Canada website





TO ALL KEBAOWEK BAND MEMBERS INTERESTED IN PURSUING POST-SECONDARY STUDIES

IF YOU ARE INTERESTED IN PURSUING A POST-SECONDARY INSTITUTION FOR THE 2021-2022 SCHOOL YEAR, PLEASE CONTACT THE EDUCATION ADMINISTRATOR TO REQUEST AN APPLICATION FOR FUNDING.

ALL FUNDING APPLICATIONS MUST BE COMPLETED AND SUBMITTED TO THE EDUCATION ADMINISTRATOR NO LATER THAN MAY 1ST, 2021 FOR EQUAL CONSIDERATION

IMPORTANT INFORMATION FOR NEW APPLICANTS

COLLEGES IN ONTARIO HAVE BEGUN ACCEPTING APPLICATIONS AS OF NOVEMBER 2020. THE DEADLINE TO SUBMIT YOUR APPLICATION TO COLLEGE IS FEBRUARY 1ST, 2021 FOR EQUAL CONSIDERATION. THE WEBSITE TO APPLY IS WWW.ONTARIO.COLLEGES.CA

CEGEPs IN QUEBEC DEADLINE TO APPLY FOR THE FALL OF 2021 IS MARCH 1, 2021. CEGEPs HAVE DIFFERENT APPLICATION PROCEDURES THAN ONTARIO COLLEGES SO PLEASE FEEL FREE TO COME TO MY OFFICE TO GET THE SPECIFIC INFORMATION FOR THE CEGEP OF YOUR CHOICE.

ONTARIO UNIVERSITIES ALSO HAVE DIFFERENT PROCEDURES FOR EACH UNIVERSITY (AND EACH PROGRAM OF STUDY) YOU CAN GET THE INFORMATION BY GOING TO THE WEBSITE WWW.OUAC.ON.CA

Rose Jawbone - Education Administrator

Email: rjawbone@kebaowek.ca Call: 819-627-3455 Ext 208



**CENTRE D'AIDE AUX VICTIMES
D'ACTES CRIMINELS**

**RÉGION DE
L'ABITIBI-TÉMISCAMINGUE**

Formé pour vous épauler

Kwe, Hello, Bonjour!

My name is Georgie McMartin, I am pleased to inform you that I have recently been hired to work with CAVAC (Crime Victims Assistance Center) as First Nations Communities Support Worker. I will be working at the Ville-Marie court house and can make community visits to Kebaowek, Long Point, Timiskaming and Wolf Lake First Nation on a weekly basis.

For those of you who may not be familiar with CAVAC services, we are Support Workers who provide information, technical assistance, help and resources to victims of crimes, and to witnesses and families affected by criminal acts.

Some services include;

- Psychological support
- Court accompaniment
- Preparation to testify
- Information regarding compensation

Should you require any information regarding CAVAC services, feel free to contact me at 819-629-6406 between 08:30—16:30 Monday to Friday. It will be my pleasure to answer any questions you may have, confidentially.

Georgie McMartin
Support Worker
for First Nations Communities





A couple of spots left for ...

Handicraft Sewing Classes

These classes will be held together on Tuesday evenings at the Elder's Building 6:30 to 8:30 pm

Knitting Classes

These classes will be held together on Wednesday evenings at the Elder's Building 6:00 pm to 8:00 pm

Physical Distancing must be respected.

Please contact Rose Jawbone, Education Administrator for more information at 819 627 3455.

VOUS ÊTES AUTOCHTONE, INUIT, MÉTIS ET VOUS AVEZ BESOIN D'AIDE ET D'ASSISTANCE EN MATIÈRE DE JUSTICE? NOUS POUVONS VOUS AIDER!

ARE YOU NATIVE, INUIT, METIS AND NEED ASSISTANCE IN A JUSTICE MATTER? WE CAN HELP!



Rebecca Chevrier
Courtworker
r.chevrier@spaq.qc.ca

SERVICES PARAJUDICIAIRES AUTOCHTONES DU QUÉBEC
NATIVE PARA-JUDICIAL SERVICES OF QUEBEC

819-723-2313

(CONSEILLÈRE PARAJUDICIAIRE / COURTWORKER)

cwtemisc@spaq.qc.ca | www.spaq.qc.ca

Kipawa Countryfest



We'd like to wish you a joyous holiday season filled with a lot of love, laughter, and country music!

We are staying optimistic and still planning for Countryfest 2021! Please watch for more announcements in the new year.

Peace and happiness to all.
~ Countryfest Committee ~



Wishing my family, friends, co-workers, and the community members of Kebaowek First Nation

Merry Christmas and Happy New Year!

May your holiday season be filled with good health and happiness!

Roxane McKenzie
KFN Secretary

Merry Christmas and Happy New Year from Migizy Gas

HOLIDAY HOURS

Christmas Eve - Thursday December 24th, 2020

Store Open at 7:00 am - Closed at 8:00 pm

Restaurant Open at 11:00 am - Closed at 7:00 pm

Christmas Day - Friday December 25th, 2020

Store Open at 9:00 am - Closing at 4:00 pm



From the Desk of Employment and Training Service Center

Glenda Moore - ETSC 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: October 11th - Nov. 7th, 2020	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	12.1	455	24
Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: November 8th - Dec. 5th, 2020	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	13.1	420	26

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. Updated and revised on November 12th by the First Nation Human Resources Development Commission of Quebec (FNHRDCQ).



**Wishing You a Happy and Safe Holiday
from the
Employment and Training Service Center**

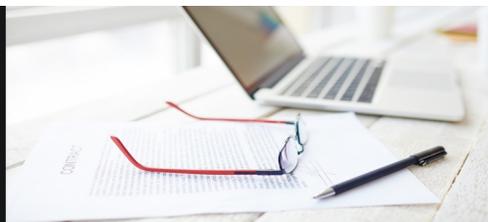


ADULT EDUCATION

If you are attending Adult Education at l'Envol in Temiscaming, please contact Glenda Moore for your Registration and Book Fees for the 2020-2021 Academic Year. 819-627-3455 Ext. 204 or gmoore@kebaowek.ca

HANNENORAK LITERARY CONTEST

Interested in writing?



As part of a trilingual publication project in partnership with the Ministry of Education, Quebec Sports and Leisure and Hannenorak Editions is launching the first edition of a literary competition in two categories listed below. Participants must be a member of one of the eleven Indigenous nations recognized in Quebec.

Youth Contest: Submit a folktale or legend, in the form of a traditional story, a personal adaptation of existing tales or an entirely original works. Participants must be between 14 to 17 years of age.
Maximum of 1500 words (no minimum) Prize is a \$500.00 gift certificate to a digital technology store

Adult Contest: Works of fiction of any genre or form (short story, poetry, folktales).
Maximum of 2000 words (no minimum). Participants must be 18 years of age and older. Prize is \$1000.00 cash

The deadline for submissions is March 15, 2021.

Eleven winners will be chosen (one from each recognized Indigenous nations in Quebec) in each category.
All authors will be invited to a launch in the fall of 2022.

Please contact Rose Jawbone for any further information ... rjawbone@kebaowek.ca or 819 -627-3455

**IF YOU HAVE A
MEDICAL EMERGENCY PLEASE
CALL 911 FIRST SO AN
AMULANCE CAN BE
DISPATCHED RIGHT AWAY !!**

**STATISTICS FOR THE MONTH
OF OCTOBER 2020**

- 1 - Assist to Others
- 1 - Assist to Surete du Quebec
- 1 - Family Dispute
- 1 - Noise and Nuisance Complaint
- 1 - Assault / Resisting Arrest
- 1 - Uttering Threats
- 1 - By-law Ticket
- 1 - Operation while Impaired
- 1 - Fail/Refuse to provide breath sample
- 1 - Criminal Harassment
- 1 - Call related to animal
- 1 - Public Assistance

Holiday Recycling

Tips

Recycle

- Paper gift bags
- Plain gift wrapping paper
- Tissue paper
- Nonglossy Christmas cards



Remove batteries from singing cards before recycling them

Don't Recycle

- Glitter, ribbons & bows
- Wrapping paper with metallic finish
- Gift bags with foil lining or non-paper decorations



Any item that contains glitter, ribbons or bows must be removed before recycling



Wishing you all a very happy and green Christmas

May your home be filled with the joy of the Christmas season. Here's wishing you a

Merry Christmas and Happy New Year

FROM THE Kebaowek Childcare Staff and Children



We would like to wish everyone a very Merry Christmas and Happy New Year
Kebaowek Police Department





KEBAOWEK FIRST NATION CCP

Questionnaire - Part 2 has been completed. We received a total of 35 questionnaires. Way to go KFN members!

Winners of the second 3 \$250 Visa Gift cards are:

Youth - Hope Jawbone
Women Only - Lori-Ellen Tepiscum
Men/Seniors - Anita Paquin

We truly appreciate the feedback and look forward to your feedback in completing our final Questionnaire - Part 3.

Questionnaire - Part 3 will be delivered door-to-door on reserve and local off reserve mail-out will be completed by December 4th.

Make sure to check your doors and mail boxes in the next few days!

Once we have completed Questionnaires - Part 1, 2 and 3, we will analyze and report outcomes back to community.

Prizes are as follows....

Part 1: October Questionnaire - COMPLETED

Part 2: November Questionnaire - Completed

Part 3: December Questionnaire due December 15th
Chance to win a \$250 VISA Gift Card/per age group.

If you complete all three questionnaires between October and December you increase your chances to win our Grand Prize of a \$1000 VISA gift card to be drawn on December 15th, 2020.

It's been a journey and we are nearing completion of a plan for the community, developed by the community and owned by the community!

UPDATE...

Christmas Tree Safety Tips

As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.

- Choose fresh over cheap and dry. The fresher the tree, the less likely it will pose a fire hazard. Look for flexible needles that don't break, and a trunk with sap.
- Keep the water coming. The tree stand should contain a continuous source of water and be sturdy enough to resist toppling by kids or pets.
- Don't choke the cord. Attach only three maximum strings of lights to any one extension cord, then place cords along walls to prevent a tripping hazard. Never run them under rugs or carpets.
- Trees don't need warmth. Keep the tree away from heat sources such as fireplaces, candles and even a TV.
- Not any lights will do. Use low energy, safe lighting that's been certified by a safety testing lab. Don't use damaged or frayed cords.
- Shut the lights. Never leave the lights on overnight. Same goes for any appliances not in use when you are home or away.
- Don't keep a dry tree around. Dispose of it at this point properly. Don't even keep it in the garage.
- Artificial tree safety awareness. Artificial trees should be flame resistant and have a seal for an approved safety testing laboratory if the tree contains a built-in lighting set.
- Death by artificial tree. If the tree is metal, never use electric lights, as they can charge the tree and lead to electrocution.
- Keep a fire extinguisher close. Make sure everyone knows its location and how to use it.



GREETINGS FROM
CCP - COMPREHENSIVE
COMMUNITY PLANNING

Have a safe Holiday Season !!
Merry Christmas and Happy New Year !!
From your
Kebaowek Fire Department Team



Drumbeat will be closed for the holidays from Dec 18th till Jan 4th, 2021.

And stay tuned from December 18th to January 4th to hear some throwbacks, we'll be re-airing some of our favourite shows, segments and memories from our first year of broadcasting!

Community Wishes for the Months of December and January



Happy Birthday to Delyssa who celebrates her 20th birthday on December 16th !!

Love Mom, Roger, Dad, Rhonda and Desy ♡XO♡



Special Birthday Wishes to our Mom, Debbie Miness who celebrates her special day on December 26th !!

Love Desy and Delyssa



Happy Birthday to Desiree who celebrates her 21st birthday on January 11th !!

Love Mom, Roger, Dad, Rhonda and Delyssa ♡XO♡



Happy Birthday to our baby brother !! Have a great day and we love you !!

From Adam and Stephen 😊



Happy Birthday Uncle Nono
Love you to the moon and back ♡

Love Nylah
xoxo



Happy Birthday Noah
May all your wishes come true and you live your dreams to the fullest may all your days be as bright as you have the greatest day !! We are proud of you and love you very much !!

Love Mom and Jungo xo



Happy 2nd Birthday to "Bébé"

Love Nana & Papa
xoxo



Happy Birthday to Hayden on December 24th !!

Love Mommy, Daddy & Eric
xoxo

An Update from the Health and Social Service Director

WE ARE ALL IN THIS TOGETHER

Kwe to all members of Kebaowek First Nation. Since August 23rd, the newly defined date of the beginning of the second wave for our Region of Abitibi-Temiscamingue, and at the moment of printing the newsletter, there has been 91 positive Covid-19 cases with 11 currently active ones and the rest have now recovered. As of now, the majority of the cases stem from further up north as opposed to our Temiscamingue area. We continue to be in the Yellow Level of alertness and this assures us that we are the closest we will ever get to a normal life until a vaccine is made available to us. It means that our area hospitals are not overflowing and elective surgeries such as eyes and ears, knee-hip replacements, tests for cancers and other serious illnesses are not delayed. It also means that we can still do groceries or shop as a couple and more importantly, our kids are relatively safe in our school.

We are a few months away from the benefits of a vaccine against Covid-19 and most of us are starting to see the light at the end of the tunnel. But we are not there yet. Let's be safe so we don't put anyone at risk of illness or death while being so close to resolving and putting an end to the threat of the corona virus.

Please keep up with the national recommended sanitary measures such as:

- Washing your hands frequently and using hand sanitizer when soap and water is not available (anti-bacterial hand soap is not required, your ordinary hand soap works just fine)
- Wearing a face mask
- Keeping a 2m physical distance
- No large crowd gatherings
- Coughing in the crook of your elbow
- Adhering to safety protocols in public places

Cases are on the rise all around us and predominantly in the cities. We must be extremely vigilant to avoid the lockdown feeling we all know is very hard on us mentally. If a case does eventually arise in or close to our community, let's not panic and pass on judgements. Let's be vigilant and perhaps tighten up our circle or bubble. Let's practice tighter measures voluntarily till the cases are resolved. Let's also respect those who are being extra careful or adhering religiously to all or even higher public health measures. Let's also be supportive and kind.

Last spring, an individual in our area came forward with his positive test but soon after regretted it for the rude comments surrounding his disclosure. It is to be noted that no other case developed from his infection because Public Health were on it and contact tracing was done efficiently. Your Health and Wellness Center will offer assistance and support to its' members who may test positive and have to isolate. We can be there with you and your family until you recover. Let's try to stay positive even with a positive.

You will find enclosed with your newsletter (local members), the recommendations from the Government and their Public Health Office in regards to what we should do for the holiday period just before us. Please take note of their recommendations or moral contract and should you need more clarifications, please get in touch with us and we will do our best to help you get the right answers. Please note the Quebec Government is expected to make another announcement on December 11th in regards to the Christmas holidays so please be on the watch for more info.

We are advancing with the collaboration of the CISSSAT, ISC, FNQLHSSC and the Winnipeg Laboratory in regards to the Genexpert Covid-19 testing. Training will take place in December as we have received and acquired most of the equipment needed and our MCH room is now starting to look like a little laboratory. Although this portable testing device will be shared between us and Timiskaming First Nation, we will still have the capacity, should it be deemed necessary, to test even when the GeneXpert device is in TFN.

It is very important to remember that symptoms monitoring remains crucial to be able to detect new cases early, trace possible contacts and put in place the necessary measures to protect the population. In the event of symptoms compatible with those of COVID-19, a call should be made to the telephone line: 819-644-4545 or 833-525-5858. This is very important if we want to limit the spread amongst our communities. As soon as we are trained and certified, we will let you know when we will be able to test for Covid-19. Until then, please use the number cited above.

Vaccine Against the Flu

Kebaowek First Nations members have responded well to the Flu Vaccine Campaign. We have had a good number of people come in to get their flu shot by appointment. Congrats and meegwetch for protecting yourself and your loved ones. By the way, it's still not too late to call our Health Center and book an appointment to get your shot if you have not had the chance to do so just yet!

Meetings Held During November via Zoom

- Kebaowek Emergency Response Group
- FN of QC Health & Social Services Directors
- FNHMA Board of Directors
- CISSSAT Board of Directors and Special Meetings
- Public Health Department at CISSSAT with English FN's
- FNQLHSSC Board of Directors
- TFN & KFN for Gene Xpert Community Testing Capacity.
- Maison Usinees Nordiques (Temporary Office / Activity Room)

An Update Continued

Please take note that we may change some service delivery and programming in the beginning of 2021 as a precautionary measure coming out of the holiday season. Keep a close eye on our Facebook page throughout the holiday period for up to date information should it be required.

I want to thank each and everyone of my staff for their dedication and tireless efforts put forth during these first 9 months of this pandemic. I know that work is not the same and that there are added pressures from all sides of our lives, but you have all stepped up to the plate and continue to be there for the members of our Nation. Kitchi Meegwetch!



Happy Holidays to you and your family from all of us here at the Health & Wellness Center !!
Be safe, healthy and be kind 😊

David McLaren - Director of Health and Social Services

Quotes on Helping Others and of course, Christmas

"Strong people don't put others down... They lift them up."
~ Michael P. Watson ~

"Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve.... You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love." ~ Martin Luther King, Jr.

"What is Christmas? It is tenderness for the past, courage for the present, hope for the future." ~ Agnes M. Pahro ~

"My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we

2020 Medicine Cabinet Clean Up Contest



Don't forget to drop off your **expired medications or medications you no longer use** to the Health Center and have a chance to win a prize.

This includes any **prescription drugs and/or over-the-counter medication** that you may have such as pills, cough syrup, cold remedies and blister packs.

If you need help or if you have any questions please do not hesitate to call the Health Center for help.

All medications need to be dropped off before 12:00 pm on Friday December 11th, 2020 to be eligible for the draw.

For each bottle of medication brought in for disposal, you will have your name entered in a draw for a chance to win a \$100 Gift Certificate for Northgate Mall.

THE CONTEST WILL RUN ALL YEAR !!

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
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 9:00 AM - 12:00 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.**

**Please 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
WALK IN CLINIC HOURS**

Kebaowek Health and Wellness Center

Be Prepared !

**Flu Season
is Here**

**Book your Flu Shot
appointment 819-627-9060**

The Kebaowek Health and Wellness Center is still giving
flu shots by appointment ...

The flu shot is recommended for ...

Children between the ages of 6 months and 17 years with
chronic conditions

Adults with chronic conditions

People over the age of 75

Pregnant women in their 2nd or 3rd trimester

People who live with people in the other categories
above

Health and Social Service workers

**BY
APPOINTMENT
ONLY !**



Are you worried, or are you experiencing flu-like, gastroenteritis or COVID-19 symptoms?

For symptomatic people *: you need to call 1-877-644-4545. A nurse will evaluate your symptoms before you can book an appointment.

For any other health problems call 811.

* Symptoms: fever, loss of taste, loss of smell, appearance or worsening of a cough, difficulty breathing. Other symptoms may also appear as sore throat, headache, muscle pain, intense fatigue, significant loss of appetite and diarrhea. Symptoms can be milder or more severe like pneumonia.

MCH and Head Start Program

Just a little update from the MCH and Head Start Programs

MCH ... we have continued to provide our monthly family activities, please watch for the upcoming activities in the New Year. We are getting creative with our activities as we have to follow the COVID-19/Public Health regulations. The moms in and near the community that had a baby recently have been getting together through Zoom and making baby food for their babies, it is great fun to see each of them in their own kitchens. We have been getting together for our Mommy and Me Walks while the weather was still nice it's wonderful to get out of the house and enjoy each other's company while going for a brisk walk all while staying 6 feet apart. In the New Year I will be contacting all parents who have children 0 to 5 years old for an annual checkup. This will include weight and height check as well as screening to see if they are reaching their developmental milestones.



The Head Start Program will be providing quarterly Education/Family Fun Activities to all families who have children 0 to 7 years old who reside on-reserve starting in December 2020. If you have children from 0 to 7 years old, do not live on-reserve and would like an activity bag please call me at the Health Center 819-627-9060. I will continue to provide fun activities on PD Days for all three schools in our area, remember that you must sign up for them in order for your child(ren) to attend.

If you are a member of Kebaowek First Nation and do not live in the community but would like to participate in the MCH/PALS activities or the Head Start Program please contact me at the Health Center 819-627-9060 or lgrandlouis@kebaowek.ca



Lynn Grandlouis
MCH/Head Start Program Worker
Special Needs Educator

Medical Transportation and NIHB

REMINDER

**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**

PRESCRIPTION PICK-UPS

Please note we are still doing prescription pick-ups on Tuesdays and Thursdays for the Band Members living on reserve. You must call in your prescription to the pharmacy to make sure it is ready and you must call us to have your name put on the list the day before pick-ups. You will not be required to sign for your prescription on account of the COVID 19 virus. (No pen sharing) Your prescriptions will be delivered during the day according to our schedule.

**Please note there will not be any
“Prescription Pick-Ups” during the holidays.**

**It is important to make the necessary
arrangements for your medications.**

**The last day for prescription pick-ups before
the holidays is Thursday December 17th, 2020**

**The Health Centre will continue to provide this
service in the new year, on Tuesdays and
Thursdays starting January 5th, 2021.**

EXTRA PRECAUTIONS FOR COVID-19

**Extra precautions have been put into place for those
travelling in our medical transportation vehicles.**

- All clients to wash with hand sanitizer upon entering the vehicle.
- If clients have travelled within the last 14 days out of the country they need to call the #811 or #1-877-644-4545

- It's important to notify us if you are experiencing cold or flu like symptoms so that we can take the extra precautions necessary to protect ourselves and our clients. If clients have any cold or flu-like symptoms, they are to wear a mask. The driver may be wearing a mask to protect themselves.
- We will try to keep the same driver for the same clients if the schedule allows.
- Clients will travel alone with the driver unless there are special circumstances. (parent/child)
- Clients will sit in the back opposite of driver – public distancing.
- Our drivers are sanitizing the high touch areas in between clients.
- Non-urgent appointments are likely to be cancelled by your health providers. If you have questions regarding your appointments, call your health care provider.

Private Vehicle

We encourage you to use private vehicles when possible to limit the number of people entering our medical transportation vehicles. Medical transportation reimbursements are done weekly. Claims handed in on Wednesday before noon will be processed for the same week if all the information is present and eligible. We encourage you to sign up for direct deposit as this will limit the number of people entering our Health Center. Please ensure your documents are properly completed to avoid delays.

Changes for the Temiscaming Hospital

During the COVID 19 pandemic and keeping in line with physical distancing recommendations, we will not require the Medical Visit Attestations to be signed at the Temiscaming hospital until further notice.

The hospital will fax a list to the Health Center once a week to verify your attendance. It is the **client's responsibility** to notify the front desk at the Temiscaming hospital to ensure you are added to their list. If you present at the Temiscaming hospital after hours, you will need to call there to have your name added to the list, during their office working hours.

Medical Transportation and NIHB

If you use the Kebaowek Health and Wellness Center's Medical Transportation Program to go to the hospital emergency department outside of the Health Center's business hours please consult the After Hours Schedule below.

December 2020/ January 2021 - Medical Transportation <u>After Hours</u> Project						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM. TO 12:30 PM CALL 819-627-6887		4:30 PM TO 8:30 PM CALL 819-627-6887			12:00 PM TO 5:00 PM CALL 819-627-6887	8:30 AM TO 12:30 PM CALL 819-627-6887

Christmas Holiday Schedule

Please check below for available transportation hours unless you have already made arrangements

December 2020 Holiday Schedule						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25	26
8:30 AM TO 12:30 PM CALL 819-627-6887	9:00 AM TO 5:30 PM CALL 819-627-6887	9:00 AM TO 5:30 PM CALL 819-627-6887	9:00 AM TO 5:30 PM CALL 819-627-6887	9:00 AM TO 5:30 PM CALL 819-627-6887	CLOSED CHRISTMAS DAY	CLOSED BOXING DAY

January 2021 Holiday Schedule						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
8:30 AM TO 12:30 PM CALL 819-627-6887	9:00 AM TO 5:30 PM CALL 819-627-6887	9:00 AM TO 5:30 PM CALL 819-627-6887	9:00 AM TO 5:30 PM CALL 819-627-6887	9:00 AM TO 5:30 PM CALL 819-627-6887	CLOSED NEW YEAR'S DAY	8:30 AM TO 12:30 PM CALL 819-627-6887

Wishing you a wonderful holiday season !!

Priscillia Durocher
Medical Transportation Coordinator and NIHB Liaison

Donna Pariseau
Medical Transportation and Jordon's Principle



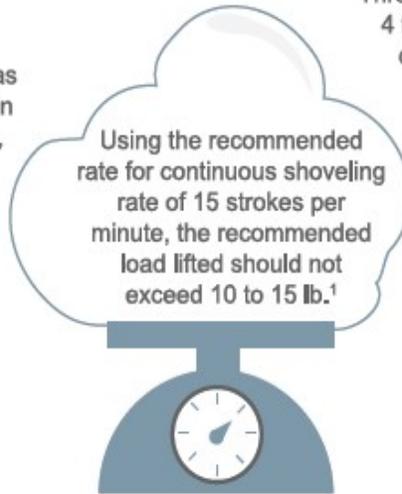
SNOW SHOVELING FACTS



In 1887, the largest snowflake on record was observed at 15 inches in diameter in Fort Keogh, Montana.³

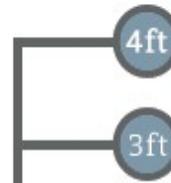


The recommended rate for continuous shoveling tasks is usually considered to be around 15 scoops per minute.¹



Using the recommended rate for continuous shoveling rate of 15 strokes per minute, the recommended load lifted should not exceed 10 to 15 lb.¹

Throw height should not exceed 4 feet. The optimal throwing distance is about 3 feet.¹



Residents of Bethel, Maine, USA built a snowman measuring over 122 ft. tall over a period of one month.²



TECHNIQUE OPTIONS



THE SHOVEL & THROW

Use this technique when the snow is light and fluffy, using the recommended weight and throw restrictions cited.



THE PUSH & PILE

The push technique is recommended when snow is deep, wet and heavy. Instead of scooping heavy piles of snow, use your shovel to push snow, clearing enough space for you to use your pathway, sidewalk or driveway.



THE SNOW BLOW CURVE

The snow blower is best for wet, heavy snow. Be sure to consider where you blow your snow to avoid duplication of efforts.

SHOVEL OFTEN

To help prevent injury, shovel periodically when heavy accumulation is expected. Shoveling 1 inch of snow four times is much easier and faster than trying to shovel 4 inch deep snow all at once.



HYDRATION

When it is cold outside you might not notice how hard your body is working as you shovel. Make sure you are prepared with a full water bottle and be sure to hydrate every 15 minutes.

PROPER POSTURE

As you shovel, it is important to remember to lift with your legs, not your back or arms. Be sure to bend your knees and lift the shovel in one fluid motion.



STRETCH

Before you take on the snow, be sure to warm up and stretch. This will help you prevent aches and pains later.

Understanding Diabetes ... Christmas and the Holiday Season

The holiday season is a time when our lifestyle habits and diabetes management may be disrupted.

Blood Glucose Fluctuations

During the holiday season, some people tend to:

- Eat larger servings of sweet and fatty foods
- Drink more alcohol
- Be either more relaxed or more stressed
- Eat meals at odd or irregular times
- Be less active (stop sports activities, get out less, etc.) or more active (more time to engage in physical activity or play outside with children, etc.)

For these many reasons, blood glucose (sugar) levels can be harder to control. You should accept this reality and temporarily cut yourself some slack. That doesn't mean you can ignore your diabetes. On the contrary! By measuring your blood glucose levels more often, you will be aware of variations and make necessary adjustments.

Six Mealtime Tips

To enjoy your meals while limiting blood sugar spikes and dips:

1. Stick to your normal meal schedule, as much as possible, and take the necessary measures when meals are delayed.
2. Try not to skip meals. This will keep you from mindless snacking or overeating at mealtime.
3. Keep your personalized meal plan in mind or, if you don't have one, use the balanced plate model.
4. Ask your host, in advance, what the menu will be, and offer to bring a vegetable-based dish or hors-d'œuvre.
5. Eat slowly and listen to your body's hunger and satiety signals. Don't be embarrassed to tell your host that you are full.
6. Have a small serving of a holiday dessert (a serving with less than 30 g of carbohydrates). If you have a meal plan, you can substitute some of the carbohydrates from your meal for your dessert.

Take time to savour every mouthful, and enjoy your time at the table with the people you love.

Alcohol

Holiday time often involves boozy suppers. If you drink alcohol, do so in moderation and follow this advice:

- Avoid drinking on an empty stomach, especially if you take insulin or medication that puts you at risk

of hypoglycemia.

- Ensure that the people around you know that you are diabetic, just in case.
- Pay attention to the risk of delayed hypoglycemia, especially if you have type 1 diabetes.
- If you drive, be sure to measure your glycemia before taking the wheel, as well as ensuring that you have not exceeded the permissible blood alcohol level.

Stay active!

For many people, opportunities to be active are rare during the holidays when routines are disrupted. To remedy this, plan pleasant activities that make you move.

Why not take advantage of having the whole family together to organize an evening dance or an active outdoors outing like a long walk, skating or tobogganing with the children? A good way to take full advantage of the season!

By monitoring your blood glucose (sugar) more often, you can make necessary adjustments.



HIV

human immunodeficiency virus

IN FIRST NATIONS LIVING ON-RESERVE IN CANADA



HIV is a virus that attacks the immune system. Early treatment and culturally safe care and support help people with HIV live longer and healthier lives.

How common is HIV?

In 2016, the rate of newly diagnosed HIV was **three times higher** in First Nations living on-reserve than the overall Canadian population (*The Public Health Agency of Canada and Indigenous Services Canada data, 2016*).

Medications and treatments are available through Non-Insured Health Benefits for eligible First Nations, regardless of where they live.

WHAT ARE THE RISKS?



Having sex without a condom



Having sex under the influence of alcohol and drugs



Having another sexually transmitted or blood-borne infection



Getting a tattoo or piercing with unsterile equipment



Borrowing or lending needles or other drug use equipment



Being born to a mother with HIV

REDUCE THE RISK

Prevention:

Know how to protect yourself and others.

Testing:

Talk to your health service provider about confidential testing for HIV and other sexually transmitted and blood-borne infections.

Treatment:

Seek treatment, culturally safe care and support services.

People can be infected with HIV without knowing it. They may not look or feel sick, but they can still pass HIV to others.

FIRST NATIONS INITIATIVES

Know Your Status: www.knowyourstatus.ca

Preventing Infectious Disease - Sioux Lookout First Nations Health Authority:

www.sifnha.com/health-services/approaches-community-wellbeing/healthy-living/preventing-infectious-diseases

Promising Practices Documentary - Canadian Aboriginal AIDS Network:

www.youtube.com/watch?v=kW18QTqs2xo&feature=youtu.be

Sexual Health Wellbeing Learning Model - First Nations Health Authority:

www.fnha.ca/wellnessContent/Wellness/FNHA-IWP-Sexual-Wellbeing-Learning-Model-Fact-Sheet.pdf

HIV/AIDS:

www.canada.ca/en/public-health/services/diseases/hiv-aids.html

Hope for Wellness Help Line:

Telephone: 1-855-242-3310, or online chat: www.hopeforwellness.ca



Indigenous Services
Canada

Services aux
Autochtones Canada



Join us for our 2020

THE BIGGEST LOSER

Competition

For those who would like to take a step towards healthier lifestyle, please do not hesitate to join our Biggest Loser Competition.

Every person is asked to come in every second week on a Thursday or Friday to get weighed. For those that work late and cannot come in between 8:00 am and 4:30 pm, please arrange a time with me to get weighed on Thursday night.

Gift cards will be given to the person with the most weight loss % (Weekly winners can only win one prize but are still eligible for the grand prize). When people asked to get weighed it will be by Mitchell and weigh-ins must be **made by appointment only**.

I am asking those that enter the competition to come up with a name. A poster will be made and all names will be on it and it will only show the body percentage lost (no weight will be shown) during the competition.

Start Date: Monday, January 18th, 2021 at 8:00 am. If you are late joining, there will be no extension to the 10 week program. The last weigh-in date will be March 29th, 2021 at the very latest. You can do your final weigh-in the week before if that is more convenient. Late registration means you will have less time to lose weight. Rules will be handed to everyone when they come in to join.

Fee: It's free to join

Prizes: Will be given out throughout the 10 week time frame and the grand prize will be determined at a later date. We will be giving out more prizes this year as we will be giving out two prizes for the most body weight percentage lost and we will be doing a participation prize for everyone that weighed in

If you have any questions or would like to join, just contact myself, Mitchell, at the Health Center (819) 627-9060.



Healthy Tips for the Holiday Season

Everything in Moderation Fill your plate with smaller portions to avoid overindulging.			Get Plenty of Sleep Getting sufficient sleep is necessary to stay healthy.
Avoid Empty Calories Make choices like water or low-calorie drinks instead of soda or alcohol.			Wash Your Hands Reduce the spread of germs by washing properly.
Get Moving Any movement counts! Enjoy a walk with family and friends.			Manage Stress Balance work, home and play. Take time to relax!

The Holiday Season and Addictions

The struggles addicts face during the holiday season, and how you can help

Christmas is just around the corner, meaning a few days of merriment and over-indulgence for many people. For others, though, it's a tough time of year.

People struggling with addiction, for example, can face a number of hurdles. The holidays can be a challenging time for anyone, whether they suffer from addiction or not, family, for example, can bring about stresses that may trigger relapse in a person in recovery and could exacerbate substance use for someone in active addiction. It's likely family dynamics will have changes when there has been substance abuse, due to tension over finances, health, and any disagreements that may have happened. As a result, the person with the addiction may isolate themselves, which can exacerbate drug use.

Simply returning home can be a struggle for someone in addiction. Returning to the place and area in which the

substance use originated can conjure many memories, both good and bad. For instance, they may be around someone who they used to use substances with, or be reminded of the place they first bought drugs.

The very nature of the season can also be a trigger, even if the addict is on a healing path, because alcohol is abundant at holiday most holiday gatherings. For someone trying to stay sober, being surrounded by alcoholic eggnog, mixed drinks, wine, and other indulgences can make it very difficult to avoid temptations.

The first thing you can do to help a loved one facing addiction is to understand it's a chronic, relapsing disease.

It is an illness that they did not ask for and they shouldn't be blamed or attacked for something that they cannot control, Having this mindset when approaching a loved one with addiction shows that you are coming from a place of love, understanding and concern for their well-being, which can go a long way.

HOLIDAY DRIVING SAFETY TIPS



Designate a driver.



Have cab numbers on hand.



Have plenty of water and non-alcoholic beverages available.



Don't let impaired friends drive.



CALL
1-800-745-4205

Monday to Friday from 8am to 5pm

OR

Join the

Wanaki **ZOOM** circle

Every Monday and Friday from 1pm to 3pm

Wanaki Center is here to support you!

EVERYDAY
IS A FRESH
START

Grief and the Holidays ... Dealing With the Pain

“The holidays are times spent with our loved ones.” This has been imprinted on our psyche from a young age. Holidays mark the passage of time in our lives. They are part of the milestones we share with each other and they generally represent time spent with family. But since holidays are for being with those we love the most, how on earth can anyone be expected to cope with them when a loved one has died? For many people, this is the hardest part of grieving, when we miss our loved ones even more than usual. How can we celebrate togetherness when there is none?

When you lose someone special, your world lacks its celebratory qualities. Holidays magnify that loss. The sadness deepens and the loneliness can feel isolating. The need for support may be the greatest during the holidays. Pretending you don't hurt and/or it isn't a harder time of the year is just not the truth for you. But you can – and will – get through the holidays. Rather than avoiding the feelings of grief, lean into them. It is not the grief you want to avoid, it is the pain. No one can take that pain away, but grief is not just pain, grief is love.

There are a number of ways to incorporate your loved one and your loss into the holidays.

Thanksgiving, Christmas, Chanukah, New Years

These are the biggest and usually most challenging of all. You can and will get through the Holidays. Rather than avoiding the feelings of grief, lean into them. It is not the grief you want to avoid, it is the pain. Grief is the way out of the pain. Grief is our internal feelings and mourning is our external expressions.

Ways to externalize the loss – give it a time and a place

- A prayer before the Holiday dinner, about your loved one.
- Light a candle for your loved one.
- Create an online tribute for them.
- Share a favorite story about your loved one.
- Have everyone tell a funny story about your loved one.
- At your place of worship remember them in a prayer.
- Chat online about them.

Ways to Cope

Have a Plan A/Plan B – Plan A is you go to that holiday dinner with family and friends and if it doesn't feel right, have your plan B ready. Plan B may be watching a movie you both liked, or looking through a photo album, or going to a special place you went to together. Many people find that when they have Plan B in place, just knowing it is there is enough.

Cancel the holiday altogether. Yes, you can cancel the holiday. If you are going through the motions and feel nothing, cancel

them. Take a year off. The holidays will come around again and will always be there. For other people, staying involved with the holidays is a symbol of life continuing. Let the holiday routine give you a framework during these tough times, and lean on a holiday support system.

Try the holidays in a new way. Grief has a unique way of giving us permission to evaluate what parts of the holidays we enjoy and what parts we don't. Remember, there is no right or wrong way to handle the holidays in grief. You have to decide what is right for you and do it. You have every right to change your mind, even a few times. Friends and family members may not have a clue how to help you through this time of year, and you may not either.

It is very natural to feel you may never enjoy this time of year again. They will certainly never be the same as before your loved one's death. However, in time, most people are able to find meaning again in the traditions as a new form of the holiday spirit grows inside of them. Even without grief, our friends and relatives often think they know how our holidays should look, what “the family” should and shouldn't do.

Do's and Don'ts

- Do be gentle with yourself and protect yourself.
- Don't do more than you want, and don't do anything that does not serve your soul and your loss.
- Do allow time for the feelings.
- Don't keep feelings bottled up. If you have 500 tears to cry don't stop at 250.
- Do allow others to help. We all need help at certain times in our lives.
- Don't ask if you can help or should help a friend in grief. Just help. Find ways; invite them to group events or just out for coffee.
- Do, in grief, pay extra attention to the children. Children are too often the forgotten grievers.

Just Remember

Holidays are clearly some of the roughest terrains we navigate after a loss. Finding meaning in the loss is as individual as we are. We often say a part of us died with them, but finding meaning is also realizing a part of them still lives within us. What is vitally important is that we be present for the loss in whatever form the holidays do or don't take. These holidays are part of the grieving journey that we must fully feel. They are usually very sad, but sometimes we may catch ourselves doing okay, and we may even have a brief moment of laughter. Now more than ever, be gentle with yourself. Don't do more than you want, and don't do anything that does not serve your soul, your loss, or the meaning that still lives within you.

How to Manage Holiday Stress During Covid-19

Holidays of all sorts are upon us and it can be an exciting time for many – but it can also be challenging for many as well, especially during COVID-19.



While it can be a time for celebration, family, food and fun, it can most certainly also be a time when we feel alone, disconnected or isolated. Especially while the world manages a pandemic. Some of us won't be able to get together – please follow guidelines from your local health authority. Regardless, this year, the holidays will be different. And this will affect some of us in negative ways.

When it comes to COVID-19, we have compiled information, including facts, prevention tips, and resources to help you and your loved ones stay safe during the pandemic. Dealing with a pandemic is stressful enough but, with the holidays, the added stress can affect our sense of wellbeing and mental health.

With the pandemic, the holidays can be lonely and sad occasions for many Canadians.

So what do you do? When you're feeling stressed, take care of yourself – taking small, positive steps can help you feel better and more in control.

How to take care of yourself:

Understand what causes stress and recognize your own feelings.

- Be patient with yourself and those close to you – it takes time to manage feelings.
- Learn how to manage your reactions to these experiences.
- Focus on the things you have control over.

To keep your stress in check, it can also be useful to participate in activities or try relaxation techniques. Here are some examples of activities and techniques that have been proven effective:

- Hobbies. Discover a new pastime or take part in an activity that you enjoy.
- Physical activity. It has countless benefits for your health and wellbeing that go beyond better stress management.
- Yoga, breathing exercises and meditation. All these techniques are highly effective for managing stress.
- Visualization. Visualization techniques tap into your ability to form positive mental images.
- Massage therapy. Many types of massages exist, and some have a particular focus on relaxation.

It may help to:

- Maintain daily routines and do things that normally give you pleasure.
- Eat healthy foods, get sleep and exercise if possible.
- Accept support and assistance.
- Allow yourself to feel sad and grieve
- Take small steps.

Following any emergency or disaster, a person may experience a range of thoughts, feelings and behaviours that can be intense, confusing and frightening. If these reactions to stress persist beyond several weeks and make it impossible to function normally over a long period of time, seek help. One option is to contact your local health facility, or a crisis support line.

If you are in crisis, please call 911 immediately.

Keep learning

Providing emotional and practical support to people who are having difficulty coping can be helpful. Consider taking a psychological first aid course for self-care strategies, and ways to support others who dealing with stressful events.

Learn more at redcross.ca/selfcare

Helplines:

First Nations Hope for Wellness : 1-855-242-3310
Drug & Alcohol: 1-800-565-8603
Gambling: 1-888-230-3505

PSYCHOLOGIST APPOINTMENTS

Currently, our Psychologist, Arlene Laliberte is meeting with her clients via telephone.

If you wish to schedule an appointment with her you may do so by calling First Line Services 819-627-9877.

If you have any questions please do not hesitate to call.



Help us keep the children in their community!

The Abitibi-Témiscamingue health and social service, youth protection department, is looking for candidates to foster children. Being a foster family is a challenging but rewarding experience. The individuals must be committed, available, reliable and open hearted. They must also be willing to receive children who might possibly have certain problems such as oppositional defiance disorder, adhd, fetal alcohol spectrum disorder, mental health problems, traumas or others.

If you are up for a new challenge, and would like to know if becoming a foster parent is for you, give me a call to participate to an information session.

You can reach Francine Chevrier



819-629-2676, extension 325

And remember, it takes a community to raise a child!



First Line Services

Creating Christmas Traditions

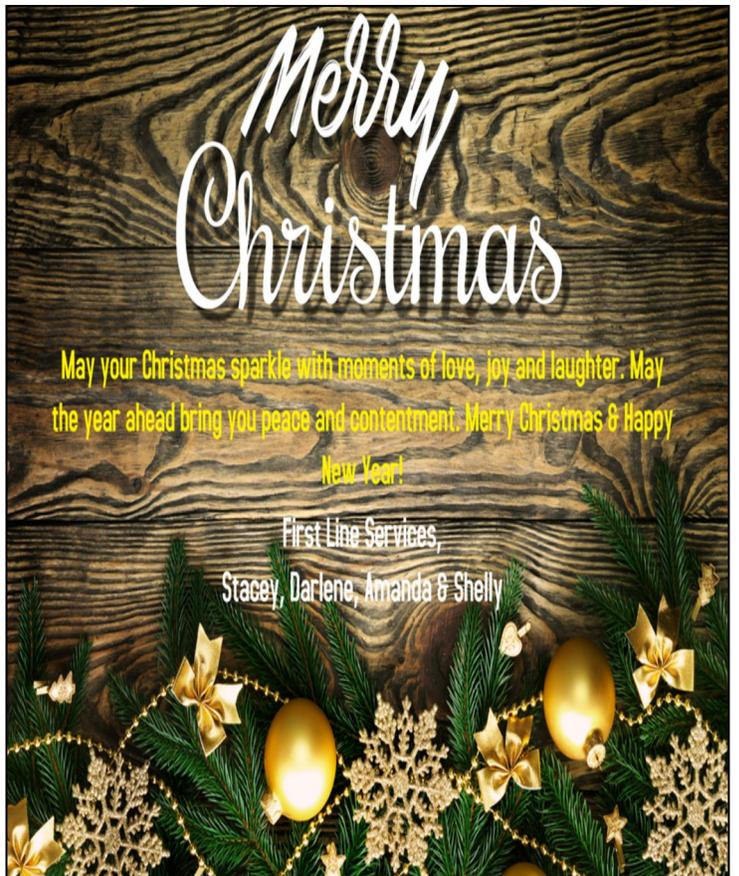
Decorate Christmas Cookies @ Home with your family.

December 17-18th

christmas cookie kits will be provided with everything you need

must register by dec. 11th before noon

Call Darlene or Amanda @ 819-627-9877



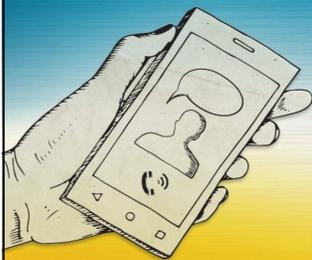
Merry Christmas

May your Christmas sparkle with moments of love, joy and laughter. May the year ahead bring you peace and contentment. Merry Christmas & Happy New Year!

First Line Services,
Stacey, Darlene, Amanda & Shelly

FEELING SAD OR DISTRESSED?

Support is available for all Indigenous People in Canada



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

or through online chat at **hopeforwellness.ca**



Indigenous Services Canada / Services aux Autochtones Canada



Upcoming Activities



Now twice a month!

Community Kitchen

On the Menu:
Chicken Alfredo
Lasagna Roll Ups



Done through zoom! You will receive the zoom ID the day of.

<p>Tuesday, January 19th</p> <p>From 1:30-3:00 You must register by Friday, Jan. 15th.</p> <p>Food will be delivered by 1:00 and zoom will start at 1:30.</p>	<p>Monday, January 25th</p> <p>From 4:45-6:30 You must register by Friday, Jan. 22nd</p> <p>Food will be delivered by 4:15 and zoom will start at 4:45.</p>
--	--

To register, call Darlene @ 819-627-9877.

YAHTZEE SENIOR SOCIAL



DATES:
WEDNESDAY DECEMBER 2, 2020
THURSDAY DECEMBER 3, 2020
WEDNESDAY JANUARY 27, 2021
THURSDAY JANUARY 28, 2021

Time: 1:15 pm to 3:15 pm
 Place: First Line Basement

Snacks, Tea and Coffee will be provided!!

Please remember to call Shelly 819-627-9877 to reserve your spot. Masks will be mandatory and all sanitary measures will be in place including social distancing. We hope to see you there!

For both moms & dads!

Parent's Club

January's Project: To be determined

Wednesday, January 20th
10:00am - 12:00pm

Thursday, January 28th
6:00pm - 8:00pm

In the basement of First Line Services.
Limit of 8 participants.

For more information and/or to register please contact Darlene @ 819-627-9877.



CRAFT TIME WITH ELDERS

Come out and have fun!!

HOMEMADE FAMILY PICTURE FRAMES

Thursday January 21, 2020
1:00pm to 3:00pm
Basement of First Line Services
Please call Shelly @ 819-627-9877 to reserve your spot as spaces are limited NO LATER than Friday January 15, 2020 @ 12:00pm. Hope to see you all there!

Upcoming Activities

FIRST LINE SERVICES

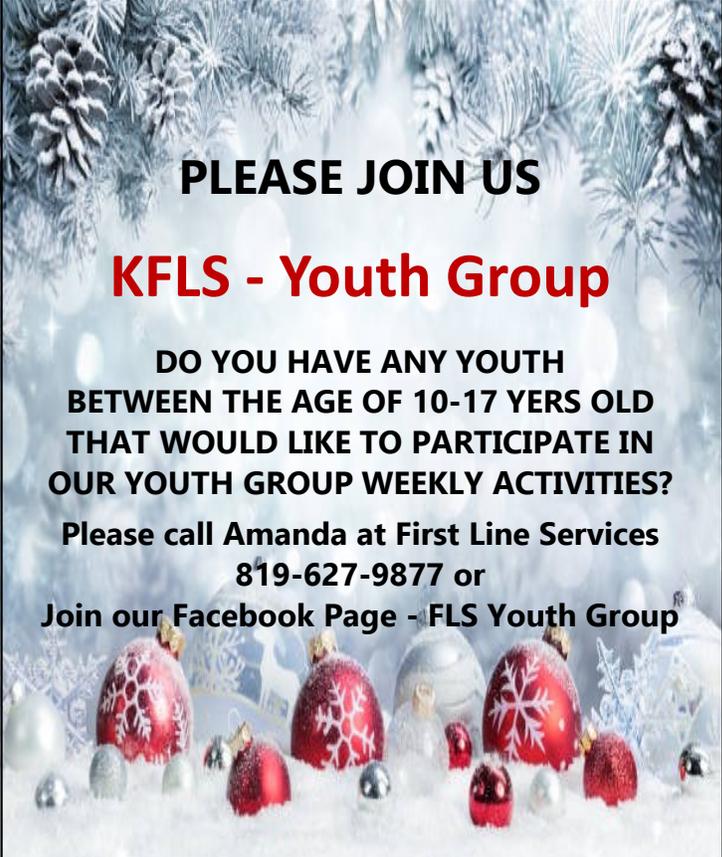
YOUTH & FAMILIES



MUST REGISTER

✓ EVERY SATURDAY
✓ 11:30AM - 12:30PM
✓ FREE TO JOIN

CALL FIRST LINE SERVICES WEEKLY TO REGISTER
819-627-9877
LIMITED SPACES AVAILABLE



PLEASE JOIN US

KFLS - Youth Group

DO YOU HAVE ANY YOUTH
BETWEEN THE AGE OF 10-17 YERS OLD
THAT WOULD LIKE TO PARTICIPATE IN
OUR YOUTH GROUP WEEKLY ACTIVITIES?

Please call Amanda at First Line Services
819-627-9877 or
Join our Facebook Page - FLS Youth Group



December
Youth Group

Wed. Dec. 2nd @ 4:30PM
(Christmas Craft)

and

Fri. Dec. 11th 6:30PM
(Christmas Movie Night)

Please register - Limited Spaces
Available
Call Amanda @ 819-627-9877



KFLS YOUTH GROUP

CHRISTMAS MOVIE NIGHT

FRIDAY, DEC 11TH

6:30PM-11PM - At the Dome

Christmas Movies, Supper,
Games & Prizes.

Limited Spots Available - Please Sign Up
Call Amanda @ 819-627-9877

Upcoming Activities

KEBAOWEK HEALTH AND WELLNESS CENTER

Christmas Decorating/Lights Contest

A EVENT FOR THE ENTIRE FAMILY!

There will be 1st, 2nd, & 3rd Prizes for both Categories

Judging will take place on December 17th, 2020 at 6pm

More info please contact Lynn Grandlouis
819-627-9060
lgrandlouis@kebaowek.ca

JOIN US FOR OUR MORNING WORKOUT CLASSES

10:00 AM
MON-WED-FRI
ALL AGES WELCOME
KEBAOWEK COMMUNITY HALL
WORKOUTS WILL BE MILD TO MODERATE
PLEASE WEAR PROPER CLOTHES AND SHOES
BRING A BOTTLE OF WATER

SOCIAL DISTANCING MUST BE REPECTED
PUBLIC HEALTH PROTOCOLS WILL BE IN PLACE
INFO: MITCHELL 819-627-9060

Come explore your creativity

MEN'S PAINT NIGHT

- *Wisdom
- *Truth
- *Respect
- *Humility
- *Love
- *Honesty
- *Courage

We will focus on the seven grandfather teachings.

Who: Men aged 18 & up
When: Tuesdays (Dec.1 & 8, Jan.19 & 26)
Time: 6:00pm-8:00pm
Where: Basement of First Line Services

Light snacks available!
Prizes to be won!

For more information and/or to register contact Darlene @ First Line Services @ 819-627-9877.

Women's Paint Night

DECEMBER 9TH
6:00PM - 8:00PM
BASEMENT OF FIRST LINE SERVICES

Light snacks, coffee/tea available

Limited spaces available! RSVP by calling First Line Services @ 819-627-9877.

Upcoming 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 CAROLYN PARISEAU

Criteria:

You must meet the following criteria:

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

You get:

Soup, Hot Main Meal, Water & Dessert

For more information about the program, delivery options and/or to see if you are eligible, please contact Shelly Grandlouis 819-627-9877

For Tuesday deliveries we will be starting at 11:00 am and for Wednesday deliveries we will be starting at 2:00 pm. We will be dropping your food off at your door step and we are asking that you keep an eye out for it as we are trying our best to keep our distance. Everyone should receive their meal within the hour as it takes us that long to deliver everyone's meals.

Meals on Wheels Dates for December and January

Wednesday December 9th, 2020
2:00 pm to 3:00 pm

Wednesday January 6th, 2021
2:00 pm to 3:00 pm

Wednesday January 20th, 2021
2:00 pm to 3:00 pm

Lunch on the Run Dates for December and January

Tuesday December 1st, 2020
11:00 am to 12:00 pm

Tuesday January 12th, 2021
11:00 am to 12:00 pm

Tuesday January 26th, 2021
11:00 am to 12:00 pm

KEBAOWEK FIRST NATION

FOOD BANK

KEBAOWEK FOOD BANK HOURS

TUESDAYS & THURSDAYS 1:00 PM - 3:00 PM

THE FOOD BANK WILL BE BY APPOINTMENT ONLY !!

IF YOU WOULD LIKE A FOOD HAMPER PLEASE CONTACT
KEBAOWEK FIRST LINE SERVICES 819-627-9877
OR MESSAGE US ON OUR FACEBOOK PAGE
TO SCHEDULE AN APPOINTMENT

Made with PosterMy.net



Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lunch on the Run Men's Paint Night	2 Work Out Class Senior Social Youth Night	3 Senior Social RECYCLE	4 Work Out Class	5
6	7 Work Out Class	8 Men's Paint Night	9 Work Out Class Meals on Wheels Women's Paint Night	10 GARBAGE	11 Work Out Class Youth Christmas Movie Night	12
13	14	15	16	17 Christmas Decorating Contest RECYCLE	18	19
20	21 Band Office and Health Center are closed for Christmas Holiday	22 Band Office and Health Center are closed for Christmas Holiday	23 Band Office and Health Center are closed for Christmas Holiday	24 Band Office and Health Center are closed for Christmas Holiday GARBAGE	25 Band Office and Health Center are closed for Christmas Holiday	26
27	28 Band Office and Health Center are closed for Christmas Holiday	29 Band Office and Health Center are closed for Christmas Holiday	30 Band Office and Health Center are closed for Christmas Holiday	31 Band Office and Health Center are closed for Christmas Holiday RECYCLE	December 2020	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2021					1 Band Office and Health Center are closed for Christmas Holiday	2
3	4	5	6 Meals on Wheels	7 GARBAGE	8	9
10	11	12 Lunch on the Run	13	14 RECYCLE	15	16
17	18 Work Out Class Biggest Loser Competition Starts	19 Community Kitchen Men's Paint Night	20 Work Out Class Meals on Wheels Parent's Club	21 Craft Time with Elders GARBAGE	22 Work Out Class	23
19 31	25 Work Out Class Community Kitchen	26 Lunch on the Run Men's Paint Night	27 Work Out Class Senior Social	28 Senior Social Parent's Club RECYCLE	29 Work Out Class	30