



Kebaowek First Nation Mazinaigan / Newsletter

Akakotcic Kizis / February 2020

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An Update from the Chief

As this is my first article of 2020, I'd like to take this time to wish all Members, on or off Reserve a very healthy and prosperous New Year. I would also like to welcome all the new members who have regained status through S3. I would like to begin with providing updates on a few files.

Kebaowek Land Management

On December 20th, 2019 Kebaowek Land Management (KLM) finalized the acquisition/purchase of all of the equipment, building and shares of Transport Clouatre. The company is now a subsidiary to Kebaowek Land Management which is our Economic Development Corporation. We will be looking for a new name and logo for the company and we will be seeking suggestions/input from the members as we would like it to be an Algonquin word/name that reflects what we are trying to do. This includes building capacity, creating opportunities for members and generating own source revenue to supplement funding shortfalls from the Federal Government, investing in new opportunities and eventually allow the community to be self-sufficient. As previously mentioned, with this business, we have existing contracts, new ones with the Municipality of Kipawa and others. Earlier last week, I met with the Vice President of Rayonier and their Forestry Superintendent to discuss new contract opportunities in both the forestry sector and at the mill site, the discussions were very positive and at that meeting Rayonier has agreed to contract Kebaowek Land Management to harvest, skid, de-limb and transport a significant volume of their annual wood allocation. This is in addition to the fact that they had already subcontracted Land Management to transport wood from the bush to the mill. They have 2000 loads of wood which must get out of the bush before the spring melt, KLM currently has over a dozen trucks subcontracted to complete this work.

Indian Day School Settlement

The Indian Day School Settlement is now moving ahead and registration is now open for those who went to any of the Federal Schools and we are waiting on Gowlings, which is the Legal Firm responsible for the registrations and distribution of the Settlement to confirm a date for an information session. I have spoken to them and they have many requests for these sessions but we will bring them in as soon as they are available. I know from the session they held in Kitigan Zibi, they will come in and give a presentation and answer all questions. They also come in with many staff and help all those who are eligible to apply before they leave. As soon as we have a firm date, we will send a notice and I will invite all those who provided their name to me at the Elder's Supper to the session. As you will see from the article on page 3, you will have 2.5 years to apply and the minimum compensation will be \$10,000 with larger settlements for those who suffered severe abuse.

Elementary Education Funding

As will recall, I was deeply concerned that Indian Affairs was going to cut our Elementary School Budget by \$500,000 as they had warned us it would (page 2)

CONTACT US



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



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



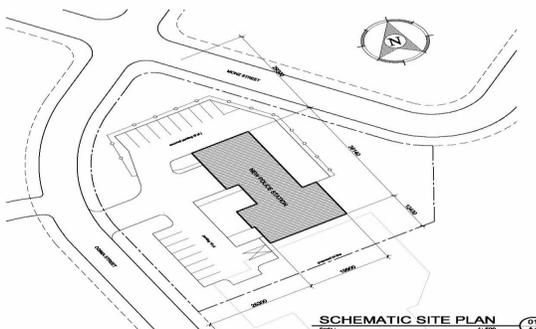
Kebaowek Police Department
104 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9624/8229
Fax: (819) 627-3277

An Update from the Chief Cont'd

happen in 2010-21 now that the province has started paying tuition for all children attending provincial schools including on reserve children. Well we have received the letter notifying us that they have unilaterally cut our budget without consideration for the fact that we have many students who attend school in Ontario where we are still required to pay tuition fees and transportation costs. We will be submitting our costs for students attending schools in Ontario and will continue to fight these cuts to ensure we have the funds to support students who are already attending out of province schools and for those who may want to choose to do so this coming school year. What is so sad is they would rather increase our welfare budgets than provide adequate education funding. We are going to meet the Director of Education and the Regional Director of Indian Affairs to plead our case and try and have those cuts reversed and have them respect the terms and conditions of the 5 Year Funding Agreement we signed in 2018. Education of our children has and will continue to be a priority for this and every subsequent Council as education is a stepping stone and the foundation for our children and the jobs of the future.

Kebaowek Police Department

We had a meeting with Public Security Canada and Public Security Quebec in regards to a need for a new Police Station. They came in person and visited our station as we have been lobbying them for the last 4.5 years for funding as the existing building being used is no longer functional. We had provided them a preliminary cost estimate and draft plans when we signed our Policing Agreement two years ago. We were told then, decisions were be forthcoming in the coming months however, every time we asked for an update they would tell us they were still developing the policy and reviewing all requests and that when decisions had been made, we would be advised. I am happy to report that we were told we would be provided funding in 2020-21 to build a new Police Station. The agreement is being prepared and will be signed before March 31st, 2020 and in the few next weeks, we will start the process to hire an architectural firm to develop plans and specifications with an updated cost estimate with the timeline to start construction this summer. The new Police Station will be located across from the Water Treatment Plant as designated in our Community Master Plan. It will situated in the same area where the new Health Center, and other future services will be located.



Kebaowek Hiring Practices

To clarify a few points about the Hiring Practices put in place for employment opportunities and training here in Kebaowek First Nation:

- Chief and Council is not involved in the posting of positions, the selection process of who gets an interview and the interview process. For transparency and fairness, this is done by our Tribal Council as coordinated by the appropriate Department Director/Manager.
- Chief and Council is informed of the results once the Tribal Council has completed their interviews and made their recommendations. We respect the hiring process and allow the Department Director/Manager to make the decision based on the recommendation from the Tribal Council.
- Please note there are two criteria that must be met, you must score the highest on the interview process and with that said it must be a score of at least 60%. This includes the responses provided to the questions asked by the Interview Team as well as points awarded for education, experience and other qualifications specified.
- It is important that those not recommended or selected, speak to the Department Director/Manager and they will tell you why you were not selected for an interview or the position. This information is confidential and will only be discussed with the person involved.
- Please note for training at Land Management, it is not our funding, Rexforet provides funding for Brush Cutting and Chainsaw Courses and they also select the final participants and if you have not finished a course funded by Rexforet they will not select you for any future training. Chief and Council respects their process and decisions.

Miscellaneous

In closing we have had our first request to open a Pot Shop here in the community and Council has denied the member's request as we feel that this is an issue that all members need to be consulted on before a final decision is made. The community needs to decide whether we want this type of business in our community or not. While we recognize the economic potential, it is simply not about making money, there are many aspects to this issue, among them medicinal use of cannabis, mental health issues among the youth, increased traffic flow, increased criminal activity and addiction. There is also the jurisdictional aspect, which laws apply on reserve, Federal or provincial or do we develop our own as well as who is responsible for quality control and inspection practices. At this time as Council we do not and cannot in good conscience authorize and sanction the sale of drugs in the community.

Chief Lance Haymond

**THIS IS AN ARTICLE PRINTED IN THE GLOBE AND MAIL
JANUARY 13TH, 2020**

KRISTY KIRKUP - OTTAWA

The federal government says thousands of Indigenous people who suffered harm at Indian day schools can apply for compensation, now that a settlement has taken effect. The government says the settlement is based on the premise that those who were sent to the federally run schools were harmed and that all eligible class members will receive a minimum of \$10,000 in individual compensation. Additional compensation is available for those who experienced more extreme cases of abuse, the government said Monday, adding amounts that range from \$50,000 to \$200,000 depending on severity.

Beginning in the 1920s, Ottawa says nearly 200,000 Indigenous children attended the Indian day schools across Canada. Many students who attended the schools experienced trauma including, in some cases, physical and sexual abuse by those entrusted to care for them.

In a statement on Monday, Crown-Indigenous Relations Minister Carolyn Bennett said that survivors being able to apply for compensation marks an "important step towards healing and justice for day school survivors and their families." She also highlighted the legacy of Garry McLean and the work he did with other "courageous survivors to right historical wrongs." In 2009, Mr. McLean began a legal action over the forced attendance of Indigenous students at Indian day schools across Canada that sought compensation for damages and abuses suffered. He died of cancer last year.

Last March, plaintiffs in the McLean case announced the settlement of a class-action lawsuit against Canada, which includes all survivors who attended the schools. Class members will have 2½ years to submit their claims for compensation and the last day to submit a claim will be July 13, 2022. The settlement also includes \$200-million for projects designed to support commemoration, health and wellness programs, and the preservation of Indigenous languages and culture.

The funding is to be administered through an independent, not-for-profit corporation known as the McLean Day School Settlement Corp. The Crown Indigenous Relations Department says that grants will be made available to organizations to carry out the projects within communities and the corporation is developing guidelines for organizations to follow when they are applying for grants.

Roger Augustine, a representative plaintiff in the class who attended a school near Miramichi, N.B., said in a statement Monday it is now time to focus on healing and to "look forward to the health and wellness and language and culture initiatives that will ensure what we and our families endured will never be forgotten." Mr. Augustine, a regional chief for the Assembly of First Nations representing New Brunswick and Prince Edward Island, has spoken publicly about his ongoing concerns about young Indigenous men and boys who may internalize the effects of abuse suffered at the schools.

Claudette Commanda, another representative plaintiff, said compensation is an important next step in the process of healing and "revitalizing our languages, cultures and traditions."



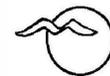
Drumbeat
THE HEART OF KEBAOWEK

**Drumbeat Radio is happy to announce that
Neil Pariseau has been hired as the new
host for CKFF 104.1!**

**With his years of experience in radio, sound
engineering and hosting live events,
it's very exciting to have Neil join the
Drumbeat Radio Team.**

The radio station is moving forward fast. Stay
tuned for our first live broadcast in the spring!

Jamie-Lee McKenzie
Station Manager
Drumbeat Radio



Centre L'Envol

Éducation des adultes / Adult Education

French Course – ORAL COMMUNICATION

Would you like to improve your French communication skills?

Would you like to communicate more effectively in your
workplace?

You are invited to attend an information session for a
French Oral Communication Course.

[Join us for more details!](#)

When: Tuesday, February 11th, 2020 at 7:00 pm

Where: Centre L'Envol
451 chemin Kipawa
Temiscaming, Qc



Winter weather can be a challenge for collection of recyclables and garbage. Garbage and recycling bins must be placed five to six feet (1.5 to 1.8 metres) from curb or roadside (in driveway, not on sidewalk or snow bank). Clear out a place for your containers when you shovel snow. If your bins are on the roadway (as shown in the picture) they may be upset or damaged during snow removal. KFN is not responsible for upset or damaged bins left on roadway.

Although KFN does not have a winter parking by-law please keep your vehicles off of the road until the plow has passed. When clearing your driveway push the snow to the side or back and **not** onto the roadway. Pushing your snow onto the road creates a hazard which could cause an accident.

Thank you for your consideration,
KFN Public Works Department

NON-RESIDENT FEES FOR COMMUNITY MEMBERS LIVING ON-RESERVE

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

**THE FEBRUARY DEADLINE FOR
NON-RESIDENT FEES TO BE REIMBURSED
IS FEBRUARY 27TH AT 12:00 PM**

HOMES FOR SALE



Two Bedroom Duplex with Crawlspace

**Contact the Housing Department
for additional information**

Tanya Mckenzie

Housing Administrator

819-627-3455

tmckenzie@kebaowek.ca

Two Bedroom Log Home



RYAM Canadian Scholarship Program

Rayonier Advanced Materials (RYAM) is pleased to offer a scholarship program to support local students pursuing a career in the forestry sector.

The program is designed to support students enrolling at a university, college/cégep in a relevant full-time engineering, forestry, technical or skilled trade program. The scholarship provides successful applicants with a financial scholarship of up to \$10,000 over four years and a paid summer work internship at their local facility.

Application deadline is February 15th, 2020. For additional information, including application instructions, please see below and visit: <https://aim.applyists.net/RyamCA>

Program Details and Requirements

The program is for students attending or who have attended a high school that is within a 75 km radius of a RYAM Canada facility, children of employees or students from an Indigenous community within a RYAM activity area.

In Ontario, our facilities are in: Chapleau, Cochrane, Hearst, Huntsville and Kapuskasing.

In Québec, our facilities are in: Béarn, La Sarre and Témiscaming.

Scholarship recipients will be selected by an appointed committee that will review the eligible applications and jointly select successful candidates.

University Applicants

8 Scholarships* of \$10,000 over 4 years (\$2,500/year) will be awarded among successful applicants attending university in a relevant full-time engineering, forestry, or related program with a required internship before their first year of university and the possibility of additional internships during their program.

*2 will be awarded to applicants from an Indigenous community within a RYAM activity area.

College or CÉGEP Applicants

15 Scholarships* of up to \$3,000 (\$1,000/year for up to 3 years depending on program length) will be awarded to successful applicants attending college or cégep in a full-time forestry or relevant technical or trade program with a required paid internship before their first year of college or cégep and the possibility of an additional internship during their program.

*3 will be awarded to applicants from an Indigenous community within a RYAM activity area.

Apply online

Applications will be accepted until February 15th, 2020, through the online portal at:

<https://aim.applyists.net/RyamCA>

Local First Nation Human Resources

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: Dec 8th, 2019 - Jan 11th, 2020 | Min. # of Hours Required | Min. # of Weeks Payable |
|-----------|---------------------------------------|---------------------------------------|---------------------------------------|------------------------------------------------------|-----------------------------|----------------------------|
| Kebaowek | 14.3% | N/D | N/D | 5.9 | 700 | 14 |
| Community | Unemployment Rate Stats Can – 2006 | Unemployment Rate Stats Can – 2011 | Unemployment Rate Stats Can – 2016 | Unemployment Rate: Jan 12th - Feb 8th, 2020 | Min. # of Hours Required | Min. # of Weeks Payable |
| Kebaowek | 14.3% | N/D | N/D | 6.5 | 665 | 15 |

Since July 3rd 2016, the number of hours required to qualify to EI is now the minimum requires by economical region. If you apply for special benefits, you will need 600 hours of insurable work. It is strongly recommended to check with your local Service Canada Center for the minimum number of hours required to qualify. Updated and revised on **January 13th, 2020** by the **First Nation Human Resources Development Commission of Quebec (FNHRDCQ)**.

ADULT EDUCATION

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

SERVICE CANADA

Outreach Site is located at Le Centre - 20 Humphrey Street, Temiscaming, Quebec
Please call the center at 819-627-3230 for more information.

Handicraft Sessions

**EVERY TUESDAY EVENING
STARTING OCTOBER 8TH**

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

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

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

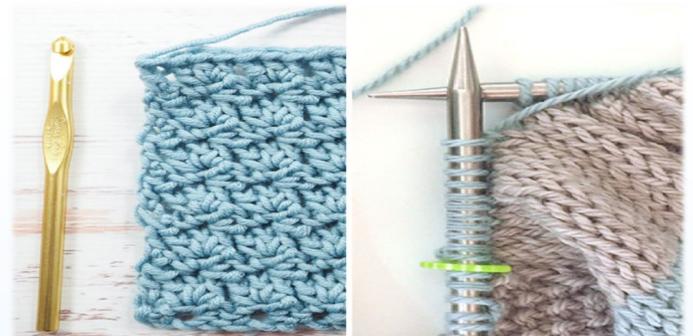
School-age children get their material for free.

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

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

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

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



Knitting and Crocheting Class

These classes will be held together on **Wednesday evenings at the Elder's Building.**

Knitting will start at 6:00 pm and Crocheting will start at 6:30 pm.

There will be 2 different instructors.

Must bring own materials.

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



CCP COMMUNITY MEETING

*Unveiling of Phase 2
Aboriginal
Storybooks*

The evening will start with a catered dinner followed by a short presentation on our next steps pertaining to our upcoming focus groups for our CCP.

We will also unveil our Phase 2 Aboriginal storybooks that were produced with the help of our local children, youth, local artists and Algonquin language teachers. We encourage all members to attend to share in this beautiful accomplishment. Invitations will be hand delivered to our special guests so they may invite their friends and families!

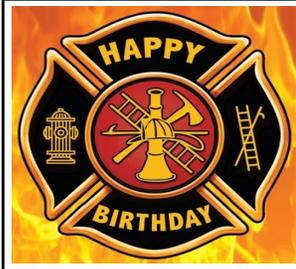
**Dinner
starts at
5:00**

March 12, 2020
THE COMMUNITY Hall

Please RSVP by February 28th 2020 by calling Kim at 819-627-3455 ext. 272

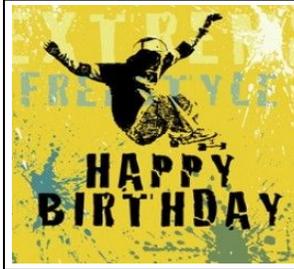
**Come on out and enjoy a great evening
with family, friends and neighbours!**

Community Wishes for the Month of February



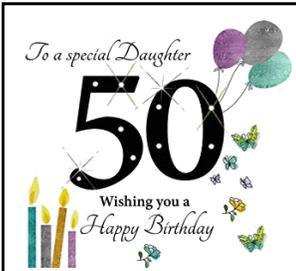
Happy Birthday Wishes to Lily Duguay who celebrates her birthday on February 17th !!

From your Fire Department Team



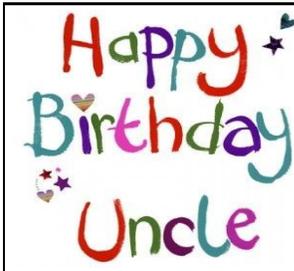
Happy 27th Birthday Bully !!

Love Mom & Laurier



Wishing my daughter ,Roxane a very Happy 50th Birthday !! She celebrates her special day on February 2nd !!

Love your Mom
xoxo



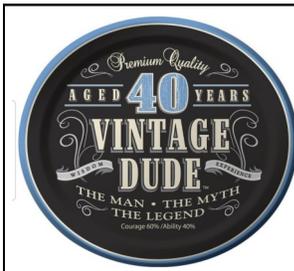
Happy Birthday to our Uncle Kieran on February 25th !!

Love Eric & Hayden



Wishing my son-in-law, Billy a very Happy 50th Birthday !! He celebrates his special day on February 4th!!

Love your Mother-in-Law
xoxo



Happy 40th birthday to my brother Scotty !!

Have a great day cheers !!
May all your wishes come true !!
Love Cary, Jungo and Family xo



Happy 12th Birthday to our Beautiful Emma who will be celebrating her birthday on February 10th !!

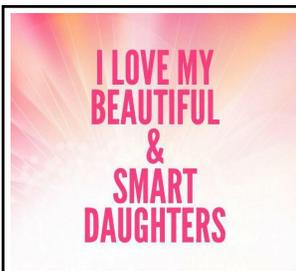
Love Mom, Dad, Rylen, Aubree, Savannah & Zendaya ♥



Happy 4th Birthday to my Granddaughter, Alyssa on February 5th !!

I hope your day is as special as you !!

Love You ... Gran xoxo



Happy Birthday to 2 of the greatest women I know !! Vicky & Kim celebrate their birthday on February 17th !! Wishing you both a great day and an even greater year ahead !!
Love Mom xoxo



Happy Birthday to a great boy who is very special to me !! My Grandson, Evin celebrates his big day on February 25th !!

Love You ... Granny xoxo



Happy Anniversary to Kim and Robert ♥ They celebrate their special day on February 8th !!

Love Mom xoxo



Happy 1st Anniversary to Jimmy & Shaquille ♥ They celebrate their special day on February 22nd !! Cheers to many more happy years guys !!

Love Mom xoxo



The St-Denis family would like to thank all our family, friends and community for their sympathies, cards, flowers and support during the loss of our Mother, Grandmother, & Great-Grandmother Elizabeth St Denis.

There are not enough words to fully express our heartfelt thanks that you have extended to our family. We are deeply grateful to all of you and appreciate the comfort you have given us. During times like these we realise how much family and friends mean to us.

A big thank you to the organizers for the wonderful meal and to all those that donated, your generosity did not go unnoticed.

Thank you also to the Anishnabe Long Term Care, for the many years of care you have given to our mother. And to the Kipawa Choir, your voices and harmony were cherished during the service.

The greatest comfort for us was all the expressions of sympathy conveyed to us. We deeply appreciate all your thoughtfulness and thank you sincerely.

The St-Denis Family



Saturday, February 29, 2020
Kebaowek Community Hall

Registration at 2:00 p.m.
Tournament starts at 3:00 p.m.

ENTRY FEE
\$15.00 (per person)

100%
Payout

Supper at 5:00 p.m.
50/50 draw

Bar and Canteen
Will be open

(18+ Event)

(Teams will be made by blind draw)



Local Musicians Jam Session
Starting at 7:00 p.m.



For more information or if you would like to volunteer or be part of the music jam session contact Yogi at 819-627-3455

It Was Never Just For The Fish

Dad and I would set out with our nets,
All readied with rope and rocks.
We would crack a beer, light a smoke,
and cruise on by the docks.
But, it was never just for the fish.
It was a search for a spot to build a camp.
A place to clean our catch
and hang a coleman lamp.
For the clear skies and moonlit rides.
Cold ones with friends and fish fries.
It was to always have an extra pack.
Not for us, but anyone who'd enjoy the snack.
The good times, better times, never wasted time.
Occasionally pull out the rods and drop a line.
But, it was never just for the fish.
It was for a father and son to create memories,
until they can catch another one.
So, when Dad and I would set out with our nets,
it was never just for the fish.

Justin Mckenzie
Chum



The tickets are available at the parish office, the Centre and some parishioners.

\$10 Adult
\$5 Child

The Centre
Feb. 20 | 7:30PM

The "Flying Fathers" vs. Témiscaming Volunteer Firefighters

Fundraiser for Paroisse Ste-Thérèse

After the game, there will be a reception with pizza and snacks in the Desjardins Hall. Meet the teams and support St. Theresa Parish!

Joignez à nous pour une réception avec pizza et collation dans la Salle Desjardins. Venez rencontrer les équipes et supporter la Paroisse Ste-Thérèse.

For more information on the "Flying Fathers", visit: flyingfathershockeyclub.com



Kebaowek's
Annual
Snowmobile
Rally

Saturday February 22, 2020

Registration
10 : 00 am - 1 : 00 pm
Kebaowek Community Hall

Must be 18+ and participate in Rally to win
\$10.00 per hand limit of 3 per entry same name

* Supper Menu to be determined *

Music by
DJ : Perry Davidson
@ 8 : PM



Made with PosterMyWall.com



Danny Raymond's
**TEXAS
Hold'em**

SATURDAY, FEBRUARY 15, 2020

Kebaowek Community Hall
(Kebaowek, Quebec)

ENTRY FEE - \$40.00
(\$35.00 Towards Prizes & \$5.00 to KFN Recreation)

Registration: 12:00 p.m. - 1:15 p.m.
Tournament starts at 1:30 p.m.

**\$5.00 POKER HANDS AND 50/50
TICKETS ON SALE DURING THE DAY**
Open to everyone (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

**** NEXT TOURNAMENT DATE: MARCH 28, 2020 ****



B I N G O

**Thursday
Bingo**

Feb 20th 2020
Door opens 5:45
Earybird 6:45

Entry Pack \$30.00
Extra Pack \$10.00

Kebaowek
Community
Hall

Over \$2500.00
in Prizes

Steamed Hot Dogs -
Pop - Chips etc

Made with PosterMyWall.com



BINGO

KEBAOWEK ELDER'S CLUB
(149 Migizy Street)

SUNDAY, FEBRUARY 23, 2020
TIME: 2:00 p.m.
(Doors open at 1:30 p.m.)

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

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

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

Regular Game Prizes - \$20.00

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

CANTEEN OPEN
Hotdogs, Chips, Pop, Tea, Coffee

EVERYONE WELCOME !!

Kebaowek Fire Department

About Carbon Monoxide

Carbon monoxide (also known as CO) is a gas that causes illness and can lead to death. It has no:

- smell
- taste
- colour

The gas is made whenever you burn fuel like:

- oil
- coal
- wood
- gasoline
- propane
- natural gas

It's also contained in second-hand smoke.

Carbon monoxide can be present in your home or cottage at any time of the year. However, **the risk is greater in winter months** because homes in Canada are usually heated by:

- furnaces
- wood stoves
- water heaters or boilers
- other appliances that run on fuels

These devices can release carbon monoxide into your home if they are not installed correctly, or if they malfunction.

Other sources of carbon monoxide include:

- generators
- charcoal grills
- vehicle exhaust
- cooking appliances
- blocked chimney flues

These devices become a risk when they are used in unventilated areas, such as a:

- home
- garage
- cottage
- camper
- Tent



Carbon Monoxide Alarms

Carbon monoxide (CO) can only be detected with a carbon monoxide alarm. You should have at least one CO alarm installed in your home, in addition to a smoke alarm. Smoke alarms alert you to fires, not carbon monoxide. CO alarms can be purchased at any hardware or home equipment store.

Symptoms of Carbon Monoxide Poisoning

Carbon monoxide can cause health problems before you even notice that it's present. Breathing it in reduces your body's ability to carry oxygen in your blood. Exposure to the gas can cause carbon monoxide poisoning (CO poisoning) and can be

dangerous to your health.

At low levels, effects include flu-like symptoms, such as:

- tiredness
- headaches
- shortness of breath
- impaired motor functions, such as:
- muscle weakness
- partial or total loss of function of a body part (limb or limbs)

At high levels, or if you are exposed to low levels for long periods of time, you can experience:

- dizziness
- chest pain
- poor vision
- difficulty thinking

At very high levels, it can cause:

- convulsions
- coma
- Death

More info:

<https://www.canada.ca/en/health-canada/services/air-quality/indoor-air-contaminants/keep-carbon-monoxide-out-your-home.html>

Kebaowek Police Department

Statistics for the Month of December 2019

- 8 - (R.I.D.E) Operations
- 3 - Assist to SQ
- 3 - Infraction Tickets
- 2 - Public Assistance
- 1 - Noise & Nuisance Complaint
- 1 - Alarm (Non- Criminal)
- 1 - Mental Health Intervention

Statistics for the Month of January 2020

- 2 - Noise & Nuisance Complaint
- 1 - Mental Health Intervention
- 1 - Failure to Comply with Probation Order
- 1 - Civil Matter
- 1 - Injured or Damaged Feared (Sec 810 (1) ccc)
- 1 - Family Dispute
- 2 - Infraction Tickets
- 1 - Breaking & Entering
- 1 - Public Assistance
- 1 - Accident Injury

Kipawa Countryfest Announcement

Kipawa Countryfest
Presents



THE REKLAWS
Friday, August 14, 2020

A 2020 Kipawa Countryfest Wristband would make an excellent Birthday Anniversary Easter Mother or Father's Day Gift !!

Kipawa Countryfest
Presents



Aaron Tippin ★ Sammy Kershaw ★ Collin Raye

Roots & Boots
Saturday, August 15, 2020

GRAB OUR \$60.00 WINTER SPECIAL

KIPAWA COUNTRYFEST WEEKEND PASSES ON SALE NOW!

SALE LOCATIONS:

COUNTRYFEST MAIN OFFICE
819-627-3455 - Kebaowek, QC
(accepts credit card, debit & cash)

MIGIZY GAS STATION
819-627-3392 - Kebaowek, QC
(accepts credit card, debit & cash)

LAKEVIEW STORE
819-627-1309 - Kebaowek, QC
(cash only)

DÉPANNEURSTOP 102
819-627-3190 - Temiscaming, QC
(cash only)

DÉPANNEUR DANDYS
819-627-9663 - Temiscaming, QC
(cash only)

SHEAR OASIS HAIR DESIGN
705-474-4247 - North Bay, ON
(cash only)

MARYANN BABIN
819-629-7341
Notre Dame du Nord, QC
(cash only)

| 2020 KIPAWA COUNTRYFEST PRICES | | | |
|---------------------------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------|---------------------------------------|
| WEEKEND PASS PRICES | WINTER SPECIAL November 1, 2019 - March 31, 2020 | SPRING SPECIAL April 1, 2020 - June 30, 2020 | AT THE GATE August 14, 2020 |
| ADULT (18+ years) | \$60.00 <small>BEST DEAL</small> | \$70.00 | \$80.00 |
| YOUTH (6-17 years) All young children must be accompanied by an adult | \$20.00 | \$20.00 | \$20.00 |
| CHILDREN (0-5 years) All children must be accompanied by an adult | FREE | FREE | FREE |
| ONE DAY PASS Available at the Gate | FRIDAY August 14, 2020 | SATURDAY August 15, 2020 | SUNDAY August 16, 2020 |
| ADULT (18+ years) | \$40.00 | \$60.00 | \$20.00 |
| YOUTH (6-17 years) All young children must be accompanied by an adult | \$10.00 | \$10.00 | \$10.00 |
| CHILDREN (0-5 years) All children must be accompanied by an adult | FREE | FREE | FREE |

An Update from the Health Director

January Meetings

- Regional First Nation's Governance Project
- Conference call for Pharmacy Project
- Health Planning Guide Training
- Early Learning Child Care Local Working Group

Upcoming in February

- CISSSA-T Verification Committee & Board of Directors
- QC Health Directors Meeting
- Early Learning Child Care Local Working Group
- Regional Round Table - FNQLHSSC
- FNQLHSSC Board of Directors

Files in Motion

- Health & Wellness Center Audit Presentation
- Onimiki Project Support upon request
- 5 Year Health and Wellness Plan submission
- Support for the Health Governance Project
- Health and Wellness Center Policy review

Health & Wellness Center

I first want to begin with wishing every one of you, health and happiness for 2020 and may this new decade be filled with seized opportunities that bring positive impacts in you and your loved ones lives and that you all become rich in spirit, kindness and love.

I want to acknowledge the exceptional work of Tina and Jennifer for their contributions towards our Hep C and Retinopathy Projects as they are currently invited to share their best practices with other First Nations communities. Stacey and Darlene also need to be recognized for their best practice presentation for their Mini Pals Project that they will be doing in front of representatives of Government and 26 other First Nation communities this February.

Our Schweitzer Vascular Program or as many of you have qualified as the "TV Doctor" has reached a certain plateau and we are now beginning to extend this important project to other communities. Despite the great advice and follow up from Dr. Schweitzer and Meagan, we are in charge of our own health and the work required to make certain changes starts and ends with us. Keep up the good work folks!

Our Addictions and Wellness Worker, Ms. Vicky Constant, was granted a leave of absence from work to gain some valuable experience in the Temiscaming CSSS setting as a Mental Health Technician. This experience will be extremely beneficial to us upon her return as we need to shift our focus to a more one-on-one intervention so we can respond to these needs of our

clientele. Prevention and promotion activities will continue to occur as they will be incorporated within other programs. Putting her formal training and experience from the NNADAP Program back in motion, Tina Chevrier will facilitate referrals for Treatment Centers and/or to other professional support services.

Important Regional Files

Law C-92, an Act respecting First Nations, Inuit and Métis children, youth and families

<https://www.oktlaw.com/a-roadmap-to-c-92-the-federal-child-welfare-law/#it-means-3-layers-of-laws-can-apply-to-indigenous-child-welfare-matters>

First Nations of Quebec Health and Social Services Governance Process

<https://gouvernance.cssspnql.com/en/about/>



First Nations of Quebec & Labrador Health & Social Services Commission (FNQLHSSC) Board of Directors with Regional Chief Ghislain Picard, representatives of Nishnawbe Aski Nation (NAN) and Dr. Jane Philpot, former Liberal Minister of Health and guest speaker at our Regional Governance in Health & Social Services Project meeting in Montreal.

Powerful Quotes

First and foremost, we need to be the adults we want our children to be. We should watch our own gossiping and anger. We should model the kindness we want to see.

~ Brene Brown ~

Gossip needn't be false to be evil - there's a lot of truth that shouldn't be passed around.

~ Frank A. Clark ~

David McLaren - Director of Health and Social Services

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 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 WALK IN CLINIC HOURS

SAVE THE DATE



Get Checked



- Blood Pressure
- Cholesterol
- Glucose

SCREENING CLINIC

Kebaowek Health and Wellness Center

February 10th to 14th , 2020

Walk-In Clinic

9:00 am - 12:00 pm and 1:00 pm - 4:30 pm

No appointment necessary!!

CHANCE TO WIN A GREAT DOOR PRIZE

For transportation please call Priscillia at the Health & Wellness Center 819-627-9060

Stem Cell Donor Registry

POPULATION STUDY IN FIRST NATIONS COMMUNITIES

What are stem cells?

Stem cells are the “mother” cells from which all other blood cells (red blood cells, white blood cells, platelets) develop. Stem cells are used to treat patients suffering from diseases such as blood cancer.

For the treatment to work, it is necessary to find a donor that has the same cellular characteristics as the recipient.

As these characteristics are inherited, the chances of finding a compatible donor increase if our search is directed towards individuals of the same origin.

What is the purpose of this population study?

At present, these characteristics are not well known among First Nations.

The general objective of this study is to understand the characteristics of stem cells specific to First Nations in order to facilitate the search for compatible donors.

We also hope to encourage 18- to 35-year-olds to register with the Stem Cell Donor Registry.

**“Thank you so much,
I owe everything to you!”**

Rosalie, stem cell recipient,
is of First Nations origin

WHO CAN PARTICIPATE?

- ✓ Be 18 years of age or older
- ✓ Be a member of a First Nation
- ✓ Have at least one parent who is a member of a First Nation

HOW TO PARTICIPATE?

- 1 Read and sign the consent form
- 2 Complete the questionnaire
- 3 Perform the mouth swab by following the instructions in the registration kit

You can register with the Stem Cell Donor Registry if you are:



between the ages
of 18 and 35



healthy



willing to give
to anyone in need

For more information: 1-800-267-9711, extension 2208



HÉMA-QUÉBEC

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

**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**



**Loïc Allenbach-Bellehumeur - Hearing Aid Practitioner
will be visiting our Health Center for appointments during
the mornings on **Friday February 7th, 2020**
Friday March 6th, 2020 and Friday April 3rd, 2020**



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

Please call Priscillia or Donna at 819-627-9060 to put your name on the list.

Something to Think About: Health Benefits of Quitting

You will start seeing health benefits soon after you smoke your last cigarette.

After quitting, within:

- **20 minutes** - your blood pressure drops to a level similar to what it was before your last cigarette.
- **8 hours** - the level of carbon monoxide (a toxic gas) in your blood drops to normal.
- **24 hours** - your risk of having a heart attack starts to drop
- **2 weeks to 3 months** - the airways in your lungs relax and you can get more air into your lungs and breathe easier
- **1 to 9 months** - you cough less and your lungs work even better.
- **1 year** - your added risk of coronary heart disease is half than that of a smoker's

- **5 years** - you have the same chance of having a stroke as a non-smoker
- **10 Years** - your chance of dying from lung cancer is much lower. So is your chance of getting cancer in your mouth, throat, esophagus, bladder, kidney, and/or pancreas
- **15 Years** - your risk of coronary heart disease is similar to that of a non-smoker

The health benefits of quitting are the same for all types of smokers (men and women, young and old). And by quitting, you will lower the chance that people around you will have health problems from second-hand smoke.

Even those who have developed smoking-related problems like heart disease can benefit. Compared to continuing to smoke, people who quit smoking after having a heart attack may reduce their chances of having another heart attack by as much as 50%..

Sports and Mentorship

The March Break is only a month away so I would like to announce that there will be two skiing days available.

Friday, March 6th (Quebec March Break) and Friday, March 13th (Ontario March Break). The deadline to call in and register is Thursday, February 27th, 2020. If you do not call in and register before this date, you will have to pay for your own rental and ski lift charges. I will also need to know if you/child/ren need a ride.

For the other days, I will be helping Amanda in some of the Bear Camp activities that will be going on.

The Biggest Loser Challenge started on Monday, January 13th and for the first weigh-in results, Participant "Dory" lost 3.63% of their body weight winning a prize for the highest percentage lost during that period. I would like to wish good luck to all the participants for our 10 week program.

Mitchell McMartin
Sports and Mentorship Coordinator

10 AMAZING WEIGHT LOSS TIPS FOR WOMEN

- KEEP SOME CUT FRUIT IN THE FRIDGE TO SATISFY YOUR SWEET TOOTH WHEN YOU GET SUGAR CRAVINGS.**
- EAT CLEAN AND WHOLESOME FOODS. REDUCE YOUR INTAKE OF PROCESSED FOODS GRADUALLY UNTIL YOU TOTALLY WEAN YOURSELF OFF THESE DETRIMENTAL FOODS.**
- GO FOR A BRISK 20-MINUTE WALK FIRST THING IN THE MORNING TO BOOST YOUR METABOLISM AND BURN FAT.**
- INCREASE YOUR WATER INTAKE TO ACCELERATE FAT LOSS AND REDUCE WATER RETENTION.**
- AIM TO CONSUME NO MORE THAN 50 GRAMS OF CARBS FOR 5 DAYS IN A ROW.**
- HAVE A MIX OF RESISTANCE TRAINING AND CARDIO IN YOUR TRAINING REGIMEN TO BURN FAT AND BECOME TONED.**
- FOLLOW IT WITH ONE CHEAT DAY WHERE YOU CONSUME MORE CARBOHYDRATES. REPEAT PROCESS OVER AND OVER.**
- AIM TO BE ON A 500 CALORIE DEFICIT DAILY.**
- EAT FOODS LIKE HOT PEPPERS, BROCCOLI AND ALMONDS TO BOOST YOUR METABOLISM.**
- DO NOT REDUCE YOUR CALORIES DRASTICALLY OR YOU'LL HIT A WEIGHT LOSS PLATEAU.**
- HAVE HIGH-PROTEIN FOODS SUCH AS EGGS, TUNA, CHICKEN, STEAK, ETC. WITH EVERY MEAL.**
- EAT YOUR MEALS SLOWLY. IT TAKES THE BRAIN ABOUT 20 MINUTES TO REGISTER THAT THE STOMACH IS FULL.**

HealthStatus

HOW TO BUILD RESILIENCE

TO BUILD RESILIENCE, PRACTICE POSITIVE COPING STRATEGIES WHILE ELIMINATING NEGATIVE COPING STRATEGIES

EMOTION FOCUSED COPING

If you cannot change the situation, change your mind. These strategies are most effective when faced with a situation you cannot alter.

ACCEPTANCE

Start by accepting the reality of the situation while recognizing and accepting your inability to change it. Once a situation is accepted for what it is, begin working on uncommon and creative solutions to make it better.

HUMOR

Humor can boost one's mood, alleviate emotional distress, and even buffer against depression. Laughter and humor improve immune response, enhance perceptual flexibility, and can offset the effects of stress.

POSITIVE REFRAMING

Positive reframing allows you to take control of your response to a situation by reframing it into a potential growth experience.

PROBLEM FOCUSED COPING

Problem focused coping strategies involve direct action to alter the situation or source of the stress.

PLANNING

The first step in developing a good plan, is to define what success looks like. Once you know what success looks like, define clear, measurable goals that will bring you to success.

ACTIVE COPING

Active coping takes action toward dealing with the stressor or activating the plan. Once you have your plan in place with clearly defined goals, start tackling that to-do list.

MCH and Head Start Program

Childhood obesity is a growing epidemic. As parents, caregivers, and teachers it is our responsibility to encourage kids to eat healthier foods and be more physically active to grow up healthy. Healthy kids now, healthy adults later.

Children of all ages benefit from physical activity. Physical activity strengthens their hearts and helps kids and teens maintain a healthy weight and blood pressure, which may lower their risk of developing heart disease and stroke as they age. Get them to start early! Active kids are more likely to become fit adults.

Children are naturally energetic, but without encouragement they can become inactive. These days, children spend more and more time sitting – in class, on a school bus, using the computer, playing video games or watching TV. As a result, more than half of Canadian children aren't active enough for optimal health and development.

It's up to you as a parent to keep your kids active. So try being a good role model. If your children see you make physical activity a priority, they will take note. Research shows that active parents have active children.

Children of all ages benefit from physical activity. The type and amount of activity they need changes as they grow.

For healthy growth and development, **infants and preschoolers** should be active **several times during the day** by:

- reaching for toys during tummy time on the floor
- rolling
- crawling
- climbing stairs
- running
- Biking

They should engage in vigorous-intensity activities at least three days per week.

- Moderate-intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing. These activities include walking quickly, skating, bike riding and skateboarding.
- Vigorous-intensity aerobic activity will increase your heart rate even more and you will not be able to say more than a few words without catching a breath. Examples are running, basketball, soccer and snowshoeing.

Kids should also do activities that strengthen their muscles and bones at least three days per week.

- Muscle-strengthening activities like push-ups and sit-ups, lifting weights, climbing stairs and riding a bike build up your muscles
- In bone-strengthening activities, your muscles push and

pull against your bones, helping make them stronger. Examples include running, walking, yoga and jumping rope.

Organized sports can be valuable, but they're not the only solution. Not all children and teens like competition. As well, unorganized sport and unstructured activity have been shown to be especially beneficial in preventing children from becoming overweight, perhaps because the emphasis is not on winning but on fun.

Here are some ideas for unstructured fun:

- a game of tag
- pick-up games of ice or ball hockey
- skipping rope
- sliding
- shoveling snow
- Family activities to try:
 - swim at a local community center pool
 - play Frisbee, baseball or soccer in the backyard

Your kids don't have to make the change all at once. They may start by being active 10 minutes a day, increasing the time each week until daily activity becomes part of their healthy lifestyle. Children are naturally active so they may be doing some light or moderate activity already. Try increasing active periods by 10 minutes and reducing screen time by 10 minutes every few days to make being active a part of their daily routine.



We had a great Christmas party at KASP with games, fun and many laughs. I hope everyone enjoyed their holidays and I wish that this year will be a wonderful year!



**Lynn Grandlouis
MCH/Head Start Program Worker
Special Needs Educator**

Upcoming Health Center / First line Activities

March Break Activities

FOR KEBAOWEK

MARCH 2ND (GTS & EGT)
MARCH 16TH (PHELPS)
FIRE/OUTDOOR ACTIVITIES

MARCH 3RD (GTS & EGT)
MARCH 17TH (PHELPS)
NATURE'S HARMONY IN MATTAWA

MARCH 4TH (GTS & EGT)
MARCH 18TH (PHELPS)
ACTIVITIES AT THE CENTRE FOR GTS & EGT
TO BE DETERMINED FOR PHELPS

MARCH 5TH (GTS & EGT)
MARCH 19TH (PHELPS)
OUTDOOR ACTIVITIES IN BASEBALL FIELD

MARCH 6TH (GTS & EGT)
MARCH 13TH (PHELPS)
ANTOINE MOUNTAIN IN MATTAWA

MARCH 9TH (GTS & EGT)
MARCH 20TH (PHELPS)
SCAVENGER HUNT

**FOR ANY INFORMATION, PLEASE CALL
KAYLA OR AMANDA AT 819-627-9877 OR
MITCHELL AT 819-627-9060**

CAMP BEAR HUG

MARCH BREAK

**GTS/CSLT March 2-6th & 9th
Phelps March 13th & 16-20th**

**Sign Up Deadline:
February 20th**

Please call Amanda Joly:
819-627-9877

Schedule to be given upon Registration.

Community Kitchen

MONDAY, FEBRUARY 17TH

**ON THE MENU:
Broccoli Chicken Casserole**

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

Call First Line Services to register by
Friday, February 14th @ 12:00pm
819-627-9877



Community Baking with Elders

Come join us in baking homemade muffins!! Please call Shelly at 819-627-9877 to sign up before February 17, 2020.

Date: February 18, 2020
Time: 1:00 to 3:00
Place: Dome

EVERYONE CAN REACH THEIR
GOAL IN 2020 BY MAKING
GOOD CHOICES!

**LET'S GET TO THE
HEART OF THE MATTER**
INFORMATION SESSION

WHEN: MONDAY FEBRUARY 10TH
WHERE: COMMUNITY HALL
TIME: 5:30 PM (DOORS OPEN AT 5:00)
A HEALTHY DINNER WILL BE SERVED
PRIOR TO PRESENTATION

MUST CALL VIRGINIA @ 819-627-9060
TO CONFIRM ATTENDANCE
BY FRIDAY FEBRUARY 7TH



**Elders in the
Community**

On Valentine's Day
Join Us For
**BRUNCH AND A CRAFT
WITH THE KIDS AT**
Kebaowek Childcare
Daycare

**FRIDAY
FEBRUARY
14**

9:30 am to
10:30am

RSVP By
February 11,
2020
to
Shelly
819-627-9877



**FAMILY
MOVIE
NIGHT**

"Playing with Fire"



**Wednesday, February 26th
Starts at 5:15
@ First Line Services Basement**



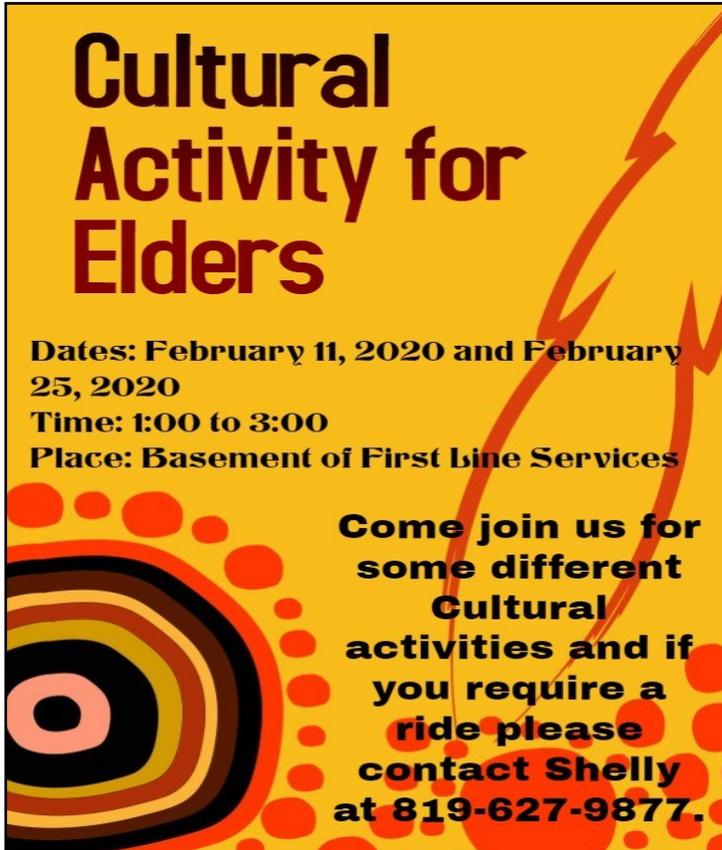
free dinner!
free popcorn!



**Cultural
Activity for
Elders**

Dates: February 11, 2020 and February
25, 2020
Time: 1:00 to 3:00
Place: Basement of First Line Services

Come join us for
some different
Cultural
activities and if
you require a
ride please
contact Shelly
at 819-627-9877.





**Women's Paint
Nights**

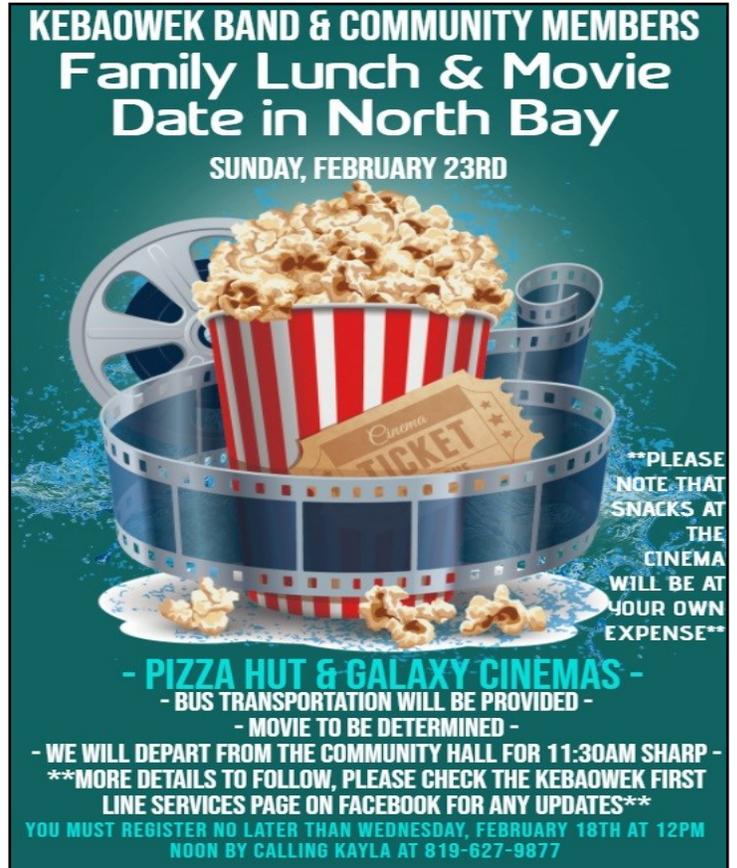
FEBRUARY

6TH & 20TH

6PM TO 8PM

SNACKS AND
REFRESHMENTS WILL
BE SERVED!!

FOR MORE INFORMATION, PLEASE CONTACT FIRST
LINE SERVICES AT 819-627-9877



KEBAOWEK BAND & COMMUNITY MEMBERS

**Family Lunch & Movie
Date in North Bay**

SUNDAY, FEBRUARY 23RD

****PLEASE
NOTE THAT
SNACKS AT
THE
CINEMA
WILL BE AT
YOUR OWN
EXPENSE****

- PIZZA HUT & GALAXY CINEMAS -

- BUS TRANSPORTATION WILL BE PROVIDED -

- MOVIE TO BE DETERMINED -

- WE WILL DEPART FROM THE COMMUNITY HALL FOR 11:30AM SHARP -

****MORE DETAILS TO FOLLOW, PLEASE CHECK THE KEBOWEK FIRST
LINE SERVICES PAGE ON FACEBOOK FOR ANY UPDATES****

YOU MUST REGISTER NO LATER THAN WEDNESDAY, FEBRUARY 18TH AT 12PM
NOON BY CALLING KAYLA AT 819-627-9877



MINI-PALS

Located in the basement of First Line Services

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

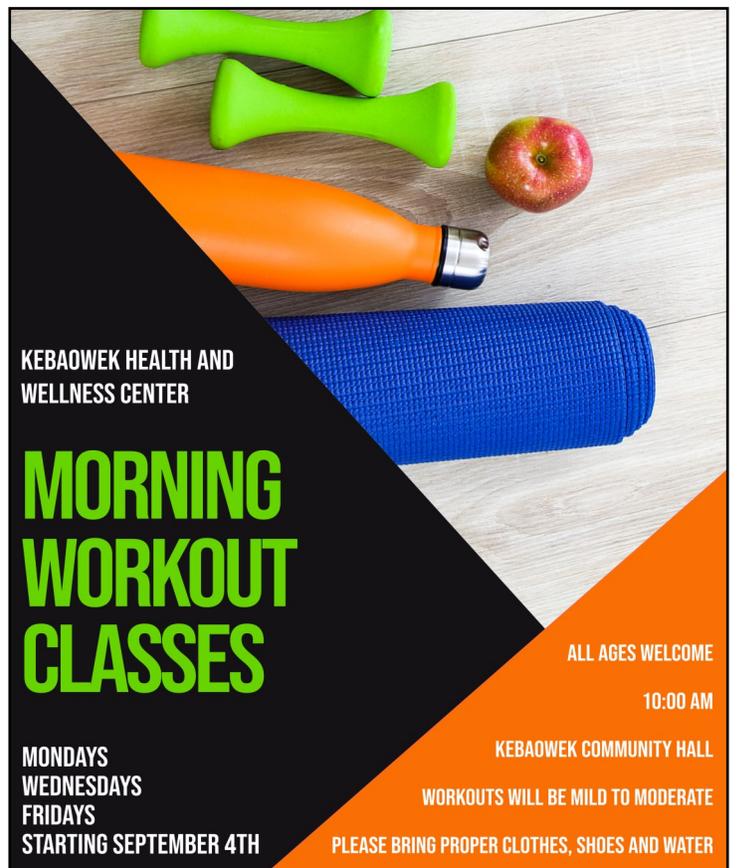
Wednesday's 9:30am - 11:00am
3 - 5 years

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

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

For more information contact
Darlene @ 819-627-9877

Made with PosterMyWall.com



KEBAOWEK HEALTH AND
WELLNESS CENTER

**MORNING
WORKOUT
CLASSES**

ALL AGES WELCOME

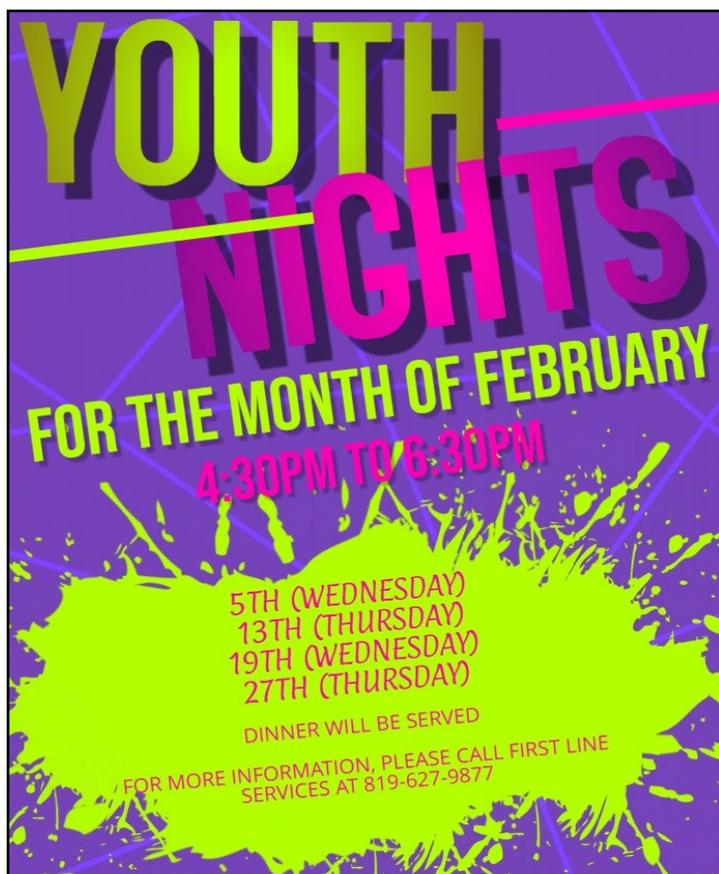
10:00 AM

KEBAOWEK COMMUNITY HALL

WORKOUTS WILL BE MILD TO MODERATE

PLEASE BRING PROPER CLOTHES, SHOES AND WATER

MONDAYS
WEDNESDAYS
FRIDAYS
STARTING SEPTEMBER 4TH



YOUTH NIGHTS

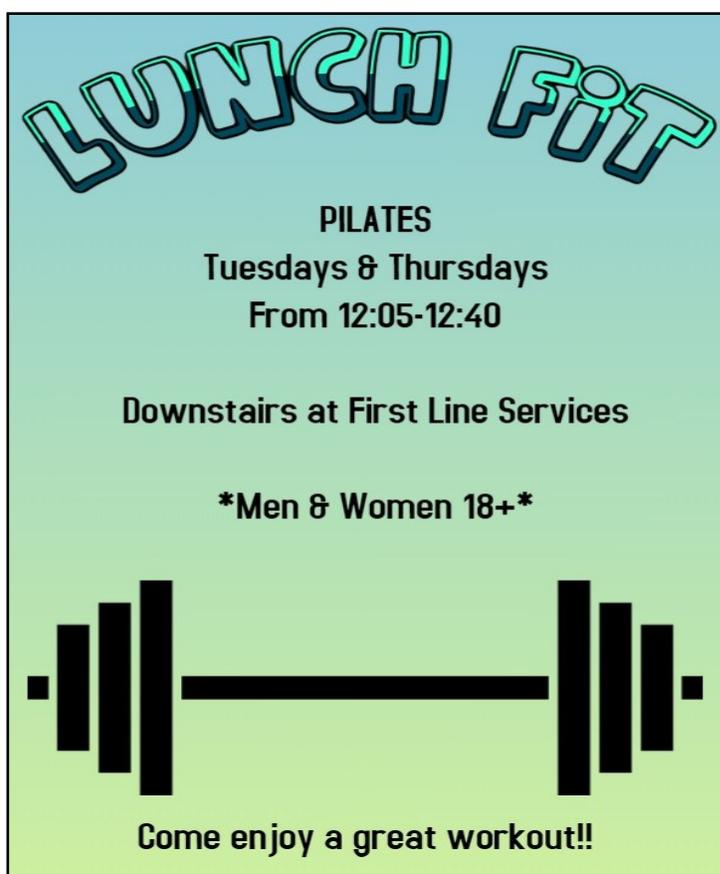
FOR THE MONTH OF FEBRUARY

4:30PM TO 6:30PM

5TH (WEDNESDAY)
13TH (THURSDAY)
19TH (WEDNESDAY)
27TH (THURSDAY)

DINNER WILL BE SERVED

FOR MORE INFORMATION, PLEASE CALL FIRST LINE SERVICES AT 819-627-9877



LUNCH FIT

PILATES

Tuesdays & Thursdays
From 12:05-12:40

Downstairs at First Line Services

Men & Women 18+



Come enjoy a great workout!!

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 appointments:

January 20th & 23rd - February 6th & 20th - March 5th & 19th - April 1st, 16th & 30th - May 14th & 27th - June 11th & 25th - July 9th & 23rd - September 3rd & 17th - October 1st & 15th - November 12th & 26th - December 10th

To be eligible for an appointment you must provide your First Nation 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 Centre employee for a referral



KEBAOWEK BAND & COMMUNITY MEMBERS

VALENTINES

COMMUNITY BREAKFAST

THURSDAY, FEBRUARY 13TH

6:45AM - 9:00AM

KEBAOWEK COMMUNITY HALL

COME AND JOIN US FOR A YUMMY BREAKFAST!!

FOR MORE INFORMATION, PLEASE CONTACT FIRST LINE SERVICES AT 819-627-9877

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: February 5th & 19th

SENIOR SOCIAL



Date: Every Thursday

Time: 1:00pm to 3:00pm

Place: Basement of First Line Services



**Come and join us to play
Crib or Yahtzee!!**

Snacks, tea and coffee are provided.

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

Community Shopping Trip



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

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

**Next Trip:
February 1st & March 7th, 2020**

**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 |
|--------------------------------------------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| February 2020 | | | | | | 1 Community Shopping Trip Titans Game - 7:30 pm |
| 2 <u>Holidays</u> Roxane | 3 Morning Workout Class | 4 Lunch Fit Handicraft Session | 5 Morning Workout Class Meals on Wheels Youth Night | 6 Senior Social Lunch Fit Women's Paint Night GARBAGE | 7 Morning Workout Class Hearing Clinic at Health Center | 8 |
| 9 <u>Holidays</u> Glenda | 10 Morning Workout Class | 11 Lunch Fit Elder's Cultural Activity Handicraft Session | 12 Morning Workout Class | 13 Community Breakfast Senior Social Lunch Fit Youth Night RECYCLE | 14 Morning Workout Class Elder's Daycare Brunch and Craft Titans Game - 8:00 pm | 15 Texas Hold'Em Tournament |
| 16 | 17 Morning Workout Class Community Kitchen | 18 Lunch Fit Baking with Elder's Handicraft Session | 19 Morning Workout Class Meals on Wheels Youth Night | 20 Senior Social Lunch Fit Women's Paint Night Community Bingo GARBAGE | 21 Morning Workout Class | 22 Annual Snowmobile Rally |
| 23 Elder's Club Bingo Family Movie Outing <u>Holidays</u> Donna , David | 24 Morning Workout Class | 25 Lunch Fit Elder's Cultural Activity Handicraft Session | 26 Morning Workout Class Meals on Wheels Family Movie Night | 27 Senior Social Lunch Fit Youth Night RECYCLE | 28 Morning Workout Class | 29 Euchre Tournament |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|---------------------------------------|
| 1 <u>Holidays</u> Priscilla Hélène | 2 Morning Workout Class Family Movie Night | 3 Lunch Fit Handicraft Session | 4 Morning Workout Class Meals on Wheels | 5 Senior Social Lunch Fit Women's Paint Night GARBAGE | 6 Morning Workout Class Hearing Clinic at Health Center | 7 Community Shopping Trip |
| 8 International Women's Day <u>Holidays</u> Donna, Virginia Bonnie | 9 Morning Workout Class | 10 Lunch Fit Handicraft Session | 11 Morning Workout Class | 12 Community Breakfast Senior Social Lunch Fit Youth Night RECYCLE | 13 Morning Workout Class | 14 |
| 15 <u>Holidays</u> Lynn | 16 Morning Workout Class Community Kitchen | 17 Lunch Fit Handicraft Session | 18 Morning Workout Class Meals on Wheels | 19 Senior Social Lunch Fit Women's Paint Night Community Bingo GARBAGE | 20 Morning Workout Class | 21 |
| 22 | 23 Morning Workout Class | 24 Lunch Fit Handicraft Session | 25 Morning Workout Class | 26 Senior Social Lunch Fit RECYCLE | 27 Morning Workout Class | 28 Texas Hold'Em Tournament |
| 29 | 30 Morning Workout Class | 31 Lunch Fit Handicraft Session | March 2020 | | | |