



# Kebaowek First Nation Mazinaigan / Newsletter

Oteimin Kizis / June 2020

## Inside this issue:

An Update from the Chief Continued	2
An Update from the Chief Continued	3
Kebaowek Reopening Memo	4
Migizy Gas Update and Notice for Youth	5
Job Posting ... Environmental Awareness Coordinator	6
Job Posting ... Radio Production Assistant	7
Job Posting ... Receptionist/Administrative Assistant	8
Job Posting ... Silviculture Supervisor	9
Local First Nation Human Resources Update	10
Information for Kebaowek Members	11
Kebaowek Police Department ... Bicycle Safety	12
Kipawa Countryfest Update and Announcement	13
Community Wishes for the Month of June	14
Kebaowek Fire Department	15
A Message from the Health Director	16
Health Center Notes and Information	17
Addictions and Wellness ... Drinking during Covid-19	18
Sports and Mentorship ... Activity Updates	19
Medical Transportation Information	20
Medical Transportation and NIHB Updates	21
NIHB Updates and Information	22
Self Care Tips During Covid-19	23
MCH and Head Start Program and Sun Safety Tips	24
Kebaowek First Line Services ... Information	25
Kebaowek First Line Services ... Information	26
Kebaowek First Line Services ... Activities and Info	27
Community Calendar for June and July 2020	28

## An Update from the Chief

I must begin by reminding ourselves that we have never seen such an extraordinary situation as we have lived these past months and I genuinely hope that we are spared the second wave that they are predicting. From the beginning of this crisis we have depended on the Chief Public Health Officers of Canada and Quebec to provide guidance and support and we have followed their guidelines to stay home, avoid unnecessary travel, no gatherings, practice physical distancing and washing our hands often. I must commend and thank the community members for adhering to these guidelines, I know it hasn't always been easy not being able to see family and friends and following the guidelines. As a result of these measures working, we are now beginning the discussion on how do we begin to open back up and get to what will be our new normal until such time as there is a vaccine to treat this virus, maybe even beyond that.

As time has gone by, the messaging has changed and the restrictions have been relaxed, however that does not mean we simply go back to our lives. We need to remain vigilant and continue to follow the Public Health Guidelines, they are changing often but there are a couple that have remained the same and are a priority to be followed, **physical distancing and washing your hands often are key to controlling the infection and spreading of Covid-19.** Public Health Officials have also advised that wearing a non-surgical mask is something everyone should do when two meter physical distancing cannot be maintained or is compromised. With the gradual opening of businesses and soon shopping malls, wearing a mask will become the new normal.

As I have mentioned many times, there is no manual or guide to tell Chief and Council what we should do before, during or after the pandemic, we have simply operated on the principals of what do we need to do to keep people safe, sheltered and fed. We now need to shift our focus on how do we reopen and at what pace do we do so while maintaining the underlining principal that any decision we make must ensure the safety of the Members and of staff who must deliver important programs and services. With that in mind, please see page 4 of the Newsletter for an explanation of how we will proceed with the gradual reopening of our offices and businesses. We will continue to monitor the situation and participate in conference calls with our regional authorities to stay updated on the number of cases of Covid-19 in our region and we will continue to provide up-to-date and timely information as it becomes available. We are by no means out of the woods yet and we need to remain vigilant and continue to exercise good judgement. We've come too far now to let up, the sacrifices we all made allowed us to reach this point but there is more to do until there is a vaccine or treatment for Covid-19.

Covid-19 has had huge impacts, not only on our personal and professional lives but on that of our businesses as well. Having to shut down operations for over two months will have negative repercussions on all three businesses. Land Management and Transport Cloutre will continue to fill our contractual obligations and try and find new work to offset what was lost during the shutdown. I am confident that with the Federal Government's support for businesses through the Canada Emergency Business Account (CEBA) which provides interest free loans and the Canada Emergency Wage Subsidy (CEWS) which will cover up to 75% of an employee's salary, we can (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

successfully restart our businesses. The health and safety of employees is paramount and each business and service will be following the Public Health Guidelines to ensure their and the community's health and safety. The greatest impact however is on our Gas Station and its finances. It was struggling to be profitable before Covid-19 struck and now after weeks of offering limited hours and no restaurant service, the financial impacts have been huge and we are not sure if we will ever be able to fully recover to what we were before. This is however, an opportunity to review the operations, the business model and implement recommendations made by our auditors to improve profitability. We are also seriously looking at finding a new supplier as we feel we can get a better deal and product from a major brand with terms that are more favourable for the business. In the interim Migizy Gas will expand its current hours of operation, begin to offer take out service while we review, analyze and chart a way forward to make our Gas Station profitable. We will keep you informed of our review and will communicate it to you once we have a plan to propose.

In other news, while we busy being locked down and quarantined, the Quebec Government made sweeping changes to the Environmental Protection Act and the Forestry and Mining Act. These changes have made it easier for developers to start projects on our traditional territories and in many cases without the need for permits nor any form of notice or consultation with First Nation communities on whose territory these projects will be developed. They essentially gutted the laws so that promoters could develop projects faster with little or no red tape and no oversight from Provincial Environmental authorities. We have submitted a position paper by their deadline asking for changes to the law especially in the area of First Nation consultations but we have not yet received a response. These changes are already causing issues with the Attikamik Nation as they battle a company that is intent on building a mine on their traditional territory that the First Nation opposes. With this new law they are further challenged in trying to stop this project with no Environmental Laws left to protect them and their territory. This will be the Algonquin Nation soon enough and it will be communities like ours that will find ourselves again battling promoters on projects that will cause irreparable harm to the environment. The Attikamik Nation battle is an eerie reminder and is similar of our struggle with Matamec and their Rare Earth Project. This project is still lurking in some company's future plans and we may yet find ourselves on the defensive if the project was ever resurrected.

I would like to take a moment to thank in a very public way a number of individuals who went above the call of duty to realize a very important and vital project for our community. The launch and first broadcast of our community radio station, CKFF 104.1 Drumbeat Radio was a day filled with joy and pride. It had been years that various Councils dreamed and prioritized the realization of this project but it really took on a life of its own when the David

McLaren, former Councillor and Portfolio Holder in our previous Council along with support from Justin Roy, Economic Development Officer engaged two individuals that set us on the path to realizing the project, Mr. Denis Cossette and Mr. Arnaud Warolin. These gentlemen developed a plan, Mr. Cossette with his extensive radio experience helped us draft the application to the CRTC for a broadcasting license while he and Mr. Warolin also developed a work plan and budget. After more than a year of waiting we were granted our operating license and assigned our bandwidth of 104.1, which is now known as Drumbeat. Once this happened Justin led the initial development of the name and the branding of the station and we set about a process to hire a Radio Station Manager. We weren't having any luck, so I approached who in my mind, would be a great fit for the job given her recent experience working in the media. I asked if she would be interested in the job and she said yes but she was already employed and would have to think about it, in the end she declined our offer and accepted to return to her employer. To say I wasn't disappointed would be a lie but I clearly understood why she made the decision and if I were in her shoes, I most likely would have made the same choice. We reposted the position, still not having any luck in finding the right candidate and because we were following our work plan we posted a second position for an on-air host. As luck or fate would have it, I got a call from the person who turned down our offer to see if the position was still available as she had a change of heart and wanted to return to Kebaowek. This position offered her both an opportunity to come home and to also take that experience she had gained and help with building the station. From the day she started, Jamie-Lee McKenzie, has taken charge and hasn't looked back. She took over finalizing the branding and marketing of the station, overseeing the renovation and the setting up of the studio and offices and the refinement of the job description for the announcer. Following through with the hiring process of an on-air announcer, Neil Pariseau was the person selected following the interview process.

This was all happening at the same time we were beginning to see the impacts of Covid-19 and the quarantining and isolation of our community members, their families and friends. It was a time when we needed the ability to communicate to the community in an effort to enhance the door-to-door handouts with up-to-date information on a situation that was literally changing daily. After the offices closed March 17th, I asked her if they could accelerate the planned opening of the station and gave a target date of April 20th. Long story short, they did what they needed to do, they installed the equipment, developed music lists and got the station operational for April 20th, CKFF was broadcasting using an emergency antenna that gave us limited range but music was being broadcasted into our homes. Hearing the music for the first time after Councillor Chaput tipped me off that the station was working, even though it was a test, was unbelievable after so many years, so much effort, the dream was now a reality. I am grateful to the time, energy and effort put into this project by so

## An Update from the Chief Cont'd

many committed people, it just demonstrates how long it takes for a project from a concept to making it happen. I want to personally thank David, who always believed in this project and committed so much time in helping it be realized, the same goes for Justin, he just kept plugging away and getting things done and kept the project moving and filling in the funding requests to support this project. Special thank you to Arnaud Warolin, he's been a great ally since he was Prefet of the MRC and has always done a great job for us. To Mr. Denis Cossette, although language was sometimes a challenge, the knowledge and experience you brought was invaluable to the success we have achieved. We will always remember the contributions you have made in realizing this important project. Last but not by any means least, Jamie-Lee and Neil, there are no words to express how much the Council and I appreciate the effort, energy and countless hours that you have committed to getting CKFF operational. I know firsthand the extra time you both have put into this and I want to thank you both on behalf of myself, the other members of Council and the community for your committed effort. We all appreciate it and are enjoying your respective work..

I want to thank you for the indulgence of letting me tell you this story, I do so because I strongly believe in giving credit where credit is due. If you enjoy the programming and having our own station, next time you see David, Justin, Jamie Lee or Neil, be sure to tell them thank you and I hope you continue to enjoy CKFF, Drumbeat Radio as it will become a very important tool for communicating to our members on and off reserve and to our non-indigenous neighbours.

In closing I want to say a few words on Mental Health, life is already difficult enough for many of our members who struggle with mental health issues and this Covid-19 crisis., Quarantine and isolation is making an already tough situation for many even harder. I want to remind members to not be afraid to reach out and ask for help and support if you need it. There is no shame in needing help and asking for it, we have resources or we can direct you to other mental health services and supports that are appropriate for you. Please don't suffer alone and in silence, if you are struggling, please reach out to our Health Center including First Line Services or contact your nearest mental health hotline.

Finally, I want to end by reminding everyone that now is not the time to let up, Covid-19 is going to be a marathon until a cure or vaccine is developed. We are all working hard to control this virus and we all must continue to our part by wearing a mask when physical distancing is compromised, practice and maintain a two metre distance from others and washing our hands regularly no matter what businesses open and what restrictions are lifted by governments.

Chief Lance Haymond



**KEBAOWEK FIRST  
NATION**

**SAVE THE DATE**

**INDIGENOUS PEOPLES DAY  
JUNE 21, 2020**



**MORE INFORMATION TO FOLLOW VIA**

**DRUMBEAT RADIO, KEBAOWEK FIRST  
NATION FACEBOOK PAGES AND  
COMMUNITY POSTERS**

As businesses start to reopen, please understand they may have survived one of the hardest professional and personal challenges they've ever faced.

While they are excited to open, the owners and employees are still stressed.  
They're not out of the woods yet.

Please don't go to these businesses and complain about changes that were forced upon them due to lost revenue, lost employees, new policies and protocols. They don't have the same business they has 3 months ago.

They're doing everything they can to adapt to the situation. But everything is different for them.

Be kind. Be compassionate. Have patience.

They're still trying to recover from battle number one and their next battle of rebuilding has just begun.

♥ SUPPORT LOCAL ♥

# Kebaowek Reopening Memo

With the Province, moving to gradually allow businesses to reopen, we have determined it is time to gradually reopen our offices. We will be open, however procedures will change to accommodate the “new normal.” The Band Administration Office will reopen on Monday, June 1st at 8:00 am. The Kebaowek Daycare Center will reopen as well on June 1st and will be operating at 50% of its capacity. Migizy Gas will extend operating hours and begin to provide food services for take only at this time. The Band Administration Office including the Health Center, First-Line Services Building and Land Management/Forestry Building will be open Monday to Thursday from 8:00 am to 3:00 pm and closed on Fridays. We will have a staggered opening for the first month for some departments. This means certain staff will continue to work two days per week from home and two days in their office. Please see below for an explanation of what to expect when we reopen. Also please keep in mind, this is subject to change if the State of Emergency changes and we have to move back to stricter confinement strategies to limit the spread of Covid-19.

**The health and safety of the community and staff is our number one priority. We are all in this together and we want to do all we can to minimize risk.**

**Staggered Opening:** For the first month of reopening, Band Administration staff will work two days per week at the office and the remaining two days from home. The offices will be open Monday to Thursday from 8:00 am to 3:00 pm and closed on Fridays. On Mondays and Wednesdays: Reception, Housing, Membership and Public Works will be working from the office and Tuesdays and Thursday from home. Human Resources, Recreation, Education and IT will work from the office Tuesdays and Thursdays and from home on Mondays and Wednesdays. Social Assistance appointments will be scheduled on Tuesdays. For Land Management Forestry ... Monday and Thursday at the Office: Pascal, Sam, Silviculture Supervisor (when hired), and Front Desk Assistant (when hired), and Kyle, will be working from home Tuesday and Wednesday. Tuesday and Wednesday at the Office: Justin, Kim, Kacie, Riley, and Cultural Officer (when hired), will be working from home on Monday and Thursday.

**Appointments:** Going forward, we will see members and others by appointment only. Walk-ins will not be permitted. You are required to call ahead to make an appointment. When you arrive for your appointment, you will be asked to wait in assigned area until the employee with whom they have an appointment comes and escorts them to their office or the boardroom.

**Screening:** When booking appointments, staff will ask screening questions to determine if you are able to come to the office. If you are exhibiting any signs of sickness, you will not be permitted in the building until you are well. You will continue to have the option to discuss your issue with staff by phone, email or video conference. These same questions will be asked when you arrive for

your scheduled appointment, prior to being granted access to the building. You will be questioned if you have any of these symptoms:

- Fever
- New cough or worsening chronic cough
- Sore throat
- Runny nose
- Headache
- New onset of fatigue
- New onset of muscle pain
- Diarrhea
- Loss of sense or taste
- Purple markings on fingers and toes (children)

**Face Coverings:** Those coming in for a meeting or appointment will be encouraged to wear a face covering. If you have your own face covering, please bring it with you. Those who do not have a face covering, we will have some available along with signage showing how to properly put on and remove the mask. Staff who cannot ensure a physical distancing of two meters, will be asked to also wear a mask during the meeting.

**Sickness:** No one who is sick will be permitted in any office. All those who are sick will be required to speak with staff over the phone, or through Zoom or other video conferencing platforms. **No staff will be permitted to enter the workplace while sick or exhibiting flu like symptoms.**

**Hand Washing:** Staff and visitors will be required to wash/sanitize hands immediately upon entering building. Hand sanitizer will be placed throughout the building and we encourage people to sanitize and wash hands often.

**Physical Distancing:** Everyone will continue to be required to keep a minimum distance of two metres from others at all times. Please be mindful of this and respect everyone's two meter bubble. This includes break rooms and common areas.

**Home Visits:** Are restricted across all departments. It would need to be a very exceptional situation where a staff member would be permitted to go to the home of a community member. (Home Care and Health Staff excluded)

**Cleaning:** Deep and thorough cleaning will occur in all buildings daily. In addition extra cleaning of boardroom and all heavily used surfaces like door handles, door knobs and light switches will occur twice daily. We will of course be following cleaning and disinfecting guidelines provided by Health Canada.

**Thank you in advance to all staff and community members for your understanding and co-operation in keeping everyone safe and healthy.**

## MIGIZY GAS UPDATE



**EFFECTIVE  
JUNE 1ST, 2020**

### MIGIZY GAS STORE HOURS

**7:00 am to 10:00 pm**

### RESTAURANT HOURS

**11:00 am to 7:00 pm**

**Take-Out only with a limited menu!**

### DOCK HOURS

**10:00 am to 6:00 pm**

**Debit only!**

To keep you, our valued customers, and our staff safe please remember to:

- Keep Social Distancing, please follow the markings on the floor to keep 6 feet apart while standing in line.
- We have sanitizer available for you to use when you enter the store.
- We ask that you do not touch items unless you plan to buy it.
- Our gas pumps are being cleaned hourly

Thank you for your cooperation during these difficult times, we look forward to serving you a poutine, we know how much you all missed it !! Take care and stay safe !!

**Migizy Management**



## **ATTENTION KEBAOWEK FIRST NATION YOUTH**

Have you ever been interested in learning how to speak our native Algonquin language? Well the Anicinabe Mikana Cultural group can help! Anicinabe Mikana has already Phase 1 and 2 of the Kid's Book Project and is now working towards completing a Phase 3. Once the books are completed, we want to include in each book an audio CD of the story in Algonquin and that is where you, the youth will come in. What we would like to have happen again, is 6 or more Kebaowek youth come forward who would be open to working with our Algonquin Speaker. They would learn how to read one of the stories in Algonquin, so that they can be recorded reading the story and put that recording on a CD to include in the book.

### NOTICE

**LEARNING SESSIONS WILL BEGIN ONCE THE SITUATION  
AROUND COVID-19 ALLOWS US TO.**

Things to consider:

1. Must be a Kebaowek First Nation member.
2. Each short story will be roughly 15 pages long with only 1 or 2 sentences per page, so they are not very long stories.
3. 1 session per week and has taken roughly 3-5 weeks in the past for youth to complete.
4. Our Algonquin Speaker will work closely with all youth to learn the stories.
5. Each youth member will be **compensated** for learning the story.
6. Recognition inside the book you learn to read in Algonquin.
7. You will get to learn how to speak your indigenous language.
8. **All youth who sign up will be considered.**
9. Deadline to submit a youths name is **June 26th, 2020.**

If you are interested in learning how to speak the Algonquin language and work with Anicinabe Mikana in continuing to revitalize our language, please contact Justin Roy and submit your name. You can do so by phone 819 627 3455, or by email at [jroy@kebaowek.ca](mailto:jroy@kebaowek.ca)

Justin Roy  
Economic Development Officer

# Public Works Department



## JOB OPPORTUNITY

### ENVIRONMENTAL AWARENESS COORDINATOR ECO PATROLLER

**PLACE OF WORK:** KEBAOWEK FIRST NATION PUBLIC WORKS DEPARTMENT  
**SALARY:** COMPETITIVE SALARY  
**START DATE:** JUNE 2020  
**HOURS:** FULL TIME CONTRACT - 40HR/WEEK FOR 12 WEEKS

#### SUMMARY:

The Eco Patroller must raise awareness among community members and inform them on topics related to the protection of the environment as well as waste management best practices. For example, they must encourage community members to properly sort their waste (trash, recycling, composting, and eco-center) and inform them regarding the services offered in the community as well as current concepts and movements aimed at reducing our impact on the environment. Training will be provided at the beginning of the mandate by the *First Nations of Quebec and Labrador Sustainable Development Institute* to prepare the Eco patroller for their work. This training will cover topics related to the environment, waste management and awareness.

#### JOB DUTIES:

- While respecting the social distancing measures put in place by the community in the context of Covid-19, the Eco patroller must:
- Create online content to share tips and tricks with the community;
- Manage one or more social networks (Facebook, Instagram, YouTube, TikTok, etc.);
- Conduct surveys to learn the population's opinion on various issues;
- Create awareness-raising tools for the community (games, posters, guide, pamphlets, etc.);
- Develop messages to be shared with the public through radio, newspapers and other means of communication;
- Facilitate activities at special community events;
- Cycle around and meet with community members and institutions;
- Other related tasks.

#### REQUIREMENTS:

- College or university education or equivalent experience;

- A strong interest in environmental and sustainable development issues;
- Good knowledge of the community's social networks and media environment;
- Good interpersonal skills, be comfortable in public and be able to express yourself easily;
- Organized and autonomous;
- Full-time students will be prioritized.

#### TERMS AND CONDITIONS OF EMPLOYMENT:

- Full-time position (40hr/wk for 12 wks)
- Part-time available during September and October
- Remuneration according to the current salary scale
- Flexible schedule
- Training and coaching offered by the *First Nations of Quebec and Labrador Sustainable Development Institute*.

#### APPLICATION DEADLINE:

**Before 12:00 pm on Friday June 12th, 2020**

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

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

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

# Drumbeat Radio



## FULL-TIME JOB OPPORTUNITY RADIO PRODUCTION ASSISTANT

**PLACE OF WORK:** KEBAOWEK FIRST NATION - RADIO STATION  
**SALARY:** COMPETITIVE SALARY  
**START DATE:** JUNE 2020  
**HOURS:** FULL TIME WITH A 6 MONTH PROBATION PERIOD

### SUMMARY:

The Radio Production Assistant will be reportable to the Radio Station Manager and will be responsible to assist in the daily radio production, including but not limited to music production, station identifications and advertising. The Production Assistant will also be an on-air voice for Drumbeat Radio if/when required.

### JOB DUTIES:

- Assist the manager and host with the daily radio production.
- Script and edit audio
- Assist with Drumbeat clients for creation of advertising and sponsorships
- Schedule and attend meetings with Drumbeat clients regarding advertising
- Work with manager/producer and host to develop creative content

### REQUIREMENTS:

(Training on radio equipment will be provided)

- A combination of education and experience will be considered
- A valid Quebec driver's license
- Possess strong interpersonal and communication skills
- Knowledge of public radio principles, procedures, operations, and standards

- Knowledge of current and developing trends in radio
- Knowledge of social media (Facebook, Twitter, Instagram)
- Ability to write and edit scripts and other written materials
- Ability to use Word and Excel
- Ability to work a variable work schedule eg. Early mornings, week nights & weekends

### APPLICATION DEADLINE:

**Before 12:00 pm on Friday June 12th, 2020**

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

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

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

# Kebaowek Land Management



## FULL-TIME JOB OPPORTUNITY RECEPTIONIST / ADMINISTRATIVE ASSISTANCE

**PLACE OF WORK:** KEBAOWEK FIRST NATION - LAND MANAGEMENT  
**SALARY:** COMPETITIVE SALARY  
**START DATE:** JUNE 2020  
**HOURS:** FULL TIME WITH A 6 MONTH PROBATION PERIOD

### SUMMARY:

The Receptionist/Administrative Assistant will be required to provide administrative support to management and the Kebaowek Land Management Inc. company through conducting and organizing administrative duties and activities.

- A valid Quebec driver's license.
- Possess strong interpersonal and communication skills
- Knowledge of specific software programs including Word, Excel and Publisher.

### JOB DUTIES:

- Perform related clerical duties such as word processing, maintaining files, answering phones and placing orders.
- Greet visitors and direct them to the appropriate department or individuals.
- Prepare correspondence, memos and forms.
- Check frequently the levels of office supplies and place appropriate orders.
- Manage daily/weekly/monthly agenda and arrange meetings.
- Make travel arrangements for department personnel.
- Assist in maintain files for other personnel as well as the Economic Development Department.

### APPLICATION DEADLINE:

**Before 12:00 pm on Friday June 12th, 2020**

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

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

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

### REQUIREMENTS:

- A combination of education and experience will be considered.

# Kebaowek Land Management



## JOB OPPORTUNITY SILVICULTURE SUPERVISOR

**PLACE OF WORK:** KEBAOWEK LAND MANAGEMENT INC.  
**SALARY:** COMPETITIVE SALARY  
**START DATE:** JUNE 2020  
**HOURS:** 6 MONTH CONTRACT - POSSIBILITY OF PERMANENT JOB

### SUMMARY:

The Silviculture Supervisor will be employed through Kebaowek Land Management Inc. The successful candidate will be responsible for pre commercial thinning, site preparation and other contracts with our partners.

- Must be in good physical standing
- Being Bilingual is an advantage

### JOB DUTIES:

- Quality control and surveying plans
- Surveying parcels before work is done in sectors
- Ribboning sectors
- GPS tracking to monitor production
- Manage production and contract deadlines
- Produce production and pay reports for Finance Department

### REQUIREMENTS:

- A combination of education and experience will be considered
- A valid Quebec driver's license
- Possess strong interpersonal and communication skills
- Knowledge of specific software programs, including Word, Excel, etc

### APPLICATION DEADLINE:

**Before 12:00 pm on Friday June 12th, 2020**

Incomplete applications will not be considered. Only those preselected for an interview will be contacted. Please send your curriculum vitae supporting documents by mail, e-mail or by fax, to:

Kebaowek First Nation  
Land Management  
110 Ogima Street Kebaowek (Québec)  
J0Z 3R1  
Tel: (819) 627-3309 Fax: (819) 627-9428  
Email: [sgreen@kebaowek.ca](mailto:sgreen@kebaowek.ca)

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

# Kebaowek Housing Department

## **HOME FOR SALE**

### **Two Bedroom Log Home**

Contact the Housing Department for additional information

Tanya Mckenzie - Housing Administrator

819-627-3455

[tmckenzie@kebaowek.ca](mailto:tmckenzie@kebaowek.ca)



## Local First Nation Human Resources

Glenda Moore - LFNHR Manager Tel: 819-627-3455 Fax: 819-627-9428 Email: [gmoore@kebaowek.ca](mailto: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: April 12th - May 16h, 2020	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	6.6	665	15
Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: May 17th - June 6th, 2020	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	10	560	20

Since July 3<sup>rd</sup> 2016, the number of hours required to qualify to EI is now the minimum requires by economical region. If you apply for special benefits, you will need 600 hours of insurable work. It is strongly recommended to check with your local Service Canada Center for the minimum number of hours required to qualify. Updated and revised on **May 18th, 2020** by the **First Nation Human Resources Development Commission of Quebec (FNHRDCQ)**.

## **2020 Summer Student Employment**



**Summer Student Employment 2020**, hiring of students who have graduated, Secondary Five in Quebec Grade 12 in Ontario, and who are beginning and/or continuing on to Post-Secondary studies. To apply, **continuing students** (Secondary Graduates and Post-Secondary) **must** be returning to Post Secondary school in Fall 2020. The student must provide the following: **a resume, final grades for the academic year as well as a document stating the student is entering/returning to Post Secondary school in the fall of that year.**

Please submit all documents **at the Band Office on Thursday June 19th, 2020 before 12:00 pm.** **No submissions will be accepted after this date will not be accepted.** Students will be notified of their start date.

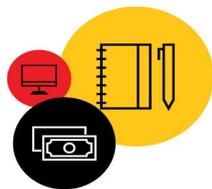
Please note that we are aware that final grades may not be ready for this deadline date but we ask that they are provided as soon as they are received.

## **Service Canada**

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

## Are you a First Nations Student in College or University?

YOU MIGHT QUALIFY FOR THE FOLLOWING FINANCIAL AID:



### CANADA EMERGENCY STUDENT BENEFIT (CESB)

The CESB provides **\$1,250/month** for eligible students from May through August 2020, and **\$1,750** for students with dependents and those with permanent disabilities.

**Online applications** are expected to be available in the coming weeks.

Payments will be administered through the **Canada Revenue Agency (CRA)**

For more details on the program visit [canada.ca/coronavirus](https://canada.ca/coronavirus)

### MORE FUNDING FOR POST-SECONDARY EDUCATION

The **Post-Secondary Student Support Program (PSSSP)** is administered through local First Nations.

Contact your local band office to find out if you qualify.

Additional funding was announced including a one year **\$75 million** investment in Indigenous post-secondary education, with **\$65 million** going to support First Nations post-secondary education students.

### LOANS & GRANTS FOR POST-SECONDARY EDUCATION

#### New updates to Canada Student Service Grant:

**\$5,000** for students volunteering over the summer to help with COVID-19

Increase 2020-2021 grants for full time students up to **\$6,000** and part-time students up to **\$3,600**

#### Loans and scholarships:

Increase weekly loan amounts for students from \$210 to **\$350/week**

Additional grants and scholarships available through universities and colleges



## KEBAOWEK FIRST NATION



## LOOKING FOR INSPIRING CULTURAL AND LANGUAGE KEEPERS/COLLECTORS FOR FUTURE EXHIBITION WITH MINWASHIN



MINWASHIN IS A NON-PROFIT ORGANIZATION WITH A MISSION TO SHARE THE CULTURAL RICHNESS OF THE FIRST NATIONS OF ABITIBI-TEMISCAMINGUE. THE GOAL IS TO STIMULATE AND PROMOTE THE ANIGINABE ARTS AND CULTURE IN THE TERRITORY BASED ON MUTUAL RECOGNITION, MUTUAL RESPECT AND SHARED RESPONSIBILITY.

DO YOU KNOW SOMEONE THAT CAN SHARE A POSITIVE STORY AND/OR KNOWLEDGE?

A PHOTO OF THE INDIVIDUAL(S) WILL BE REQUIRED. A TOUR OF THE COMMUNITY WILL ALSO BE ORGANIZED.

Please contact Justin Roy by June 15 2020

Email: [jroy@kebaowek.ca](mailto:jroy@kebaowek.ca)

# SUMMER SOLSTICE INDIGENOUS FESTIVAL VIRTUAL EDITION

The Summer Solstice Festival in Ottawa, usually held at Vincent Massey Park here in Ottawa, this year its going virtual and they will be hosting a number of activities. **The virtual edition of the Summer Solstice Indigenous Festival will take place from June 1 to 21.**

Tune in for Indigenous music and performances, including the Pow Wow dance competition in partnership with the Social Distance Pow Wow Facebook group. Although the Celebration Stage won't be set up in Vincent Massey Park this year, the festival will feature a long lineup of local emerging and established artists. Live streamed performances will include: local Inuit throat singers and Juno finalists Silla & Rise with DJ Trio, award-winning Métis and Inuit duo Twin Flames, Amanda Rheame, Cody Coyote and many more.

There are also many interactive workshops and activities on the schedule! You can register for Indigenous culinary and art classes, learn from elder teachings, shop at the virtual marketplace and sign up for the Education Days programming for students and teachers.

For more information visit [www.summersolsticefestivals.ca](http://www.summersolsticefestivals.ca)

# Kebaowek Police Department

## ATTENTION ALL KEBAOWEK COMMUNITY MEMBERS

**IF YOU HAVE A MEDICAL EMERGENCY PLEASE CALL 911 FIRST SO AN AMBULANCE CAN BE DISPATCHED RIGHT AWAY. CALLING THE KEBAOWEK POLICE FIRST WASTES VALUABLE MINUTES.**

## STATISTICS FOR THE MONTH OF APRIL

- 1 Noise and Nuisance Complaint
- 1 Infraction Ticket
- 2 Assistance to the SQ
- 2 Public Assistance
- 1 Information from the Public
- 1 Family Dispute
- 1 Criminal Harassment

## *Bicycle Safety*

Please be informed that there will be Bicycle Safety Information Session given to the children of Kebaowek on Sunday June 14th outside of the Community Hall. If it is raining on that day, it will be rescheduled.

Please note the Information Session will be different this year due to Covid-19. Instead of hosting one large group we will have 3 smaller groups divided by age:

Group One - 4 to 6 years olds - 1:00 pm  
Group Two - 7 to 9 year olds - 2:00 pm  
Group Three - 10 to 12 year olds - 3:00pm

Beverages will be distributed.

A physical distance of 2 meters from each other will be a challenge but together we can do this safely !!  
Hand Sanitizer will be available !!

Come out to learn and have sun fun with a chance to win a great prize !!

Please RSVP before Monday June 8th with the Kebaowek Police Department 819-627-9624 or 8229





# Kipawa Countryfest

Our dear Countryfest family and friends,

We want to thank you for your patience and understanding during this time of cancelling the 2020 festival due to the covid-19 pandemic. We are still feeling sad by this outcome, but we know it was also the right decision. Your health and safety is important to all of us.

## WRISTBAND EXCHANGE/REFUND

Please read carefully the following 2 options available to you

**OPTION 1 – EXCHANGE:** You keep your already purchased wristband and have it exchanged at the entry gate for a new wristband during the 13<sup>th</sup> Annual Kipawa Countryfest in 2021. (We encourage you to think about keeping your wristband for next year.)

**NOTE:** If you choose to keep your wristband, you are responsible for your wristband. You must have it with you to do an exchange at the Countryfest entry gate in 2021. No exceptions!

**OPTION 2 – REFUND:** You can have a refund for your wristband. For a refund you will need to bring your already purchased wristband to the Countryfest Office (Kebaowek Band Office) or to Migizy Gas Station. (If you live out of town and are unable to bring in your wristband, please contact us.)

**NOTE:** Refunds will be given out starting June 15 and only until September 30, 2020. No refunds will be given after this date.

**\*\* CREDIT CARD PURCHASERS:** If we are holding your wristbands at the office you can call us at 819-627-3455 for a refund. (You will need your credit card for us to do the refund.)

**\*\* QUESTIONS:** If you have any questions please contact us at 819-627-3455 or through the Facebook page messenger or email [rmckenzie@kebaowek.ca](mailto:rmckenzie@kebaowek.ca)

We wish you well and hope you will have a safe and happy summer! We look forward to welcoming you back next year to the 13th Annual Kipawa Countryfest August 20-21-22, 2021!

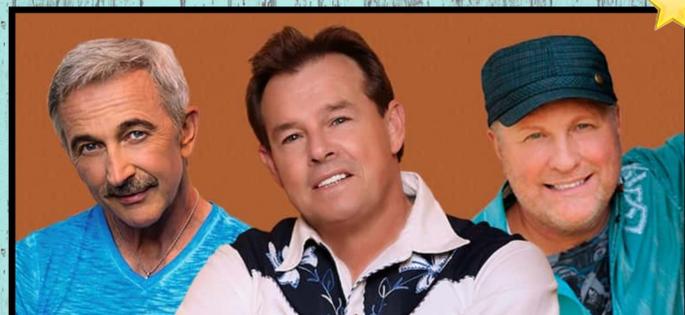
~ Kipawa Countryfest Committee ~

**Announcement  
for 2021 !!**



As we announced on April 16th, the 2020 Kipawa Countryfest has sadly been cancelled, due to the COVID-19 pandemic, since then we have started working hard to re-confirm artists for the 2021 festival. And we are pleased to so far announce that ROOTS & BOOTS with Aaron Tippin, Sammy Kershaw, and Collin Raye have confirmed that they will be at the 13th annual Kipawa Countryfest August 20-21-22, 2021! We will keep you updated as we continue to rebuild our lineup.

## Kipawa Countryfest Presents Headliner Show



Aaron Tippin ★ Sammy Kershaw ★ Collin Raye

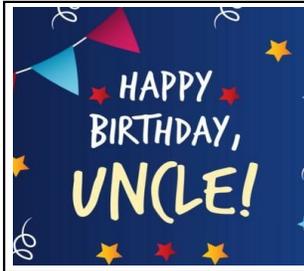
## Roots and Boots

Saturday, August 21, 2021

# Community Wishes for the Month of June



Happy 22<sup>nd</sup> Birthday  
"Hector"  
  
Love Mom & Laurier  
xoxo



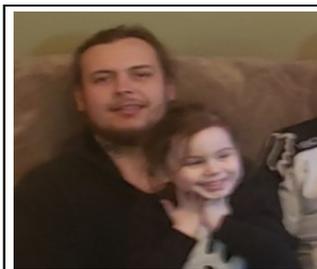
Happy Birthday  
Uncle Gage ♥  
  
Love Eric & Hayden  
xoxo



Happy Birthday Alicia !!  
She celebrates her special day  
on June 24th !!  
  
Birthday wishes from  
Mom, Derek & your Sisters  
xoxo



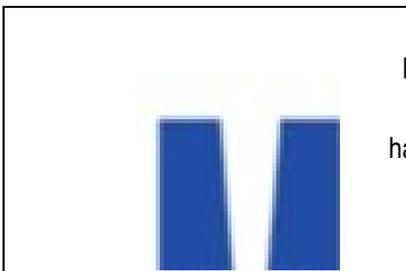
Happy "18th" Birthday McKinnley !!  
She celebrates her special day  
on June 26th !!  
  
Birthday wishes from  
Mom, Dad & your Sisters  
xoxo



Happy Birthday Daddy ♥  
Love you to the moon and back ♥  
  
Have a great day !!  
  
Love Nylah and Kaitlin  
xoxo



Stephen, I want you to believe deep in your heart that you are capable of achieving anything that you put your mind too and that you will never lose, you either win or learn just go forth and aim for the sky.  
I can't promise to be here for the rest of your life but I can promise to love you for the rest of mine !!  
  
We are proud of you and have the best day ever on June 11th ... Happy Birthday ♥  
Love always and forever, Mom and Jungo



Happy Birthday Stephen  
We love you,  
have a great day Sheeve !!  
  
Love Adam and Noah



June 3rd !!  
**Happy Birthday Vanessa !!**  
  
Love Mom, Dad, Gabrielle,  
Tobby and Parker



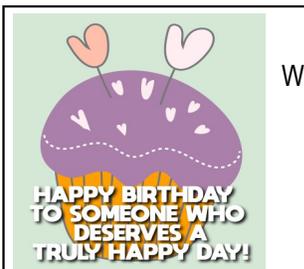
Happy 70th Birthday Louise  
  
From all your GG's  
Alaina, Eckland, Leona,  
Addaleah, Evangeline,  
Felix and Rowan ♥  
xoxo



Happy Father's Day  
To our Daddy !!  
Wishing you the best day ever  
because you deserve it !!  
  
Love Eric and Hayden ♥



I'd like to wish the Happiest 7th Birthday  
to my beautiful, smart & sweetest Olivia ♥  
  
She celebrates her special day  
on June 5th !!  
  
Love you to the moon and back !!  
Mommy xoxo



Wishing a very Happy Belated Birthday  
to Corena !!  
  
Birthday wishes from all your  
Family and Friends !!



We are so proud of our daughters, Erica graduated from Nipissing University and Karleigh graduated from Laurentian University both with a Bachelor of Science in Nursing. Congratulations to you both !!

Love Mon & Dad & all your Family

♥ SURPRISE ♥

Surprising everyone with her arrival ...  
 Mary -Evelyn was born on May 23rd at 6:02 pm weighing 4 lbs 2oz ♥

Congratulations  
 Mommy & Daddy  
 and all her family who will love an spoil her endlessly ♥



## Kebaowek Fire Department

### COVID-19 - Exploding a Myth Hand sanitizer won't blow up in hot car !



Leaving hand sanitizer in a vehicle on a sweltering day won't cause it to explode, but the alcohol-based solutions can pose some dangers if not used properly, says a top fire official.

Deputy Fire Chief Matt Hepditch wants to set the record straight in response to recent media reports and social media posts falsely claiming alcohol-based hand sanitizer can spontaneously combust.

The Office of the Ontario Fire Marshal and National Fire Protection Association tested alcohol-based sanitizers and found they won't ignite or explode if left in a hot vehicle, Hepditch said. They won't spontaneously ignite below 700 C - as hot as some lava.

Hand sanitizer, which should always be stored out of direct sunlight in an upright position, should only be applied to dry hands, Hepditch said.

"If your hands are wet, the vapours are still coming off that alcohol-based hand sanitizer," he said. "It is flammable."

When using hand sanitizer, hands should be rubbed together until they are completely dry. People should be especially careful if attempting to smoke, light candles, or use a gas stove immediately after applying hand sanitizer.

### Community Fireworks Safety Tips

Canada Safety Council believes that the safest way to enjoy fireworks is to attend an exhibition fireworks show handled by professionals. If you choose to hold a family fireworks show with "common fireworks" sold to consumers, remember that injuries almost always result from improper handling and a disregard to safety. Canada Safety Council would like to share some fireworks safety tips from purchasing and setting up, to the fireworks show and proper disposal.

#### **Purchasing:**

- Follow the laws and regulations regarding the use of fireworks.
- Purchase your fireworks from a reliable source that sells products meeting safety standards.
- Stay away from illegal explosives or firecrackers and do not improvise and make your own fireworks.

#### **Setting Up:**

- Read the Instructions, this is worth repeating: read the instructions, cautions and warnings on each firework item.
- Store unused fireworks in a closed box away from the firework being lit and do not smoke around the fireworks.
- Set up outdoors in a clear, open space. Light fireworks on a hard, flat and level surface to insure stability.
- Check the wind and have the wind blowing away from the spectators.
- Spectators should be at least the safety distance written on the fireworks label away from the display, keeping special supervision on children.
- Have a bucket of sand, supply of water and a working fire extinguisher on hand.

# A Message from the Health Director

## WE ARE ALL IN THIS TOGETHER

Big shout out to all our community residents and neighbours for their efforts in limiting the spread of the Covid-19 virus. Your adherence to the Public Health directives has contributed to the loosening of major restrictions imposed upon us since the beginning of this pandemic.

However, things can return rapidly to where they were if we are not careful. As we try to return to “a new normal” the frequent washing of your hands, the physical distancing, coughing and sneezing in your elbow, wearing a mask when the 2 meter distance is compromised and keeping to your small circle of under 10 will remain important recommendations to follow.

We will continue to provide up-to-date information in all areas of prevention, public health and community policy and other important links to help you and your loved ones get through this unprecedented pandemic. Our offices will be able to receive our clients with some modifications to our place of business. We continue to ask that you book appointments with our staff so we don't have an overload of people in our small waiting room. Clients may even be asked to wait outside in the event that more people than our waiting room can handle are present, like during a blood work clinic.

Our Food Bank is currently stocked and can support those in need for food security, however we may have to scale back our frequency of the Meals on Wheels program to make room for “normal” community programming.

This pandemic brought upon many measures to protect the population and limit the spread of the virus. Many precautions such as hand washing, and respiratory hygiene were already in place in Health facilities, i.e. signs and presence of gel and masks

at the entrances. The pandemic has reaffirmed the importance of these measures while adding the new one of physical distancing. And fellow anishenabes, rest assured that these measures are here to stay for many more months.

Covid-19 is not like the flu! It will not take a break during the summer months. It will however bring about more stress and confusion next fall when the normal flu season will be upon us. Let's not worry about that now and try to enjoy our warmer months ahead despite the bugs which as a matter of fact, cannot transmit the Corona Virus. Get fishing, hiking and perhaps even explore a part of our traditional territory you may have not yet seen. This can all be done with the suggested sanitary recommendations.

Stay safe and healthy and should you have questions or concerns about this pandemic, please do not hesitate to reach out to us or to the numbers we promote on our social media pages.

David McLaren

### Powerful quotes on mental health during this pandemic

“Some of the most comforting words in the universe are ‘me too.’ That moment when you find out that your struggle is also someone else's struggle, that you're not alone, and that others have been down the same road.” ~ Unknown

“Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.” ~ Fred Rogers



**Loïc Allenbach-Bellehumeur**  
Hearing Aid Practitioner

**DUE TO THE COVID-19 PANDEMIC WE HAVE SUSPENDED THIS SERVICE UNTIL FURTHER NOTICE.**

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

You must have a valid RAMQ for an appointment.





## NOTICE

In the upcoming days we will be distributing washable face coverings to all adults and teens in Kebaowek households on reserve, door-to-door. Included will be an instruction sheet to explain how to use your face covering properly and a small bottle of hand sanitizer.

For local off reserve members who are interested in receiving a washable face cover kit please call Tina at the Kebaowek Health Center to make arrangements.

Face coverings are recommended when 2 meter physical distancing is compromised.

# Health Center Notes and Information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WALK IN CLINIC 9:00 AM - 12:00 PM	<b>LABS/BLOODWORK 8:00 AM – 9:45 PM</b>  WALK IN CLINIC 9:00- 12:00	WALK IN CLINIC 9:00 AM - 12:00 PM	<b>LABS/BLOODWORK 8:00 AM – 9:45 PM</b>  WALK IN CLINIC 9:00- 12:00	HEALTH CENTER IS CLOSED
<b>THE KEBAOWEK HEALTH CENTER IS CLOSED FOR LUNCH 12:00PM TO 12:45 PM</b>				
WALK IN CLINIC 12:45 PM - 3:00 PM	WALK IN CLINIC 12:45 PM - 3:00 PM	WALK IN CLINIC 12:45 PM - 3:00 PM	WALK IN CLINIC 12:45 PM - 3:00 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**

**With the reopening of the Ontario and Quebec Border, please note that the Kebaowek Health and Wellness Center will no longer be making arrangements for prescriptions to be delivered from North Bay.**

**Patients with COVID-19 have experienced mild to severe respiratory illness.**



**IF YOU HAVE FLU LIKE SYMPTOMS ... DO NOT LEAVE YOUR HOME**

**CALL THE KEBAOWEK HEALTH AND WELLNESS CENTER  
FOR DIRECTIONS OR  
CALL 1-877-644-4545 OR 1-819-644-4545**

**[www.quebec.ca/en/coronavirus](http://www.quebec.ca/en/coronavirus)**



**FOLLOW US  
ON FACEBOOK**

**KEBAOWEK HEALTH AND WELLNESS CENTER  
AND  
KEBAOWEK FIRST LINE SERVICES**

## Addictions and Wellness



**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!*

If you are looking to talk or need support whether it be for your mental health or an addiction ..

To reach us with a PC, Mac, Android or iPhone: <https://cepn-fnec.zoom.us/j/5981160076>

Or via Telephone: Dial: 1-844-445-7672 Meeting ID: 598 116 0076

When: Monday and Friday English Session 1:00 pm to 3:00 pm

If anyone has questions, you can write to us at [wanakicentre2020@gmail.com](mailto:wanakicentre2020@gmail.com)

**If you need assistance to take part in the Wanaki Zoom Circle please contact:  
Tina at the Kebaowek Health and Wellness Center or Stacey at First-Line Services**

Canadians self-reported an increase in alcohol use while spending additional time at home because of the COVID-19 pandemic. Feelings of stress, boredom, along with changes to daily and weekly routines were cited as the top reasons for this increase. Other contributing conditions were loneliness related to physical distancing measures, and having more alcohol in the home due to purchasing larger amounts and stockpiling.

Here are some tips to reduce potential harms associated with alcohol use:

- If you choose to drink, drink no more than: 10 drinks/week for women, with no more than 2 drinks/day most days.
- Pace yourself. Have no more than one standard drink per hour. For every drink of alcohol, have one non-alcoholic drink.
- Do not drink when: driving a vehicle or using machinery and tools; taking medicine or other drugs that interact with alcohol; doing any kind of dangerous physical activity; or responsible for the safety of others.

- Alcohol can affect the healthy growth of the baby so avoid alcohol use if you are pregnant or planning to be pregnant.
- Plan non-drinking days every week to avoid developing a habit.
- Eat before and while you are drinking. This will help the alcohol absorb more slowly.
- Plan ahead. Try to avoid people or places that lead you to drink more. If drinking at home is a problem, avoid having alcohol in the house.
- Accept support from a professional, friend or someone else you trust.

*“Think about healthy ways to spend your time and to connect with people that increase your sense of well-being.”*

## BIGGEST LOSER CHALLENGE UPDATE

I would like to announce that we will be resuming the Biggest Loser challenge!! That being said, I am hoping that all the participants have continued their work for a healthier lifestyle.

We will use the first weight documented in January as the starting weight and use the final weigh-in weight to decide the weight loss percentage.

When we stopped the Biggest Loser Challenge in March there was two weeks remaining until the final weigh-in and we have made some modifications to end the challenge. We will give the participants an additional 5 weeks to the challenge however there will be no weekly weigh-ins.

**There will be only one final weigh-in which will take place on Monday, June 29<sup>th</sup> by appointment only.** If anyone needs to weigh-in after 3:00 pm due to work, please call me to make arrangements at the office or leave a voicemail at (819) 627-9060.

I hope to see all 12 participants come in and weigh-in to finish off what was started!!!

Winners will be announced on Tuesday, June 30<sup>th</sup> through our Facebook page.

## 2020 SPRING WALKING CHALLENGE

The Walking challenge is coming to a close and I hope everyone is close to hitting their goal of 100 km.

I hope everyone enjoyed their time out making a difference in their personal health.

Just a reminder all booklets must be submitted before June 15<sup>th</sup>, 2020 and please don't forget to fill out the questionnaire in the back of the booklet to have your name put in for an additional prize. **Please call Mitchell at the Health Center (819) 627-9060 to arrange a time to get your booklet picked up.**

Mitchell McMartin

## 9 Tips for Being More Active

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need **2½ hours a week** of physical activity, and children need **60 minutes a day**. Follow these handy tips to add more activity to your family's busy schedule:

1

### Make time

Find time in the week when the whole family is around and spend it being active. Try doing something physical after dinner or begin the weekend with a Saturday morning walk.



2

### Plan ahead and track your progress

Write your physical activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.



3

### Include work around the house

Have the kids help with yard work and other active chores around the house. Have them help you with raking, weeding, planting or vacuuming.



4

### Use what's available

Plan things that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag and dancing. Find out what programs your community recreation center might offer for free or for a minimal charge.



5

### Plan for all weather conditions

Try things that don't depend on the weather conditions. Think mall walking, indoor swimming or active video games. And whenever the weather is nice, get outside!



6

### Turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV and using the computer (except for school work). Instead of a TV show, play a family game, dance to favorite music or go for a walk.



7

### Start small

Begin by starting one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game or go to an additional exercise class.



8

### Include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while exercising. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA or join a recreational club.



9

### Treat the family with fun physical activity

When it's time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park or lake to treat the family.



# Medical Transportation and NIHB

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

## Medical Transportation After Hours Schedule

SUNDAY	MONDAY - TUESDAY - WEDNESDAY - THURSDAY	FRIDAY	SATURDAY
<b>HOURS</b> 8:30 AM - 12:30 PM  CALL 819-627-6887	<b>AFTER HOURS</b>  3:00 PM - 8:30 P.M. CALL 819-627-6887	<b>HOURS</b> 8:00 PM - 5:00 PM  CALL 819-627-6887	<b>HOURS</b> 8:30 AM - 12:30 PM  CALL 819-627-6887

### UPCOMING HOLIDAY HOURS FOR JUNE AND JULY, 2020

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

Monday June 22nd, Wednesday June 24th and Wednesday July 1st, 2020 the office is closed.  
Medical Transportation is available from 8:30 am to 12:30 pm – Call 819-627-6887

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

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

### HOURS OF OPERATION

The hours of operation for Medical Transportation vehicles will stay the same, however, because the Health Center will be closed at 3:00 pm from Monday to Thursday, you will need to call the 6887 phone after 3:00 pm on these days as well the Health Center is closed on Fridays therefore you must call the 6887 phone. See the updated Hours Chart.

### 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.

### 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)

# Medical Transportation and NIHB

- 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.

Temiscaming hospital after hours, you will need to call there to have your name added to the list, during their office working hours.

When clients complete their reimbursement forms, the date and location need to be written and once we receive confirmation from the hospital, the claim will be processed if valid.

**If you have any questions, please contact  
Priscillia Durocher,  
Medical Transportation Coordinator 819-627-9060**

## MEDICAL TRANSPORTATION CLAIMS

 <b>KEBAOWEK FIRST NATION HEALTH &amp; WELLNESS CENTER</b> 110 Ogima Street, Kebaowek, QC, J0Z 3R1 ■ Tel: 819-627-9060 Fax: 819-627-1885 Driver Tel: _____ File: 20-21 _____			
<b>MEDICAL VISIT ATTESTATION</b> This is to certify that the patient below was present to receive professional services from the health professional stated below. <b>All sections must be completed. Please print clearly.</b>			
Patient Full Name			
Appointment Date	yyyy / mm / dd	Appointment Time in	
		Appointment Time out	
Health Professional's Name	Type of Health Service (See chart on back)		
Address of Health Facility	Signature or Stamp from Health Facility Please Sign or affix your official stamp. (Mandatory)		

## NIHB Program Updates

### COVID-19 UPDATE

#### Medical Transportation

NIHB continues to support clients who need transportation to access medically necessary appointments and services not available in their community.

Health and benefit providers may resume some services that were cancelled or postponed, however re-opening plans are determined by provincial or territorial authorities.

Contact your provider to find out what services are offered, and if appointments can be made or re-scheduled.

Some First Nations and Inuit communities have restrictions on re-entry into the community after travelling, so you should check with your community Health Center or Health Manager about any restrictions.

If you are vulnerable due to age or health condition, talk to your health care provider for advice on travel to medical services. NIHB can cover private modes of transportation and accommodation, such as hotel, where necessary, and may be able to assist with temporary relocation to an urban center for clients who have an ongoing need to attend essential medical appointments.

Communities that deliver medical transportation services, such as medical vans, have been advised that expenses for increased cleaning and sanitization are eligible under their funding agreements with NIHB. This includes the (page 24)

#### 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

# NIHB Program ... Covid-19 Pandemic Updates

costs associated with installation of plexi-glass shields between the drivers and passengers seats.

Boarding homes have also been advised to take measures to support social distancing and increased infection-control practices.

If you are staying in a hotel while on medical travel and food services are not available, NIHB will provide additional coverage for meal delivery charges of \$7.00 per meal or \$21.00 per day, per family or group of travelers.

## PHARMACY BENEFIT INFORMATION

### New Pharmacy Benefit Listings

NIHB now covers the Trelegy Ellipta inhaler (fluticasone furoate/umeclidinium/vilanterol) as a limited use benefit for the treatment of chronic obstructive pulmonary disease (COPD). This is the first triple drug inhaler for treatment of COPD available in Canada.

NIHB added open benefit coverage for Soliqua (lixisenatide + insulin glargine) and Adlyxine (lixisenatide) for treatment of type 2 diabetes. These injectable medications come in a pre-filled pen.

Internalized Normalized Ratio (INR) monitors and supplies are now listed as limited use pharmacy benefits. INR monitors are used by patients who take warfarin (a medication used to thin the blood), to measure how quickly blood clots in their circulatory system.

## MEDICAL SUPPLIES AND EQUIPMENT (MS&E)

### Increased Coverage for Feeding Supplies

NIHB has increased coverage for the following items to 1 per day:

- disposable feeding syringes
- feeding pumps bag
- gravity feeding bag
- feeding delivery set

### Changes to Audiology Benefit Coverage

Invisible-in-canal hearing aids are now listed as limited use

benefits (prior approval is required).

NIHB has expanded coverage of FM systems (a type of assistive hearing device) to include the following conditions:

- permanent hearing loss in one ear
- auditory neuropathy (where the ear does not transmit sound to the brain)
- difficulty processing auditory information

Coverage for disposable batteries used in certain hearing devices has increased:

- cochlear implant processors: 7 batteries per week
- bone anchored hearing system processors: 3 batteries per week

NIHB now covers rechargeable batteries and chargers for hearing aids:

- rechargeable batteries for hearing aids are covered once every 3 years
- rechargeable batteries for cochlear implant processors are covered once per year
- battery chargers are covered every 5 years

### Coverage for Laryngectomy and Voice Restoration Products

Coverage for speaking valves (post-tracheostomy) has increased to 4 valves per year.

Hands-free speaking valves (post-laryngectomy) are now listed as limited use benefits, with coverage for 1 box (set of 3 valves) per year.

Cleaning supplies for these items are also covered.

Please check the MS&E guide and benefit lists for more information and coverage criteria.

### Reminder of Prescription Requirements for Custom-Made Foot Orthotics

A prescription from a health care provider is needed for coverage of custom-made foot orthotics. You should have the prescription before you visit an enrolled provider to be fitted for the item.

A prescriber of custom-made foot orthotics could be a doctor, nurse practitioner or podiatrist.

# NIHB Program Updates

NIHB now accepts prescriptions from chiropractors for custom-made foot orthotics in provinces where this profession is regulated:

- Ontario
- Saskatchewan
- New Brunswick

## NIHB CLIENT INQUIRIES

Email [sac.nihb-ssna.isc@canada.ca](mailto:sac.nihb-ssna.isc@canada.ca)

**Alberta** 1-800-232-7301  
Medical Transportation: 1-800-514-7106

**Atlantic** 1-800-565-3294  
Email: [sac.nihb-atlnihb.isc@canada.ca](mailto:sac.nihb-atlnihb.isc@canada.ca)

**British Columbia** First Nations Health Authority (FNHA)\*  
1-855-550-5454

**Manitoba** 1-800-665-8507  
Medical Transportation: 1-877-983-0911

**Northwest Territories, Nunavut, Yukon** 1-888-332-9222

**Ontario** 1-800-640-0642  
Email for claim submissions and enquiries:  
[Nihbontarioinvoices@hc-sc.gc.ca](mailto:Nihbontarioinvoices@hc-sc.gc.ca)

**Quebec** 1-514-283-1575 1-877-483-1575  
Mental Health Counselling: 1-877-583-2965

**Saskatchewan** 1-866-885-3933 Email:  
[sac.sasknihb\\_inquiries.isc@canada.ca](mailto:sac.sasknihb_inquiries.isc@canada.ca)

*\*Inuit clients residing in British Columbia 1-800-232-7301*

### Pharmacy Benefits

**NIHB Drug Exception Centre** 1-800-580-0950 ext. #3

### Dental and Orthodontic Services

**NIHB Dental Predetermination Centre**  
1-855-618-6291 (Dental Services)  
1-866-227-0943 (Orthodontic Services)

# Self Care

## IDEAS TO HELP DEVELOP A POSITIVE OUTLOOK DURING COVID-19

**Take care of yourself:** Try to eat healthy well-balanced meals, avoid irregular snacking, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs. Try to come up with a routine that includes physical activity, like a daily walk, gardening and yard work is also a great way to keep busy and enjoy the outdoor sunshine

**Stay well informed:** Watch, Read, or Listen to “Reliable Official Sources”, when searching for Covid updates. Remember social media does not always give correct information, just be mindful to the sources.

**Stay connected with others:** Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system, while continuing to practice social distancing.

**Take breaks:** Make time to unwind, try to do activities you usually enjoy, or experiment with new activities also remind yourself that although it may take some time, this pandemic will pass.

**Avoid being overwhelmed:** Maybe taking a break from watching, reading, or listening to news stories. It can be upsetting and anxiety provoking. Try to do enjoyable activities and return to normal life as much as possible while keeping prevention information in mind, and check for updates between breaks.

**Seek help when needed:** If stress begins to impact activities of your daily life for several days or weeks, don't wait, it is okay to reach out for support, from family, friends or the Kebaowek Health and Wellness Center.

### OTHER ACTIVITIES YOU MIGHT LIKE TO TRY:

- Clean out your closet, store your winter clothes and bring out the summer attire
- Give yourself a manicure
- Read a book
- Start a daily journal
- Do a crossword/sudoku
- Learn to play an instrument
- Do a puzzle
- Sort your pictures fill photo albums or go through old pictures
- Plant some flowers
- Bake
- Learn to knit or crochet
- Camp out in the backyard
- Exercise
- Learn a new language
- Play board games
- Do some beading

## A PHYSICALLY ACTIVE CHILD IS A HEALTHY CHILD !!

Physical activity is a key part of healthy living. Being active has many physical, social, emotional and mental health benefits and is necessary for normal growth and development in children.

Physical activity strengthens a child's muscles and bones, prevents excessive weight gain, and reduces the risk of diabetes, cancer, and other conditions. Physical activity is also beneficial for every child's mental health, it not only keeps the body strong and healthy but improves mental health by decreasing depression, anxiety, pain and loneliness, especially under the circumstances they are facing right now.

Experts say physical activity allows children to have a better outlook on life by building confidence, managing anxiety and depression, and increasing self-esteem and cognitive skills. Physical activity also improves focus, sleep and energy levels.

Those who undertake regular physical activity enjoy it, it also improves relationships and a more positive body image.

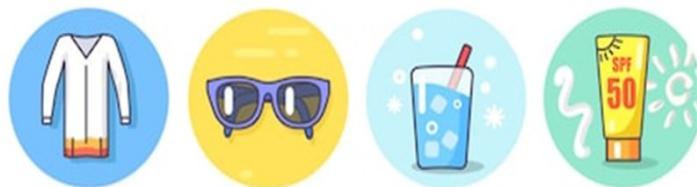
I will be back in the office starting June 1<sup>st</sup> 2020. If you need anything please call or email me. I will be available by appointment only for everyone's safety. The Head Start and MCH Program will be running from a distance and done a little differently due to Covid-19. The ASQ Screening will be done on a case by case basis.

Please let me know if you plan on sending your child to Kindergarten in the fall, I will be making school readiness bags. I will be given them out at the end of June for those children who are attending kindergarten in the fall.

For the children who are registered in the KASP program. It will not resume at the First Line Services building however the program will continue from your home. I will be dropping off activities for your children to do from home every Monday and Wednesday for the month of June. The package will include materials and instructions.

I look forward to seeing all of the smiles that I have missed the past couple of months and hope that we can spend much needed time together sooner rather than later. Please follow the health and safety instructions placed by our Public Health system. Stay safe and Healthy!

Lynn Grandlouis  
Head Start/ MCH Program  
Special Needs Educator



## You can protect your family and still have fun under the sun ...

- **Cover up.** When the **UV Index is 3 or higher**, protect your skin as much as possible. Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.
- **Limit your time in the sun.** Keep out of the sun and heat between 11 a.m. and 3 p.m. The UV index in Canada can be 3 or higher during those times. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, like a park with big trees, partial roofs, awnings, umbrellas or gazebo tents. Always take an umbrella to the beach.
- **Use the UV Index forecast.** Tune in to local radio and TV stations or check online for the UV index forecast in your area. When the UV index is 3 or higher, wear protective clothing, sunglasses, and sunscreen, even when it's cloudy.
- **Use sunscreen.** Put sunscreen on when the UV index is 3 or higher. Use sunscreen labelled "broad spectrum" and "water resistant" with an SPF of at least 30.
- **Drink plenty of cool liquids (especially water) before you feel thirsty.** If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration.
- **Avoid using tanning equipment.** There is no such thing as a 'healthy' tan. Using tanning equipment damages your skin and increases your risk of developing melanoma, the deadliest form of skin cancer.



# HOW TO FEEL CALM AGAIN

## 50 Ways to Self-Soothe

### SIGHT

- Hang up **old photos**.
- Draw a picture of your favorite place.
- Start a **gratitude list**.
- Make a **themed collage**.
- **Stargaze**.
- Take a drive.

### TASTE

- Try a **tea subscription box**.
- Make a home-cooked meal.
- Eat dark chocolate.
- Chew gum.
- Use **fresh herbs** while cooking.
- Eat **mindfully**.

### SMELL

- Bake **sweet bread**.
- Put on lotion.
- Make **freshly brewed** coffee.
- Buy fresh flowers.
- Light an **aromatherapy candle**.
- Use a diffuser.

### HEARING

- Listen to **ambient sounds**.
- Call up someone you love.
- Get lost in **music**.
- Vlogs, ASMR, Podcasts.
- Listen to an **audiobook**.
- Recite positive affirmations.

### TOUCH

- Cozy up in **freshly clean sheets**.
- Snuggle with your pet.
- Give yourself a **massage**.
- Try **restorative yoga**.
- Wear soft fabric.
- Give yourself a **hug**.

# HELLO Summer

FAMILY FUN BUCKET LIST

MAKE something MONDAY

TASTE something TUESDAY

WONDER somewhere WEDNESDAY

do something THOUGHTFUL THURSDAY

FAMILY FUN FRIDAY

mother's niche



## FEELING SAD OR DISTRESSED?

Support is available for all Indigenous People in Canada

Talk to a qualified counsellor by phone at Hope for Wellness Help Line at

**1-855-242-3310**

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

### HOPE FOR WELLNESS HELPLINE

Call the toll-free Help Line 24 hours a day, 7 days a week, or use the chat box online to connect with a counsellor.

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Experienced and culturally competent Help Line counsellors can help if you:

- want to talk
- are distressed
- have strong emotional reactions
- are triggered by painful memories

# Kebaowek First Line Services



## First Line Services Kebaowek Health & Wellness Center

### To Kebaowek First Nation Band & Community Members

Following the measures put in place by various levels of government concerning the COVID-19 pandemic, we would like to share with you some new conditions that we have currently put in place.

Our office remains open for essential services and by appointment only, which include:

- Food Bank
- Psychosocial Support Services
- Meals on Wheels/Lunch Special

Our doors will remain locked to ensure the safety of staff and clients. If it is an emergency you may knock and someone will come to the door.

We wish you and your family safety, health and happiness during this difficult time. If you or someone you know wants someone to talk to please give us a call at 819-627-9877.

Although we still cannot hold our monthly Community Kitchen's I thought I would share with you the one I would select for June! A nice, simple healthy meal that is easily cooked on the BBQ for those hot summer days. I miss sharing laughs as well as our own tips and tricks for food prep. Can't wait to be back in the kitchen again with you all! - Darlene

### Sweet & Spicy Pineapple Grilled Chicken

#### Ingredients:

- 2 lbs boneless chicken breasts
- 1tbsp olive oil
- 2tbsp low sodium tamari or soy sauce
- 2 tbsp chili garlic sauce
- 2 tbsp rice vinegar, apple cider vinegar may also be used
- 3 tbsp honey
- 1 lime, juiced (approx. 2 tbsp)
- 3/4 smoked Spanish sweet paprika
- 1/2 tsp kosher salt
- 1 small pineapple, cut into approx. 1 in cubes



#### Instructions:

1. Whisk together all of the ingredients minus the chicken and pineapple in a bowl. In a resealable freezer bag add in the cubed chicken and pour in the marinade, reserving 1/4 cup of it for brushing on the skewers while grilling. Massage the marinade into the chicken and refrigerate for at least 6 hours or overnight if possible.
2. After the chicken has marinated, preheat the grill to approximately 400° F. Thread the chicken and pineapple onto metal or wooden skewers. (I alternated between 2 pieces of chicken and then a piece of pineapple).
3. Grill the skewers for approximately 3-4 minutes then flip them over and grill another 3-4 minutes or until the chicken is cooked through. Brush the remaining 1/4 cup of marinade over the skewers during the last 1-2 minutes of cooking.
4. Serve over rice or cauliflower rice topped with cilantro and lime wedges if desired.

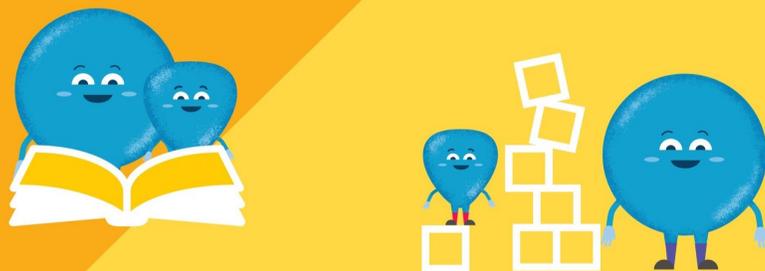
#### Notes:

The skewers are delicious with cilantro lime rice or cauliflower rice. After cooking mix in 1 tablespoon chopped cilantro and squeeze in the juice of 1/2 of a lime. Season with salt and pepper as needed.

### COVID-19 PARENTING: One-on-One Time

## Set aside time to spend with each child

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



## Meals On Wheels

We would like to inform everyone that Meals on Wheels will be returning back to normal with deliveries to our Elders. This will be in effect as of June 1<sup>st</sup>, 2020. We hope every meal given to you helped in this tough time and that you enjoyed all of them. May 28<sup>th</sup>, 2020 is the last scheduled delivery for everyone. Thank you for your understanding and if there are any questions or concerns please contact Shelly at 819-627-9877.

As of June 1<sup>st</sup>, 2020 Meals on Wheels will be offered once a week with no charge until further notice for our Elders. The new delivery date will be on Wednesdays. For the month of June you can expect your food delivered between the hours of 2:00 pm and 3:00 pm. Here are the new dates for June and July:

### Dates of Delivery:

- Wednesday June 3<sup>rd</sup>, 2020 (2:00 pm - 3:00 pm)
- Wednesday June 10<sup>th</sup>, 2020 (2:00 pm - 3:00 pm)
- Wednesday June 17<sup>th</sup>, 2020 (2:00 pm - 3:00 pm)
- Thursday June 25<sup>th</sup>, 2020 (2:00 pm - 3:00 pm)
- Thursday July 2<sup>nd</sup>, 2020 (2:00 pm - 3:00 pm)
- Wednesday July 8<sup>th</sup>, 2020 (2:00 pm - 3:00 pm)
- Wednesday July 15<sup>th</sup>, 2020 (2:00 pm - 3:00 pm)
- Wednesday July 22<sup>nd</sup>, 2020 (2:00 pm - 3:00 pm)
- Wednesday July 29<sup>th</sup>, 2020 (2:00 pm - 3:00 pm)



## WORLD ELDER ABUSE AWARENESS DAY JUNE 15, 2020

By acting together we can overcome elder abuse.

ELDER MISTREATMENT HELPLINE 1-888-489-2287

[www.aideabusaines.ca](http://www.aideabusaines.ca)

## 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.

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 PosterMyWall.com

# Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Meals on Wheels	4 RECYCLE	5 Band Office and Health Center is closed	6
7 <u>Holidays</u> Tina Chevrier	8	9	10 Meals on Wheels	11 GARBAGE	12 Band Office and Health Center is closed	13
14 Bicycle Safety Information Sessions <u>Holidays</u> Mitchell McMartin Priscillia Durocher	15 WALKING CHALLENGE ENDS	16	17 Meals on Wheels	18 RECYCLE	19 Band Office and Health Center is closed	20
21 Aboriginal Day Father's Day	22 Band Office and Health Center is closed for Aboriginal Day	23 <u>Holidays</u> Virginia McMartin Jennifer King Bonnie Down	24 Band Office and Health Center is closed for St Jean Baptiste	25 Meals on Wheels GARBAGE	26 Band Office and Health Center is closed	27
28 <u>Holidays</u> Darlene McLaren Jennifer Presseault Shelly Grandlouis	29 BIGGEST LOSER CHALLENGE ENDS	30	June 2020			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2020			1 Band Office and Health Center is closed for Canada Day	2 Meals on Wheels RECYCLE	3	4
5 <u>Holidays</u> Tina Chevrier Jennifer Presseault	6	7	8 Meals on Wheels	9 GARBAGE	10	11
12 <u>Holidays</u> Tina Chevrier Helene Savard Priscillia Durocher Mitchell McMartin	13 <u>Holidays</u> Jennifer Presseault Virginia McMartin	14	15 Meals on Wheels	16 RECYCLE	17	18
19 <u>Holidays</u> Bonnie Down Stacey McBride	20	21	22 Meals on Wheels	23 GARBAGE	24	25
26 <u>Holidays</u> David McLaren Donna Pariseau Lynn Grandlouis Tina Chevrier	27 <u>Holidays</u> Bonnie Down Darlene McLaren	28	29 Meals on Wheels	30 RECYCLE	31	