



Kebaowek First Nation Mazinaigan / Newsletter

Akakotcic Kizis / February 2021

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Please note that due to the mass Vaccination Clinic that will be taking place next week here in Kebaowek First Nation, there will be no programs and services at the Kebaowek Health and Wellness Center including First Line Services from Monday February 8th to Friday February 12th, 2021

**** Medical Transportation, the Food Bank, Psychological Services and Men and Women's Paint Night will still be accessible. ****

An Update from the Chief

As this is my first article of the new year, I'd like to begin by wishing everyone all the best in 2021 after an unbelievable and challenging 2020. This pandemic has and will forever change the way we live our lives. It has been a year since the first confirmed case of Covid-19 in Canada and while I think we all realized this was serious, no one could have anticipated the fallout that would follow. In March when the first lockdown occurred, we knew then, that this virus had the potential to cause serious illness and death. Based on the information available, those at greatest risk of getting Covid-19 and dying was our most vulnerable, our Elders and those who had underlying health conditions. As your Council, we suddenly found ourselves in the forefront of this battle, we recognized that we needed to make decisions on what measures we were going to put in place. We had to try and stop the virus from entering the community, determine how and what services we would continue to provide, identify what the community and members needed in terms of support and how to best get up-to-date information to the members in an environment that was changing daily. Council declared a State of Emergency and created an Emergency Preparedness Group (EPG) which began to meet virtually every week and continues to do so. This group has been extremely helpful in helping Council discuss and agree on what actions and measures we needed to put in place as the outbreak evolved and Public Health guidelines changed.

As I have stated many times since this began, although we were accustomed to making decisions and we understood that every decision we made had impacts on the community, nothing could have prepared us for the pressure we felt and put on ourselves to get these decisions right when it came to Covid-19 and protecting the community. I can honestly say that I've had many sleepless nights over the last year and have second guessed myself hundreds of times and while this is happening less frequently, it still occurs and generally happens when we start seeing an increase in cases in the region especially with the second wave in full force and the increase in cases we saw after Christmas. There was no manual to help guide us so we had to take in a lot of information, look at the numbers daily and anticipate what we would need to do next and then (page2)

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An Update from the Chief Cont'd

make a decision.

It's somewhat fitting that as I write this article we are again in lockdown and under a curfew, hopefully the last we will need to do. There is hope on the horizon, with the roll out of vaccines, we can begin to imagine some of the things we can do once the virus had been beaten down. While I'd like to take credit for the good situation we are in, there were many who contributed to helping us get here. Our provincial partners like Public Health Quebec and the CISSAT who worked hard to establish good communication and a solid working relationship with us and our fellow Algonquin communities. The information sharing and guidance were needed and greatly appreciated. The Regional Health Commission also provided important and timely information to us and our health team. Indigenous Services also provided some extra Covid-19 funding which was used to support needs and challenges brought on by the pandemic, it was of course not enough but we were still able to offer support to our students, Elders, low income members and members living outside of the community.

The biggest credit of course must go to each and everyone one of you, who from the outset took this pandemic seriously and followed Public Health Guidelines and did what was asked of you. The hand washing, wearing a mask and physical distancing that we all have become accustomed to contributed to us keeping the impacts manageable. I personally want to thank each and every one of you for making the sacrifices and contributing with keeping the virus out of the community, it wasn't always easy and like everyone I am frustrated and Covid-19 tired and just want it to go away. We realize it will be weeks or months before this happens and while we continue to watch and monitor the situation, we must also begin to shift our focus to getting ready for the mass vaccination clinic which will be taking place the week of February 8th, 2021. It is a personal choice and we will respect that, I myself, who is getting up there in age, has underlying health issues with an 80 year old stepfather, will be choosing to get the vaccine not only to protect myself and my family, but also my dad and all the other Elders and members of this community. The Health Center staff have done a great job in preparing for the mass vaccination clinic and we will be ready when they are to be delivered thanks to the work that is being done now.

While a lot of our time and energy is focused on the pandemic, it is not the only thing we are working on, while we no longer travel and have face-to-face meetings, the

operations of the government and a host of other issues continue to require our attention. I have mentioned in this article that we have, as Council, been tasked to make many decisions, mostly Covid-19 related but from time to time we have to make other serious ones. The Indian Act allows us to develop by laws for the health and wellbeing of the residents, observance of law and order and trespassing and the removal of prohibited people. Council has over the years, developed and implemented a number of bylaws for Adopting Highway Safety Code, a Dog Bylaw, Noise Bylaw and finally in 2019 we had to develop a Restricted Persons and Trespass Bylaw (they are all published and available for viewing on our website). The courts repeatedly disregarded our Band Council Resolutions (BCRs) to not have non-natives live in the community as part of their bail conditions. This came about as a result of the situation with Richard Nadon, where as part of his bail conditions, he was required to live on-reserve while he went through court, we disagreed and passed a Band Council Resolution (BCR) saying he couldn't stay here and the courts told us that the BCR was not worth the paper it was written on and had no force in the provincial legal system. They further clarified that they would accept and take into consideration our position if it were in the form of a bylaw. We had our lawyers draft a bylaw, Council adopted it and sent it to the courts. While it didn't impact Richard's bail conditions, it was used once he was convicted, the judge took it into consideration and as part of his sentence. Richard was not able to return to live in Kebaowek, we evicted him from the community because he posed a continued threat to Kebaowek and certain members. We again used this bylaw in the case of Roger Labrosse, more so once he was convicted and had served his sentence and was about to be released and was planning to return and live in the community. At his parole hearing we intervened and presented the bylaw indicating that based on the nature of his crime, he would continue to pose a threat to the members of the community and therefore he couldn't live here. Furthermore if he did come here, he would be trespassing and would be subject to immediate removal from the community and would also be fined \$1000 for every breach of the bylaw. We now are planning to use the bylaw again to evict and remove from the community, non-members who have been convicted of serious offences, in these cases it is drug trafficking. I have received many calls and visits from concerned community members about non-native convicted drug dealers living with members and being allowed to stay in the community. As a Council we respect the member's right to choose their partner and don't

An Update from the Chief Cont'd

generally get involved in a member's personal affairs however in the case of non-natives, we do have a say. While being a member of Kebaowek, you have a right to live in this community, for non-natives who get to live here, it is a privilege and when that privilege is misused or that individual endangers the community's safety and wellbeing then something must be done and it is what members expect from leadership. As a Council, we are tasked with not only making the easy decisions, we are also responsible to make the tough ones but in the end all decisions we take are in the best interest of all members of this community. You will soon hear that we have evicted two individuals who are currently living in the community with a member as their partner or are planning to live here following their release from prison. We will be using the bylaw to permanently evict these two individuals and further if they enter the community, they will be charged with trespassing and fined \$1000 for each breach of the law. We don't take these decisions lightly but we need to send a message that non-native convicted drug dealers are not welcomed here and cannot simply come here live even if they have a partner who is a member of the community. They continue to pose a real threat to the community and its members and being a haven for drug dealers is not the image we want to present to the world.

Let's be honest and frank here, drugs are a problem in this community, they always have been just as they are a problem in most First Nations and society in general. We know there are community members bringing and selling drugs in Kebaowek and most of us know who they are and that most, if not all, drugs are coming from outside the community. The drugs that are here are causing serious harm to some members, addictions are on the rise and the drugs that are being brought here are dangerous; cocaine, speed, crystal meth and fentanyl poses the greatest risk. We have already lost members to overdoses and while we can't tell people what choices to make, we can certainly put extra efforts in trying to keep these drugs from being manufactured and sold in the community.

The Police are doing what they can and are working with other Police agencies in a larger effort to get drugs off the street; there are a number of investigations and surveillances going on but they are only part of the solution. Public education and not making it easy for drug dealers to set up shop are also a part of the solution. We also need to determine what to do with members who are convicted drug dealers or convicted of other serious crimes. Should they simply be able to return and carry on as if nothing happened

or should there be consequences for them as well? I see many First Nation communities, in an effort to stop the drug problem, pass laws which banish members from living in the community, not forever, but for a fixed period of time following their convictions. This pandemic has limited our ability to meet with the community and get guidance on this and many other matters but none the less it should not stop us from taking concrete actions that are within the mandate you've already given us and that is to make decisions that are in the best interest of the community and not the individual. Kebaowek cannot be seen as a way or a place where laws don't apply or where you can hide.

Over the course of the last year we've been living with the impacts of Covid-19 and I have seen what it has done to our members and people in general. The pandemic has brought out the best and the worst in people. I can't recall how many times I've seen people, staff and community come together and support those most in need. From the compassion and understanding everyone displays when we ask you to follow Public Health guidelines, to the people and staff who have given up their personal time to help those less fortunate whether it was the drive thru meals, delivery of food and gift baskets, Christmas activities etc. However, it has also brought out the worst in some, those who thought and openly said Covid-19 is no worse than the flu and spent time sharing and posting false information. We've seen and helped members access Federal benefits made available to them to help them through the lockdowns and other measures that impacted their lives, we've also witnessed and are currently dealing with those who accessed those benefits when they weren't entitled too them. We are now being implicated by the Government to be a part of their efforts to in getting that money back. Many of our social assistance recipients collected the CERB and also collected welfare, which is illegal. Revenue Canada will get their money when most people file their taxes however they also expect us to recoup the welfare that members received and also to apply an additional penalty for a period of one year. To date we have resisted doing this collection as it was not us who created this problem and quite frankly we know our members and it will create financial hardship for some of our most vulnerable who are already struggling to get by on social assistance. We have taken the position that Revenue Canada will collect the CERB funds from those not entitled and we will wait for an order from Indigenous Services telling us to recoup the overpayments from our social assistance recipients. We intend to do it in way, probably over (page 4)

An Update from the Chief Cont'd

a longer period of time so the impacts are less severe.

Another interesting thing that happened is that suddenly we had a whole bunch of members who simply stopped paying their rent or mortgage. This caught us by surprise as most people still had a job and for the most part their financial situation didn't change and in many cases actually improved with the CERB but yet we saw a stark increase in arrears. It can be partly blamed on the fact we shut down for many weeks but even then, we had staff working from the office and from home and those payments could and should have continued to be made. The Housing Department has now notified these members and many of those began paying and or making arrangements for repayment of their arrears. We have a small number however that refuse to deal with us, they won't answer calls, emails or texts and we can physically see them running away when they see us or the Housing Manager coming their way. This is not acceptable as we have always been open to working with and making arrangements for all members in Band housing who were challenged in meeting their obligations. We have now reached a point where we have given up chasing these individuals and trying to collect rent and/or arrears. The lease agreements that are signed with the Housing Department spells out these obligations and the most important being that rent must be paid monthly. When rent is not paid it means we have to take money from somewhere else because the banks don't care who doesn't pay, they only expect us to meet our commitment to them by paying the mortgages for these houses on the date we agreed.

The lease allows us, after all efforts to collect are exhausted, to evict members and we have been reluctant to do so because it is life changing to be without a home or place to live and with the pandemic it could be seen as hateful and not caring which is far from the truth. When we enter into agreement, our only expectation is that you live up to your end of the deal and in doing so you will have a roof over your head whether you are in a rental unit or paying a mortgage for your home. Again it is not something we want to do but if these same members were living outside of the community and not paying rent they would have already been evicted. Of course those receiving the eviction letters will most certainly be upset but with a waiting list of members who want to live here and who are willing to pay, we will be moving forward with these evictions and putting in members who will honour their commitments.

This brings me to my final point in that as a Council we are

constantly frustrated and sometimes angry that no matter what the situation is, it somehow always is twisted in a way to blame Chief and Council. The truth is we are always asked to help at the last minute and in a lot of cases it is too late for us to do anything and in almost all cases, the members finds themselves in a predicament because of bad personal decisions they have made. A good example is the rent issue, if you choose not to pay, at some point there will be consequences which could include eviction. In this case we will be cursed down and name called for evicting a member or a family and made to be the bad guy however remember this, we didn't make the decision not to pay rent, the individual did. Another example is our Police service. If you speed or don't stop at stop signs, breach the measures and law for Covid-19, they will issue you a ticket. In almost every case, I get a call or the member shows up at my office or my home to complain that our Police are "out of control" and are giving tickets for nothing. What they often fail to tell me is that this wasn't the first time they were pulled over for the same offence but got a warning beforehand. What people don't realize is that I as Chief or the Council have no power over policing and whether they issue tickets or not. If a member feels that the Police are treating them unfairly, there is a process to follow in filing a complaint with Deontology, it will be investigated and a decision rendered, but it will not be by us. There is a good reason for this separation, the Police service is not a tool for Council to use, we created it to provide public security for the community independent from Council control. Our Officers are equipped and wear cameras and record every interaction they have when they are on call and this footage can be, and will be, used in court proceedings. We've done this for two reasons, as we all know there are two sides to every story and this helps the courts in terms of evidence, what is also does is ensure that if there is a complaint made by a member against one of the Officers, there is video evidence showing what actually occurred.

What I've learned is that this is only happening on-reserve, the Mayors of our neighbouring municipalities don't deal with citizens who were issued tickets by the SQ for breaking the law or going to them and complaining about the Police and the work they are doing. We all know what the Police mandate is and that is to uphold law and order, period. Like I've stated, the Police have a job to do and we expect them to do it to the best of their ability and if they run amuck there are processes in place to make them accountable and these should be used.

An Update from the Chief Cont'd

I want to remind everyone that 2021 is an Election year for Chief and Council and that last week, Indigenous Services sent us a letter stating we could extend our mandate by 6 months. We respectfully declined as we feel the Election can still be held as long as Public Health guidelines in force at that time are respected. Ms. Nicole Rochon has again agreed to be our Electoral Officer and Karen Young will assist her as she has done for the last Election. We will again be voting for a Chief and three Councillors. The date of the Election will be Friday, June 4th, 2021. More information and details on Nominations will be forthcoming from the Electoral Officer shortly.

I want to end my article by thanking each and every member who in spite of being frustrated of what Covid-19 has done

to their lives, has buckled down and followed Public Health guidelines. I want to encourage everyone to continue these efforts at least until most of us are vaccinated or the measures are no longer required. I am hopeful that by following the curfew, our Region will return to a yellow zone thus allowing us to get back some important aspects of our lives, visiting family and friends, being able to gather and hold community activities and events. Please continue to wear a mask, wash your hands, physical distance and if you feel sick and have even one symptom, then please arrange to be tested.

Stay safe !!

Chief Lance Haymond



Every picture tells a story...

CALL FOR NEW AND OLD PHOTOS

If you have any photos of activities on the land or family photos from the present or past including our traditional territories of Kebaowek, Hunters Point, Wolf Lake, Brennan Lake, Mattawa/Ottawa River area, as well as, Lac Temiscamingue and want to share for varied sections of our CCP Manual please contact Kim Chevrier at 819-627-6139 or email at kchevrier@kebaowek.ca

If you are sending photos please include names, dates and locations if possible.

A good snapshot keeps a moment from running away - Eodora Welty



CKFF 104.1



LIVE ON
104.1 FM

RADIO BINGO

Tune-in at 7:00 p.m.
every 2nd Wednesday.

PRICE: \$20.00

Package includes multiple games plus a \$1000 jackpot game.

Bingo cards are on sale at Migizy Gas, Lakeview Store, Stop 102, and Dandy's.



More info: 819-627-9595  www.drumbeatradio.ca

From the Desk of Employment and Training Service Center

Glenda Moore - ETSC Manager Tel: 819-627-3455 Fax: 819-627-9428 Email: gmoore@kebaowek.ca

Information on Employment Insurance Economic Region 18 (North-West of Quebec)

Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: Dec 6th, 2020 - Jan 10th, 2021	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	12.1	455	24
Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: Jan 11th - Feb 6th, 2021	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	13.1	420	26

Since July 3rd 2016, the number of hours required to qualify to EI is now the minimum requires by economical region. If you apply for special benefits, you will need 600 hours of insurable work. It is strongly recommended to check with your local Service Canada Center for the minimum number of hours required to qualify. Updated and revised on **January 12th, 2021** 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 2021 Academic Year. 819-627-3455 Ext. 204 or gmoore@kebaowek.ca

Update as stated by Revenue Canada Agency

The Canada Recovery Benefit (CRB) gives income support to employed and self-employed individuals who are directly affected by COVID-19 and are not entitled to Employment Insurance (EI) benefits. The CRB is administered by the Canada Revenue Agency (CRA).

If you are eligible for the CRB, you can receive \$1,000 (\$900 after taxes withheld) for a 2-week period.

If your situation continues past 2 weeks, you will need to apply again. You may apply up to a total of 13 eligibility periods (26 weeks) between September 27, 2020 and September 25, 2021.

For more information go to:

<https://www.canada.ca/en/revenue-agency/services/benefits/recovery-benefit.html>

In order to eligible for the Recovery Benefit you must meet the criteria. There are 2 ways to submit your claims;

By calling: 1-800-959-2014 or 1-800-959 2019

or

Canada.ca website and click My Account.

As of January 3, 2021 travellers cannot qualify for the Canadian Recovery Benefit.

VOLUNTEER
you can make a difference!



Kebaowek Childcare Centre is looking for Community involvement to volunteer to be on our Board Of Directors. Most meetings will occur after working hours and during this time of Covid-19 all meetings will be via Zoom.

Please include why you would be a good Candidate for our Board Of Directors.

Please submit by Friday, February 12, 2021 to:

Kebaowek Childcare Centre Attn: Patty Hunter
100 Amik Street Kebaowek, QC J0Z 3R1

Kebaowek Police Department

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

Statistics for November 2020

- 2 - Criminal Harassment
- 1 - Accident with Injury
- 1 - Infraction Ticket
- 1 - Damage to Property +\$1000.00
- 1 - Noise and Nuisance Complaint
- 1 - Public Assistance



PRESS RELEASE

For immediate diffusion

WINTER IS HERE AND SO ARE SNOWMOBILES

Rouyn-Noranda, January 13, 2021- The Sûreté du Québec is asking for the cooperation of snowmobilers, so that they can practice their sport in the appropriate places with respect and tranquility for residents and the environment. Since the start of the season, the Sûreté du Québec want to educate the snowmobiler clientele traveling off-trail on private land, causing significant damage to certain facilities at the same time.

Snowmobilers wishing to travel off-trail, or commonly practice off-trailing, must first find out about the places where it is possible to do so legally in Quebec.

Here are some important dispositions of the Off-road Vehicle Act:

- The driver of an off-road vehicle must obtain the authorization of the owner or lessee of the land in the private domain in order to travel there - (art. 70 (\$ 350), art. 30 (\$ 450) and art. 48 (\$ 250))
- The minimum age to drive an off-road vehicle is 16 - (fine of \$ 100 s. 21)
- The owner, the custodian of the off-road vehicle or a person in authority over a child, who allows or tolerates the driving of such a vehicle by a child under the age of 16 - off-trail (s. 21 (\$ 450))
- For young people aged 16 and 17 wishing to drive an off-road vehicle, a certificate of competence is mandatory - (art. 16 cod 201 (\$ 450))
- It is forbidden to drive on public roads with an off-road vehicle, except for the exceptional cases provided for in the off-road vehicle act (s. 73 (\$ 350))
- Wearing a protective helmet is mandatory (driver and passenger), regardless of where you are traveling in an offroad vehicle - (art. 52 (\$ 350))

The police will carry out surveillance operations in the area in the upcoming weeks in order to target the offending drivers, not only under the Highway Safety Code but also under the Criminal Code, particularly in cases of impaired driving by alcohol, drugs or a combination of the two, regardless of the traffic area.

The Sûreté du Québec would like to point out that driving while impaired and speeding have been the main causes of fatal collisions in recent years.

Service des communications et de la prévention
Sûreté du Québec
Région de l'Abitibi-Témiscamingue-Nord-du-Québec
819 763-4806
www.sq.gouv.qc.ca

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 28th Birthday Uncle Kieran

Love Eric & Hayden

Happy Birthday to Kieran who celebrates his on February 25th

Love Mom & Laurier



Wishing my beautiful Goddaughter a very Happy Birthday on February 28th !!

Love Bully & Tina
xoxo

Census Jobs

Emplois au recensement



Statistics Canada will be hiring in your community!

Statistique Canada embauchera dans votre collectivité!

- Schools, housing, and health and emergency services are all planned using census data.
- Use your local knowledge and sharpen your skills by working for the census.
- In the current context of COVID-19, we are committed to ensuring the safety of our employees at all times.
- Help your community to plan for the future— apply as of January 6, 2021!

- La planification des écoles, du logement ainsi que des services de santé et d'urgence se fait au moyen des données du recensement.
- Mettez à profit vos connaissances locales et perfectionnez vos compétences en travaillant au recensement.
- Dans le contexte actuel de la COVID-19, nous nous engageons à assurer la sécurité de nos employés en tout temps.
- Aidez votre collectivité à planifier l'avenir : postulez dès le 6 janvier 2021!

IMPORTANT TO KNOW:

- Pay varies **by position** from \$17.83 to \$21.77 per hour (in select Northern and remote communities, rates are from \$29.25 to \$31.25 per hour), plus authorized expenses.
- Start and end dates vary by position and location, but are between March and July 2021.
- You must be available to work flexible hours, mainly evenings and weekends.

RENSEIGNEMENTS IMPORTANTS :

- Le taux de rémunération varie entre 17,83 \$ et 21,77 \$ l'heure **selon le poste** (entre 29,25 \$ et 31,25 \$ l'heure dans certaines communautés du Nord et éloignées), en plus des dépenses admissibles.
- Les dates de début et de fin d'emploi varient selon le poste et le lieu de travail, mais se situent dans la période allant de mars à juillet 2021.
- Vous devez être disponible pour travailler selon un horaire flexible le jour, le soir et la fin de semaine.

Save the date! Apply as of January 6, 2021.

Retenez cette date — postulez dès le 6 janvier 2021.



www.census.gc.ca

TTY (a telecommunications device for deaf persons): 1-833-830-3109



www.recensement.gc.ca

ATS (un appareil de télécommunication pour personnes sourdes) : 1-833-830-3109

BURSARIES NIKANEWIN



The First Nations of Quebec and Labrador Economic Development Commission (FNQLEDC) is proud to contribute to stimulating private entrepreneurship among First Nations members by launching the Nikanewin bursaries, which will be awarded to people with business projects to inspire them and help them move beyond the idea stage and take action.

WHAT IS THE OBJECTIVE OF THE NIKANEWIN BURSARIES? The Nikanewin bursaries aim to support people with a business project and to encourage them to go from the idea to the action to make their projects a reality. They also aim to stimulate private entrepreneurship among First Nations members.

WHO IS ELIGIBLE? All First Nations members aged 18 and over living in Quebec (both on and off reserve) are eligible.

WHAT PROJECTS ARE ELIGIBLE? All business projects in the early stages are eligible. In addition, projects of all kinds (for-profit or not-for-profit) and from all activity sectors (e.g. retail, accommodation, catering, etc.) can be submitted, regardless of whether the project is small or large in scale. However, please note that all projects linked directly or indirectly to the gambling, sex or drug industries will be rejected.

HOW MANY BURSARIES WILL BE OFFERED? An amount of \$25,000 in bursaries will be awarded. There is no predefined amount for these bursaries, as the amount will be determined based on the nature of the project being supported. However, in order to support as many projects as possible, the amount of the bursaries will vary between \$500 and \$2,500. All bursary recipients will also be able to benefit from the support of Entrepreneurship Advisors from the FNQLEDC during the various development stages of their projects (e.g. business plan, financial forecasts, fundraising, etc.). In addition, through the FNQLEDC, bursary recipients will have access to support measures to complete projects and create businesses.

It is important to mention that, since the bursaries initiative is being launched by the FNQLEDC's Women Entrepreneurship services, at least 51% of the total bursaries funding will be awarded to applications submitted by women.

HOW TO APPLY?

1. Complete the application form, taking care to complete all

the fields and clearly explain, in as much detail as possible, your business project (its mission, objectives, services offered, etc.);

2. Write a cover letter in which you must explain why you want a bursary, how the money will be invested, etc.
3. Once the documents have been completed, you must send them to the following email address: info@cdepnql.org.

UNTIL WHEN ARE APPLICATIONS BEING ACCEPTED? The application period will begin on January 18, 2021 and end on March 19, 2021 at 11:59 pm.

HOW WILL THE RECIPIENTS BE SELECTED? The selection process will take place in two stages:

1. The Entrepreneurship Advisors of the FNQLEDC will examine the applications, conduct analyses and make recommendations.
2. These recommendations will then be transmitted to an independent committee made up of three members of the FNQLEDC's Board of Directors, who will make the final decision.

Applications will be assessed based on the following criteria:

- The clearness of the mission and objectives.
- The positive impacts in terms of economic autonomy.
- The realism and viability of the project, considering the following factors:
 - The applicant's abilities and skills;
 - The prevailing socio-economic environment in the place where the applicant wishes to start the project;
 - The available funding options.

WHERE CAN I GET ASSISTANCE? The Economic Development Officers who work in each First Nations community are invaluable resources who can help you in your efforts. Do not hesitate to ask for their help, as they are passionate about economic development and entrepreneurship! The FNQLEDC's Advisors are also available to support you.

Justin Roy

Economic Development Officer

Kebaowek First Nation

819-627-3309 jroy@kebaowek.ca

DANGER!

Protect Yourself & Your Family from Carbon Monoxide Poisoning

Recognize the Signs and Symptoms of Carbon Monoxide (CO) Poisoning



Headache



Shortness
of breath



Chest pain



Nausea or
vomiting



Dizziness



Collapse



Loss of consciousness

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.

More info:

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

Health Center Notes and Information

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

IMPORTANT HEALTH CENTER INFORMATION

LABS/BLOODWORK

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

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

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

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

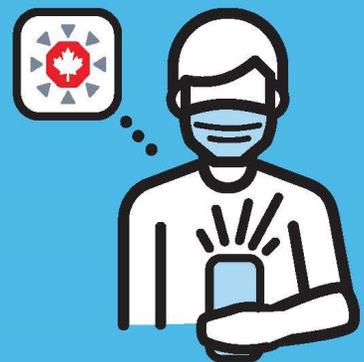
Please call and make an appointment for injections, bandage changes, vaccines and follow-up meetings.
Please call 819-627-9060.

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

ALL EMERGENCY CASES WILL BE SEEN OUTSIDE OF WALK IN CLINIC HOURS

Double your protection.

Download the COVID Alert app and wear a mask.



The more Canadians who install the COVID Alert app, the better we can limit the spread of COVID-19.

Let's protect each other. Download the app.

Learn more:

canada.ca/coronavirus

1-833-784-4397



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An Update from the Health Director

WE ARE ALL IN THIS TOGETHER

Kwe to all members of Kebaowek First Nation. As we are all aware, the festive season brought upon us, a spike in Covid-19 cases across the country and to no surprise, Quebec and Ontario were both champions in that regard. Since the “lockdown and curfew” came into effect on January 9th, and despite the harsh transition to the **RED ZONE** restrictions, we have seen some encouraging numbers to indicate that the measures are working and that we are heading in the right direction. I am feeling optimistic and hopeful that after our 4 weeks of curfew and Red Zone restrictions which ends February 8th, that our Region should at the very least return to the **ORANGE ZONE** level of alertness.

In spite of the positive direction we are heading, the last few weeks of confinement and restrictions may have been more difficult for some to cope with. I ask that you do not hesitate to reach out to our First Line Services people to assist you in regaining your balance or refer you to someone who may provide you with more assistance during these difficult times. It is absolutely normal to feel overwhelmed and fed up with this pandemic. Many of us are feeling and experiencing “Covid Fatigue”. But hope is just around the corner as it is conceivable to return to a Yellow Zone Level of Alert in the near future where we will regain some significant measures of freedom.

Recently, we have witnessing our most vulnerable people situated in the local Long-Term Care units, receiving their first dose of the Covid-19 vaccine. Many frontline health care providers have also raised up their sleeve to be protected. Your Health and Wellness Center has been preparing and working very hard to be ready to administer whatever amount of vaccines are given to us for our population. This will occur when the supply of the vaccines returns to a normal constant distribution in our Region which we have just learned will be in the second week of February.

I thank all of you who have taken the time to respond to our Vaccine Survey indicating your willingness or not, to get your shots. It is our hope that that we will receive enough vaccines to cover all of those who have responded positively. Should you have any concerns about the Moderna vaccine (brand earmarked for our communities),

please do not hesitate to reach out to our Nursing personnel at your Health Center. The information we received as of late indicates that both the Moderna and Pfizer vaccines are effective protection against the UK Variant Covid Virus. It is important to note that we cannot stock pile this vaccine in case someone in the days or weeks to come has changed their minds and would now want to receive it. It is too precious and also too fragile for this purpose. After our mass vaccination clinic, I can only assume that the vaccines will become available as Public Health roll out their campaign according to their priority list.

It is the goal and interest of Public Health Canada and of the Provinces that we attain a 75% portion of our population vaccinated against Covid-19 or have recovered after having contracted it. This percentage of herd immunity will prevent the virus from circulating in our community, in our country and even worldwide. This immunity will help us get back to the life we had before the introduction of the Corona Virus.

Public Health reminds us to keep up with the national recommended sanitary measures for their application has done wonders to prevent the seasonal flu to propagate this winter, thus it does work:

- Washing your hands frequently and using hand sanitizer when soap and water is not available
- Wearing a face mask when the 2m distance is not applicable
- Keeping a 2m physical distance
- No large crowd gatherings
- Coughing in the crook of your elbow
- Adhering to safety protocols in public places
- Getting tested if you develop flu like symptoms.

KFNHWC will resume our work towards being certified for Covid-19 testing once we have completed our mass vaccination clinic. We have received all the necessary equipment but the defective sprinkle system which caused a flooding of our building put a hold on the training we were to conduct. In fact, we will be training to operate both the Gene Xpert and the Abbott ID Now devices which are two approve covid-19 testing devices. Our nurses have already been trained on the swabbing techniques and protocols are being put in place.

An Update Continued

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

Meetings held during December/January via Zoom

- Kebaowek Emergency Response Group
- FN of Qc Health & Social Services Directors
- FNHMA Board of Directors
- Drumbeat Radio Public Information Announcement
- CISSSAT Board of Directors and Special Meetings
- Public Health Department at CISSSAT with English First Nations
- FNQLHSSC Board of Directors
- TFN & KFN for Gene Xpert Community Testing Capacity.
- First Nations with INSPQ (National institute for QC Public Health)

Quotes for Difficult Times

“Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.”
Thich Nhat Hanh

“Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day, saying,
“I will try again tomorrow.”
Mary Anne Radmacher

“In three words I can sum up everything I’ve learned about life. It goes on.”
Robert Frost

David McLaren
Director of Health and Social Services

Join us for our 2021



Competition

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

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

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

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

Start Date: Monday February 15th, 2021 at 8:00 am. If you are late joining, there will be no extension to the 10 week program. The last weigh-in date will be April 26th, 2021 at the very latest. You can do your final weigh-in the week before if that is more convenient. Late registration means you will have less time to lose weight. Rules will be handed to everyone when they come in to join.

Fee: It's free to join

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

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

THIS IS THE YEAR

SAY NO TO TOBACCO

IT'S NEVER TOO EARLY TO QUIT!



Trust your instincts and **Talk to your Doctor**

- Many don't know that heart disease is the leading cause of premature death for women in Canada. At the same time most women do not talk regularly with their healthcare provider about their own heart risks.
- Its time to take charge of your heart health.
- Here are some ways you can improve communication with your doctor about preventing heart disease
- Take a few minutes to learn about your risks
- Trust your instincts, if something concerns you tell your doctor learn the signs of a heart attack and stroke



What can be done to reduce the risk of

- ♥ Early detection and treatment
- ♥ Consume alcohol in moderation
- ♥ Reduce or quit smoking
- ♥ Stay at a healthy weight
- ♥ Exercise
- ♥ Eat healthy
- ♥ Manage stress

HEART DISEASE



1 in every 12 Canadians is living with heart disease.

Risk factors for heart disease include age, family history & build¹

Men are twice as likely to suffer a heart attack than women²

Women usually get their first diagnosis of heart disease at age 65 to 74, Men at age 55 to 64²

www.cpp.ca



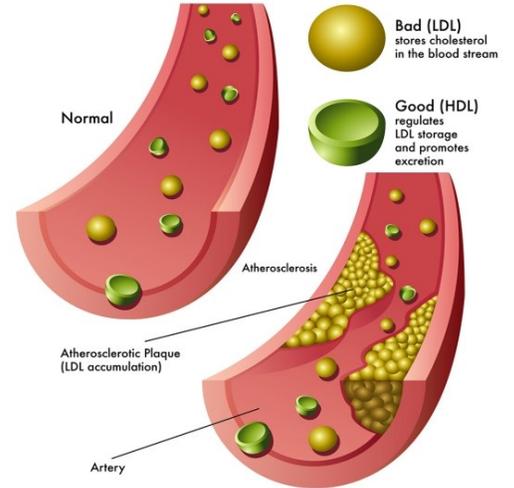
UNDERSTANDING CHOLESTEROL

DID YOU KNOW?!

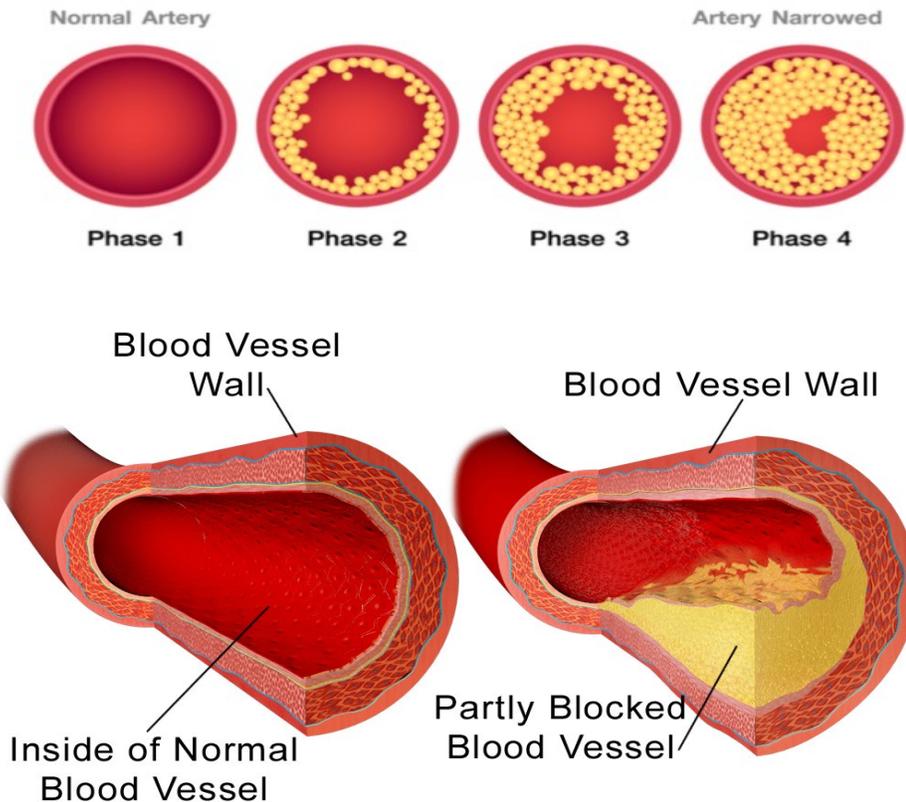
Cholesterol is a fat found in the blood. There are two main types of blood cholesterol: high density or HDL cholesterol and low density or LDL cholesterol.

LDL cholesterol is referred to as 'bad' cholesterol that can form plaque or fatty deposits on your artery walls and block blood flow to the heart and brain, if your LDL level is high.

HDL cholesterol is referred to as 'good' cholesterol because it helps to remove excess cholesterol from the body.



Cholesterol



Cholesterol is naturally made by your body but is increased through our diet.

Dietary cholesterol found in meat, poultry, eggs and regular dairy products - have less impact on blood cholesterol than foods with saturated and trans fat.

Foods containing saturated fat include processed foods, fatty meats, full-fat milk products, butter and lard.

Foods containing trans fat include partially hydrogenated margarines, deep-fried foods and many packaged crackers, cookies and commercially baked products.

Medical Transportation and NIHB

Medical Transportation After Hours Schedule

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

REMINDER

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

Please call Priscillia Durocher

Medical Transportation Coordinator 819-627-9060 Ext. 256

**To make arrangements in my absence,
contact Donna Pariseau Ext. 251**

PRESCRIPTION PICK-UPS

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

EXTRA PRECAUTIONS FOR COVID-19

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

- All clients to wash with hand sanitizer upon entering the vehicle.
- If clients have travelled within the last 14 days out of the country they need to call the #811 or #1-877-644-4545
- It's important to notify us if you are experiencing cold or flu like symptoms so that we can take the extra precautions necessary to protect ourselves and our clients. If clients have any cold or flu-like symptoms, they

are to wear a mask. The driver may be wearing a mask to protect themselves.

- We will try to keep the same driver for the same clients if the schedule allows.
- Clients will travel alone with the driver unless there are special circumstances. (parent/child)
- Clients will sit in the back opposite of driver – public distancing.
- Our drivers are sanitizing the high touch areas in between clients.
- Non-urgent appointments are likely to be cancelled by your health providers. If you have questions regarding your appointments, call your health care provider.

MEDICAL TRANSPORTATION CLAIMS

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.

Medical Transportation and NIHB

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

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**

NIHB UPDATES

PHARMACY BENEFIT INFORMATION

New coverage for Shingrix

- As of January 11, 2021, the Shingrix vaccine is covered by NIHB as a limited use benefit
- Shingrix is a vaccine to prevent shingles, which causes a painful rash and can be severe in some people
- Shingles is caused by the re-activation of the virus that causes chickenpox. The risk of shingles is higher in seniors and in people with weaker immune systems
- The vaccine is given in two doses, 2 to 6 months apart
- Prior approval is not required for clients between 65 and 70 years of age
- Shingrix is also included on the Formulary for adjunct medications used during active cancer treatment. Clients that have received approval for any medication on this formulary will be automatically approved for Shingrix
- For clients who have other serious health conditions that weaken their immune system, NIHB will consider coverage on an exception basis
- If your doctor prescribes the Shingrix vaccine for you, you'll need to get it from the pharmacy. Pharmacists should call the NIHB DEC to request prior approval, if

required

- In most provinces and territories, the Shingrix vaccine can often be administered in pharmacies and pharmacists can bill NIHB for an injection fee. Contact your pharmacy to confirm that they have it in stock and if they can administer the injection
- If you are unable to have the vaccine administered at a pharmacy, ask your health care provider about other options

To maximize the protection offered by Shingrix, it is important that you get both doses. When you get your first dose, ask your doctor or pharmacist to schedule your next dose

Other new pharmacy benefit listings

- Mezera 1 gram rectal foam (mesalazine) is available as an open benefit, so prior approval is not required. This medication is used for treatment of inflammatory bowel disease
- Ziextenzo (pegfilgrastim) 10mg/mL injection is listed as an open benefit. This medication is used to prevent infection in clients receiving certain types of cancer treatment
- Fast-acting dextrose products, Dex-4 Glucose Liquiblast and Dex-4 Glucose Gel are now available as open benefits, in addition to BD Glucose and DEX-4 Glucose tablets. These products are used to quickly raise blood sugar levels for diabetic clients
- Prevymis (letermovir) vials and tablets are limited use benefits, with prior approval required, for the prevention of cytomegalovirus (CMV) infection in adult clients who have received bone marrow transplants
- Riximyo (rituximab) 10 mg/mL injection is a limited use benefit for treatment of severe rheumatoid arthritis

Reminder: non-prescription products recommended by pharmacists

- Under the NIHB pharmacy prescriber policy, pharmacists and other health professionals can recommend non-prescription drugs and health products that are eligible for coverage as NIHB pharmacy benefits and listed on the NIHB drug benefit list

Medical Transportation and NIHB

- Previously, NIHB had a list of selected non-prescription items that could be recommended by a pharmacist. That list is no longer in effect, and is replaced by this new policy
- This means you don't need a prescription from a doctor for coverage of non-prescription items on the NIHB drug benefit list
- A few examples of products that can be recommended by pharmacists for NIHB coverage are:
 - smoking cessation products
 - vitamins
 - non-medicated emollient creams, such as Glaxal Base and similar products, for the treatment of eczema. Prior approval is required
- Check the NIHB drug benefit list to find eligible pharmacy benefits covered by NIHB, as well as any criteria for coverage

MEDICAL SUPPLIES AND EQUIPMENT

Augmentative and alternative communication benefits

- Augmentative and alternative communication (AAC) benefits are now listed as MS&E benefits
- These devices and supplies are used to supplement or replace natural speech when clients have a significant speech impairment
- AAC benefits covered by NIHB include:
 - quick messaging devices
 - speech-generating devices (SGD)
 - communication display boards and software
 - integrated and complex systems
 - software
 - switches and mounting systems
 - accessories

Non-implantable bone conduction hearing systems

- Non-implantable bone conduction hearing systems are now a limited use benefit

- These products may be used by clients with conductive hearing loss that isn't helped by regular hearing aids

Reimbursement for gloves

- NIHB covers latex and vinyl gloves as open benefits, up to 12 boxes per year
- Providers can bill NIHB, or NIHB will reimburse clients up to \$13.75 for one box of 100 gloves in all provinces, and \$15.80 in the Territories
- Gloves are covered with a prescription from a physician or a nurse practitioner, or a written recommendation from a registered nurse

VISION CARE BENEFIT INFORMATION

Temporary coverage of shipping during COVID-19

- As a temporary measure, vision care providers can bill NIHB for the cost of shipping eligible eyewear to clients who are unable or prefer not to visit the retail location
- Let your eyewear provider know if you'd like the item shipped to you so they can include the shipping cost in the prior approval request to NIHB

GENERAL PROGRAM INFORMATION

NIHB clients in British Columbia

- In BC, the First Nations Health Authority (FNHA) provides health benefit coverage for First Nations people who are BC residents
- The NIHB program continues to provide coverage and services for Inuit in BC, as well as First Nations who are not BC residents
- If you are an NIHB client in BC and need help finding a benefit provider, please call NIHB at 1-800-232-7301 for assistance
- Many providers in BC are enrolled with NIHB to provide benefits and bill the program directly, however they may not see many NIHB clients

Mental Health For Young Children

Help children build strong, caring relationships:

- It's important for children to have strong relationships with family and friends. Spend some time together each night around the dinner table.
- A significant person who is consistently present in a child's life plays a crucial role in helping them develop resilience. This person—often a parent or other family member—is someone your child spends a lot of time with and knows they can turn to when they need help.
- Show your children how to solve problems.

Help children develop self-esteem, so that they feel good about themselves:

- Show lots of love and acceptance.
- Praise them when they do well. Recognize their efforts as well as what they achieve.
- Ask questions about their activities and interests.

Listen, and respect their feelings:

- It's OK for children to feel sad or angry. Encourage them to talk about how they feel.
- Keep their conversation flowing by asking questions and listening to your child. Mealtime can be a good time for talking.

Create a safe, positive home environment:

- Be aware of your child's media use, both the content and the amount of time spent on screens. This includes TV, movies, Internet, and gaming devices. Be aware of

who they might be interacting with on social media and online games.

- Be careful about discussing serious family issues—such as finances, marital problems, or illness—around your children. Little children can worry about these things.
- Provide time for physical activity, play, and family activities.
- Be a role model by taking care of your own mental health: Talk about your feelings. Make time for things you enjoy.

In difficult situations, help children solve problems:

- Teach your child how to relax when they feel upset. This could be deep breathing, doing something calming like listen to calm music, building a puzzle or taking some time alone.
- Talk about possible ideas to improve a situation. Try not to take over.

Please keep your eye out for the upcoming activities that will be posted on our Facebook pages.

If you would like to participate please call or email me at 819-627-9060 or lgrandlouis@kebaowek.ca

Lynn Grandlouis
MCH/Head Start Program Worker
Special Needs Educator

21 DAY		INDOOR LOCKDOWN CHALLENGE				
1. 10 SQUATS 10 LUNGES 10 PUSH UPS	2. 10 CALF RAISES 10 SEC. PLANK 10 CRUNCHES	3. 20 SQUATS 20 LUNGES 20 PUSH UPS	4. 20 CALF RAISES 20 SEC. PLANK 20 CRUNCHES	5. 30 SQUATS 30 LUNGES 30 PUSH UPS	6. 30 CALF RAISES 30 SEC. PLANK 30 CRUNCHES	7. 40 SQUATS 40 LUNGES 40 PUSH UPS
8. 40 CALF RAISES 40 SEC. PLANK 40 CRUNCHES	9. 50 SQUATS 50 LUNGES 50 PUSH UPS	10. 50 CALF RAISES 50 SEC. PLANK 50 CRUNCHES	11. 60 SQUATS 60 LUNGES 60 PUSH UPS	12. 60 CALF RAISES 60 SEC. PLANK 60 CRUNCHES	13. 50 SQUATS 50 LUNGES 50 PUSH UPS	14. 40 CALF RAISES 40 SEC. PLANK 40 CRUNCHES
15. 40 SQUATS 40 LUNGES 40 PUSH UPS	16. 30 CALF RAISES 30 SEC. PLANK 30 CRUNCHES	17. 30 SQUATS 30 LUNGES 30 PUSH UPS	18. 20 CALF RAISES 20 SEC. PLANK 20 CRUNCHES	19. 20 SQUATS 20 LUNGES 20 PUSH UPS	20. 10 CALF RAISES 10 SEC. PLANK 10 CRUNCHES	21. 10 SQUATS 10 LUNGES 10 PUSH UPS

Coping with Anxiety in Stressful Times

Right now, it can feel like there's so much in our lives that is out of our control, and sometimes that can be difficult to manage. Information and news about the Coronavirus, COVID-19, is everywhere. On the one hand, we need good quality information on the other hand it is hard to not be impacted by all the other information we hear around us.

Some of the terms being used in the news like 'pandemic' and 'quarantine' can be frightening and are likely to cause stress. Although it's natural to be concerned about our health and that of our family's, it's important to manage our stress and fears during times of uncertainty and prioritize our mental health.

The following may help you cope and help reduce anxiety as we navigate the developments of COVID-19:

Set a limit on the news and updates – It's important to keep informed but don't let the information consumption take up too much of your time. Prioritize self-care and activities you enjoy. Make sure you're using reliable information sources. .

Maintain your connections – If you can't see family and friends in person, continue to stay in touch through social media or the phone.

Healthy habits - The connection of physical and mental health is very important – make sure you maintain healthy habits such as getting enough sleep, eating a healthy diet, and exercise as often as you can. A healthy body is the best foundation for a healthy mind.

Make a plan – It can help to establish plans for what you and your family would do in the situations that are causing you fear.

Perspective is key – Take the proper health precautions, learn the facts, and remember that you have survived difficult situations in the past.

Maintain your normal – As much as you can, continue to live your normal life. Routine can create calm.

Make choices to reduce your anxiety - Having a daily activity that helps reduce stress can be very helpful. This can be anything from having a gratitude journal, meditation, a hobby or getting fresh air even if it's only opening a window.

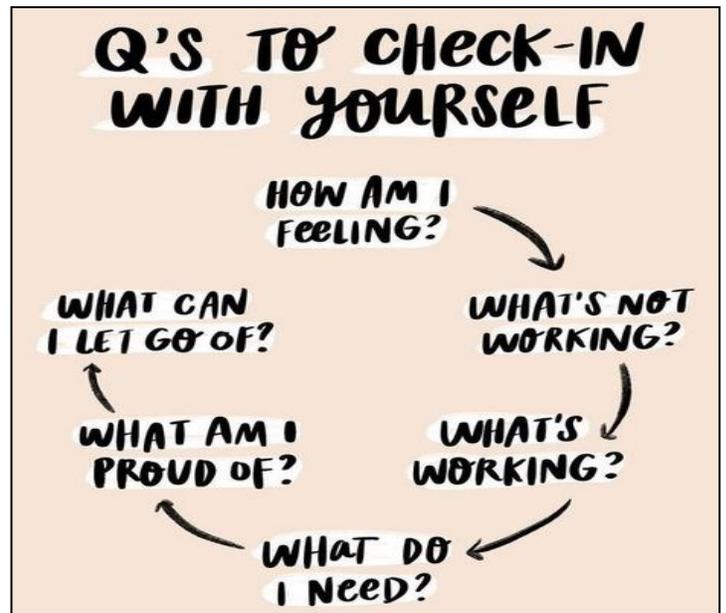
If you are feeling the weight of what's going on around you and your worries become all-encompassing creating stress and anxiety to the point of disrupting your daily life, it's time to ask for help.

Help is available, and ready when you are.

First Line Services 819-627-9877.

Keboewek Health & Wellness Center 819-627-9060

<https://calgarycounselling.com/blog/coping-with-anxiety-in-stressful-times>



FEELING SAD OR DISTRESSED?
Support is available for all Indigenous People in Canada

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

or through online chat at
hopeforwellness.ca

Indigenous Services Canada / Services aux Autochtones Canada

Canada

Upcoming Health Center / First line Activities

Meals On Wheels

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

Meals on Wheels Dates for February and March

Wednesday February 3rd and 17th
Wednesday March 3rd, 17th and 31st

Lunch on the Run Dates for February and March

Tuesday 23rd
Tuesday March 9th and 23rd



Community Kitchen

On the Menu:
Philly Cheesesteak
Stuffed Peppers



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

Monday, February 15th, 2021

From 4:45 pm - 6:30 pm
You must register by Friday, February 12th

Food will be delivered by 4:15 pm and zoom will start at 4:45 pm

To register, call Darlene @ 819-627-9877

All families welcomed to participate!

FAMILY



Week of February.1st - Freezable Breakfast Sandwiches

Week of February.22nd - Triple Berry Smoothie

First Line Services will provide ingredients for you and your family to make a healthy nutritious snack that you can have before, during or after school and work.

Food will be dropped off on Monday's and you have until Thursdays by 4:30 to submit a picture of you and your child/children 'meal prepping' for a chance to win a prize.

You can submit your photo to First Line Services facebook page or email at darmclaren@kebaowek.ca

Fore more information and/or to register, you must call Darlene @ 819-627-9877 by Fridays.

KEBAOWEK FIRST LINE SERVICES

FEBRUARY CHILD & FAMILY

SNOW SCULPTURE CONTEST

START: FEB.1
END: FEB.28

Open to all Kebaowek Band & Community Members.

SIGN UP TODAY
CALL AMANDA @ 819.627.9877

Sculptures must be family friendly.
Props can be used, but must be limited.

Submissions must be made by sending a photo to Kebaowek First Line Services or posting on our Facebook Page by February 28th.

Winner will be announced March 1st on our Facebook Page

Prize: Family Basket with Gift Cards & Much More

KFLS - YOUTH GROUP

Winter Wellness

Weekly Activities - Through Zoom or Photo Submission

Facebook Group: KFLS Youth Group



Check out our new Sliding Hill - Ball Field!

Wellness Activities will be posted Friday's on our Facebook group, you have till Wednesday to sign up every week!

Please remain in your family 'bubble' when participating in all activities to ensure safety.

All programming for Winter Wellness will run until the first week of Spring - March 20th.

FOR MORE INFO CALL AMANDA @ 819-627-9877

Winter Family Wellness Challenge

Beginning Monday February 1st and will end Sunday February 28th

With the days being short and cold over the winter months, it can be tiring and hard on our overall well-being. Then you add a pandemic on top of that with many restrictions, it can cause much more added stress. While it's important to stay informed, it's also important to pay attention to your mental health.

For the next month, we challenge all Kebaowek families to take control of their own wellness!

Here are some ideas:

- skating
- snowshoeing
- building an ice sculpture
- ice fishing
- sliding
- spa night
- learning a new recipe
- go on a nature walk
- cook food over a fire
- make a winter craft
- etc.

Please submit your photos to the Kebaowek First Line Services facebook page or email Darlene @ darmclaren@kebaowek.ca by Sunday February 28th.

Participation draw will be done on Monday March 1st

PLEASE RESPECT THE SOCIAL DISTANCING MEASURES PUT IN PLACE BY PUBLIC HEALTH.

Women's Paint Night



EVERY WEDNESDAY STARTING JAN.20TH

6:00PM - 8:00PM

*** PAINT NIGHT WILL BE THROUGH ZOOM. YOU WILL RECEIVE YOUR ZOOM ID THE DAY OF WORKSHOP.**

Participants must register by the Monday before each class.

Supplies for the paint night will be dropped off the day of.

For more information or to register call First Line Services @ 819-627-9877.

Come explore your creativity

MEN'S PAINT NIGHT



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

We will focus on the seven grandfather teachings.

Painting supplies will be delivered the day of class Prizes to be won!

Who: Men aged 18 & up

When: Tuesdays beginning Jan.19th

Time: 6:00pm-8:00pm

Where: Through Zoom - you will receive zoom meeting # the day of

You must register by the Monday before each class.

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

Upcoming Health Center / First Line Activities

Psychologist Services

For Kebaowek First Nation

Arlene Laliberte is a clinical psychologist from Timiskaming First Nation.

Due to the safety regulations put in place by Public Health, she will be offering her services over the phone.

If you would like to book an appointment, call Darlene @ 819-627-9877 or by email darmclaren@kebaowek.ca

For both moms & dads! Parent's Club

For the month of February



or



This will be an 'at home' project to respect safety measures put in place.

Must register by Friday, Feb. 12th @ Noon.

Deliveries will be made the week of Feb. 15th

Please submit your pictures to darmclaren@kebaowek.ca or through facebook messenger.

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

In Honor of...

SUICIDE PREVENTION WEEK

Light up the Sky

@ 7:30PM on
February 7th, 2021

We can all help prevent suicide. Every year, lifelines and other mental health organizations across Canada and around the world raise awareness of suicide prevention.

Light your lantern to show your support.

Call Amana or Darlene at First Line Services to have your Sky Lantern Delivered to your door.

Weather Permitting
Please respect all
social distancing
bi-laws and cerfew.

First Line Services
CALL 819-627-9877
Facebook: Kebaowek First
Line Services

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

Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Men's Paint Night	3 Meals on Wheels Women's Paint Night Drumbeat Bingo Radio	4 GARBAGE	5	6
7	8	9 Men's Paint Night	10 Women's Paint Night	11 RECYCLE	12	13
14 VALENTINE'S DAY	15 Community Kitchen Biggest Loser Competition Starts	16 Men's Paint Night	17 Meals on Wheels Women's Paint Night Drumbeat Bingo Radio	18 GARBAGE	19	20
21	22	23 Lunch on the Run Men's Paint Night	24 Women's Paint Night	25 RECYCLE	26	27
28	February 2021					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Men's Paint Night	3 Meals on Wheels Women's Paint Night Drumbeat Bingo Radio	4 GARBAGE	5	6
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21	22	23 Lunch on the Run	24 Women's Paint Night	25 RECYCLE	26	27
28	29	30 Men's Paint Night	31 Meals on Wheels Women's Paint Night Drumbeat Bingo Radio	March 2021		