



Kebaowek First Nation Mazinaigan / Newsletter

Niki Kizis / March 2021

Inside this issue:

An Update from the Chief ... Continued	2
An Update from the Chief ... Continued	3
Kebaowek Cultural Program	4
Community News and Announcements	5
Employment & Training News ... Education Dept	6
Indian Registration / Membership	7
Community Wishes and CAVAC Job Postings	8
KFN Fire Department ... Extension Cord Safety	9
An Update from the Health Director	10
Health Center Notes and Information	11
6 Effects of Drug Addiction on Family Members	12
Relationship Between Addiction and Paranoia	13
Medical Transportation and NIHB	14
Healthy Children = Healthy Adults	15
Physical Activity Challenge and Biggest Loser	16
Upcoming Health Center / First Line Activities	17
Upcoming Health Center / First Line Activities	18
Upcoming Health Center / First Line Activities	19
Community Calendar for March & April, 2020	20

An Update from the Chief

I'd like to begin this month's article by again acknowledging the extraordinary efforts that every community member has put forward over the course of the last year. It has been one year since the beginning of what we now know as the Covid-19 Pandemic, one year of Public Health measures and lock downs.

We've had some scares and close calls but because of everyone, for the most part, doing what was asked and following Public health Guidelines we find ourselves looking forward to spring and summer. We may not get to fully enjoy it however until the majority of Quebecers and Canadians are vaccinated against Covid-19 which likely won't be until the fall.

That being said, for the majority of members on reserve and living nearby, it has been two weeks since we have received the first dose of the Moderna Covid vaccine. While it affords us added protection against the virus, it doesn't mean we relax and let our guard down, we must double down on continuing to follow Public Health guidelines, we need to continue to not gather in large numbers for the next weeks/months, continue to social distance, wear a mask and washing/sanitizing our hands still needs to happen. Also if you are sick, stay home and isolate and if you are exhibiting even one symptom you should be tested.



Kebaowek Health and Wellness Center Team

We are fortunate to have been prioritized for receiving the vaccine but none of this would not have been possible without the tireless effort of many people who committed much time and energy to ensure the Mass Vaccination Clinic was a success. Under the leadership of the Health Director, David McLaren, we watched Health Center staff commit

to training to meet the conditions imposed by the Quebec Ministry of Health. The Health Centre staff prepared the Dome and organized everything required for the clinic, they were responsible for all of the logistics including the setting up the appointments and making sure that everyone who wanted the vaccine, received it. It also involved a lot of coordination with Wolf Lake First Nation as they had their members vaccinated in our facility as well. On behalf of Chief and Council, we would like to acknowledge and recognize the tremendous amount of work it took to host this Mass Vaccination Clinic a first of its kind here in Kebaowek First Nation. We want to personally thank each and every Health Center employee and also Jessie Bond from Wolf Lake who played a role in ensuring a successful outcome. We saw you all, taking on new and important roles, helping out in any way you could. The success of this vaccination (pg 2)

CONTACT US



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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

clinic is a testament to the work that went into planning and then successfully executing the plan. We are now confident that when it is time for the second doses, we have the experience to get this done and possibly help our neighbours when it is their turn for vaccinations.

In other news as some of you may have read about the Algonquins of Ontario (AOO) and their land grab in the Ottawa area for a project they call Tewin. This is just another escalation of the ongoing issues we have with this group negotiating a land claim for lands which they have no right to claim. The Algonquin Nation including Bands from Quebec have rights and title to this land and our requests for consultations are falling on deaf ears. In response, we have done numerous interviews with the media on this file. The leadership is meeting regularly to discuss strategy and how we can work together on this file. We have been looking at a multifaceted approach, starting with educating the general public as well as the Mayor and Council of Ottawa on our history and our rights. They need to understand who the members of AOO are and why we oppose the land transfer and this land claim. We also want to pressure the Federal and Provincial governments on the negotiations and that we have not been adequately consulted. This land claims threatens to extinguish our rights and title in the province of Ontario and we can't and won't let this happen. Last week we had a presentation on legal options and are actively considering this as the way forward. It's not our preferred approach as any legal process is going to be costly, however it may force them to at least sit down with us to begin a dialogue. We are impacted directly, much of our traditional territory in Ontario is overlapping with the AOO claim so we are seeking to have direct discussions with Canada and Ontario about this overlap as well.

This is but one file we are working on, we are also implicated in many other consultations from the Federal and Provincial governments. The Federal consultations are a challenge as they are large complex projects that are triggering environmental assessments and we are swamped with requests for meetings/consultations. Some of these projects include the Temiscaming Dam Replacement Project, all of the Nuclear Projects at Chalk River and a handful of projects in and around the Ottawa area. We are trying to build alliances with other Algonquin communities to work on these files together but in the end we are building our own capacity and will continue to address all projects that impact our rights. We have had the opportunity over the past weeks to have meetings directly with the Federal and Provincial

Ministers to discuss Kebaowek's concerns and priorities on many of these projects and while these meetings don't yield immediate results, we have learned that the Ministers have considerable influence over their staff and generally this leads to better and more fulsome discussions with their staff on the ground. Our main priority in these files is not necessarily to stop development, however, being consulted allows us to prioritize the protection of water, the environment and the protection of aquatic and land habitat as these projects are developed and realized, once these measures are done we look to any potential benefits for the community like jobs and contracts.

At the community level, we will have many projects on the go this year. As we have already announced we are just waiting on Quebec to sign the funding agreement for the construction of our new Police Station. An Architect has been selected through a bidding process and will begin the design and production of the plans and specifications for the building. Preliminary work will begin this spring with clearing the selected site, soil sampling and site preparation. We are also waiting on one permit and Quebec's confirmation of funding for Phase 1 of the Marina Project. In addition we have been recently advised that our Housing Project (Sixplex) was selected for funding from CMHC's recent call for projects under the Rapid Housing Initiative. These units will be built to meet a need for more rental housing in the community. We are also continuing discussions with SEPAQ for a contract to do the decontamination work that will begin this year for a three year period, the next steps are to negotiate and sign the contracts.

Finally with the Quebec government's recent announcement of Apuiat, a Wind Farm Hydro Project with the INNU Nation, there is a renewed interest from the government to look at other projects and our ONIMIKI project is one of the ones that is now on their radar. We had the opportunity last week to present our project directly to Ian Lafreniere, Minister of Indian Affairs for Quebec. It was a good opportunity to speak to the merits of the project; it is environmentally sound as we are using the existing outflows to produce electricity. The partnership we developed for this project include Wolf Lake, the municipalities of Kipawa and Temiscaming and the MRC. There is a need for more electricity in the region as we experience higher than normal power interruptions. What we want from Quebec is the water rights which will allow us to move forward and do the necessary studies we need to do to realize this project.

An Update from the Chief Cont'd

I want to remind members that community elections are forthcoming in June and more information will be provided by the Electoral Officer.

Tribal Council elections which were postponed last fall because of the pandemic and will now be moving ahead. Nominations for Grand Chief, Vice Grand Chief, Women and Youth Representatives will be held virtually in March with the election to be held in April. We will be appointing an Electoral Officer for this election as well and she will be providing details to the community of how they can participate in this election as potential candidates and help in electing our Tribal Council Representatives for the next four years.

In closing, I know it is repetitious and I know everyone is tired of hearing it, but now is not the time to let our guard down, we must remain vigilant and respect the Public Health guidelines. For those who received the vaccine and are feeling protected, you are, however the Public Health guidelines still apply to protect those who did not receive the vaccine including family, friends and acquaintances. Now is not the time for gatherings and parties, we need to continue to stay home as much as possible, go out as needed or necessary, maintain a small bubble of family and friends, continue to social distance and wear a mask when interacting with people not in your bubble or if your personal space is compromised, wash hands regularly and stay home and isolate if sick or symptomatic.

We've come a long way in the last year and we have a bit of a way to go yet so we are counting on your continued adherence to all the guidelines so we can get through this and get on with our lives post Covid.

Chief Lance Haymond



Chief Lance Haymond receiving the Moderna Vaccine



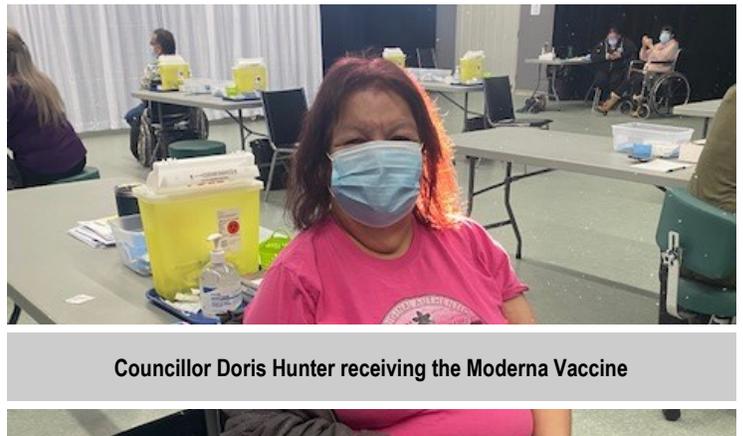
Councillor Justin Roy receiving the Moderna Vaccine



Councillor Gerald (Yogi) receiving the Moderna Vaccine



Tom Mongrain was the first KFN member to receive the Moderna Vaccine



Councillor Doris Hunter receiving the Moderna Vaccine

Kebaowek Cultural Program

Kwey Kakina, Hello Everyone,



I hope everyone is doing well and keeping safe and healthy through this difficult time that we are facing in our community, region, province and country.

I want to introduce myself, my name is Verna Polson and I am a proud member of Kebaowek First Nation (KFN). It is with great honour that I am announcing that I have accepted the Cultural Coordinator position here in Kebaowek. For our members who may not know me, I am originally from Timiskaming First Nation however for the last 25 years I have called our beautiful community, home.

Since 2012, I have served as the Vice Grand Chief and Grand Chief of the Algonquin Anishinabe Nation Tribal Council respectively. Prior to that I represented the Quebec Native Women's Association both at the local and regional level. My mandates have provided me with the opportunity to meet a lot of great people throughout the years, including Land Protectors and Knowledge Keepers. I have had the pleasure to network with Leadership, members from our fellow Algonquin communities including many Youth and Elders. I am ready and willing to learn from our community members as well and my hope is that I am able to incorporate all of my learnings, networking and experiences into my new position.

I am looking forward to working for Kebaowek First Nation and hearing from our respected community members. My office is located at the Kebaowek Land Management and Forestry Building and I can be reached email vpolson@kebaowek.ca or you can call 819-627-3309.

Chi-Miigwetch
Verna Polson
KFN Cultural Coordinator

A decorative graphic featuring three dreamcatchers at the top. The left one is blue, the middle one is white, and the right one is orange. Below each dreamcatcher are several feathers of the same color. The background is a dark blue gradient.

CULTURAL CENTRE

COMMITTEE MEMBERS NEEDED

ARE YOU INTERESTED IN HELPING TO STRENGTHEN THE CULTURE OF OUR COMMUNITY?

Kebaowek First Nation is seeking volunteers to sit on the new Kebaowek Cultural Centre Advisory Committee to assist in creating the new Cultural Centre exhibit plans and visitor programs.

The Committee will meet every two months for up to two years, either virtually or in person when possible.

For those interested to sit on the committee or for more information please contact:

Justin Roy 819-627-3309 / jroy@kebaowek.ca
Verna Polson 819-627-3309 / vpolson@kebaowek.ca

DEADLINE TO APPLY IS MARCH 26TH, 2021



**ATTENTION
KEBAOWEK FIRST NATION
YOUTH**

Have you ever been interested in learning how to speak our traditional Algonquin language? Well the Anicinabe Mikana can help! Anicinabe Mikana has already completed Phase 1 - 3 of the Kids book project and is now working towards completing a Phase 4. Once the books are completed, we want to include in each book an audio CD of the story in Algonquin and that is where we can use the aid of interested youth. What we would like to have happen is have Kebaowek youth come forward who would be open to working with our Algonquin Speaker and learn how to read one of the stories in Algonquin, so that you can be recorded reading the story and put that recording on a CD to include in the book.

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
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 given an honorarium 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 March 24th, 2021

**For those youth interested in learning to speak
Algonquin please contact:**

**Justin Roy 819 627 3309 or jroy@kebaowek.ca or
Verna Polson 819 627 3309 or vpolson@kebaowek.ca**



S.A.A.Q.

AU BUREAU MUNICIPAL DE KIPAWA
15, RUE PRINCIPALE (secteur Tee Lake)

HEURES D'OUVERTURE

**À PARTIR DU 8 FÉVRIER
DU LUNDI À VENDREDI**

8h30 à midi - 13h00 à 16h30



LICENCE BUREAU

AT THE KIPAWA MUNICIPAL OFFICE
15, RUE PRINCIPALE (Tee Lake sector)

OPENING HOURS

**FROM FEBRUARY 8
FROM MONDAY TO FRIDAY**

8:30 a.m. to noon - 1:00 p.m. to 4:30 p.m.

Kebaowek Police Department

STATISTICS FOR DECEMBER 2020

- 4 - R.I.D.E. Programs
- 1 - Fire Alarm
- 1 - Possession of Weapon for Dangerous Purpose
- 3 - Assist to Surete du Quebec
- 5 - Noise and Nuisance Complaint
- 1 - Extorsion
- 2 - Failure to Comply with Probation Order
- 2 - Bylaw Ticket Issued
- 1 - Mischief
- 1 - Information Received from Public
- 2 - Public Assistance

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

UNIQUE

Working at Sépaq :
Unique moment in Unique Location



Season 2021's Recruitment Period Available

- Student (Visitor center)
- Student (Conservation/Education)
- Student (Maintenance and Infrastructure)
- Field Operations Officer (Ground maintenance)
- Maintenance Day Labourour (housekeeping)
- Visitor Services Officer
- Park Warden - Naturalist
- Park Warden - Patroller
- Park Warden - Wildlife Technician

Sepaq.com/carriere

Join our amazing team at Parc national d'Opémican



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: Jan 11th - Feb 6th, 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: Feb 7th - March 13th, 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 **February 8th, 2021** by the **First Nation Human Resources Development Commission of Quebec (FNHRDCQ)**.

Important Notice to our Urban Client Community Members Living Outside the Community

As of Mid-January our community members who are living outside the community/in an urban city and who are looking to join a Training or Employability measure are asked to contact the Employment and Training Service Center of Val d'Or. The staff will be happy to help you open a file. To reach the Administrative Assistant by email: sdrhpnqvd@cdrhpnq.qc.ca, telephone number: 819-874-6605 or fax number: 819-874-6606. Website: www.cdrhpnq-fnhrdcq.ca or facebook.com/CSEFVD



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

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

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

Please email to: rjawbone@kebaowek.ca,
or fax to: 819 627 9428
or mail to: 110 Ogima Street, Kebaowek, QC J0Z 3R1
Attention to: Rose Jawbone

Indian Registration/Membership

The following information regarding Status card validity is from the Indigenous Services Canada website. I present it to you for your information.

Status Card Validity During COVID-19 Pandemic

- Indigenous Services Canada (ISC) has extended the validity date of status cards until further notice.
- Service providers should accept status cards or Temporary Confirmation of Registration Documents (TCRDs), with identification, even if the renewal or expiry date has passed.
- Indian status does not expire. Your registration number confirms your status and can be used to access some services and programs.

Certificate of Indian Status (Paper Laminated Version)

At this time, my supply of blank Certificates of Indian Status is depleted and it is not known when I will get another supply of blank certificates.

Band members who are not in possession of a Certificate of Indian Status, for whatever reason, are encouraged to apply for the Secure Certificate of Indian Status (SCIS). You can apply for the secure certificate by mail.

You can download the application form for the Secure Certificate of Indian Status (SCIS) as well as the Guarantor form from the Indigenous Canada website: www.isc.gc.ca click on Indian Status then click on Application forms.

Joan St-Denis



Drumbeat
THE HEART OF KEBAOWEK
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





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

Wishes for the Month of March

CAVAC Job Postings



Happy Birthday Wishes to Blair Fudge who celebrates his birthday on March 26th !!

From your Fire Department Team



Happy 50th Birthday Jungo !!

Enjoy your day !!



Love Stephen Adam and Noah



Happy Birthday to the worlds greatest Poppa ♥

Love you forever and ever !!

Love your silly goose,
Nylah xo



Happy 50th Birthday to my wonderful husband Jungo !!
May all your wishes come true and may your birthday be as wonderful as you ♥
Love you have a fantastic day !!
Love Cary xo



Happy 81st Birthday Mom !!

Keep on fishing !!

Love Ren & Dale



Happy Birthday to my Aunts Olivia and Vera

Wishing you both a Wonderful Day !!

Ren & Dale

Job offer to First Nation
Native support worker
Val-d'Or, Lac Simon and Kitisakik communities

Profile:

- Have a degree or equivalent experience in the field of counselling;
- A good knowledge of spoken and written French and English. Speak the Algonquin language would be an asset;
- Experience in helping relationships and knowledge of the judicial process are considered an asset;
- Have a car to get around the communities on a daily basis;
- Meet the requirements of a successful security screening;
- 6 months probation.

Send your resume before March 5, 2021 at direction.cavacat@tlb.sympatico.ca
Or by mail:
158, rue Monseigneur Tessier Ouest
Rouyn-Noranda (Québec) J9X 2S6

Starting as soon as possible

Job offer to First Nation
Native support worker
In the Pikogan community and in Matagami and Lebel-sur-Quévillon

Join a dynamic and committed team!

Profile:

- Have a degree or equivalent experience in the field of counselling;
- A good knowledge of spoken and written French and English. Speak the Algonquin language would be an asset;
- Experience in helping relationships and knowledge of the judicial process are considered an asset;
- Have a car to get around the communities on a daily basis;
- Meet the requirements of a successful security screening;
- 6 months probation.

Send your resume before March 5, 2021 at direction.cavacat@tlb.sympatico.ca

Starting as soon as possible.

EXTENSION CORD SAFETY: WHAT TO DO AND WHAT TO AVOID

Don't let your extension cords become potential fire hazards.

Extension cords are a common and convenient way to bring power to electrical devices. But used without proper caution, they can become fire hazards and pose risks to your personal safety.

Follow these tips to help keep your home safe when using extension cords.

Selecting Extension Cords

- Purchase only cords that have been approved by an independent testing laboratory.
- For outdoor projects, use only extension cords marked for outdoor use.
- Read the instructions (if available) for information about the cord's correct use and the amount of power it draws.
- Select cords that are rated to handle the wattage of the devices with which they'll be used. A cord's gauge indicates its size: The smaller the number, the larger the wire and the more electrical current the cord can safely handle.
- Consider the length you'll need. Longer cords can't handle as much current as shorter cords of the same gauge.
- Choose cords with polarized or three-prong plugs. For use with larger appliances, thick, round, low-gauge extension cords are best. For smaller appliances and electronics, you can use thin or flat cords.

Using Extension Cords

- Never remove an extension cord's grounding pin to fit into a two-prong outlet.
- Avoid powering multiple appliances with one cord.
- Never use indoor extension cords outdoors.
- Don't plug multiple cords together.
- Don't run extension cords under rugs or furniture.
- Never tape extension cords to floors or attach them to surfaces with staples or nails.



- Don't bend or coil cords when they're in use.
- Cover unused cord receptacles with childproof covers.
- Stop using extension cords that feel hot to the touch.

Caring for extension cords

- Always store cords indoors.
- Unplug extension cords when they're not in use.
- Throw away damaged cords.
- Pull the plug — not the cord — when disconnecting from the outlet.

Why are extension cords a safety hazard?

- If the extension cord is covered, heat is unable to escape and could result in a fire.
- Make sure extension cords are visible and if at all possible, not running across highly trafficked areas. They can be a trip hazard for people walking through the area.
- When an extension cord is used, take extra precautions to prevent electric shock. It's important to make sure that it's not in water or snow. If you're using an extension cord outdoors, purchase a cord rated for outdoor use.

And remember that extension cords are intended as temporary wiring solutions. If you find you're using them on a permanent basis, consider updating your home's electrical system.

An Update from the Health Director

WE ARE ALL IN THIS TOGETHER

Kwe to all Members of Kebaowek First Nation. With a return to the Orange Zone level of alertness and the added curfew from 9:30 pm to 5:00 am that should last till after the Quebec March Break, we still have reason to feel optimistic. Our community has responded well in getting vaccinated and also for keeping the Corona Virus out of our community.

I am confident that our Region of Abitibi-Temiscamingue will return to at least the Yellow Level of Alert soon after the March Break if the numbers of new cases and the transmission of the virus and all the variants remain low as it seems to be the current case.

Congratulations and meegwetch to Kebaowek First Nation Health and Wellness Center (KFNHWC) Team for a well-coordinated and safe Mass Vaccination Clinic. By the time you are reading this month's newsletter, your vaccine will be at the 92% efficacy it is rated to be. We were informed that the second dose will be made available to us within an 82- to 90 day window, so we will be looking at around the second week of May, we will keep you informed. As another reminder, please let us know as soon as possible if you have changed your mind and would like to be vaccinated. The early we know, the better the possibility we can plan for it.

Public Health continues to remind us all to keep up with the national recommended sanitary measures even if you have been vaccinated:

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

KFNHWC now have certified technicians to operate the approved GeneXpert Covid-19 testing device and we are also working on obtaining certification to operate the Abbott I.D Now rapid test machine. As for the GeneXpert device,

we no longer share it with Timiskaming First Nation we will receive our own device in the upcoming weeks.

It is very important to remember that symptoms monitoring remains crucial to be able to detect new cases early, trace possible contacts and put in place the necessary measures to protect the population. In the event of symptoms compatible with those of COVID-19, a call should be made to the telephone line: 819 644-4545 or (833) 525-5858. This is very important if we want to limit the spread amongst our communities. Watch for announcement on our Health Center Facebook Page to see when we will have the GeneXpert device in our facility for if you are symptomatic, you could call our Health Center to make an appointment to get tested.

Meetings held during February via Zoom

- Kebaowek Emergency Response Group
- FN of Qc Health & Social Services 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.
- First Nations with INSPQ (National institute for QC Public Health)
- National Microbiology Lab Trainings

David McLaren
Director of Health and Social Services

Quotes on Healthy Living

*If you can't fly then run, if you can't run then walk,
If you can't walk then crawl, but whatever you do,
you have to keep moving forward.*
~ Rev. Martin Luther King Jr ~

*I don't believe people are looking for the meaning of life as
much as they are looking for the experience of being alive.*
~ Joseph Campbell ~

The only disability in life is a bad attitude.
~ Scott Hamilton ~

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**



COVID-19
**Vaccination
operation**

**So you have been
vaccinated against
COVID-19. Masks off?**

Not so fast!

- It takes at least 14 days to develop protection against the virus;
- The vaccine protects against the severe form of COVID-19, but it is not yet known whether it prevents you from getting or transmitting the disease asymptotically;
- A second dose is required to complete your immunization.

**Even though I have been vaccinated, to protect myself,
my loved ones and my community :**

- I maintain a distance of 2 meters from others;
- I wear a mask;
- I wash my hands regularly;
- I avoid travelling;
- I avoid gatherings.

Québec

The 6 Most Serious Effects of Drug Addiction on Family Members

When a family is trying to cope with a loved one who is struggling with an addiction, they tend to experience intense and conflicting emotions that can take a significant toll on even the strongest of relationships. The addict's family understands that their loved one isn't trying to cause problems or hurt them intentionally. This empathy makes them want to provide him or her with support, love, and encouragement. On the other hand, the manipulation, deceit, and other forms of emotional abuse that the addict throws their way daily is a cause of pain and frustration in the family.

The following are some of the most serious ways in which substance abuse affects the family.

1 - Impact on Children

If a parent is battling an addiction or substance abuse problem, the effects of that disorder are more than likely going to play a role in the child's development. This is especially serious in single-parent households where the children have no one else to turn to. When a parent has an addiction, they'll be too busy looking for and using their substance of choice, which distracts them from their responsibilities. As a result, they won't meet the needs of their child. This irresponsibility ranges from not taking care of basic needs, such as providing meals and keeping the child clean, to secondary needs like ensuring their child is getting an education and social life.

2 - Loss of Trust

Addicts aren't likely to follow through on their agreements or promises, and this causes further strain in their relationships. It's worth noting, however, that most addicts usually mean to honor their commitments but the effects of the substances make them unable to. Thus, if they're in a relationship, their significant other is going to be frustrated due to the addict's inability to meet their obligations. They're also likely to forget about the promises they make to their children. If this becomes a trend, the child will have a hard time forming bonds with other people since they don't know how to trust. This loss of trust often results in broken marriages and dysfunctional children.

3 - Increased Stress

In the throes of their addiction, the addict is likely going to leave all the responsibilities to their partner. The partner, therefore, becomes an enabler. Taking care of bills, making

decisions, raising the kids, and cleaning up after the addict is quickly going to take a toll on the other parent. This exposes them to an elevated risk of contracting stress-induced conditions such as high blood pressure and anxiety. In addition, people who bottle up their stress are more likely to explode and unleash their emotions all at once. This can cause even more stress and discomfort among family members.

4 - Financial Problems

Financing an addiction isn't cheap. Additionally, the substance abuse problem is likely going to cause the individual to lose their job due to poor performance or attendance. After that happens, they'll turn to their savings to quench their addiction. Consequently, the family will begin having problems paying for basic things such as food, clothing, utilities, and rent or mortgage. There may also be legal problems such as driving under the influence or being caught with drugs. The associated costs create an even bigger financial problem. Enablers might even provide money for alcohol or drugs to the addict to appease them. This is not only depleting their finances; it's also making the addict think that their family members will always be around to finance their fix.

5 - Physical and Emotional Abuse

In addition to making the addict irrational, their substance abuse is also likely to put everyone around them on edge. This means that simple disagreements can result in big fights as everyone feels misunderstood. With everyone acting out of character, physical abuse may start occurring on top of the pre-existing emotional abuse. Addicts can be the perpetrators of abuse, but their vulnerability also puts them at risk of becoming victims of it, too. Children of addicts might also end up becoming abusers as well. In an attempt to shift blame from the addicted parent, some children may end up acting out and misbehaving. These actions can later scar them and cause them to turn to drinking or drug use as their relative did.

6 - Fear and Confusion

Drug abuse usually makes an individual's behavior unpredictable. You never know how they'll react to a situation. In a bid to avoid physical or emotional abuse, family members might begin walking on eggshells to appease their addicted loved one.

The Relationship Between Addiction and Paranoia

What is Paranoia?

Paranoia is a thought process that causes irrational suspicion or mistrust of other people. Individuals who are paranoid may report feelings of persecution; in other words, they feel as if someone (or something) is out to get them. These delusions are not based in reality, although those who experience paranoia will attempt to interpret inconsequential events as signs confirming their personal conspiracies.

This phenomenon may occur as a symptom of a personality disorder or dementia, but it can also be caused by ongoing drug abuse.

Paranoia and Addiction

While most people would agree that drugs and alcohol are mind-altering substances, they may not fully understand the extent to which addiction can impact someone's mental health. The list includes:

- Substance-induced delirium
- Substance-induced persisting dementia
- Substance-induced persisting amnesic disorder
- Substance-induced psychotic disorder
- Substance-induced mood disorder
- Substance-induced anxiety disorder
- Hallucinogen persisting perceptual disorder
- Substance-induced sexual dysfunction
- Substance-induced sleep disorder

Substances that can cause paranoia during intoxication or withdrawal include:

- Cocaine
- Methamphetamine
- Other Amphetamines
- LSD
- Bath Salts
- Hallucinogens
- Marijuana
- Alcohol

Substance use can also worsen symptoms of independent mental illnesses, resulting in reduced quality of life, significant discomfort and issues at work, school and at home. When an individual begins to exhibit signs of paranoia or other severe reactions to drug use, it is vital to take action as soon as possible.

Signs & Symptoms

Whether it's nervousness about a bad performance review or anxiety about making new friends in middle school, everyone experiences paranoid thoughts at some point in their lives. These are differentiated from diagnosable paranoia, which is defined by constant unfounded feelings of unease and persecution. The symptoms may interfere with every aspect of someone's life, and could include:

- Negative beliefs about others and their motives
- Ongoing or constant stress related to these beliefs
- Feelings of mistrust for others
- Questioning what others are "up to"
- Expressing that they are not believed or are misunderstood
- Saying that they are victimized and persecuted, even when there is no evidence to support this
- Social isolation
- Believing that they alone are receiving special messages
- Gathering evidence to support their beliefs
- Eccentric behavior
- Taking precautions to thwart the efforts of persecutors
- Irritability and hostility, especially when confronted

Unfortunately, because individuals experiencing paranoia have a fundamental distrust of others, their relationships with friends and family members may become strained. Their fear of persecution may result in agoraphobic tendencies: social isolation and a refusal to leave the house. This is precisely when friends and family must step in to intervene.

How to Cope with a Paranoid Loved One

Living with a person who is exhibiting significant paranoia can be challenging. They may behave erratically or express their constant distrust for yourself or others. In order to successfully navigate this relationship, it is vital to create strong personal boundaries and cultivate an attitude of compassion.

Your number one priority should be to encourage adherence to a treatment plan. Whether this involves assistance with access to outpatient care or vigilance about their substance use, it is a hallmark of paranoid individuals to mistrust the very professionals who are trying to resolve their paranoia.

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

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.

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.

MEDICAL TRANSPORTATION CLAIMS

Changes for the Temiscaming Hospital

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

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

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.

Healthy Children = Healthy Adults

Nutrition for kids is based on the same principles as nutrition for adults. Everyone needs the same types of nutrients — such as vitamins, minerals, carbohydrates, protein and fat. Children, however, need different amounts of specific nutrients at different ages.

So what's the best formula to fuel your child's growth and development?

Consider these nutrient-dense foods:

- **Protein** Choose seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.
- **Fruits** Encourage your child to eat a variety of fresh, frozen or dried fruits — rather than fruit juice. If your child drinks juice, make sure it's 100 percent juice without added sugars and limit his or her servings. Keep in mind that one-quarter cup of dried fruit counts as one cup-equivalent of fruit. When consumed in excess, dried fruits can contribute extra calories.
- **Vegetables** Serve a variety of fresh, frozen or dried vegetables. Aim to provide a variety of vegetables, including dark green, red and orange, beans and peas, starchy and others, each week. When selecting frozen vegetables.
- **Grains** Choose whole grains, such as whole-wheat bread, oatmeal, popcorn, quinoa, or brown or wild rice. Limit refined grains such as white bread, pasta and rice.
- **Dairy** Encourage your child to eat and drink fat-free or low-fat dairy products, such as milk, yogurt, cheese or fortified soy beverages.

Aim to limit your child's calories from:

- **Added Sugar** Limit added sugars. Naturally occurring sugars, such as those in fruit and milk, are not added sugars. Examples of added sugars include brown sugar, corn sweetener, corn syrup, and others. Check nutrition labels. Choose cereals with minimal added sugars. Avoid drinks with added sugars such as soda and sports and energy drinks.
- **Saturated and Trans Fats** Limit saturated fats — fats that mainly come from animal sources of food, such as red meat, poultry and full-fat dairy products. Look for ways to replace saturated fats with vegetable and nut oils, which provide essential fatty acids and vitamin E.

Healthier fats are also naturally present in olives, nuts, avocados and seafood. Limit Trans fats by avoiding foods that contain partially hydrogenated oil.

- **Sodium** Most children have too much sodium in their daily diets. Encourage snacking on fruits and vegetables instead of chips and cookies. Check nutrition labels and look for product low in sodium.

If you have questions about your child's nutrition or specific concerns about your child's diet, please contact the Kebaowek Health Centre to speak to a registered dietitian.

I will be hosting baby food making workshops through zoom every second week at 1:00 pm. If you are not already participating and would like to please contact me at the Kebaowek Health Center at 819-627-9060 or lgrandlouis@kebaowek.ca

Please check our Facebook Page for my weekly children's book reading for the little ones.

**LYNN GRANDLOUIS
MCH/HEADSTART
SPECIAL NEEDS EDUCATOR**



**INSTANT
FROZEN
BERRY
YOGURT**

Ingredients

- 250g frozen mixed berry
- 250g 0%-fat Greek yogurt
- 1 tbsp honey or agave syrup

Method

Blend berries, yogurt and honey or agave syrup in a food processor for 20 seconds, until it comes together to a smooth ice-cream texture. Scoop into bowls and serve.

Physical Activity Challenge

#KWHCphysicalactivitychallenge

Starting March 8th and ending April 30th, 2021 the Kebaowek Health & Wellness Center is creating a Physical Activity Challenge for the community and its Band Members.

Participants will be asked to send a photo of themselves, where they are doing some form of physical activity.

You can send in 1 photo daily to enter the draw.

Participants will have two options to join the challenge:

Option 1

If participant posts Physical Activity picture to Facebook and the participant tags the Kebaowek Health & Wellness Center with the hashtag

#KWHCphysicalactivitychallenge,

the participants will get 2 ballots put into the draw.

Option 2

Participants can send a picture to mmcmartin@kebaowek.ca or message our Kebaowek Health & Wellness Center Facebook Page for 1 ballot.

Option 3

Text a picture to the Kebaowek Health & Wellness Center cellphone **819-627-6888** for 1 ballot.

Winners will be announced the first week of May !!



STILL TIME TO JOIN !!



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.

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.

Upcoming Health Center / First line Activities



2021 Medicine Cabinet Clean Up Contest

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

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

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

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

Drugs that are thrown in the garbage can be retrieved by others and sold, while flushing medications can potentially contaminate the water supply. By safely disposing, you will help prevent poisoning, misuse and overdose in our community.

All medications must be dropped off before 12:00 pm on Friday December 10th, 2021 to be eligible for the draw.
THIS CONTEST WILL RUN ALL YEAR !!

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 March and April

Wednesday March 3rd, 17th and 31st
Wednesday April 14th and 28th

Lunch on the Run Dates for March and April

Tuesday March 9th and 23rd
Thursday April 8th and Tuesday April 20th

READY SET COOK!!

**MARCH IS NUTRITION MONTH,
AND THE BEGINNING OF AN 8 WEEK
"HEALTHY MEALS CHALLENGE"
THAT PROMOTES
HEALTHY FOOD CHOICES & PORTION SIZES**

It can be Breakfast, Lunch or Dinner !!

Please send us your photos !!

Maximum of 1 photo per day !!

Take a photo of your meal prep, prepared dish or recipe and make a comment about it to receive a ballot !!

Send it vmcmartin@kebaowek.ca or message our Kebaowek Health & Wellness Center Facebook Page
You can also text a picture to the Kebaowek Health & Wellness Center cellphone **819-627-6888**.

PRIZES TO BE WON !!

**Starting March 8th and ending April 30th, 2021
Winners will be announced the first week of May**



BAKED FETA PASTA

Try this recipe and send a picture for an extra ballot !!

Ingredients

- 8 ounces pasta choice
- 2 pints cherry tomatoes
- 8 ounce block of feta cheese
- ½ cup olive oil
- Salt and pepper
- 3 garlic cloves
- ¼ cup basil

Instructions

Preheat oven to 400°F

1. In a baking dish combine, olive oil, basil, garlic and tomatoes,

add feta in middle (flip a few times in olive oil) Bake in the preheated oven for 35 minutes, until the cherry tomatoes burst, and the feta cheese melts.

2. While tomatoes are baking cook pasta
3. Remove dish from oven and carefully mash tomatoes with fork then add pasta and mix.
4. Serve and Enjoy

**Prep Time: 5 mins Cook Time: 35 mins
Servings: 6 servings**

For both Moms & Dads!

Parent's Club

For the month of March : CANDLE MAKING
Only 15 kits available



This will be an 'at home' project to respect safety measures put in place by Public Health

Must register by Monday, March 15th @ 4:30

Deliveries will be made the week of March 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

SWIMMING @ THE CENTRE



Due to measures that are in place & to protect everyone's safety, La Centre Temiscaming is offering 1 hour Family Private Swim time. If you are interested in participating, please book your time slot, and once completed send me a picture of your receipt for refund. Only members of the same family "bubble" will be allowed into the pool for rent.

** In effect until new restrictions are over.

YOUTH & THEIR FAMILIES	\$25 PER FAMILY	THE CENTRE 819-627-3230
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FOR MORE INFO OR QUESTIONS PLEASE CALL AMANDA @ 819-627-9877



Women's Paint Night

WEDNESDAYS
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

Snack Time for Elders 55+



We will be providing all supplies to create this healthy snack and we will deliver it to your house the day of for you to make at home.

Snack and Dates of Delivery:

March 11th, 2021 (10 am - 11 am) Homemade Trail Mix

March 25th, 2021 (10 am - 11 am) Homemade Yogurt Parfait

Dates to sign up by:

March 8th, 2021 by 4:30 pm (Trail Mix)

March 22nd, 2021 by 4:30 pm (Yogurt Parfait)

Please call Shelly @ 819-627-9877 to sign up or if you have any questions or need more information.



Community Kitchen

On the Menu:
Chicken
Parmesan



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

Tuesday, March 9th

1:30 pm - 3:00 pm

You must register by Friday, March 5th @ noon.

Food will be delivered by 1:00 pm and zoom will start at 1:30 pm

Monday, March 15th

4:45 pm - 6:00pm

You must register by Friday, March 12th @ noon.

Food will be delivered by 4:00 pm and zoom will start at 4:45 pm

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

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

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 Lunch on the Run Community Kitchen Men's Paint Night	10 Women's Paint Night	11 Snack Time for Elders RECYCLE	12	13
14 	15 Community Kitchen	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 Snack Time for Elders RECYCLE	26	27
28	29	30 Men's Paint Night	31 Meals on Wheels Women's Paint Night Drumbeat Bingo Radio	March 2021		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2021				1 KFN OFFICES ARE CLOSED FOR GOOD FRIDAY (AFTERNOON ONLY) GARBAGE	2 KFN OFFICES ARE CLOSED FOR GOOD FRIDAY	3
4	5 KFN OFFICES ARE CLOSED FOR EASTER MONDAY	6 Men's Paint Night	7 Women's Paint Night	8 Lunch on the Run RECYCLE	9	10
11	12	13 Men's Paint Night	14 Meals on Wheels Women's Paint Night Drumbeat Bingo Radio	15 GARBAGE	16	17
18	19	20 Lunch on the Run Men's Paint Night	21 Women's Paint Night	22 RECYCLE	23	24
25	26	27 Men's Paint Night	28 Meals on Wheels Women's Paint Night Drumbeat Bingo Radio	29 GARBAGE	30	