



Kebaowek First Nation Mazinaigan / Newsletter

Wabigwan Kizis / May 2021

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An Update from the Chief

As has been the case now for almost 14 months, my article will begin again with news on the pandemic and our continued efforts to keep it at bay. I must begin by thanking again all members who continue to put forth the effort and follow Public Health guidelines. It's because of each and everyone of you and your actions that have kept us in a good place and Covid-19 out of the community. Our work and collective efforts are far from being over, we still need to follow Public Health guidelines for the next while even after we are all fully vaccinated. Wearing a mask, physical distancing and good hand hygiene will continue to be needed.

In last months article I spoke of the rising numbers of cases in the Region and also of the more transmissible variants and the increased risk they posed. The good news is that case numbers have now stabilized in our Region and are in fact dropping, giving hope that we will see our Zone returned to the Yellow Level and a reduction of some of the restrictions in the next few weeks. In fact the numbers across Quebec are dropping as well although there are still a couple of hot spots but we are trending in the right direction. The same however can't be said for our neighbours in Ontario, they have seen another surge in this third wave and are struggling, new infections are through the roof and its having an impact on their health care system. This has resulted in Ontario closing its borders with Quebec and having their Provincial Police monitoring them and enforcing their revised pandemic measures which includes essential travel only. It's feels like déjà vu from a year ago when Quebec did the same thing at the start of the pandemic. I like many, thought that this would be over by now but here we are in almost the same place we were a year ago, restrictions, curfews and stay at home orders dictating what we can and cannot do. While I know its been a tough battle for many and a tough year there are positives we didn't have last year that is going to get us through these next weeks and months.

Most members have already received their first dose of the Moderna vaccine with the second doses of the vaccine scheduled for the week of May 31st - June 3rd. For those who did not get it the first round, you now have an opportunity to get your first dose.

I want to take this to highlight the importance of getting the vaccine and address some of the concerns raised by those who are on the fence with this decision. Like many of you at the start I was skeptical of the vaccine, would it do what is was designed to do? Will there be side effects? If yes, what are they and what does that mean for me? I took this and a whole lot of other information, read it, talked to others including my family doctor and then made an informed decision that I was going to take the vaccine and was prepared to deal with any potential side effects. It was a selfish decision as I wanted to be protected and in (Page 2)

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Fax: (819) 627-9428



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



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

An Update from the Chief Cont'd

doing so I'd be protecting my family, friends and community. I encouraged those I knew and the entire community to follow my lead and many of you did and we are grateful you saw the benefits of getting vaccinated. There are however a number of you who did not and I respect whatever your thinking was at the time, some were unsure if the vaccine was safe and concerned about potential side effects, some don't believe in vaccinations while others simply wanted to take a "wait and see approach" until there was more information and evidence. I am now reaching out to humbly and respectfully ask you to look at the new information and data on the importance and benefits of vaccination and to revisit your decision and take the vaccine when it becomes available to you. I'm going to speak openly and honestly here and give you a couple of other reasons to think about why you should get the vaccine.

First off let's be clear that the vaccine is not a cure for Covid. There are and have been some serious side effects, although small numbers, they do happen so let's admit that and remember however that hundreds of millions of doses have been administered and a handful of adverse reactions have been reported. Is one vaccine better than another, according to everything I've read, seen and heard, they are all effective and some work better on some of the variants than others but the main purpose of the vaccine is to stop the spread of the virus, reduce symptoms and health impacts if infected. It can help keep you and your loved ones out of the hospital and off oxygen, intubation and life support, you can reduce the risk of being in the Intensive Care Unit (ICU) facing the worst case scenario which is death. We have watched on the news day after day of how many people have lost their battles and their lives to this virus and the sadness and loss that families are living through, I don't want any of our families to have to experience that reality. The vaccine will ensure that if you get Covid; you may have symptoms, but chances are you won't end up in hospital, ICU or die. I'm sure your family like mine wants to see you live a long and prosperous life and getting vaccinated means you will have that chance. Many of you are thinking you can fight this without the vaccine but what if you are wrong and you can't, by the time you know it, it may probably be too late. Serious illness, hospitalizations and death are now preventable for those who contract Covid and it's just a vaccine away. As the Prime Minister noted we are in the 3rd phase of this pandemic and getting as many people to get shots in arms is the last step to getting some normalcy back in our lives. I think each and everyone of us are hoping for a

good summer and a great fall and getting 75-80% of our populations are key to this happening.

So I am asking again, all those who have not gotten vaccinated to please consider doing so, don't do it for me, do it for yourself, your spouse, for your parents, grandparents, children, grandchildren and for our community. I want each and everyone one to live a long life, watch their children grow up, have children of their own and being able to spend time with family and friends. We have now learned how to live with Covid and for the foreseeable future we will need to continue to do so, so let's make sure its only impact is making us sick and that death from this virus is a thing of the past.

I will end by saying that there has been much talk of a vaccine passport that will be needed in the future. Being vaccinated may have an impact on travel, some countries have already opened up to tourists who can prove they've been fully vaccinated and I suspect you will see more and more of this as time goes by and as countries reopen. Government doesn't talk about this much but there are rumblings, you may need to be vaccinated to attend sporting events, festivals and concerts. There will be discussions on whether some professions and jobs will require you to be vaccinated etc. Just some additional things to think about as you weigh the pros and cons of vaccination and your final decision. In closing I agree with the Health Professionals across this country, the benefits of the vaccine far outweighs the risks and the best vaccine for you is the one that is offered and available first.

This is a good segue into my next topic which is also health and Covid related and it's the topic of mental health. This past year has been difficult for everyone, having to stay home, isolated at times from family and friends, the stress and anxiety of dealing with the new virus and the constant worrying that came with this new reality. This all plays on our minds and it impacts our mental health but it doesn't impact everyone in the same way. For those who were already struggling, this just added to the pressures and anxieties they were feeling and going through.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health

An Update from the Chief Cont'd

problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental illness is common; but for most of us, we never speak openly about it or of our struggles because there is still a stigma in our community and society that if you have mental health challenges then people look at and treat you differently. It's a shame really because mental health is a sickness, it does not mean you are weak and in many cases its treatable and people make full recoveries.

I'm raising it my article as next week is Mental Health Week and our Health Center and First Line Services Team will be offering a number of activities and information on Mental Health and I'm encouraging everyone to check out their schedule of activities and to participate in as many as possible. Many are family oriented and are designed to make you feel good after a particularly long and difficult year for us all living with this pandemic.

I am a firm believer that there is no shame in asking for help if you are struggling we have programs, staff and resources to help you through your challenges. I don't wake up everyday feeling good and its ok to not be ok. If for some reason you can't get yourself out of the funk your in, then reach out and talk to someone, a friend, family member, your family doctor or any of the resources we have here in the community through Health and First Line Services. They can help guide and direct you to the people and services that could help you. As a community we need to become more understanding and compassionate to those struggling, mental illness is a sickness and no one wants this but it is happening and rather than shaming people lets make sure that we lift them up and support those who want to make themselves better.

As many you have seen the work on our new Marina has started and remains on schedule to be completed by mid June at latest however we are pushing to have it completed sooner and to make sure that the main dock and gas pump be ready by end of May. It's an exciting project that is generating a lot of interest. As you know, Kebaowek Band Members have priority for renting a boat slip and if you haven't done so already, please contact Karen Young at Land Management to reserve and pay for your spot. We

also have a waiting list of non-members who want to rent a spot as well so its becoming clear this project is meeting an important need not only for our community but also our neighbouring municipalities and tourists.

The AANTC Election has been postponed to May 20th, 2021 because of a Covid-19 outbreak in the communities of Kitigan Zibi and Wagoshig. Verna Polson who has been appointed the Electoral Officer for the AANTC Election will be providing information in the coming days once a revised strategy has been approved by the Chiefs of the Tribal Council.

In closing, I want to take the time to thank each and every family and community member who participated in our Annual Spring Cleanup last week. I see a lot of clean yards and public spaces. I've seen countless truck and trailer loads of garbage and Eco Center items being hauled away by our Public Works Department. As I've noted before, people are impressed when they come to our community and one of the comments we hear is how clean it is here and the pride people have in their property and community which you all need to get credit for. Special thanks to the Public Works Department for organizing this annual event and to our employees who worked extremely hard in picking up, sorting and hauling away the items. The community looks good and our summer students will do the fine tuning and additional cleaning once they start work later this spring.

We should all be proud of our beautiful community and the people who live here. We are blessed in so many ways that we get to call Kebaowek home.

Chief Lance Haymond



Band Council Elections

The Band Council elections are coming up on Friday, June 4th, 2021. Elections will be held at the Kebaowek Community Hall from 9:00 am to 8:00 pm, at which time the ballots will be counted.

Elections for one (1) Chief is needed.

Nominees for Chief (in alphabetical order): Michael Grandlouis, Lance Haymond.

Elections for three (3) Councillor positions are needed.

Nominees for Councillor (in alphabetical order): Gerald Chaput (Yogi), Kimberly Chevrier (Kim), Doris Hunter, Gerald (Buddy) Jawbone, Justin McKenzie (Chummy), David McLaren, Dennis Perrier (Jungo), Verna Polson, Justin Roy, Lori Tepiscum.

Eligible voters: To be an eligible voter you must be 18 years of age on Election Day and your name must appear on the Voters' List provided to us by Indigenous Services Canada. All members living on reserve are asked to vote in person at the Community Hall. However, if you prefer not to vote in person on June 4th, you may request a mail-in ballot. We cannot accept requests for a mail-in ballot from a third party. You may request it by e-mail at election@kebaowek.ca or by phone at 819-627-3455, Ext 203. The ballot can then be returned by mail or hand delivered by a third party on Election Day.

A simple reminder: We will be following Covid-19 protocols on Election Day. You are asked to wear your mask, wash your hands, sign the declaration form as you come in and respect social distancing.

Hope this information is useful to you and looking forward to a successful Election Day.

Nicole Rochon, Electoral Officer
Karen Young, Deputy Electoral Officer

**Music can boost
your mood.**

Create a playlist of
songs that lift you up.



Kebaowek Cultural Program

Kebaowek First Nation Spring Feast

Spring is the new season of new beginnings. the weather turns warmer, trees begin to grow their leaves, plants grow, flowers bloom and young animals are born. Spring is the season after winter and before summer and days become longer. This year our community will be having a feast to mark the end of winter and the arrival of warm days, as with most rituals, food is a primary component for this year. The Spring Feast includes traditional foods such as bannock with wild meat such as fish or moose. We are still relearning and rediscovering our traditions.

Please see page the announcement for our Spring Feast which has been organized to respect Covid-19 protocols.

Verna Polson
Cultural Coordinator

Traditional Full Moon Ceremony



with Stephanie McMartin

Wednesday May 26th, 2021
8:00 pm - 9:30 pm

Please join us at the Kebaowek Arbour

*If you are able, please feel free to bring:
Skirt, Drum, Rattle*

For more information please contact:
Verna Polson - Cultural Coordinator
Phone: 819-627-3309 or 705-358-4474 Email: vernap@kebaowek.ca



KEBAOWEK FIRST NATION

SPRING FEAST

Wednesday May 19th, 2021 starting at 4:30 pm



RSVP FOR A TAKE-OUT DINNER (LIMITED QUANTITY)

**TAKE-OUTS WILL BE AVAILABLE FOR "DRIVE THRU" PICK UP AT THE DOME
DELIVERY AVAILBALE FOR THOSE WITH NO TRANSPORTATION**

TO RSVP PLESE CONTACT TINA CHEVRIER

CALL THE KEBOWEK HEALTH AND WELLNESS CENTER 819-627-9060

EMAIL TCHEVRIER@KEBAOWEK.CA

OR MESSAGE THE KEBOWEK HEALTH AND WELLNESS FACEBOOK PAGE

FOR KEBOWEK BAND MEMBERS AND THEIR IMMEDIATE FAMILY MEMBERS

Kebaowek Housing Department

Duplex- Two Bedroom Rental available June 1st, 2021

Rent: \$375.00 month plus utilities

Criteria: Single or couple (Overcrowding is not an option.)

Duplex- Three Bedroom Rental available June 1st, 2021

Rent: \$450.00 month plus utilities

Criteria: Family

If you are interested, applications are available at the Housing Department, deadline May 14th, 2021 by 12 noon.

Tenants will be chosen by criteria formula if there are any ties then it will be based on date of application.

Tanya Mckenzie,
Housing Administrator
tmckenzie@kebaowek.ca 819 627-3455

**THE KEBAOWEK EDUCATION DEPARTMENT
IS LOOKING FOR ANY PERSONS
INTERESTED IN OCCASIONAL EMPLOYMENT
AS A SCHOOL BUS DRIVER**



If you have a Class 1 or 2 driver's license and you are interested, please contact Rose Jawbone at 819-627-3455 or at email address rjawbone@kebaowek.ca.



Kebaowek First Nation Marina Dock Slip Rentals



Kebaowek's Marina will be opening this summer with 52 dock slips available for seasonal rental. Secure facilities, vehicle parking, lighting.

Fees for the season: \$250/member or \$400/non-member.

All members have until **May 31, 2021** to reserve and pay in full for a slip.

On June 1, 2021, any remaining slips will be offered for rental to non-community members.

Note that if you were a previous renter, your spot is held but you must confirm and pay in full before the May 31, 2021 deadline.

If you would like more information or to rent a slip, please contact

Karen Young at Land Management

Phone: 819-627-3309 or kyoung@kebaowek.ca

**Notice if you're
feeling stress
in your body.**

It might be a cue to
take care of yourself.



CENTRE DE LA PETITE ENFANCE



**Kebaowek Childcare Centre has a few
spaces available in September;
Please call soon to reserve a spot
because they fill up fast.**

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: March 14th - April 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: April 11th - May 8th, 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 **April 12th, 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

Summer Student Employment 2021

**WE'RE
HIRING!**

The KFN Maintenance Department will be hiring 3 students for their summer employment.
Please submit resumes to Terry Perrier by May 18th, 2021 at 4:30 pm.

Migizy Gas also requires 3 students for the dock positions.
Please submit resumes to Marnie Perrier at Migizy Gas by May 18th, 2021 at 4:30 pm.



Kipawa Countryfest

Our dear Countryfest family and friends,

TODAY WE ARE SADDENED TO ANNOUNCE FOR A SECOND YEAR THE CANCELLATION OF THE 13th ANNUAL KIPAWA COUNTRYFEST!

We're heartbroken and disappointed that we must cancel our festival for a second year and we won't be able to reunite with you on August 20-21-22, 2021 as we'd hoped. Due to the continued uncertainty of covid-19, it's simply impossible for us to safely hold an event of our size and ensure the health and safety of everyone involved.

We want to thank all artists, volunteers, vendors, and festival attendees for your patience, understanding and of course your continued support during the challenging times of this pandemic.

**** SAVE THE DATE: AUGUST 19-20-21, 2022 ****
We will be back for the 13th annual Kipawa Countryfest!

All wristbands purchased for the 2020 festival will be honoured in 2022. Please read the next post for more information on exchanges/refunds.

In the meantime, we wish you a happy, safe, and healthy summer season. Be well and be kind!

~ Kipawa Countryfest Committee ~



Kipawa Countryfest

WRISTBAND EXCHANGE/REFUND

Please read carefully the following 2 options available to you

OPTION 1 – EXCHANGE: Keep your already purchased wristband and have it exchanged at the entry gate for a new wristband during the 13th Annual Kipawa Countryfest in 2022.

REASONS TO KEEP YOUR WRISTBAND: Your already purchased wristband will be exempt from any possible price increase at the 2022 festival. When you exchange your already purchased wristband, you will be entered into a special draw countryfest weekend (prize to be announced).

NOTE: If you choose to keep your wristband, you are responsible for your wristband. You must have it with you to do an exchange at the Countryfest entry gate in 2022. No exceptions!

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

NOTE: Refunds will be given out starting June 1st and only until September 30, 2021. No refunds will be given after this date.

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

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

We wish you well and look forward to welcoming you back next year to the 13th Annual Kipawa Countryfest August 19-20-21, 2022!

~ Kipawa Countryfest Committee ~

Kebaowek Police Department

STATISTICS FOR MARCH 2021

- 5 - Public Assistance
- 3 - Mischief
- 2 - Information Received from Public
- 1 - Fraud
- 1 - Indecent Communications
- 1 - Infraction Ticket (Covid)
- 1 - Assault, Resisting Arrest
- 1 - Causing a Disturbance in Public Place
- 1 - Failure to Comply with Probation Order

On December 4, the Government of Québec announced a series of measures to improve police training and practices regarding Indigenous citizens and combat violence against Indigenous women and girls. Some of the measures put forward by the Ministère de la Sécurité publique (MSP) directly concern the École nationale de police du Québec (ENPQ), including

1. Promoting the First Nation/Inuit basic training in police patrolling;
2. Increasing the accessibility of advanced training courses for more First Nation/Inuit police officers;
3. Offering adapted training to members of First Nation/Inuit police organizations on domestic violence, sexual assault and family violence;
4. Offering a basic English training program in investigation to the members of First Nation/Inuit police organizations.

The announced measures have been in effect since April 1 and will continue until March 2025.

Funding for 24 First Nation/Inuit police cadets per year in the Basic Training Program in Police Patrolling (BTPPP)

Starting with the next cohort, tuition, course material and accommodation for First Nation/Inuit police cadets are covered by this grant.

- In accordance with the general admission requirements, applicants must submit a valid promise of employment from a First Nation/Inuit police organization.
- The next French cohort is scheduled to begin on September 7, 2021. A few places are still available. For more information on the admission process and important dates, please contact us at formipaq@enpq.qc.ca.

Funding of advanced training courses

Nearly \$900,000 are available to promote access to advanced training (adaptation, translation, coordination and delivery of ENPQ training).

As of April 1, except for the student travel costs, training costs for First Nation/Inuit clients are fully covered by this grant. You can now register at no cost for the courses listed in the 2021 course calendar, including ENPQ's university courses. We will contact you soon to discuss your additional training needs (French and English) and improve this calendar for both on- and off-campus courses.

Upcoming: Adapted training in domestic violence, sexual assault and family violence

In partnership with the Director of Criminal and Penal Prosecutions (DPCP) and the Direction des pratiques policières of the MSP, ENPQ will offer to various active police officers and investigators, refresher training on domestic, sexual and family violence, as well as on the basic notions of criminal investigation and the various obligations related to the judicial treatment of cases.

This training is currently under development and will be available in March 2022. It will be deployed in communities as part of a training "tour."

Upcoming: Basic English training program in criminal investigation

ENPQ will soon offer an English investigation program. This program will be adapted and revised to respond to the various issues reported in Commissions and Investigations and, therefore, better equip English-speaking police investigators. Students will be capable of initiating a police investigation file in order to allow an expert investigator to pursue and complete the investigation process. For certain types of cases, the investigator will have sufficient skills and knowledge to take complete charge of an investigation.

This training program is currently under development and will be available in March 2022. The basic English training program in investigation will be offered at ENPQ.

For more information:

Ivan Gray Jr. First Nations

Training Instructor/Coordinator Advanced Police Training

Telephone: 819 293-8631 extension 6227

Email: IGray@enpq.qc.ca

Land Management and Resources Department

Reducing/Preventing Blue-Green Algae Blooms

As the spring and summer months begin to warm up and the change of water quality in the Kipawa Lake Watershed persists, the possibility of ALGAE BLOOMS are becoming more frequent. We would like the community to know that LMR is currently working on a procedure to better address scenarios where Blue-Green algae may be present.



***Protecting lakes and rivers
is a winning solution
for everyone,
in town or in the country, at
the cottage or on the farm.***

Several factors help the growth of blue-green algae, such as high water temperature, low current, water stagnation and climate change.

The main culprit, however, is the **excess of phosphorus**.

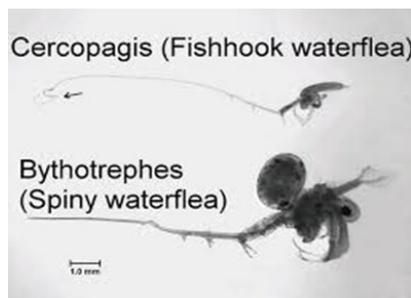
By doing things to limit phosphorus intake, we can help restore the Kipawa Lake Watershed, and further prevent it from changing.

Protective Measures:

- Creating Riparian Buffer Zones along shoreline
- Using Phosphate-Free soaps & detergents.
- Pay attention to your septic system (leakage, outdated, overflow, distance from water etc.)
- Use less herbicides and eliminate fertilizers
- Help slow climate change.

If you see any signs of blue-green algae, contact the LMR office and someone will be there to collect a sample. Keep in mind that non-toxic algae can be present, but as a safety precaution, treat it as Blue-Green Algae!

The Spiny Water Flea Detected in Lake Temiscaming / Ottawa River



HELP KEEP THIS INVASIVE SPECIES OUT OF LAKE KIPAWA !!

Washing your boat and fishing equipment could stop the spread of this INVASIVE SPECIES.

- **Inspect** your boat, trailer and other equipment and remove all clumps or fragments of aquatic plants, as well as all mud and organisms that are visible to the naked eye. These items should be discarded in a location (e.g. a garbage can) that will prevent them from being reintroduced into the natural environment
- **Empty** any water that may be left in your boat or other equipment (e.g. holding box, motor, bilge or cooler) before leaving the lake
- **Clean and dry** your boat and trailer, as well as any other equipment that came into contact with the water
- **Repeat** all these steps when you plan to visit a new lake.

Turtles Need YOU This Season



Turtles are on the move once the weather gets warm - but sometimes, a road or a highway stands between them and their destination. Speeding traffic and slow-moving turtles don't mix, and many turtles are severely injured or killed on roads every year.

Pick them up by grasping them firmly by both sides of the body, in front of their hind legs. Be careful not to drop them, and always remember SAFETY!

Large snapping turtles have long necks and can bite hard, so instead of picking them up, gently push them from behind to safety with a blunt object. Don't use anything sharp that could cause injury.

Always keep them moving in the same direction that they were headed. Do not try to make them change course, as they have a destination in mind and will simply try to cross the road again if placed back where they started from. Once they're safe on the other side, leave them alone.

Don't relocate turtles to new areas, even if you think their current location is odd (unless it is obviously hazardous, such as a busy parking lot). Moving them to an unfamiliar location can subject them to foreign diseases and parasites that they lack a natural immunity to, so that should be avoided.

Seasonal Property Fire Safety

This includes but is not limited to cottages, cabins, motorhomes/rvs, boats & houseboats etc.

- Test smoke alarms at least monthly or each time you return to your seasonal home. Pack a new smoke alarm and extra smoke alarm batteries in case they need replacement.
- Install and ensure carbon monoxide alarms in your seasonal home if it has a fuel-burning appliance.
- Develop and practice a home fire escape plan to ensure everyone knows what to do if the smoke alarm sounds.
- Know the telephone number for the local fire department and your seasonal home's emergency sign number, in case of emergency.
- Clean barbecues before using them. Keep an eye on lit barbecues and ensure all combustibles, as well as children and pets are kept well away from them. Fires can happen when barbecues are left unattended.
- Keep barbecue lighters and matches out of sight and reach of children.
- Remember to bring a flashlight with extra batteries.
- Check heating appliances and chimneys before using them.
- Check with your local Fire Department, Municipality, or Ministry of Natural Resources to determine whether open air burning is permitted before having a campfire or burning brush. If open burning is allowed, fires should be built on bare soil or on exposed rock. Remove leaves and twigs from around the fire to keep it from spreading. Always keep a bucket of water, sand, or even a shovel close by and supervise the fire at all times.
- If you must smoke, do so outside. Keep a large can with water nearby so cigarette butts can be safely discarded. If you drink, do so responsibly. Tobacco use and excessive alcohol consumption are contributing factors in many fires and can lead to serious injuries.
- Burn candles in sturdy candleholders that will not tip and are covered with a glass shade. When you go out, blow out!



Happy Birthday Mars !!

Love Sandy & Hunter
XOX



Happy 4th Birthday to Eric
who celebrates his special day
on May 28th !!

Love Nana & Papa

Drumbeat
THE HEART OF KBAOWEK

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 sold at:
Lakeview Store, Migizy Gas, Stop-102,
Station Centre-Ville, and Dandys Depanneur.

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



Drumbeat THE HEART OF KEBAOWEK

Creating a Culture of Recognition

We are so fortunate to live in a community with so many opportunities. We're able to raise our children to be good community members and volunteers that make a difference.

Drumbeat Radio would like to start sharing success stories of members who are doing great things and making a difference in their personal life or in the lives of other people.

Honouring a community champion demonstrates that even one person can be an effective agent for change, and encourages action. Honouring a community champion makes not only that person, but others engaged in community feel that they and their work are valued and appreciated.

We would like to give those members a chance to shine and recognize them for all their hard work whether the impact is felt personally or at the community level. If you know someone who is doing great things, we want to hear from you!

Inspiring each other, one member at a time!

For more information contact:

Drumbeat CKFF 104.1
Jamie-Lee McKenzie
Phone: 819-627-9595
Email: jmckenzie@kebaowek.ca

Address: 106 rue Ogima, Kebaowek Quebec, J0Z 3R1

A Message from the Health & Social Services Director

LET'S THINK POSITIVE, LET'S BE OPTOMISTIC

Kwe to all members of Kebaowek First Nation. We are well past a full year since the pandemic started and we have all been through some type of adjustments within our lives. For most of us, because our employers like the Band, Rayonier Advanced Materials and our Land Management Company were deemed as an essential service, we did not have to deal with a disruption in our income. This was huge as there are many who weren't so fortunate. We were spared some significant hardship and should be thanking the Creator for this.

As of late, we are now living another strict form of lockdown and measures that although we know are working, are still hard to accept even after a year of getting use to! But let's continue look at the bright side. Our community has done well amidst this pandemic. We have prepared ourselves to handle potential outbreaks within our boundaries and have kept a close eye on our most vulnerable population. We have also done a great job in administering a sizeable amount of vaccines (1st Moderna dose) to our population and we look forward to delivering the 2nd dose and hopefully a few more 1st doses to other members during the first week of June. This is something very positive to build from. Premier Legault recently stated that "we should have a way better summer in 2021 in comparison to the summer of 2020". He also mentions that warmer weather is coming soon and it is known that the virus doesn't like the warm and dry weather. School will be over soon and the Provincial Vaccination Campaign is rolling out well, so we have reason to be optimistic.

Because it's so important and needs to be crystal clear, if you have not yet been vaccinated against the Corona Virus and wish to receive your first dose of the Moderna vaccine at the same time we will be giving out the second dose in early June, please call Tina at the Health Center to book an appointment with us by May 14th so we can add you to our list and reserve a vaccine for you. After our mass clinic is over, you may still be able to receive a vaccine from our area hospital at a later date, but it may be of a different brand due to availability such as; Astrazeneca, Pfizer or Johnson & Johnson.

As of Thursday April 29th, we are down to 14 active cases and under 2 cases per day since the weekend. This proves that if we adhere to the national strategies listed below along with the imposed provincial and regional measures, we can flatten the curve and hope to head into the warmer

months with less imposed restrictions and closer to a normal life. Having 75% and more of our population vaccinated has always been a goal and objective of our Leadership and your Health Center and we are very confident that you will step up to the plate and roll up your sleeve to help your nation attain and even surpass the best possible vaccination outcome.

Let's keep up with:

- 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 regional level of alertness which, as of now, Orange with the added curfew from 5:00 am to 9:30 pm and with out of region travel only out of necessity.
- Coughing in the crook of your elbow.
- Adhering to safety protocols in public places.
- Getting tested if you develop flu like symptoms.

~ **Stay safe, Be vigilant and mostly, Get vaccinated** ~

Meetings held during April via Zoom

- Kebaowek Emergency Response Group
- FN of QC Health & Social Services Directors
- Drumbeat Radio Public Information Announcement
- CISSSAT Board of Directors & Verifications Meetings
- Public Health Department at CISSSAT with English FN's
- FNQLHSSC Board of Directors
- First Nations with INSPQ (National institute for QC Public Health)
- KFNHWC Executive Meetings
- Indigenous Services Canada; Infrastructure Department

Quotes on Governance

"Good governance is the art of putting wise thought into prudent action in a way that advances the well-being of those governed."

~ Diane Kalen-Sukra ~

"We do not have government by the majority. We have government by the majority who participate."

~ Thomas Jefferson ~

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 KBAOWEK 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**

The facts about COVID-19 vaccines

Vaccination is one of the most effective ways to protect your health. Vaccines work with the body's natural defences to develop protection against a disease. COVID-19 vaccines provide instructions to your body's immune system to recognize and fight off the virus that causes COVID-19.



Free vaccines will be available to everyone who lives in Canada. Provinces and territories have developed detailed vaccination rollout plans for their residents.

Why get vaccinated for COVID-19?

Vaccines Work



Scientific and medical evidence show that vaccination can help protect you against COVID-19. Studies are also showing that vaccinated people may have less severe illness if they do become ill from COVID-19.

Vaccines Are Safe



Only vaccines that are proven to be **safe, effective** and of **high quality** are authorized for use in Canada. The COVID-19 vaccines have been rigorously tested during their development and then carefully reviewed by Health Canada.

The vaccines cannot give you COVID-19 because they don't contain the virus that causes it. The vaccines also cannot change your DNA.



mRNA vaccines provide instructions to your cells for how to make a coronavirus protein. This protein will trigger an immune response that will help to protect you against COVID-19.

Viral vector vaccines use a virus that's been made harmless to produce coronavirus proteins in your body without causing disease. Similar to mRNA vaccines, this protein will trigger an immune response that will help to protect you against COVID-19.

“LET’S GET GROWING”
ANYONE INTERESTED IN GARDENING ??
I CHALLENGE YOU TO A GROWING COMPETITION !!

This is a 6 week challenge and will begin on April 9th to May 14th. We will supply you with seeds and a starter kit.

All you have to do is take pictures of you planting the seeds, then another once they start to sprout followed by one last picture before transplanting. Everyone who sends in a picture will have a chance to win one of 3 draws.

1st Prize - Small Greenhouse
2nd Prize - Medium Greenhouse
3rd Prize - Large Greenhouse

For more information or to register call Virginia at 819-627-9060 or Shelly at 819-627-9877

Deadline to register is:
Monday May 5th, 2021




1st **2nd** **3rd**

Awesome job !!
Keep sending your pictures !!

Wellness Week
May 24th to 28th, 2021

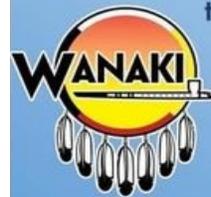
1-WEEK VIRTUAL BILINGUAL PROGRAM WITH SIMULTANEOUS TRANSLATION
 THE APPLICATION FORM AND THE SCHEDULE ARE ATTACHED AND
 CAN ALSO BE FOUND ON THE WANAKI WEBSITE:
 WANAKICENTER.COM
 FOR ADDITIONAL INFORMATION PLEASE CALL AT
 819-441-4371

Share Your Story

Has the Wanaki Center program helped bring positive changes to your life?

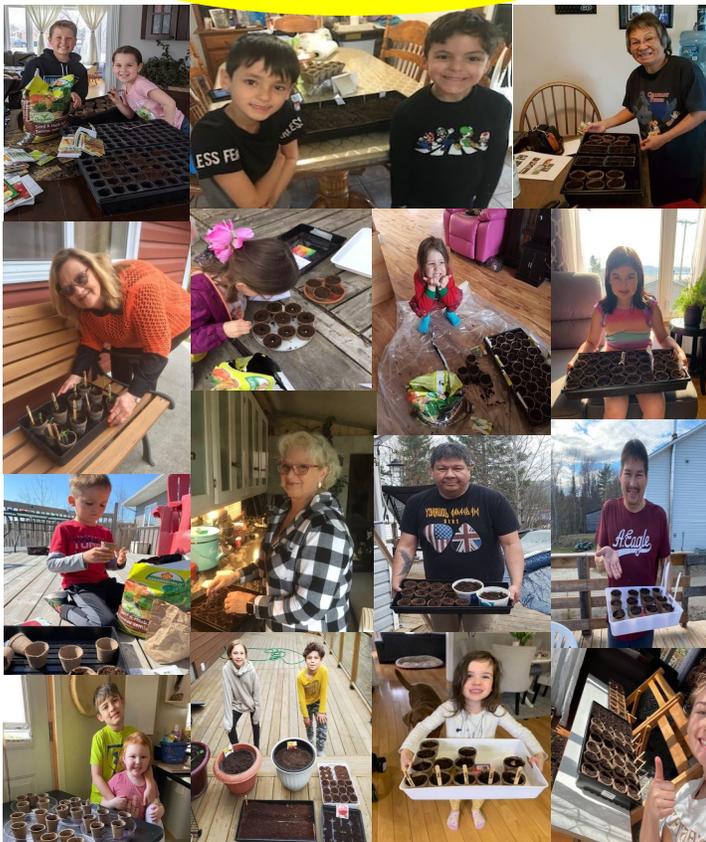
We invite you to Share Your Story to be published on our website and Facebook page.

Your story could encourage others to make healthy choices!



Share your testimony at
www.wanakicenter.com

30 YEARS OF EMPOWERING FIRST NATIONS AND INUIT PEOPLES TO LIVE A BALANCED LIFESTYLE



CALL
1-800-745-4205
 Monday to Friday from 8am to 5pm
 OR
 Join the
Wanaki ZOOM circle
 Every Monday and Friday from 1pm to 3pm

You are NOT alone!

Wanaki Center is here to support you!



Alcohol causes more than just trouble for the person drinking, especially with prolonged alcohol misuse and abuse. Because addiction can negatively affect several areas of a person's life, often alcoholism impacts family and friends as well.

Here is a closer look at five possible effects of alcoholism on families:

1. Damaged Family Relationships

One way in which alcoholism affects families is in damaged relationships. Families of people affected by alcohol abuse often struggle to create strong emotional bonds, even within their family unit. This starts with the parents.

Heavy drinking has also been connected to lower marital satisfaction. The study also found that alcoholism increased the risk of negative interactions, especially among couples.

In addition, people battling alcoholism tend to lie about their condition, minimizing its effect on the family. This destroys trust and makes it difficult for other family members to build strong relationships with the individual.

2. Developmental Issues In Neglected Children

Children of parents who struggle with alcoholism are at higher risk for cognitive, behavioral, and emotional problems.

Sadly, parents who are struggling with alcohol addiction are often neglectful of both the physical and emotional needs of their children. This leads to serious developmental issues for the kids.

Some of the problems children experience in homes where alcoholism is present include:

- academic problems
- anxiety and depression
- poor emotional development
- difficulty with intimate relationships as adults

- a tendency to be dishonest

3. Domestic Abuse

One of the most sobering effects of alcoholism is an increased risk for domestic abuse within the family. Abuse tied to alcoholism can be either emotional or physical in nature.

People battling alcoholism may insult their family members, manipulate them, or humiliate them. These are all forms of emotional abuse.

Physical violence is also a serious issue. The World Health Organization reports that 55 percent of physical assault cases between intimate partners occurred when the perpetrator had been drinking.

Because alcohol use lowers their self-control levels by affecting cognitive and physical functioning, people who drink are more prone to acting violently when frustrated.

4. Drained Family Finances

The habit of consuming alcohol on a regular basis is expensive. While the total amount spent on alcohol will vary depending on the frequency and type, the costs add up.

It is not uncommon for someone battling this addiction to spend over \$1,000 a month on alcohol. That is money that the family could use in other ways, and this financial cost takes a toll on the family's overall well-being.

5. Physical And Mental Health Issues

Finally, a battle with alcoholism affects the physical and mental health of most members of the family. The individual fighting addiction will deal with physical health issues because of the impact of excessive alcohol consumption.

Some common problems include liver disease, digestive system problems, damage to the brain, and risk for stroke.

Mental health problems are also a risk for these families. The anxiety and stress of alcoholism for a family will wear down the emotional health of all involved.

Family members of those fighting alcoholism may also struggle with guilt and feelings that they somehow are the cause of their loved one's disorder.

It doesn't take long for occasional alcohol use to turn into binge drinking, and binge drinking to turn into an addiction. Unfortunately, when addiction develops, it's the families that suffer.

Women's Health Matters

*A 5 minute PAP TEST can save
your life*



The Kebaowek Health and Wellness Center is organizing 2 clinics to address Women's Health, specifically STBBI'S and Cervical Cancer.

Josee Carriere and Marie-Eve Berube, Nurse Practitioners from the CISSS-TK will be at our Health Center for appointments during the afternoons on  Wednesday May 12th and Thursday May 13th, 2021.

Please note that you do not need to have a family doctor to make an appointment with Josee or Marie-Eve for the PAP Test Screening Clinics at our Health Center.

A PAP Test is a quick and simple test that involves getting a sample of cells from the cervix, then looking at them under a microscope for abnormalities.

It is important to have the test done even if you feel fine - it's a screening test, which means it checks for signs of disease before you've noticed a problem.

Any woman can get cervical cancer, no matter what her age, background or sexual orientation. If you have been sexually active you will need a PAP Test every 1-3 years depending on your situation. 

PLEASE CALL VIRGINIA AT THE KEBAOWEK HEALTH AND WELLNESS CENTER 819-627-9060 IF YOU ARE DUE TO HAVE A PAP TEST OR IF YOU FEEL YOU HAVE SYMPTOMS OR ISSUES YOU WOULD LIKE TO HAVE CHECKED.

If you need transportation to the Health Center for your appointment, please call Priscillia 819-627-9060 to make the necessary arrangements.

5 Fun Facts About Talking to Babies

By Tara Glickman, Speech-Language Pathologist, SLP (C), Reg. CASLPO, OOAQ.



May is Speech and Hearing Month in Canada. This is the time of year that we focus on raising awareness about the importance of communication health. As a Speech-Language Pathologist (also called a Speech Therapist), parents and caregivers often ask me how to support their babies and toddlers as they learn how to communicate and understand others.

One thing that I always highlight when I am speaking to families is that the best tool to promote speech and language development is **you!** You are your child's best toy and playmate as they learn to understand and interact with the world around them. Today, I am sharing 5 of my favourite strategies that parents can use to help build language in their little ones.

1. Get Face-to-Face

Adults and young children can connect more easily when communicating face-to-face. Babies learn so much from watching us closely as we talk to them. Getting down to your child's level lets you hear each other better and makes it easier for you to see and respond to their communications (FYI- coos, babbles, laughs, cries, and facial expressions are some of many ways our babies "talk" to us!).

2. Follow Their Lead

While you play with your child, watch what they are doing and join in. Rather than trying to direct your little one, wait for them to show you what they are interested in. Play with the toys they are playing with and copy their actions, gestures, sounds and words as they play. This lets your child know you are listening and helps develop their play and language skills. Narrate what you are both doing while you play (e.g., "The car is driving, vroom, vroom!").

3. Quit the Quizzing

Sometimes as parents and caregivers, it may feel like the best way to teach your child new words is by asking questions such as, "What's that?", "What colour is your ball?". While questions are an important part of how we communicate, children learn language better when they are interacting with you while you make comments, name

things around them, and explain what they hear and see in this big and wonderful world.

4. Copy and Expand

Repeat back what your child says and add a just a bit more. This teaches your child how to make their attempts at talking longer. For example, if your child says, "Doggie woof", respond, "The dog said 'woof!'".

5. Repeat, Repeat, Repeat ...

We don't know exactly how many times a child needs to hear a word in order to understand it or attempt to say it, but we do know it takes **many** repetitions for most little ones. Repeat key words over and over as you move through your daily routines.

"Baby Talk": Yay or Nay?



Families sometimes ask me if "baby talk" is good or bad for language development. Research shows that some parts of what we call "baby talk" can be useful and some parts are not. Using an exaggerated or more musical rhythm while we talk is helpful for early language learners, but leaving out words to make our sentences more "baby like" is not. I like to say: "**Keep it short and sweet but complete**". Try to use simple sentences, but do not omit those "little words" when you talk to your child because hearing complete sentences helps them learn how language works. For example, instead of saying, "Want baba?", say, "Do you want your bottle?" while using a slightly exaggerated rhythm.

If you have questions about your child's speech and language development, do not hesitate to reach out.

You can reach me by email:

tara@constellationspeechtherapy.ca

or phone: (514) 400-4551.



Why is Taking Turns Is An Important Skill for Children

Taking turns is an important part of communication development for young children. When children learn to take turns, they learn the basic rhythm of communication, that back-and-forth exchange between people. They also learn about taking turns and communication through serve and return interactions. Think of it like a game of tennis, your child serves the ball by looking at you and babbling, and you return the ball by looking at and talking to your child. When children are actively engaged with adults and practice taking turns, they learn the foundation for conversational exchanges.

Be responsive. Children communicate their needs in a variety of ways. Infants cry to get their needs met, toddlers might pull you towards the kitchen when they are hungry, and older children might tell you with words what they need. By being responsive to your child's needs, you are doing several things. First, you are doing the most important part of being a parent, taking care of them! They feel safe, secure and loved when you are responsive to their needs. In regards to communication skills, being responsive helps children learn the value of communicating with others. Just like adults need to figure out how to communicate with their

boss about taking vacation time, children need to learn how to navigate the world through communication.

Keep things open-ended. Asking "what" or "yes or no" questions often limit the responses a child will have. These questions do not work on expanding your child's vocabulary or help them improve their conversational skills because you're expecting the child to repeat words they already know. Try asking open-ended questions, like "how" or "why." These questions allow children to express themselves using different words or thoughts.

Play other turn-taking games. Whether it is simply rolling a ball back and forth or playing a rousing game of Candyland, games that involve taking turns help build strong foundational skills for language and communication. Challenge your child to practice taking turns. You could play "I spy" and encourage your child to find multiple ways to describe what they see, or make up stories together, taking turns to describe what happens next.

Lynn Grandlouis
MCH/ Head Start Program Worker
Special Needs Educator



Mother's Day Activity

You and your children can make a beautiful bouquet of flowers in a nice flower pot, all materials will be provided must sign up by Wednesday May 5th at noon. Materials will be dropped off Friday May 7th!

RSVP with
Lynn at lgrandlouis@kebaowek.ca, 819-627-9060
or Darlene at darmclaren@kebaowek.ca, 819-627-9877.

 **MAY 7-8-9TH**

 [@Kebaowekfirstlineservices](#)
[@KebaowekMchHeadstart](#)

Medical Transportation and NIHB

Medical Transportation After Hours Schedule

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

HOLIDAY HOURS

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

Monday May 24th, 2021 the office is closed.

Medical Transportation is available from 8:30 am to 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.

- 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.

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)

Changes for the Temiscaming Hospital

In regards to medical attestations for appointments at the Temiscaming Hospital, you can now get your attestation STAMPED at the front desk.

You must pre-fill your information on the attestation in order to get your stamped medical visit attestations.

NON-INSURED HEALTH BENEFITS – CLIENT REIMBURSEMENT

What is client reimbursement?	<p>Many providers of non-insured health benefits bill the NIHB Program directly for eligible benefits. However, if your provider is not enrolled with NIHB or does not bill the Program directly, you will need to pay the provider up front for the item or service. Then, you can submit a request to the NIHB Program for reimbursement of eligible benefits. This is called a client reimbursement request or claim.</p> <p><i>Note: If you have other non-insured health benefit coverage (such as private insurance or a provincial/territorial program), claims should be submitted to the other plan/program first. If there is a remaining unpaid ('residual') amount, it may be eligible for client reimbursement under NIHB.</i></p>
What do I need to know before I pay for benefits?	<p>NIHB sets policies and rates for reimbursement of benefits. If you are required to pay up front for benefits and then seek client reimbursement, you should contact the NIHB Program first to confirm:</p> <ul style="list-style-type: none"> • the requested item or service is eligible for coverage under the NIHB Program • the provider is recognized by NIHB as eligible to provide the item or service • the amount that the NIHB Program will pay

Important: NIHB must receive your claim for reimbursement within one year from the date of service

How do I submit my claim to NIHB?	Pharmacy benefits	Dental and orthodontic benefits	Medical supplies and equipment	Vision care	Mental health counselling	Medical transportation
	<p>Claims for these benefits are processed by Express Scripts Canada.</p> <p>Submit your client reimbursement request by mail, fax, or online.</p> <p>Visit the Express Scripts Canada website at https://nihb.express-scripts.ca:</p> <ul style="list-style-type: none"> • Select 'I am a client' and follow the links to "NIHB Client Reimbursement" to find instructions and forms • Make sure to include all the supporting documents required for each type of benefit (listed on the form and web page) • For mail/fax submission, download, complete and sign the reimbursement form • For online submission, you'll need to create an NIHB client web account through the Express Scripts Canada website • If you can't access the website or you need assistance, call the Express Scripts Canada NIHB Call Centre at 1-888-441-4777 					<p>Medical transportation claims are managed by NIHB. Submit your client reimbursement request by mail or fax.</p> <p>Visit www.canada.ca/nihb:</p> <ul style="list-style-type: none"> • Navigate to "Claims and Reimbursement" • Follow the link to the forms web page and find the "Client Reimbursement Request for Medical Transportation" form • Print, complete and sign the form and send to your NIHB regional office • Make sure to include all supporting documents listed on the form • If you can't access the website or you need assistance, call your NIHB regional office

Before you submit, did you...

- **Include all the supporting documents required for each benefit type?**
- **Include receipts?** *If submitting through your web account, a scan or photo is acceptable – keep the originals for one year.*
- **Include the explanation of benefits (EOB), if you have other insurance?**
- **Sign and date your reimbursement form, if submitting by mail or fax?**

Some communities or regional health authorities manage NIHB medical transportation or other benefits. These requests cannot be processed by Express Scripts Canada or NIHB. Contact local health services to find out more.

Express Scripts Canada NIHB Call Centre.....Phone: 1-888-441-4777

Express Scripts Canada Fax (all benefits)Fax: 1-888-249-6098

Express Scripts Canada mailing addresses

Pharmacy benefits:

Express Scripts Canada
NIHB Pharmacy Benefit
PO Box 1353, Station K
Toronto, ON M4P 3J4

Medical supplies and equipment:

Express Scripts Canada
NIHB Medical Supplies and Equipment Benefit
PO Box 1365, Station K
Toronto, ON M4P 3J4

Mental health counselling:

Express Scripts Canada
NIHB Other Benefits
PO Box 1358, Station K
Toronto, ON M4P 3J4

Dental and orthodontic benefits:

Express Scripts Canada
NIHB Dental Benefit
3080 Yonge Street, Suite 3002,
Toronto, ON M4N 3N1

Vision care:

Express Scripts Canada
NIHB Vision Care Benefit
PO Box 1296, Station K
Toronto, ON M4P 3J4

NIHB Program Regional Offices

Alberta

Phone: 1-800-232-7301
Medical Transportation: 1-800-514-7106
Fax: 780-495-7080
Mailing address:
Non-Insured Health Benefits
Canada Place
9700 Jasper Avenue Suite 730
Edmonton AB T5J 4C3

Manitoba

Phone: 1-800-665-8507
Medical Transportation: 1-877-983-0911
Fax: 204-984-2597
Mailing address:
Non-Insured Health Benefits
391 York Avenue Suite 300
Winnipeg MB R3C 4W1

Quebec

Phone: 1-877-483-1575
Fax: 1-855-244-4470
Mailing address:
Non-Insured Health Benefits
Guy-Favreau Complex East Tower Suite 202
200 René-Lévesque Bd W
Montreal QC H2Z 1X4

Northern

Phone: 1-888-332-9222
Yukon Medical Transportation: 1-866-362-6717
Fax: 1-800-949-2718
Mailing address:
Non-Insured Health Benefits
2720 Riverside Drive
Address Locator: 6604C
Ottawa, Ontario, K1A 0H4

Atlantic

Phone: 1-800-565-3294
Fax: 1-800-377-9288
Mailing address:
Non-Insured Health Benefits
1505 Barrington St Suite 1525
Halifax NS B3J 3Y6

Ontario

Phone: 1-800-640-0642
Fax: 1-800-806-6662
Mailing address:
Non-Insured Health Benefits
Sir Charles Tupper Building
2720 Riverside Dr 4th floor
Address Locator: 6604E
Ottawa ON K1A 0K9

Saskatchewan

Phone: 1-866-885-3933
Fax: 1-855-201-0092
Mailing address:
Non-Insured Health Benefits
Alvin Hamilton Building
1783 Hamilton St room 098
Regina SK S4P 2B6

British Columbia – NIHB clients

(Inuit and non-resident First Nations)

Phone: 1-800-232-7301
Fax: 780-495-7080
Non-Insured Health Benefits
Canada Place
9700 Jasper Avenue Suite 730
Edmonton AB T5J 4C3

*BC First Nations Health Authority (FNHA)
(First Nations BC residents)
1-855-550-5454*

NIHB Drug Exception Centre.....Phone: 1-800-580-0950

Mailing address:
NIHB Drug Exception Centre
Address locator: 1902D
Ottawa ON K1A 0K9

**NIHB Dental Predetermination Centre.....Phone: 1-855-618-6291 (dental services)
1-866-227-0943 (orthodontic services)**



Hello Everyone,

I would like to announce the winners of the Biggest Loser 2021.

- 1st Place – Papa that lost 7.84%
- 2nd Place – Zorro that lost 3.10%
- 3rd Place – Late as Usual with 1.76%

We had 12 participants take part in the challenge and in the end we had 8 of the 12 participants that came for the final weigh-in. Good job to everyone that joined and keep working towards your goal.

Mitchell McMartin



10 TIPS | FOR BETTER WALKING

- PLAY WITH **INCLINE** ON THE TREADMILL
- + ADD WEIGHT
- HAVE A STEP GOAL **10,000**
- RECRUIT FRIENDS AND FAMILY
- USE **POLES**
- Follow a **plan**
- INCORPORATE **STRENGTH MOVES**
- CHANGE THE **TERRAIN**
- + INCREASE THE **PACE**
- TRY **HIIT**

2021 WALK / JOG / RUN CHALLENGE

There is still time to join !!

This year we made a change to our Annual Spring Walking Challenge ... it will now include as it will include Jogging and Running !!

Please note that this not mean to add up all your distance walked throughout the day. You are the only put the distance that you went out for a walk/jog/run.

Please register with Mitchell McMartin
819-627-9060 or mmcmartin@kebaowek.ca

You will be asked to track your progress in our "Walking Challenge Log Book" or you can use an App from your phone to calculate your distance, whatever works best for you !!

Challenge ends ... Monday June 24th at 4:30pm. 1 ballot will be given for every 10 km completed. You will only be eligible to win one prize.

Need mental health or substance use support?

WELLNESS TOGETHER
Canada

Mental Health and
Substance Use Support

Adults: Text **WELLNESS** to 741741

Youth: Text **WELLNESS** to 686868

Front Line Workers:
Text **FRONTLINE** to 741741

Program Navigator:
1-866-585-0445

**Indigenous Hope for
Wellness Helpline:**
1-855-242-3310

Suicide Prevention Service:
1-833-456-4566

Quebec: Call **APPELLE** at
1-866-277-3553

If you are in immediate danger, call 911 or your local emergency line.

CANADA.CA/HEALTH

Canada

Mental Health Week ... May 3rd - 9th

Theme of this year is: #Get Real about how you feel

Even in times of extreme anxiety and stress, mental health is something we can protect, not just something we can lose.

Heavy feelings lighten when you put them into words. When we voice our emotions, the pain gives way. So, let's understand and name how we feel. Angry? Glad? Frustrated? Sad? It's all good.

This CMHA Mental Health Week, we focus on how naming, expressing, and dealing with our emotions — the ones we like and the ones we don't — is important for our mental health.

This Mental Health Week, don't be uncomfortably numb. #GetReal about how you feel. And name it, don't numb it.

Understand your emotions, understand yourself

Emotions play a huge role in our lives, our actions and our relationships. Yet, most of us know surprisingly little about what they are, how we experience them and why we have them in the first place. Some psychologists might say we're low on "emotional literacy."

This lack of emotional literacy leaves us ill-equipped to manage the variety of emotions we experience on a normal day, let alone during a pandemic. Focusing on naming, expressing and dealing with our emotions — the ones we like and the ones we don't — is important for our mental health. By learning more about your emotions and how to name them, express them, and deal with them, you can use

them to better navigate your daily life, make better decisions and feel more at ease.

What are emotions?

Emotions are sort of like our internal road signs or stoplights, but with the lights flashing in different parts of our bodies in different ways. There's a subjective part, which is how you feel in the moment — what we might call happiness, sadness or fear. There's a physiological component, which is how your body reacts to what you're experiencing (clenched teeth? squeals of delight?). And then there's often a behavioural component, which is the action you take in response to how you feel.

Next page →

Mental Health Week ... May 3rd - 9th

How are emotions felt in the body?

Emotions physically manifest themselves in a variety of ways. Your breathing or heart rate might speed up or slow down. Your body temperature might rise or fall, leading you to feel warm or cool. Your facial expressions and body language might change — furrowing your brow and slumping your shoulders when you're feeling frustrated, for instance. And finally, emotions might trigger movements, like tapping your foot or twirling your hair when you're feeling nervous or impatient.

Why do we have emotions?

First and foremost, emotions are thought to serve an evolutionary purpose. Our ancestors who felt fear and ran away (red light!) when they saw tigers survived, while those who felt nothing did not.

Another way to put it would be to think of emotions as motivators. We are motivated to do things that lead to comfortable emotions (green light!) and avoid doing things that lead to uncomfortable emotions. Once again, this plays a key role in our survival, leading us to seek out food, avoid danger and reproduce.

Emotions also help us communicate and collaborate with others, and therefore play a key role in helping our society run smoothly.

How does naming our emotions help?

Putting our feelings into words can reduce the intensity of negative emotions and make them more manageable.

For example, in a study of people with a spider phobia, researchers found that when participants described

the anxiety they were feeling in the presence of a giant tarantula, they were better able to manage their anxiety when they were exposed to the tarantula one week later. In fact, the participants who described their anxiety in greater detail actually experienced the least amount of anxiety, including dulled physical responses like less sweaty palms.

Putting feelings into words is thought to decrease activity in the amygdala, the part of the brain that drives our responses to fear and stress, and increase activity in the prefrontal control regions, parts of the brain associated with regulating and making sense of emotions.

How emotions connect us with others

According to emotion scientist Marc Brackett, the Founder and Director of the Yale Center for Emotional Intelligence, labeling our emotions also helps us describe what we're going through, which helps us get help from others. We can't empathize without being in touch with how we're feeling ourselves, so this language of emotions helps us provide support that matches what someone is feeling, foster connections, commiserate and solve problems together.

By better understanding our emotions, becoming more aware of their effects and labelling them more accurately, we're better able to make sense of how we're feeling and act in ways that contribute to greater emotional wellbeing. That's the power of getting real about how you feel.

If your emotions are overwhelming, persistent and/or are interfering with your daily functioning, it's important to seek mental health support.

<https://mentalhealthweek.ca/understand-your-emotions-understand-yourself/>



Thank you

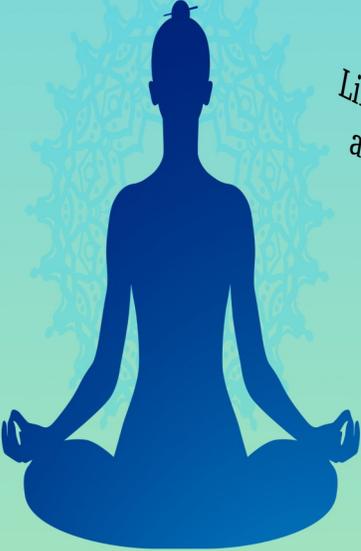
Thank You so much to everyone who participated and donated to the Kebaowek Food Drive. Another huge success!

Please remember if anyone would like to access the Food Bank you can Tuesday and Thursday from 1-4pm. If you don't have means to pick up please let us know and we will deliver to you. Call us at 819-627-9877 to book your appointment.

A SPECIAL PROJECT WITH
ENTRAINEMENT INTELLIGENT TRAINING

Let's Get Fit!

MIND ~ BODY ~ SPIRIT



Limited spots available!

Upon registration, you will have access to any zoom class with E.I.T (Joanie). Registration is done monthly, so you must sign-up at the beginning of each month. Must provide proof of class attendance (send photo of before,during or after each class) .

YOU'LL HAVE ACCESS TO:

- Pre-recorded and live zoom classes such as: pilates (beginner and intermediate level), Fitness (a mix of body weight, tabata, cardio classes)



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



Community Kitchen

On the Menu:
Chicken & Veggie Kabobs with Sweet Potatoes




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

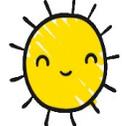
<p>Tuesday, May,18th</p> <p>1:30 pm - 3:00 pm You must register by Friday, April 9th @ noon.</p> <p>Food will be delivered by 1:00 pm and Zoom will start at 1:30 pm</p>	<p>Monday, May,31st</p> <p>4:45 pm -6:00 pm You must register by Friday, April 16th @ noon.</p> <p>Food will be delivered by 4:00 pm and Zoom will start at 4:45 pm</p>
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To register ... call Darlene @ 819-627-9877

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Find social groups that help them feel like they belong.



Set aside time for low-stress or solo activities.



Practice self-care for yourself to set the standard.



Focus on articulating feelings.
"I am angry."
"I am sad."

Encourage journaling and diaries.



Encourage your child to focus on the moment.

Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.



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 Date of Delivery:
 May 20, 2021 (10 am - 11 am) Cheese & Crackers

Dates to sign up by:
 May 14, 2021 by 12:00 pm (Cheese & Crackers)

It's important to call for each snack time to ensure your name is on the list. Please call Shelly @ 819-627-9877 to sign up or if you have any questions or need more information.

SWIMMING @ THE CENTRE

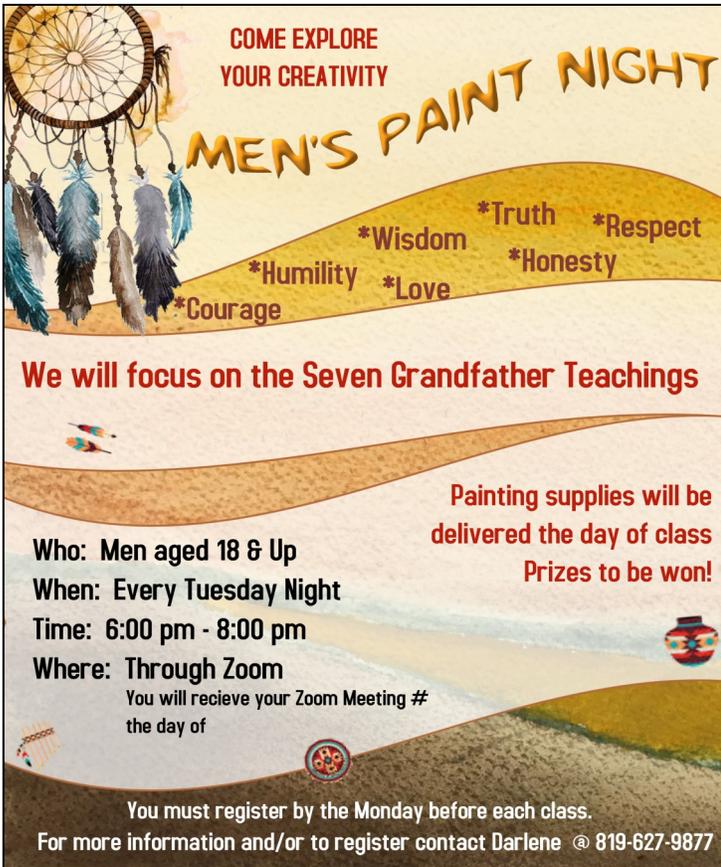


Due to measures that are in place & to protect everyone's safety, La Centre Temiscaming is offering 1 hour Family Private Swim time. If you are interested in participating, please book your time slot, and once completed send me a picture of your receipt for refund. Only members of the same family "bubble"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



COME EXPLORE YOUR CREATIVITY

MEN'S PAINT NIGHT

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

We will focus on the Seven Grandfather Teachings

Who: Men aged 18 & Up
 When: Every Tuesday Night
 Time: 6:00 pm - 8:00 pm
 Where: Through Zoom
 You will receive your Zoom Meeting # the day of

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

You must register by the Monday before each class.
 For more information and/or to register contact Darlene @ 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



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 April and May

Wednesday May 12th and Thursday May 27th
Wednesday June 9th

Lunch on the Run Dates for April and May

Tuesday May 18th
Tuesday June 15th and Tuesday June 29th

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
2	3	4 Men's Paint Night	5 Women's Paint Night	6 RECYCLE	7	8
9 MOTHER'S DAY	10	11 Men's Paint Night	12 Meals on Wheels Women's Paint Night Drumbeat Bingo Radio	13 GARBAGE	14	15
16	17	18 Lunch on the Run Men's Paint Night Community Kitchen	19 Kebaowek Spring Feast Women's Paint Night	20 RECYCLE	21	22
23	24 KFN OFFICES ARE CLOSED FOR VICTORIA DAY	25 Men's Paint Night	26 Women's Paint Night Drumbeat Bingo Radio Full Moon Ceremony	27 Meals on Wheels	28	29
30	31 Community Kitchen	May 2021				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Men's Paint Night	2 Women's Paint Night	3	4 KFN OFFICES ARE CLOSED FOR ELECTION	5
6	7	8 Men's Paint Night	9 Women's Paint Night Drumbeat Bingo Radio	10	11	12
13	14	15 Lunch on the Run Men's Paint Night	16 Women's Paint Night	17	18	19
20	21	22 Men's Paint Night	23 Women's Paint Night	24	25	26
27	28	29 Lunch on the Run	30	June 2021		