



# Kebaowek First Nation Mazinaigan / Newsletter

Kakone Kizis / September 2021

## Inside this issue:

An Update from the Chief Continued	2
Education Department ... Ancestor's Challenge	3
Kebaowek Cultural Program ... Orange Shirt Day	4
Employment and Training Service Center Update	5
Community Notes and Announcements	6
Community Notes and Announcements	7
Kebaowek Fire Department	8
Community Wishes for the Month of September	9
An Update from the Health Director	10
Health Center Notes and Information	11
Medical Transportation and NIHB Updates	12
ISC - Program Officer Positions	13
Sports and Mentorship ... Walking Challenge	14
Your Health ... Prostate Cancer	15
MCH and Head Start ... Sleep is Important	16
MCH and Head Start ... Sleep is Important	17
The Speech Corner ... Struggling Readers	18
Suicide in Canada: Key Statistics	19
Upcoming Health Center / First Line Activities	20
Upcoming Health Center / First Line Activities	21
Upcoming Health Center / First Line Activities	22
Upcoming Health Center / First Line Activities	23
Community Calendar for September & October	24

## An Update from the Chief

I know I may sound like a broken record and it is always my hope that in the next month's Newsletter my articles don't have to begin with anything related to the Covid-19 pandemic but alas that is not the case and in this article I will again speak to the need for vaccinations as the most effective way to protect yourself from Covid-19. As we all see on the news, cases are rising across in the province and across the country and this new 4th wave is being fuelled by the Delta variant which is much more transmissible and causes more sickness and negative outcomes for those who get infected. Every Public Health Department in Canada is pushing as many people to get vaccinated as possible and we are doing the same as up to 90% of new cases are in unvaccinated people or those with only one dose.

At the onset of vaccinations the original target was to get 75% of the population vaccinated and as expected that number continues to rise and Public Health agencies are hoping that 80-90% of all adults will be vaccinated. Our community has reached the 75% threshold of members on-reserve vaccinated but we now need to push to get more members vaccinated and protected, especially our members aged between 18-39 years old. I understand that for some they will not take the vaccine period, while many others are hesitant. There is an abundance of good information out there on why you should get the vaccine and yes we recognize the potential for side effects but in the end the benefits far out way any risks.

We have also seen in these last weeks, an important policy shift when it comes to Covid-19 and vaccinations. Quebec was the first to announce a vaccine passport that comes into effect on September 1st which requires you to be fully vaccinated to access non-essential services like concerts, theatres, gyms, in person dining etc. Every other province is following suit and being vaccinated will become mandatory if you want to get back to activities you enjoyed before the pandemic. They have also made vaccines mandatory for a number of professions, especially in the health sector and we are seeing the Federal Government and employers across this country make vaccines mandatory for this businesses.

With the support of our Health Sector, as we have done from the outset of this pandemic, we continue to consult the rules, regulations, policies and Public Health Guidelines of the Provincial and Federal Governments and explore how we will apply them on reserve.

I have been saying this for months that we could see that Governments and Public Health officials were moving towards making vaccines mandatory. It began with needing to be vaccinated to travel and now it is clear that (page 2)

CONTACT US

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

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

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

# An Update from the Chief Cont'd

if you are not vaccinated you will not have access to same services and activities as those who are vaccinated. Like Governments, there are still some elements we need to figure here in Kebaowek and be advised that we could potentially phase this in to keep in line with the province and the rest of Canada.

While we recognize that getting vaccinated is a personal choice, as a Council we have determined that vaccines are important and that we will continue to implement policies, actions and incentives that leads to most of our population vaccinated and protected. If you are interested in receiving your vaccine please contact the Kebaowek Health and Wellness Center for assistance.

We have learned that a company called Vital Metals has acquired all the mining claims and rights from Quebec Precious Metals for the rare earth mine we know as Matamic. We had hoped this project would just die and go away but with this acquisition by Vital Metals, it seems to have breathed new life into this project. This is not surprising given the big push towards green technology with a focus on batteries for electric vehicles and the need for rare earth minerals to be able to produce them. Vital Metals is an Australian company that has a similar rare earth project in the North West Territories with a First Nation and from their press release they are hoping to do the same thing here. We will be writing them a letter outlining our concerns with their acquisition and our community's concerns with any rare earth mining on our territory and that if they insist on moving ahead, we will stand up and do everything in our power to stop them from developing this project. We will remind them that it is not only socially unacceptable to us but is also not acceptable by our non-native friends and neighbours as well. I am raising this issue now, because I think that by spring the fight will have moved from a letter writing campaign to action on the ground as they plan to come in and validate the findings and will likely want to do more test drilling and other related works. The Council cannot protect the land from these projects alone and we will need your support and presence when push comes to shove and we have to take a stand to protect the land and the water. I am sure that this will not be the only mining project that we will see in the coming months and years as Quebec has made it known they are open for business and mining is a big part of restarting their economic plan. We are monitoring this file extremely closely and will provide regular updates to all.

I need to mention that like a lot of businesses off-reserve we

are having some staffing challenges in some of our businesses and services as we don't have enough workers for all the available positions. This is the reality of the Daycare, Migizy Gas and Mikon Transport where they are often finding themselves short staffed and unable to fill openings. I raise it here as we may have to reduce hours and eliminate some services and close some days if we can't find the people to fill these jobs. We will continue all efforts to fill the openings but if we are not able to, then please expect that there will be closures and reductions in available services and don't be too hard on our Mangers and Staff as they are doing everything they can to find more people to fill our positions.

Finally, with school only a short time away, we want to wish every student a safe and happy school year filled with important learnings, great friends and teachers.

Chief Lance Haymond

The

**DELTA VARIANT**

is gaining ground

Vaccination protects you.

The rate of protection against the Delta Variant is:

- **33% with 1 dose of the vaccine**
- **Over 90% if you have received 2 doses of the vaccine**

**Don't wait.**

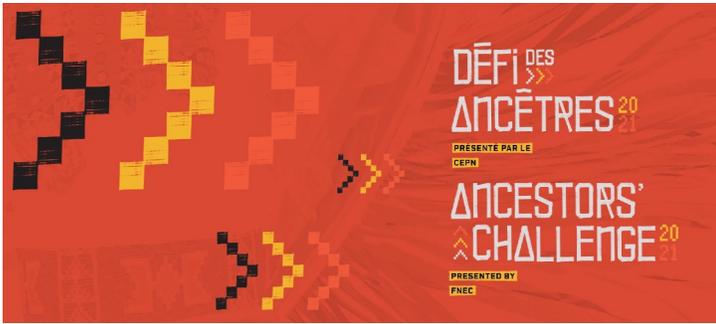
**It is urgent that you get your 2nd dose of the vaccine to protect you against the Delta Variant.**

Centre intégré  
de santé et de services  
sociaux de l'Abitibi-  
Témiscamingue

Québec

Courtesy Translation

# Kebaowek Education Department



Kebaowek First Nation Education Department in conjunction with Wolf Lake First Nation and sponsored by FNEC (First Nation Education Council) held the first ever “The Ancestor’s Challenge” on Friday August 20, 2021. We had 34 participants for the event ranging in ages from 4 to 13 years old. It was a great event that the children loved, as well it was enjoyed by many community spectators. David Gill, FNEC Coordinator along with Marco came to our community on Wednesday, August 18th to set up the 12 obstacle course which measured a distance of 400 meters. We invited all the youth to come out to play and practice on Wednesday evening and all day Thursday. Friday we held time runs for all the registered participants.

All the First Nation communities in Quebec that belong to the FNEC organization will have the opportunity to host this event in their community (school). With the Covid-19 pandemic and restrictions, FNEC strategized and found a way to engage students in physical activities. The Ancestor’s Challenge has students competing against all the other First Nation students across Quebec but still keeping social distancing in mind. The timed results of 10 years and older will be posted on the “Ancestor’s Challenge” Facebook page .

Miigwetch to all the helpers who assisted in making this happen here in Kebaowek, this includes Mitchell, Lynn, Darlene, Melissa, Naomi, Delyssa, Larry, Robert, Karleigh and especially to Yogi and the Public Works crew. Most importantly thanks to all the kids who came out to make this event such a smashing success as well as all the spectators for coming to cheer everyone on.

We are hoping that we can have FNEC representative David Gill return to us next year for this awesome event.

Rose Jawbone,  
Education Administrator

Everyone who participated received a participation prize. And the winners in each category received a prize for the fastest time in their category



## Ancestor’s Challenge Timed Runs Highlighted names are Boys and Girls who were the Winners for their Age Category

Ethan Roy	2:36	Kaylee Taylor	4:49
Carter Hunter	2:48	Joshua King	4:50
Robbie Girard	3:01	Kyran Polson	4:53
Carson Murray	3:23	Kyrie McKenzie	5:06
Andree-Ann Monforton	3:24	Sunny St.George	5:11
Keshon Grandlouis	3:43	Abby Lyall	5:23
Jude Horne	3:51	Audrina McKenzie	5:26
Kobe Grandlouis	3:53	Morgan Lefebvre	5:31
Jessica Cunningham	3:54	Aubree McLeod	5:57
Cash Clayton	4:07	Evelyn Beaudoin	6:11
Olivia McLaren	4:08	CharliAnn McKenzie	6:27
Jacob Cunningham	4:12	Savannah McLeod	6:27
Haven McMartin	4:18	Halen McKenzie	6:36
Naomi Ace	4:23	Emmett Beaudoin	6:40
Lucas Metatawabin	4:26	Rylen McLeod	7:04
Lennox McMartin	4:38	Capri McMartin	7:04
Emma McLeod	4:43	Cole McKenzie	7:13

To see an amazing video of our Kebaowek Youth in action please check out the video on the Ancestor’s Challenge Facebook Page or the Kebaowek Health and Wellness Center’s Facebook Page !!

# Kebaowek Cultural Program

## History of Residential Schools

Residential schools operated in Canada for more than 160 years, with upwards of 150,000 children passing through their doors. Every province and territory, with the exception of Prince Edward Island, Newfoundland and New Brunswick, was home to the federally funded, church-run schools. The last school closed in Saskatchewan in 1996. First Nations, Métis and Inuit children were removed, often against their will, from their families and communities and put into schools, where they were forced to abandon their traditions, cultural practices and languages. The residential school system was just one tool in a broader plan of “aggressive assimilation” and colonization of Indigenous Peoples and territories in Canada.

The Canadian government pursued this policy of cultural genocide because it wished to divest itself of its legal and financial obligations to Aboriginal people and gain control over their land and resources. If every Aboriginal person had been ‘absorbed into the body politic,’ there would be no reserves, no Treaties, and no Aboriginal rights.

In June 2021, a Bill creating a Statutory Holiday to commemorate the tragic legacy of residential schools received royal assent after passing unanimously in the Senate. September 30<sup>th</sup> is now the National Day for Truth and Reconciliation. This day is intended to educate and remind Canadians about the history of residential schools, honour the victims and celebrate the survivors.

The date of September 30<sup>th</sup> is to mark Orange Shirt Day (Every Child Matters), an unofficial day that has been observed since 2013.

### **Why is Orange Shirt Day in September?**

Orange Shirt Day falls on September 30 as this is the time of year children were taken away to residential schools. Some of them returned home for the summers, but some had no other option but to stay there year round.

The colour Orange was chosen as a result of the experiences of residential school survivor, Phyllis Webstad. Phyllis was only 6 years old when she was sent to St Joseph’s Mission residential school in British Columbia from 1973-1974. Her grandmother had taken her to the store and bought her a brand new shiny orange shirt to wear to school. Phyllis was so excited to wear it to school.

However, when Phyllis arrived, she was stripped of her clothing and never saw her orange shirt again. She was neglected, abused, and made to feel like she didn’t matter. She wasn’t allowed to go home for 300 sleeps. She recalls that every child there was crying to go home, but nobody at the school truly cared for them. They were made to feel alone, worthless, and like nobody would save them. Phyllis says that the colour Orange now reminds her of that time in her life where her feelings didn’t matter. Phyllis’ story is a difficult one to hear, and unfortunately it is like many others that attended residential schools.

Fortunately, Phyllis was able to return home to her grandmother after that year. As the Executive Director of the Orange Shirt Society, she now uses her story and platform to raise awareness about Orange Shirt Day, and turn the feeling of no one cares into healing and remembrance that every child matters.



### **Kebaowek Members**

**Please mark your calendars and save the date of Thursday September 30th, we invite you to join us as we have planned a day to help Kebaowek First Nation and our neighbors observe the National Day for Truth and Reconciliation**

**~ Orange Shirt Day ~**

**Please watch our Facebook pages and Community Notices for more information as we get closer to the day**

**Don't forget to wear your orange shirt !**



**SEPT  
24 - 26**

**KWE KWE LADIES OF KEBAOEK  
ARE YOU READY TO EXPERIENCE  
A TRADITIONAL MOOSE HUNT**

**IF YES PLEASE REGISTER IN ADVANCE TO  
SAVE YOUR SPOT  
DEADLINE TO REGISTER IS THURSDAY  
SEPTEMBER 16TH, 2021 BEFORE 12:00 PM**

**FRIDAY SEPTEMBER 24TH TO  
SUNDAY SEPTEMBER 26TH, 2021**

**MUST HAVE EXPERIENCE WITH  
A CANOE**

**MUST BE A KEBAOWEK  
FIRST NATION MEMBER**

**FOR MORE INFORMATION  
OR TO REGISTER:**

**VERNA POLSON  
819-627-3309  
vpolson@kebaowek.ca**

**Please leave your name  
and contact information**



# NAMING CEREMONY

**WITH JAKE AGONEH**

FOR THOSE WHO ARE UNFAMILIAR WITH THIS, IT IS CALLED A NAMING CEREMONY, A FIRST NATIONS CULTURAL CEREMONY, WHERE ONE RECEIVES THEIR SPIRIT NAME. THE SPIRIT NAME WILL TELL YOU SOMETHING ABOUT THAT PERSON, THEIR PERSONALITY, THEIR MISSION IN LIFE SPIRIT NAMES ARE SAID TO BE 50% OF HEALING AND BALANCE. WITH YOUR SPIRIT NAME YOU KNOW WHO YOU ARE, WHERE YOU BELONG, WHERE YOU ARE GOING AND WHERE YOU CAME FROM

**TUESDAY SEPTEMBER 14TH  
1:00 PM - 4:00 PM AND 6:00 PM - 9:00 PM  
WEDNESDAY SEPTEMBER 15TH  
9:00 AM - 12:00 PM AND 1:00 PM - 4:00 PM  
KEBAOWEK COMMUNITY HALL**

TO BOOK AN APPOINTMENT OR FOR MORE INFO PLEASE CONTACT VERNA POLSON  
819-627-3309 vpolson@kebaowek.ca  
\*\* LIMITED APPOINTMENTS \*\*

## 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	<b>Unemployment Rate: July 11th - August 7th, 2021</b>	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	<b>Unemployment Rate: August 8th - Sept. 11th, 2021</b>	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	13.1	420	26

Since July 3<sup>rd</sup> 2016, the number of hours required to qualify to EI is now the minimum requires by economical region. If you apply for special benefits, you will need 600 hours of insurable work. It is strongly recommended to check with your local Service Canada Center for the minimum number of hours required to qualify. Updated and revised on **August 16th, 2021** by the **First Nation Human Resources Development Commission of Quebec (FNHRDCQ)**.

### ADULT EDUCATION

If you are attending Adult Education at l'Envol in Temiscaming, please contact Glenda Moore for your registration and book fees for the 2021-2022 academic year, 819-627-3455 Ext: 204 or [gmoore@kebaowek.ca](mailto:gmoore@kebaowek.ca).

# Kebaowek Police Department

## Statistics for the Month of July

- 1 - Assistance to Surete du Quebec
- 2 - Public Assistance
- 1 - Arrest Warrant Executed
- 1 - Assistance to Other
- 1 - By-Law Intervention
- 1 - Noise and Nuisance Complaint
- 1 - Person in Distress



The KFN Police Department was invited to visit the Summer Bear Camp children to give a presentation about safety !!

## Community Notices and Announcements

**Drumbeat**  
THE HEART OF KEBAOWEK  
CKFF 104.1

LIVE ON  
**104.1 FM**  
**RADIO BINGO**

Tune-in at 7:00 p.m.  
Wednesday, September 22

**PRICE: \$20.00**

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

BINGO CARDS sold at Migizy Gas  
Lakeview Store Stop 102  
Station Centre-Ville Dandy's

More info: 819-627-9595 [www.drumbeatradio.ca](http://www.drumbeatradio.ca)



The family would like to thank everyone who came out to celebrate the life of John Perrier.

Special thanks to Chief and Council for all that they did.

Thank you to Carolyn and her crew for the delicious meal.

Thank you to everyone who donated food and helped out.

Love from the Perrier family

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

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

or through online chat at [hopeforwellness.ca](http://hopeforwellness.ca)

# Community Notices and Announcements

Salle communautaire Kipawa / Kipawa Community Hall

637 rue de l'Église Kipawa, (QC), J0Z 2H0

Pour réservation appelez / For reservation call : 819 627 3500 #101

## Atelier de cuisine

### Menu du chef

#### 10 septembre

- Poulet avec légumes
- boules de pâte (dumplings)
- Croustade aux pommes

#### 17 septembre

- Ragout de bœuf
- Purée de pommes de terre
- Pouding aux fruits

#### 24 septembre

- Poulet à sauce BBQ
- Riz aux légumes
- Gâteau aux épices avec garniture grillée



## Cooking workshop

### The Chef's menu

#### September 10

- Chicken and vegetables
- Dumplings
- Apple crisp

#### September 17

- Beef stew
- Mashed potatoes
- Fruit cobbler

#### September 24

- Chicken in BBQ sauce
- Vegetable rice
- Spice cake with broiled topping



## Kipawa Community Hall

637 rue de l'Église Kipawa, (QC), J0Z 2H0

**STARTING IN SEPTEMBER**

**FREE ACTIVITIES FOR ALL**

Reserve your place by calling 819 627 3500 ext: 101

## Guitar lessons

Every Tuesday from 7:00 pm to 7:30 pm beginners  
and from 7:30 to 8:30 pm open to all



## Yoga classes

Every Wednesday  
from 3:00 pm to 4:00 pm

## Computer classes

Every Thursday from 1:00 pm to 3:00 pm  
Bring your tablets and cell phones



## Cooking workshop

Every Friday from 4:00 pm to 6:00 pm  
(limited number of places)

All these workshops are subject to the restrictions of Santé Publique du Québec



## JUST A FRIENDLY REMINDER ...

Last year with the pandemic Hydro-Quebec was not doing any interruption (disconnect) service.

Now this year beginning in August Hydro-Quebec will resume doing interruptions if necessary.

### DON'T WAIT TO BE SEVERAL PAYMENTS BEHIND

If you are having trouble paying your electricity bills by the due date for whatever reason contact :

Diane King  
Hydro-Quebec  
Liaison Worker  
819-723-2234



CENTRE DE LA PETITE ENFANCE



The Kebaowek  
Childcare Centre  
is looking for  
dedicated and  
passionate people  
to be on our  
supply list.

For more information please call Patty 819-627-1000



# Kebaowek Fire Department



Happy Birthday Wishes to  
 Black Joly - August 18th  
 Matt McKenzie - August 20th  
 Shelly Grandlouis - September 3rd  
 Ronnie Raymond - September 25th  
 Dylan McKenzie - September 27th

The Kebaowek Fire Department would like to welcome their newest team members Jacob McKenzie, Noah Savard and Trysta Young.

We would also like to thank outgoing team member Yogi Chaput for his service.

**THE KEBAOWEK FIRE DEPARTMENT IS LOOKING FOR RELIABLE PEOPLE TO JOIN THEIR TEAM !!**

(Off-Reserve, Non-Band Members are welcome)

**MUST BE 18 YEARS OF AGE + AND IN GOOD PHYSICAL HEALTH**

**Call and leave your name with the Receptionist 819-627-3455 before September 17th at 12:00 pm**

## Wishes for the Month of September



Happy 75th Birthday to my Mom who celebrates her special day on September 18th !!

Love Jen, Conrad  
 Brandon & Cam



Special 30th Birthday wishes to Brandon who celebrates his special day on September 23rd !!

Love Mom, Dad and Cam



Happy 4th Birthday to our Granddaughter Nylah ♥  
 We love you to the moon and back have a great day ♥

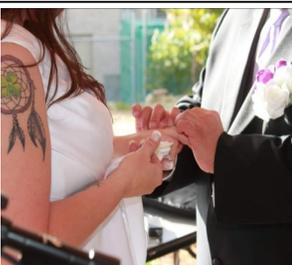
Love Gramma & Poppa xo



Happy 4th Birthday to our niece !!

We love you so much forever and always have a fun birthday !!

Love Uncle Adam & Uncle Nono



Happy 9th Anniversary to my wonderful husband, look how far we've come ♥  
 I wouldn't trade a single minute love you ♥

Love Cary xo



Happy Birthday to my Gramma Wishing you the best day ever on September 14th !!

Love your favorite girl, Nylah ♥



Happy Birthday to my Amazing wife Cary who celebrates her special day on September 14th !!

♥Happy Anniversary too ♥

Love Jungo xoxo



Wishing our Mom an extra special day to celebrate her birthday !!

We love you !!

Stephen, Adam and Noah xoxo

# A Message from the Health & Social Services Director

## Vaccination Passport and the 4<sup>th</sup> Wave!

Kwe to all members of Kebaowek First Nation. I hope that you all had a good summer. The signs to qualify that we have entered the 4<sup>th</sup> wave are obvious. Our only defence is boiling down to getting vaccinated and our own personal behaviour in continuing to practice good sanitary measures that include frequent hand washing, face covering in public settings and keeping that 1 meter distancing from people outside our family bubble.

Statistically, our region of Abitibi-Temiscamingue have had about 42 or so active cases over the last month and they were recorded in all other MRC regions with none recorded in our Temiscaming County. Vaccination coverage for the province of Quebec with at least 1 dose is around 76%. For our on reserve population we are around 77% of eligible people and we could do a little better especially in the 18 to 39 year old bracket. The new Public Health goal is to reach a 95% vaccination rate amongst our population, so we still have some work to do. If you wish to be vaccinated, you can give us a call and we can help with identifying the time and places available.

In regards to the Vaccination Passport (QR Code) in Quebec, the Government recently announced that Quebecers will soon have to show proof of vaccination to access some non-essential services like bars, restaurants, gyms and music festivals. They are also making it mandatory for some of their employees to be fully vaccinated. The Feds are making it mandatory too for their Civil Servants. It will be only natural that our local Government reflect on how they can play a roll within their responsibilities to help fight the spread of Covid-19 and more specifically the Delta Variant. It is important to remind everyone that it is the responsibility of the employer to keep all their employees safe!

Just so you know, we will do our part in getting up to date information from the province as it evolves and putting it on our social media so please keep an eye out to see what is going on with new measures and restrictions or the lifting of either. If you see that something is posted in French only, it's because we have not yet received the English translation, but we will posted as soon as we can.

The Provincial government set up a contest to promote vaccination against Covid-19. Cash prizes is awarded and all you have to do is register. The detailed regulations will be published in the days preceding the start of registrations scheduled for July 25<sup>th</sup>. To be eligible for the different draws, participants must have:

- received the vaccine in Quebec;
- had a confirmed diagnosis of COVID-19 and received a dose of the vaccine;

- received a vaccine recognized by Health Canada outside Quebec and have the administration of this vaccine recognized.

More information will be given and updated on our Facebook Page concerning on our own KFN incentives and you can also visit the following website to find out more on what going on in the province: [quebec.ca/concoursvaccination](https://www.quebec.ca/concoursvaccination).

**YOU ARE ALREADY A WINNER IF YOU GET VACCINATED, BUT WINNING SOME CASH BECAUSE YOU ARE PART OF THE SOLUTION TO STOP THE SPREAD AND THE SEVERITY OF THE VIRUS IS A COOL BONUS !**

With such a beautiful summer and no local transmission, it's still hard to believe that we are in the Green Level of Alert. This should remind us that we are not done with this virus and certain sanitary measure still need to be applied so we don't open the door to a fifth wave.

- Washing your hands frequently and using hand sanitizer when soap and water are not available
- Wearing a face mask when the 1m distance is not applicable outside your bubble.
- Coughing in the crook of your elbow
- Adhering to safety protocols in public places like wearing your mask
- Getting tested if you develop flu like symptoms.
- Getting vaccinated if you haven't already.

It remains important to remember that symptoms monitoring is 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 that you exhibit **symptoms compatible** with those of COVID-19, you can call the Health Center from Monday to Thursday to set up an appointment with the nursing personnel. **It is only after you have spoken to a nurse that we can set you up with a time to get tested.** You will need to call the telephone line: 819 644-4545 or (833) 525-5858 outside our office hours from Monday to Thursday. This is very important if we want to limit the spread of Covid-19 amongst our communities.

Please consult the Quebec government's website for detailed information on the measure that continue to be applied to our current Green level. <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progressive-regional-alert-and-intervention-system/map-of-covid-19-alert-levels-by-region>

## Meetings Held During August via Zoom

- Kebaowek Weekly Emergency Response Group

# A Message from the Health & Social Services Director

- FN of QC Health & Social Services Directors
- Public Health Department at CISSSAT with English FN's
- FNIHB Infrastructure (New Health Center Development Project)

"People never lie so much as after a hunt, during a war, or before an election." Otto von Bismarck

Hope your summer vacations were good. Enjoy eating what you planted last spring and be safe on the lake and in the woods as you prepare for the fall traditional harvest.

## Quotes about our upcoming Federal Elections

"Someone struggled for your right to vote. Use it."  
~ Susan Anthony ~

David McLaren  
Director of Health and Social Services

## Health Center Notes and Information

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

### **KEBAOWEK HEALTH AND WELLNESS CENTER - 819-627-9060**

**LABS/BLOODWORK - YOU MUST CALL TO BOOK AN APPOINTMENT TIME.**

**CONSULTATIONS WITH THE NURSE - PLEASE CALL AND MAKE AN APPOINTMENT FOR INJECTIONS, BANDAGE CHANGES, VACCINES AND FOLLOW-UP MEETINGS.**

**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 Kebaowek Health & Wellness Center is looking for people interested in working in the Homecare Program as a Home Support Worker.**

**Please contact Jennifer Presseault at the Health Center (819-627-9060) for more information on the Home Support Worker role and the application process.**

# Medical Transportation and NIHB

## Medical Transportation After Hours Schedule

SUNDAY	MONDAY - TUESDAY - WEDNESDAY - THURSDAY	FRIDAY	SATURDAY
<p><b>HOURS</b></p> <p>8:30 AM - 12:30 PM</p> <p>CALL 819-627-6887</p>	<p><b>AFTER HOURS</b></p> <p>4:30 PM - 8:30 P.M. CALL 819-627-6887</p>	<p><b>HOURS</b></p> <p>12:00 PM - 5:00 PM</p> <p>CALL 819-627-6887</p>	<p><b>HOURS</b></p> <p>8:30 AM - 12:30 PM</p> <p>CALL 819-627-6887</p>

### **IMPORTANT MEDICAL TRANSPORTATION SCHEDULE CHANGES FOR SEPTEMBER AND OCTOBER OFFICE CLOSURES**

Medical transportation to the Temiscaming hospital emergency department is available during the following office closures: **Unless prior arrangements have been made, during the specified hours, you will need to call 819-627-6887.**

**Monday September 6th, 2021 (Labour Day): The office is closed. Medical Transportation available 8:30 am – 12:30 pm.**

**Monday October 11th, 2021 (Thanksgiving): The office is closed. Medical Transportation available 8:30 am – 12:30 pm.**

**If you have scheduled appointments, we ask that you please contact us as soon as possible to book arrangements.**

### **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.

- 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.

### **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.

### **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.



## Program Officer positions \*

\* This career opportunity is only available to Indigenous people.

**Working remotely - Schedule : 37.5 h /week (Flexitime)**

**Salary : \$65,547 to \$70,622**

**Our team is looking for a new talent: You!**

---

### PROFESSIONAL REQUIREMENTS

<p>Experience in the researching and analyzing information</p> 	 <p>Experience in reviewing or in monitoring reports (financial, activity or other types)</p>	<p>Experience using Microsoft Office applications (experience with Excel would be an asset)</p> 	 <p>A Secondary school diploma or an acceptable combination</p>
--	--	--	--

---

### EXAMPLES OF RESPONSABILITIES

-  Manage and follow up on program funding requests
-  Draft and amend funding agreements, including budget allocations
-  Perform quality assurance on funding applications
-  Work in collaboration with various teams of the Department

---

### TO APPLY

**Are you interested in this position? Submit your application to [Patricia.Oreilly@canada.ca](mailto:Patricia.Oreilly@canada.ca)**

Be sure to include information how you meet the professional requirements listed above in your resume or in your letter of intent.

You have questions or need help applying? Do not hesitate to contact us at the same email address!

**We will welcome your applications until August 31, 2021.**

# Sports and Mentorship

## The Dr. Vollant Challenge

Walk 21 days and get your Medicine Wheel rolling!

How can you take part in the Dr. Vollant Challenge?

- walk every day and do the wellness activity listed for each day of the calendar.
- watch the videos posted on the Dr. Vollant Challenge Facebook page to get motivated and stay informed.



### SEMAINE 1 : Marcher pendant 15 minutes chaque jour

September 19	September 20	September 21	September 22	September 23	September 24	September 25
Invite your friends and family to sign up for the Dr. Vollant Challenge and you may win a visit from Dr. Vollant to your community	Go "Like" the Dr. Vollant Challenge Facebook page and adopt the fiber on your profile photo	Choose a meaningful object (stick, feather, etc.) that will go with you and give you energy all through the Dr. Vollant Challenge	Question 1 In a comment, answer the question on the Dr. Vollant Challenge Facebook page	Name at least one benefit of walking for your physical, mental, emotional and spiritual health	Take pictures of the beauty around you as you walk and share them on the Dr. Vollant Challenge Facebook page	To congratulate yourself for having made an effort, give yourself a gift that will do you good

### SEMAINE 2 : Marcher pendant 20 minutes chaque jour

September 26	September 27	September 28	September 29	September 30	October 1	October 2
Share the fun by inviting a friend, teacher or relative to walk with you	Question 2 In a comment, answer the question on the Dr. Vollant Challenge Facebook page	Mark a minute of silence in memory of our Alimamekw sister, Joyce Echaquan	Listen to Indigenous music while you walk	Share one of your dreams with someone you are close to. Place it in the Stick of One Thousand Dreams at <a href="http://www.cuabtuq.com">www.cuabtuq.com</a>	Bring a bag and pick up litter along your route for the wellness of Mother Earth	Make bannock and share it with your family

### SEMAINE 3 : Marcher pendant 25 minutes chaque jour

October 3	October 4	October 5	October 6	October 7	October 8	October 9
Question 3 In a comment, answer the question on the Dr. Vollant Challenge Facebook page	Make an energy drink and walk 5 minutes longer today	Walk in nature and be attentive to the traditional medicine of your homeland	Take time to enjoy your sense of accomplishment after physical effort.  Congratulate yourself!	To calm your spirit and oxygenize your body, bring your awareness to your breath while you walk	Walk at night under the stars. It will help you dream!	Walk in the direction of the four cardinal points, remembering the importance of your body, mind, spirit and heart.  Congratulations! You successfully completed the Dr. Vollant Challenge!



## Dr. Vollant Challenge

Starting Sunday, September 19, 2021 and ending Saturday, October 9, 2021

For more info or to register for this event [www.puamun.com](http://www.puamun.com) or search "Challenge Dr. Vollant" on Facebook



We are starting a 3 week WALKING CHALLENGE that coincides with the Dr. Vollant Challenge

There will be two opportunities to win prizes as prizes will be given by the Dr. Vollant Challenge organizers and the Kebaowek Health & Wellness Center.

You will need to send in weekly updates with the days and distance walked via email.

Downloading a walking app works best.

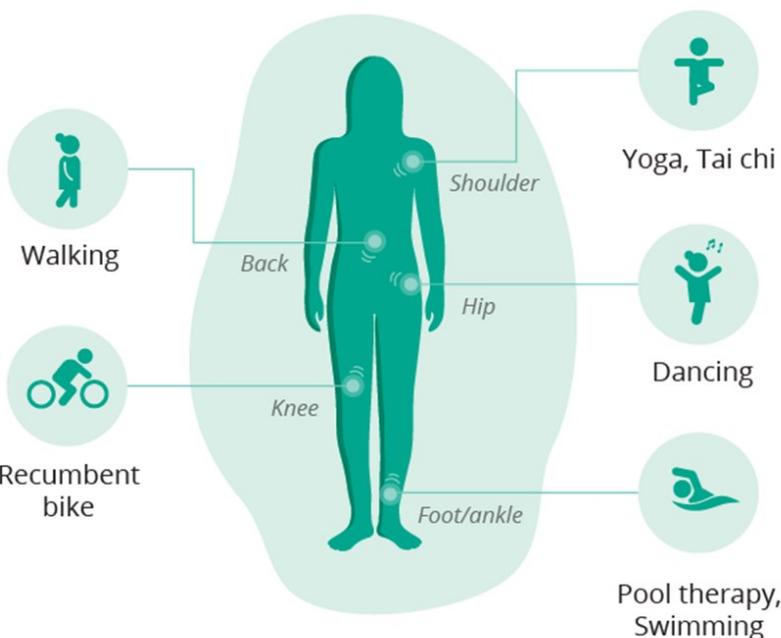
For every 5 kms walked, you will get a ballot put in the draw.

If people would like to join or have any questions, please call me at the Health Center (819) 627-9060 or e-mail [mmcmartin@kebaowek.ca](mailto:mmcmartin@kebaowek.ca)

**Deadline to register is Friday September 17th before 12:00 pm !!**

## Best cardio for arthritis

Low-impact activities that raise your heart rate can reduce arthritis pain and stiffness over time. Here are recommended activities for different problem joints.



I want to start off by saying the Youth Summer Camping Trip in Hunter's Point was fantastic. We could not host this annual event in 2020 due to Covid-19 however this year it was great to be back. We had 18 youth participate in the 6 day trip.

Knowing we missed a year, the Kebaowek Health & Wellness Team wanted to provide activities from many different programs that we have available in our community and we invited them to come host a workshop/activity. I would like to say thank you to the following people ... our Cultural Coordinator, Verna Polson for providing the youth with some water teachings, we had our CCP Coordinator, Kim Chevrier come and talk with the youth about their futures, we had a representative from Land Management, Kacie McLaren with the help of Brenda St-Denis come up to do some crafts.



I would like to thank the Public Works Department for helping prepare the grounds, and everything else that needed to be completed to ensure our youth had a safe trip.

Thank you the cooks Vicky Young and Virginia McMartin, the food was great. Also, I'd like to thank Santa for dropping off gifts for the kids for Christmas in July, he couldn't hand out the gifts like previous years because he didn't get his second vaccine dose but he left a note saying he'll be there next year.

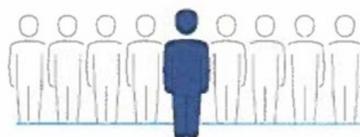
For next year, I would like to encourage parents to come up to Hunter's Point for a portion of the trip and bring their kids to see what it is like or send up your child for a few days or the whole week.

Mitchell McMartin

# Understanding Prostate Cancer

If you or someone you know has been diagnosed with prostate cancer, you may be scared or overwhelmed. This resource will help you understand what the diagnosis means.

Prostate cancer is the **most commonly diagnosed cancer among Canadian men.**

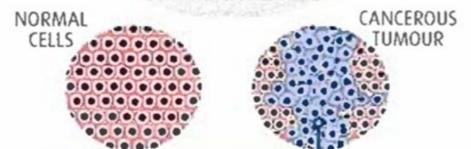
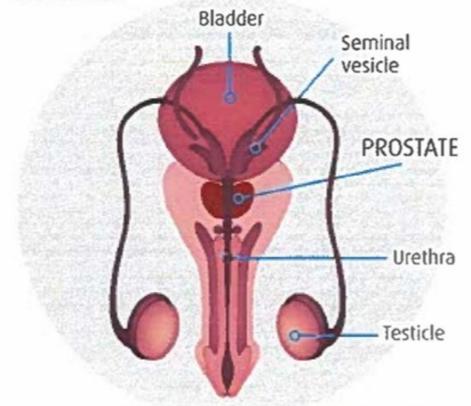


**1 in 9**

**will be diagnosed in their lifetime, so you are not alone.**

## What is the prostate?

The prostate is part of the male reproductive system. It sits below the bladder and in front of the rectum. Its job is to help form semen by producing fluid that mixes with sperm from the testicles.



Prostate cancer develops when normal cells in the prostate grow faster or die more slowly than usual. This can lead to a cancerous tumour over time.



**TUESDAY OCTOBER 12TH, 2021**



**SAVE THE DATE FOR THE ANNUAL WOODY'S WALK MORE INFO TO FOLLOW !!**

## **SLEEP IS IMPORTANT!!**

**Learn how sleep improves brain function and mental health and how much sleep your child needs each night.**

- Lack of sleep causes irritability, increased stress, forgetfulness, difficulties with learning and low motivation. Over time, it can contribute to anxiety and depression.
- Sleep time guidelines depend on a child's age. Every child is different, so take time to figure out what works best for your child.
- If your child's sleep routine is disrupted, return them to a healthy sleep schedule as soon as possible.
- See your doctor if you have concerns about your child's sleep patterns.

Sleep is a very important part of your child's mental and physical health because it allows your child's mind and body to rest and recover. There are many things you can do to help your child or teen get good quality sleep as often as possible.

### **Benefits of sleep for mental health**

Your child's brain needs sleep to restore resources that were used up during the day. A well-rested brain can solve problems, learn new information and enjoy the day a lot more than a tired brain. Some areas of your child's brain are even more active while they sleep.

Children who consistently get a good night's sleep:

- are more creative
- can concentrate on tasks for longer
- have better problem-solving abilities
- are better able to make positive decisions
- are more able to learn and remember new things
- have more energy during the day
- can create and maintain good relations with others.

### **What are the signs and symptoms of lack of sleep?**

Not getting enough sleep each night can have negative consequences for your child. These cannot always be erased with extra sleep the next night. Over time, not getting enough quality sleep each night can produce a range of behavioural, cognitive (mental) and emotional symptoms.

### **Physical symptoms**

- Finding it difficult to wake up in the morning
- Falling asleep after being woken up and needs you to wake them again or repeatedly
- Yawning frequently during the day
- Complaining of feeling tired or wanting to nap during the day
- Preferring to lie down during the day, even if it means missing activities with friends or family
- Falling asleep or seeming drowsy at school or at home during homework
- Wanting to consume unhealthy stimulants, such as caffeine or sugar, regularly

### **Cognitive (mental) symptoms**

- Lacking interest, motivation and attention for everyday tasks
- Increased forgetfulness
- Blurred vision
- Difficulty learning new information

### **Emotional symptoms**

- Increased moodiness and irritability
- Increased impulsivity
- Increased stress throughout the day

When your child owes their mind and body sleep, this is called sleep debt. A large sleep debt (not getting enough sleep for many nights in a row) can result in your child feeling mentally exhausted. It can also worsen the symptoms of any existing behaviour, anxiety and mood disorders such as depression or bipolar disorder.

### **How much sleep does my child need?**

Your child's circadian rhythm (also called their "body clock") is a 24-hour cycle that tells your child's body when to sleep. The body clock is influenced by your child's age; children need less sleep as they get older.

The Canadian Paediatric Society has produced a general guide to the amount of sleep young children need over a 24-hour period, including naps.

# MCH and Head Start

AGE	RECOMMENDED AMOUNT OF SLEEP
Newborns (0 to 2 months)	16 to 18 hours (3 to 4 hours at a time)
Babies (2 months to 6 months)	14 to 16 hours
Older Babies (6 months to 1 year)	14 hours
Toddlers (1 to 3 years)	10 to 13 hours
Pre-Schoolers (3 to 5 years)	10 to 12 hours
School-Aged Children (5 to 10 years)	10 to 12 hours
<b>THE NATIONAL SLEEP FOUNDATION OFFERS GUIDELINES FOR OLDER CHILDREN AND TEENS</b>	
6 to 13 years	9 to 11 hours
14 to 18 years	8 to 10 hours

The recommended amount of sleep is simply a guideline, as each child is different. In addition, sometimes your child might need a little more sleep than what is recommended and other times they may feel fine with a little less. Talk to your child and adjust their sleep schedule to find out how much sleep per night works best.

Getting the recommended amount of sleep (e.g., number of hours) as well as maintaining a regular schedule of sleep and wake times is important, especially during stressful times. Some older children and adolescents may maintain 8 to 10 hours of sleep per day but if they go to sleep very late and then sleep through most of the morning, this means they are not receiving the full restorative benefits of sleep.

### How to respond to changes in your child's sleep routine

Naturally, there are times when your child's bedtime may be later than usual, for instance on a family vacation or a

special occasion. Going to bed a little later than usual is fine once in a while, but it is important to return your child to a healthy sleep schedule right away to give them the best chance of rest and recovery.

Keep in mind too that some children may have a reason to wake up during the night, for instance if they need to use the washroom, experience bedwetting, have a nightmare or tend to sleepwalk. If you are concerned about the number of times your child wakes up, snores or has pauses in their breathing during the night, see your family doctor.

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



**FOLLOW US ON FACEBOOK**

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

**Escape Route - Meeting Place - Fire Drills - Crawl Low - Check Doors - Smoke Detectors - Stop, Drop and Roll**

# THE SPEECH CORNER

BY TARA GLICKMAN

SPEECH-LANGUAGE PATHOLOGIST, S-LP (C), REG. CASLPO, OOAQ  
ORTHOphonie CONSTELLATION SPEECH THERAPY

## TOP 3 PARENT QUESTIONS ABOUT CHILDREN WHO ARE STRUGGLING READERS

I decided to kick off the back-to-school season by answering a few of the most common questions I am asked by parents and caregivers whose children have difficulties with reading and writing. Many parents have reached out over the last school year, saying, "I had no idea my child was finding reading and writing so hard until I had to sit with them for virtual learning!"

If this sounds like you, know that **you are not alone**. A recent study in Ontario showed that 26% of kids in Grade 3 are not reading at their grade level. That's a lot of reading challenges in every classroom! Here are the top 3 questions parents ask me about struggling readers:

### #1- What are some signs that my child is struggling with reading and writing?

Every child is different, but here are a few signs to look out for:

- Speech and/or language difficulties in preschool years
- Trouble learning letter names and sounds
- Skipping words while reading
- Difficulty with rhyming
- Slow, effortful reading with many mistakes
- Trouble retelling stories
- Messy handwriting and difficulty grasping a pencil

### #2- Should I wait and see if they catch up?

Early intervention for kids who struggle with reading and writing often yields positive outcomes. The longer we wait to support our struggling readers, the bigger the "gap" we have to work to close between them and their peers. That being said, it is never too late to get support! Many older students can make excellent strides with their literacy skills given the right tools.



## FREE READING RESOURCES

**Oxford Owl:** Free e-books for 3-11 year olds.

[www.oxfordowl.co.uk/](http://www.oxfordowl.co.uk/)

**Libby App:** Free app to borrow e-books and audiobooks from your local library.

[www.libbyapp.com](http://www.libbyapp.com)

**Reading Rockets:** A resource website about literacy for parents and teachers.

[www.readingrockets.org](http://www.readingrockets.org)

Which brings me to my last and **MOST FREQUENTLY ASKED** question...

### #3- How do I get support?

If you are worried about your child's reading, talk to a professional. Professionals who can help with reading and writing skills include:

- Teachers and educational assistants
- Educational psychologists
- Occupational therapists
- Speech-Language Pathologists (SLPs)

SLPs are highly trained at identifying and treating reading and writing difficulties. Many First Nations children can access funding for Speech-Language Pathology services (including reading and writing support) through Jordan's Principle. If you would like to chat about your child's reading, reach out! I am here to help!



tara@constellationspeechtherapy.ca



(514) 400-4551

Orthophonie  
**CONSTELLATION**  
Speech Therapy

# Suicide in Canada: Key Statistics

## DEATHS AND HOSPITALIZATIONS

**11** PEOPLE die by suicide EACH DAY

**4,000** DEATHS BY SUICIDE PER YEAR



Suicide is the **SECOND** leading cause of death among youth and young adults (15-34 years)

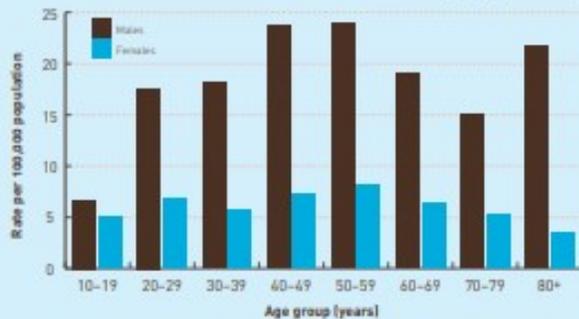


Suicide rates are approx.

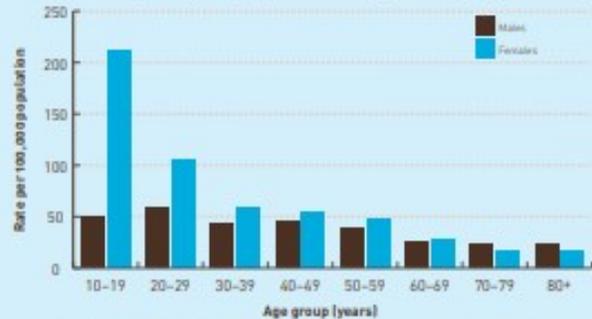
**3X** higher among men compared to women



DEATH rates by suicide per 100,000 population in 2016 (by age and sex)



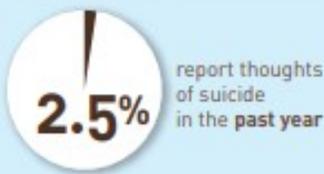
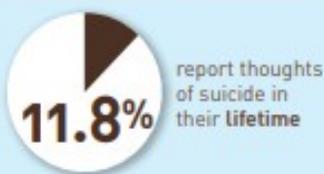
HOSPITALIZATION rates associated with self-inflicted injury per 100,000 population in 2017-2018\* (by age and sex)



\* Excludes Quebec hospitals.

## SUICIDE THOUGHTS, PLANS AND ATTEMPTS

### THOUGHTS



### PLANS



### ATTEMPTS



Suicide attempts are approx. **3X** higher among people born in Canada than immigrants to Canada

\* Estimates are for the population in Canada aged 15 years and older.

The Public Health Agency of Canada analyzed data from the Statistics Canada Vital Statistics Database, the Canadian Institute of Health Information Discharge Abstract Database, and Statistics Canada Canadian Community Health Survey [2016]. Published data underestimate the total number of reported deaths, attempts, plans and thoughts of suicide, due to stigma and other factors.

**HELP IS AVAILABLE**

## World Suicide Prevention Day

Every year on September 10th, people in over 50 countries recognize World Suicide Prevention Day.

It is a chance for everyone to join the conversation on promoting understanding about suicide, those impacted by a suicide attempt or loss. Every year 160 million people world wide contemplate suicide and tragically 800,000 of them die by suicide. That means, more than 159 million people survive suicide-related crises every year.

When someone is struggling ...

- Check in with them regularly to see how they are doing
- Listen supportively to what they have to say
- Remember that you don't have to have all the answers
- Know and introduce them to resources in their area if they need additional support
- Be prepared to assist them in finding information, but don't take over as that may reinforce their sense of helplessness

<https://suicideprevention.ca/>

## Health Center / First line Activities

# SENIOR SOCIAL

### DATES:

WEDNESDAY SEPTEMBER 8, 2021

THURSDAY SEPTEMBER 9, 2021

WEDNESDAY SEPTEMBER 22, 2021

THURSDAY SEPTEMBER 23, 2021

Time: 1:15 pm to 3:15 pm

Place: First Line Basement

Snacks, Tea and Coffee will be provided!!

Please remember to call Shelly 819-627-9877 to reserve your spot. You may only sign up for one of the days during the same week. Masks will be mandatory and all sanitary measures will be in place including social distancing.

We hope to see you there!

**Our August Snack Time for Elders was simple and delicious !!**

**A simple easy snack that you can enjoy in just minutes !!**



1. Slice the apples
2. Spread peanut butter on each slice
3. Dip in granola
4. Sprinkle with cinnamon

*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:**

**Thursday September 23, 2021 (10 am - 11 am)**

**Jell-o with fruit**

**Dates to sign up by:**

**September 17th, 2021 by 12:00 pm**

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.



# Mini-Pals is back!

In the basement of First Line Services

Tuesdays (0-2 years) 9:30 am - 11:00 am	Wednesdays (3-5 years) 9:30 am - 11:00 am
--	--

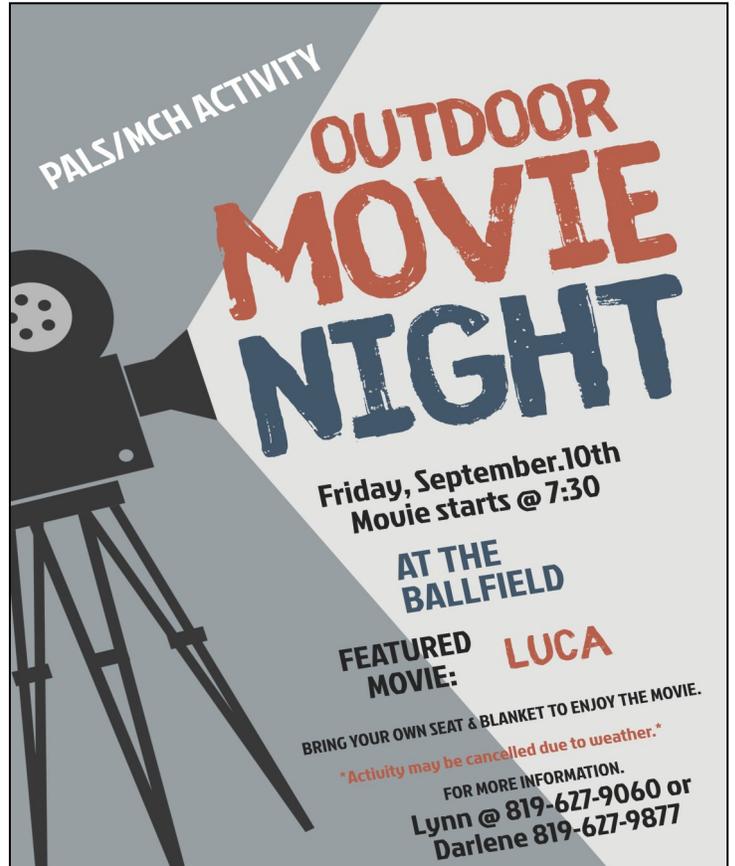
Mini-Pals is for parents or caregivers to interact and build skills with their children aged 0-5 through play, while allowing families to connect with one another.

Coffee/tea/water and snacks will be available!



Explore! Discover! Grow! Enrich!

For more information contact First Line Services 819-627-9877.



PALS/MCH ACTIVITY

# OUTDOOR MOVIE NIGHT

Friday, September 10th  
Movie starts @ 7:30

AT THE BALLFIELD

FEATURED MOVIE: **LUCA**

BRING YOUR OWN SEAT & BLANKET TO ENJOY THE MOVIE.

\*Activity may be cancelled due to weather.\*

FOR MORE INFORMATION:  
Lynn @ 819-627-9060 or  
Darlene 819-627-9877



## Community Kitchen

On the Menu:

- Teriyaki Chicken Casserole



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

<p><b>Tuesday, September 14th</b></p> <p>2:00 pm - 3:30 pm You must register by Friday, Sept.10th @ noon.</p> <p>Food will be delivered by 1:30 pm and Zoom will start at 2:00 pm</p>	<p><b>Tuesday, September 21st</b></p> <p>4:45 pm - 6:00 pm You must register by Friday, Sept.17th @ noon.</p> <p>Food will be delivered by 4:00 pm and Zoom will start at 4:45 pm</p>
---	---

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



# YOUTH ACTIVITIES

Youth 10-17

Thursday's  
September 9th & 23rd  
in Basement of FLS

5:30pm - 7:30pm

Activities to be determined..

TO REGISTER CONTACT FIRST LINE OR FOR MORE INFO 819-627-9877



**JOIN US FOR OUR MORNING WORKOUT CLASSES**

*Starting September 8th !!*

**10:00 AM**  
**MON-WED-FRI**  
**ALL AGES WELCOME**  
**KEBAOWEK COMMUNITY HALL**  
**WORKOUTS WILL BE MILD TO MODERATE**  
**PLEASE WEAR PROPER CLOTHES AND SHOES**  
**BRING A BOTTLE OF WATER**

**PUBLIC HEALTH PROTOCOLS WILL BE IN PLACE**  
**INFO: MICHELL 819-627-9060**



**Begins Tuesday, September 7th!**

**For men 18+**  
**Come join us for:**

# **Mens Paint Night**

**EVERY TUESDAY 6-8**

**Light snacks will be provided**  
**Location- Basement of First Line Services**

**Public Health protocols will be put in place.**

**Please register with Darlene at First Line Services 819-627-9877.**

**A SPECIAL PROJECT WITH**  
**ENTRAINMENT 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.

**BEGINNING SEPTEMBER 8TH!**

**COME JOIN US FOR:**

# **WOMEN'S PAINT NIGHT**

**Wednesdays from 6 pm - 8 pm**

**In the basement of First Line Services**

**Light snacks will be served !!**

**Public Health Protocols will be put in place.**

**To register, contact Darlene 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

With the warmer weather coming we are asking if you are not home at the delivery time, please leave a cooler outside for your meal.

## Meals on Wheels Dates for September

Wednesday Sept. 1st ... Delivery between 2 pm - 3 pm  
Wednesday Sept. 15th ... Delivery between 2 pm - 3 pm  
Meals on Wheels will be cancelled on September 29th due to Orange Shirt Day activities on Thursday.

## Meals on Wheels Dates for August

Thursday October 14th ... Delivery between 2 pm - 3 pm  
Wednesday October 27th ... Delivery between 2 pm - 3 pm

## 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](mailto: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
<b>September 2021</b>			1 Meals on Wheels  <u>HOLIDAYS</u> Tina Chevrier Darlene McLaren	2	3	4
5 <u>HOLIDAYS</u> Tina Chevrier	6 <b>KFN OFFICES ARE CLOSED FOR LABOUR DAY</b>	7	8 Senior Social	9 Senior Social Youth Activity	10	11
12 <u>HOLIDAYS</u> Jennifer King	13	14 Community Kitchen	15 Meals on Wheels	16	17	18
19	20	21 Community Kitchen	22 Senior Social Drumbeat Radio Bingo	23 Snack Time for Elders Senior Social Youth Activity	24	25
26 <u>HOLIDAYS</u> Virginia McMartin	27	28	29	30 <b>KFN OFFICES ARE CLOSED FOR NATIONAL DAY OF TRUTH AND RECONCILIATION</b>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October 2021</b>					1	2
3 <u>HOLIDAYS</u> Shelly Grandlouis	4	5	6 Senior Social Drumbeat Radio Bingo	7 Senior Social Woody's Walk	8	9
10	11 <b>KFN OFFICES ARE CLOSED FOR THANKSGIVING</b>	12 Woody's Walk	13	14 Meals on Wheels	15	16
17	18	19 Snack Time for Elders	20 Senior Social Drumbeat Radio Bingo	21 Senior Social	22	23
24 31 HALLOWEEN	25	26	27 Meals on Wheels	28	29	30