



Kebaowek First Nation Mazinaigan / Newsletter

Kawasikotodj Kizis / April 2022

Inside this issue:

An Update from the Chief Continued	2
Kebaowek Public Works Department	3
Kebaowek Education Department	4
Post Secondary Funding / Community Wishes	5
Upcoming Community Activities/Events	6
Kebaowek Cultural Program	7
Kebaowek Fire Department	8
Fire Safety Tips for Warmer Months	9
An Update fro the Health & Social Service Director	10
Health Center Notes and Information	11
Medical and NIHB Updates	12
The Speech Corner ... Bilingualism	13
Drugs, Alcohol and Your Oral Health	14
Drugs, Alcohol and Your Oral Health	15
MCH / Headstart ... Children's Oral Health	16
Children's Oral Health Contest	17
Healthy Lifestyles ... Sugar and Nutrition Labels	18
Benefits of Getting a Full Nights Sleep	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 April and May	24

An Update from the Chief

I had hoped not to have to be writing about Covid-19 but here we are, beginning of April and clearly in the 6th wave of this pandemic. We have like other First Nations and the Municipalities around us have watched the number of confirmed cases in the local area grow to levels higher than we've seen since the beginning of the pandemic. It's not all gloom and doom however as our vaccination rate is ensuring that most members who have contracted Covid-19 have had manageable symptoms and recovery is fairly quick. With the lifting of mandates and Public Health measures, there are decisions that each of us has to make in terms of our own safety and comfort and we ask that you be respectful of those choices. We still strongly suggest that you get vaccinated or boosted as the main means to protect yourself, family and community. We also suggest given the high transmission rate that you continue to wear a mask in indoor settings for the time being. Summer is coming and it's expected we will see a decrease in new cases during the summer but like the flu, Public Health officials believe these numbers will rise again in the fall and we may require an additional booster. Alf that is the case, the Health Center team will as they have done since the beginning of this pandemic, communicate that information to the community.

There are a number of other matters that are very important and pressing and it deals with projects that are being proposed on our territory, namely the Nuclear file and the Vital Minerals attempt to restart the Rare Earth Mining Project. The Nuclear file is complex and involves 3 different projects at Chalk River, Ontario. The one we are most concerned with is the Disposal Facility that they want to have to store the used nuclear waste. This is a problem as the site sits right beside the Ottawa River, it is already leaching low level radioactive waste into the water and this project risks making that worse. Nobody wants a nuclear dump in their backyard and this is what is being proposed. We have been attending hearings, writing letters to Ministers, registering and outlining our concerns. We are also demanding that we and the other communities of the Algonquin Nation be consulted officially on these projects so we can show the impacts the projects have on our rights and use of the territory as well as the future impacts on the environment. We are not nuclear scientists, but common sense tells us not to build something so toxic and dangerous next to the single most important waterway in this country, the water supply for millions of people. It's not what if something goes wrong it's when. We will continue to oppose these projects, continue to make our views known by sending in briefs, presenting our concerns at public hearings and trying to garner support and build alliances with other Algonquin communities, other First Nations and Environmental groups who like us, oppose these projects. While we are all looking for green technologies and getting off of oil, nuclear is not the best option to achieve this. (Continued on 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

The more pressing file however is the Rare Earth Mining Project now owned by Vital Metals and their subsidiary Cheetah Resources. They paid us a visit in November where they presented their revised project. We listened to their presentation and then we advised them that we could NEVER support this project, regardless of what it looked like. The location of their proposed mine and other works would put the water and Kipawa River at risk of pollution and contamination and would destroy one of our communities significant historical and cultural areas. At this meeting we also learned that they were intending to come to the site physically this spring and further that they intended to take a significant amount of material out as bulk samples for further testing. This is problematic as every step they complete gets them one step closer to the permits that they require to become operational. Quebec is suppose to advise us of such a request as it's part of their law as we must be consulted on these works before permits are issued for the collection of bulk samples. We CANNOT let this happen, we must stop them from taking any samples period and it will mean we will need to confront them and stop them on our territory. After our meeting last fall Cheetah Resources told us they were disappointed in our reaction to their project but they did commit to go back and take a few months to digest what they heard and come back to us. We are still waiting for that follow-up as we want to keep a close eye on this file and project. Despite our requests for information, we have not heard back from them but we do know they have come to our area in the recent week and are having meetings with the Mayors of Temiscaming and Kipawa trying to drum up support for this project, yet they cannot take the time to meet with us or Wolf Lake. They know we are opposed and I am happy to report that we have many notes and emails of support from our non-native friends and neighbours who don't want to see this project realized either. We will need everyone working together to stop this project again.

As we don't trust the Quebec government as they are a financial partner in this project, we have developed a plan of action.

First we will be constantly monitoring the site and area for any new activity, if there is any, we will go and investigate directly.

We need a permanent presence in the area so we will be clearing an area at the end of the access road for a site where members can go and camp and practice cultural activities. We will also look at constructing some type of

permanent building for the community's use and to ensure a presence in the area.

If we get the request for the bulk sampling, we will demand that the ministry not issue the permits and if they do, we will physically block the company and their equipment from getting to the areas that they want to sample. This is where we will need our allies and your support if we truly want to stop this project and send a strong message to the promoters and governments that this project won't and can't happen. The environmental impacts are too great and it doesn't matter how much these minerals are worth, they are best left in the ground. Water is priceless and we need it more than we need the mine, its jobs and the devastation they will leave behind.

In closing, I just wanted to again thank those who got vaccinated, the Kebaowek Vaccination Recognition Strategy was a small gesture to recognize that effort.

I wish everyone a Happy and Safe Easter.

Chief Lance Haymond

**It's the Season for
ININATIK MINACIC
Pronounced (Inn-inn-adick Min-nah-shish)
MAPLE SYRUP**

JOIN US FOR A PANCAKE BREAKFAST

WHEN: Friday April 22nd, 2022

WHERE: Community Hall

TIME: 7:00 am to 9:00 am

For more information contact:

**Verna Polson - Cultural Coordinator
819-627-3309 or vpolson@kebaowek.ca**






**PLEASE KEEP AN EYE OUT FOR
MORE INFORMATION REGARDING
KEBAOWEK FIRST NATION'S
"CHASE THE ACE"
WEEKLY DRAW WHICH WILL BE
STARTING IN MAY 2022 !!**

Kebaowek Public Works Department

The Spring and Summer of 2022 will see lots of construction within our community. The construction of a new Police Station has been put out to Tender and we are currently in the process of analyzing the submitted bids. Funding for a new Health Center has been secured and the contract will be sent out to Tender by the end of April.

The reconstruction of Migizy and Ogima Streets will continue this Spring when the weather permits. Ogima Street from Migizy Gas to the 4-way stop and Migizy Street from the Elder's Building to the Bus Garage will be completely rebuilt from sewer pipe to pavement. This will result in some temporary interruptions of service and the installation of temporary service lines on the surface. Residents who will be directly affected will receive more information prior to the start of the construction.

The compost platform is nearly complete. The construction of a roof over the concrete bins will be started as soon as weather permits. The Eco-Center will be opened after the fence is completed. A contractor was awarded the job last fall but only had time to do the fence around the compost platform. They will complete the Eco-Center fence this Spring.

All of this work will result in traffic disruptions, temporary road closures, heavy equipment, dump trucks and noise. I thank you all in advance for your understanding and patience.

Terry Perrier
Director of Public Works & Community Infrastructures

KFN Annual Spring Clean Up

APRIL 26-27-28, 2022

8:00 AM - 4:00 PM



WE WILL BE PROVIDING PICKUP FOR THE FOLLOWING CATEGORIES OF WASTE:

HAZARDOUS WASTE, ELECTRONICS, METALS AND LARGE ITEMS

**ALL ITEMS MUST BE SEPARATED INTO THE PROPER CATEGORIES TO BE PICKED UP.
PLEASE PLACE ITEMS AT THE END OF YOUR DRIVEWAY.**

**RECYCLABLES AND DOMESTIC WASTE, ITEMS THAT NORMALLY GO INTO YOUR
BLUE AND GREEN BINS, WILL NOT BE PICKED UP.**

**THE FOLLOWING IS A LIST OF WHAT IS ACCEPTED AT THE ECO CENTER:
IF YOU HAVE ANY OF THE LISTED ITEMS YOU MUST SEPARATE THEM INTO
THE CORRECT PILES FOR PICKUP.**

<p>1st Pile - Non-Reusable - Furniture, Mattresses, Vinyl</p> <p>2nd Pile - Metal Appliances - fridges, stoves ... etc Bicycles, Scrap Metal</p> <p>3rd Pile - Domestic Hazardous Waste - Paint, Used Oils, Batteries, Light Bulbs, Fluorescent Lamps</p> <p>4th Pile - Tires - Tires on rims will not be picked up.</p>	<p>5th Pile - Electronics - Computers, Printers, Telephones ... etc</p> <p>6th Pile - Non-Treated Wood Small quantities only, leftover construction waste will not be picked up.</p> <p>7th Pile - Treated Wood Small quantities only, leftover construction waste will not be picked up.</p>
--	--

Interested in exploring your artistic side? Come join us at the Elder's Building for an evening of painting.

PAINT NIGHT WITH LOCAL ARTIST JOANNE ABBOTT

**WEDNESDAY APRIL 27TH
6:00 PM - 9:00 PM**

We will be painting an Indigenous Shawl Dancing Woman

This is a stand alone session meaning you will be finished your painting that evening.

PLEASE CONTACT ROSE JAWBONE AT 819-627-3455 TO RESERVE YOUR SEAT
MUST BE 12 YEARS+ TO PARTICIPATE
** LIMITED SPACES **

PUBLIC HEALTH PROTOCOLS WILL BE RESPECTED
PROOF OF VACCINATION WILL BE REQUIRED



KNITTING CLASSES

**EVERY THURSDAY EVENING
6:00 PM - 8:00 PM AT THE ELDER'S BUILDING
STARTING THURSDAY MARCH 24TH !!**

**FOR ALL BAND MEMBERS AGED 12 AND UP
YOU MUST BRING YOUR OWN MATERIALS
SEATING IS LIMITED TO 12 SEATS PER CLASS**

**PLEASE CONTACT ROSE JAWBONE AT
819-627-3455 TO RESERVE YOUR SEAT**

**PUBLIC HEALTH PROTOCOLS WILL BE RESPECTED
PROOF OF VACCINATION WILL BE REQUIRED**



Every Child Matters

THE Kebaowek Education Department invites all Kebaowek Band Members to wear their orange Every Child Matters shirts on the 30th of every month (for February it will be the 28th)

Send us a picture of you wearing your tshirt on the 30th of every month for a chance to win a prize!

- * A NEW PICTURE MUST BE SUBMITTED ON THE 30TH OF EVERY MONTH *
- * THERE WILL BE A MONTHLY DRAW FOR ADULTS AND A DRAW FOR CHILDREN *
- * MUST BE A KFN BAND MEMBER TO BE ELIGIBLE FOR THE DRAW *

YOU CAN SEND YOUR PICTURE BY ONE OF THE FOLLOWING OPTIONS:
Private Message to Kebaowek Health and Wellness page on Facebook.
By email to tchevrier@kebaowek.ca or rjawbone@kebaowek.ca
Text to 819-627-6888

HANDICRAFT SEWING CLASS

**TUESDAY EVENINGS
6:00 PM - 8:00 PM**

**AT THE ELDER'S BUILDING
STARTING TUESDAY MARCH 22ND !!**

FOR ALL BAND MEMBERS AGED 12+

School-age youth get their material for free. Adults, the costs vary depending on materials needed for projects.

Projects are anything and everything from mitts, moccasins, dream catchers, purses, keychains etc ... you decide !

SEATING IS LIMITED TO 12 SEATS PER CLASS

PLEASE CONTACT ROSE JAWBONE AT 819-627-3455 TO RESERVE YOUR SEAT

PUBLIC HEALTH PROTOCOLS WILL BE RESPECTED
PROOF OF VACCINATION WILL BE REQUIRED



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

IF YOU ARE INTERESTED IN ATTENDING A POST-SECONDARY INSTITUTION FOR THE 2022-2023 SCHOOL YEAR AND WOULD LIKE TO BE SPONSORED FOR FUNDING BY THE KEBAOWEK EDUCATION DEPARTMENT, PLEASE CONTACT THE EDUCATION ADMINISTRATOR TO REQUEST AN APPLICATION.

ALL FUNDING APPLICATIONS MUST BE COMPLETED AND SUBMITTED TO THE EDUCATION ADMINSTRATOR NO LATER THAN MAY 1ST, 2022 FOR EQUAL CONSIDERATION

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

Community Wishes



Happy Birthday Uncle Adam !!
Wishing you an awesome day !!
Love Nylah ♥ xo



Happy 57th Wedding Anniversary to Regis & Sonia !!
They celebrate their special day on April 10th !!
From Robbie, Jackie, Kendra, Trysta, Mikey & Lakynn xoxo



Happy Birthday Adam !!
May all your birthday wishes come true, have a great day !!
Cheers !!
Love Mom & Jungo xo



Happy Birthday to the best Mommy ♥
We love you !
Mikey & Lakynn xoxo

Community Activities/Events



Drumbeat
THE HEART OF Kebaowek

RADIO BINGO
Live on 104.1 FM

EVERY SECOND WEDNESDAY

Tune-in at 7:00 p.m.

PRICE: \$20.00

Package includes multiple games
plus a **\$1000 JACKPOT!**

BINGO CARDS are on sale at
Lakeview Store, Migizy Gas,
Stop 102, Depanneur Dandy's and
CREVIER - Station Centre-Ville.



Phone: 819-627-9595
www.drumbeatradio.ca



CONTACT US

If you would like to register, or have any questions please email Kebaoweks Cultural Coordinator Verna Polson: vpolson@kebaowek.ca OR Wolf Lakes Healing & Wellness Worker Melissa: mrobinsonking@wolflakefirstnation.com

KFN Members can register with
Melissa Robinson
mrobinsonking@wolflakefirstnation.com

MAHIGAN SAGAHIGAN HEALTH AND WELLNESS CENTRE INVITES COMMUNITY MEMBERS TO

BASIC CANOE TRAINING

APRIL 22 6-8PM
APRIL 23 2-4PM

LE CENTRE, TEMISCAMING

**PLEASE REGISTER BY
APRIL 14**

KIPAWA COUNTRYFEST

WE ARE BACK!

August 19-20-21, 2022

WE CAN'T WAIT TO SEE YOU ALL AGAIN!



Save the date and watch for updates on ticket sales, camping and music lineup.



WLFN & KEBAOWEK
FIRST NATION INVITE
YOU TO A CULTURAL
GATHERING AT
Brennan Lake

ALL ARE WELCOME TO JOIN



Fish Fry Dinner

On Saturday afternoon Verna Polson will prepare a fish fry for the group.



Survival Skills

Learn basic bush survival skills with Claudia Heffern.



Visit Turner Falls

Join Claudia Heffern and Rod St Denis on a tour to Turner Falls



Harvesting Medicine

Harvest medicines and join Rod St Denis on a walk through the bush.

Kebaowek Cultural Program

Traditional Full Moon Ceremony



with Stephanie McMartin

Thursday April 14th, 2022

Supper starting at 6:00 pm

Stew and Bannock

Ceremony starting at 7:00 pm

At the Arbour

Open to all women and girls.

Please wear your skirt.

For more information please contact:

Verna Polson - Cultural Coordinator

Phone: 819-627-3309 Email: vpolson@kebaowek.ca



Calling men and youth of Kebaowek who would be interested in learning to

DRUM

If you would be interested in drumming on our grandfather drum please join us

**Tuesday April 19th and
Monday April 25th, 2022
6:30 - 8:00 pm at the Hall**

Teaching and learning traditional songs by Wayne McKenzie

For more information please contact:

Verna Polson - Cultural Coordinator

Phone: 819-627-3309 or Email: vpolson@kebaowek.ca

LANYARD BEADING WORKSHOP

with Mallory Tepiscum

Tuesday April 26th
and Thursday April 28th

6:00 pm - 9:00 pm
at the
Community Hall

Limited to 14 participants

For more info or to register:

Verna Polson

819-627-3309

vpolson@kebaowek.ca

HAND DRUM WORKSHOP

WITH RODNEY ST-DENIS



Tuesday April 12th and Wednesday April 13th
6:00 pm - 9:00 pm at the Community Hall

Limited to 14 participants

For more info or to register:

Verna Polson 819-627-3309

vpolson@kebaowek.ca

SPARKY IS OLDER THAN YOU MAY THINK !

March 18TH marked Sparky the Fire Dog's 71st birthday !

Sparky plays an important role as both a mascot and cue to action within NFPA's (National Fire Protection Association) mission to eliminate loss of life & property from fire, electrical and related hazards. Indeed, Sparky encourages the "Informed Public" cog of our Fire and Life Safety Ecosystem, to assure people are engaging in appropriate prevention and response behaviors, making personal investments in safety, and holding their government officials accountable. While Sparky is truly ageless and timeless, as a 71 year old, he is also a Baby Boomer, offering insight into a major need for Fire & Life Safety Educators – a way to reach varied audiences with tailored, relevant, and accessible information and resources.

Visit Sparky's page on the NFPA website where you can find fun activities and games for kids !!

www.nfpa.org

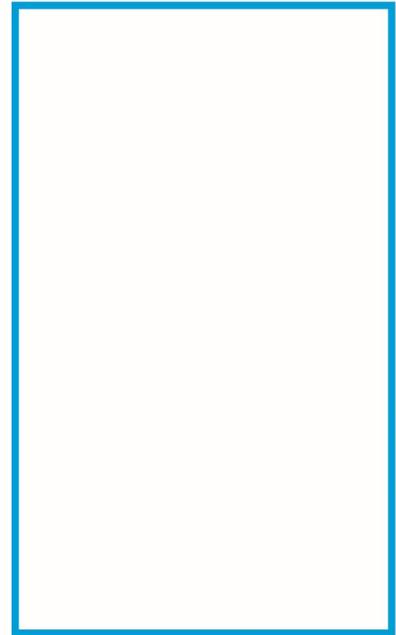
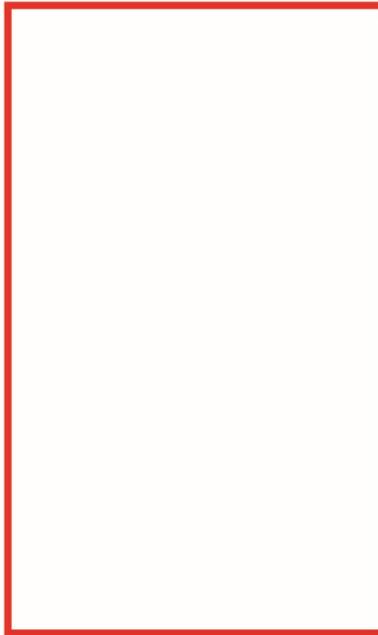


SORTING

There are things in your home that are hot or can get hot. Stay away from hot things, they can hurt you.
Directions: Cut and sort the pictures in the correct column or draw a line from the item to the column.

HOT

NOT HOT



Sparky® is a trademark of NFPA. ©2020 National Fire Protection Association®



Stop



Drop



Roll

SPRING HAS SPRUNG - FIRE SAFETY TIPS FOR THE WARMER MONTHS

It's easy to associate at-home fire protection with the colder months with the use of space heaters, fireplaces, decorative candles, and tangled strings of holiday lights. But, just because we're less inclined to turn the heat on doesn't mean we shouldn't still be vigilant when it comes to protecting ourselves and our property from fire hazards. As you transition from sweaters to shorts, deep fryers to grills, and indoor holiday parties to backyard barbecues, keep an eye on these areas:

Grills

Fire is unavoidable when it comes to preparing the perfect kabob or rack of ribs on the grill, which means you've got some inherent risks right from the get-go. In fact, the NFPA reports that an average of 8,900 home fires are caused by grilling each year. Here are some fire safety tips for the grill:

- While the meat is marinating, be sure to check each potentially problematic point of the grill including the propane tank, the hose, and all connecting points.
- Charcoal should be soaked with charcoal starter fluid only, so don't let the pyro-happy Boy Scout in your family go anywhere near the grill with a container of lighter fluid, no matter how cool he swears it will be!
- Make sure the grill is clean - failing to clean the grill before and after use is a contributing factor in nearly 20% of all grill structure fires.
- Make sure the grill is set up in an open, outdoor area with nothing flammable (plants, paper products, etc.) nearby.

Outdoor Fire Pits

The necessary safety precautions for an outdoor fire pit (s'mores, anybody?) are much the same as for a grill, plus a few others:

- Never leave young children unattended near a fire in the pit.
- Fill a bucket with water and set it next to the pit before you even begin building the fire.
- Avoid throwing leaves, pine cones, pine needles and paper into the fire. They catch fire quickly and can result in dangerous floating embers.
- Unless there's an emergency, avoid dumping the entire bucket of water on the fire to put it out. Instead, spread

the pieces of fuel as far apart as possible and gently sprinkle water over them until there are no more glowing embers. This prevents the scatter of embers and a thick cloud of smoke.

- Toast your marshmallows over the embers rather than the flames. This not only gives them that perfect golden crust, but prevents them from catching on fire.

Chimneys

As cozy as it was in January and February, come April and May chances are you'll be less inclined to build a fire in the living room fireplace. As easy as it is to just scoop out the ashes, close it up, and forget about it until November, go ahead and have the chimney inspected as part of your spring cleaning effort. The NFPA recommends having a chimney inspected and thoroughly cleaned at least once a year anyway, and getting it out of the way this time of year often means ridding it of buildup that would only cause more damage if it hung around until the fall. Plus, chimney technicians will be more likely to have flexible schedules in the springtime.

Smoke Alarms

You knew this one was coming, right? The batteries should be changed once a year anyway, so just go ahead and roll it into your spring cleaning ritual. As the spring and summer days progress, don't forget to test the smoke alarms (there should be at least one on every floor of the house) each month.

Dryers

If you're lucky enough to have the space for a clothesline, consider drying your clothes and linens outside during these lovely warm months—is there anything better than the smell of freshly-laundered sheets after they've been dried by a soft spring breeze? If that's not an option, keep in mind that the leading cause of clothes dryer-related fires is a failure to keep them clean. Scooping out the lint basket takes all of about 12 seconds, so be sure to clear it out every time you throw a load in. The NFPA also recommends cleaning out the vent pipe at least once a year, so might as well add that to the spring cleaning list, too.

We hope that you found these tips helpful. Happy Spring!

A Message from the Health & Social Services Director

Kwe to all members of Kebaowek First Nation. At the time of writing this article, we have a positivity rate of 25 % (target being 5%) in the Abitibi-Temiscamingue Region amongst the groups prioritize for testing from Public Health. We have 40 people in our hospitals throughout the Region with 2 people in the ICU. 75% of the people hospitalized are 60 and up.

Transmission of the virus is on the rise in all our First Nations communities and in mainstream surrounding villages. We can say that we have transitioned seamlessly into the 6th wave of the Corona Virus with Omicron variant now sharing the stage with the BA.2 sub-variant.

With the only measure left in the wearing of a mask, it is difficult from my perspective to throw caution to the wind and go mask-less when the government announces it. But the fact of the matter is, the Quebec government delayed moving forward with removing the masks mandate and extended it till April 30th. This stems from the steady daily increase in positive cases and in hospitalizations. Public Health regional office is counting on many to continue to wear a face covering when in crowded situations long after the mandate is lifted. The CISSSAT is asking the population to remain vigilant to reduce the spread of Covid so that our hospitals are not forced to reduce services to the population.

Kebaowek First Nation employees, as per the rules from the CNESST, will continue to wear a face covering till at least the beginning of May before re-evaluating this measure. The same continues to apply to our clients accessing services within our office settings.

It's important for you to know that some programs and services may be temporarily interrupted as some employees or their close family member may be dealing with the virus.

Receiving your 3 doses of an mRNA Covid-19 vaccine for those eligible and keeping up with socio-sanitary measures remain the best way to protect yourself and the people close to you. This is primarily more important if your immune system is weakened by a medical treatment or condition. It's never too late to get vaccinated

- Washing your hands frequently and using hand sanitizer when soap and water are not available
- Wearing a face mask when in a crowded environment
- Coughing in the crook of your elbow
- Adhering to safety protocols in places, wearing masks in public transit
- Self-monitor if you are a close contact of a known

positive case.

- Doing a Rapid Test if you develop flu like symptoms. Please note that we have Rapid Tests available at the Health Center.

Our Health & Wellness Center will be personally reaching out to our eldest population (70+) with more information on the 4th dose. As of April 11th, those aged 60 to 70 can sign up for a 4th dose. It is safe to assume that before we enter into the next fall flu season, Public Health will be recommending that we get vaccinated for the virus they figure will be circulating. Please continue to consult our Facebook page for up-to-date information on Covid-19 and other important public health messages.

Meetings Held During March Via Zoom

- Kebaowek bi-weekly Emergency Response Group
- FNQLHSSC BOD
- Public Health from CISSSAT with English F.N's. & MRC
- CISSSAT BOD & Verification Committee
- Quebec First Nations Health Director Network
- Piweseha Training to evaluate the program
- FNHMA / IHealth today Town Hall participant

Virginia McMartin will once again be inviting members to a Wild Meat Harvesting and Handling Workshop with Dr. Denis Harvey next September. This workshop will discuss the best practices for harvesting, handling and recognizing diseases in our wild game. We will also have someone to discuss fish and their reproduction cycles.

Please proceed with caution on the ice as we head towards warmer weather. Do not take unnecessary chances as the cold waters are very unforgiving.

I want to wish you all a Happy Easter! Stay safe and healthy.

David McLaren
Director of Health and Social Services

Quotes About Spring

In the spring, at the end of the day, you should smell like dirt." ~ Margaret Atwood

If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome. ~ Anne Bradstreet

Health Center Notes and Information

LABS/BLOODWORK - YOU MUST CALL TO BOOK AN APPOINTMENT TIME 819-627-9060

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

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

Quebec First Nations and Inuit Summer Student Employment Program

First Nations and Inuit Health Indigenous Services Canada - Québec

Québec First Nations and Inuit Summer Students Employment Program

Conditions and Guidelines

Québec First Nations and Inuit Health Careers Program under the Aboriginal Health and Human Resources Initiative (AHHRI)

The Summer Student Employment Program is now a component of the Aboriginal Health and Human Resources Initiative (AHHRI). The purpose of the program is to provide work-related experience to aboriginal students pursuing full-time studies at a federally recognized post-secondary institution in a field related to health. In order to be considered, students and employers wishing to participate in the Program must complete the application forms. **Please call/email Tina Chevrier at the Kebaowek Health and Wellness center to have an application form sent to you tchevrier@kebaowek.ca / 819-627-9060.**

Conditions – General

Priority will be granted to eligible students who have never applied to the Program. Master's or doctoral students are not eligible under the Program. The work term may vary according to the students' school holidays and the needs of the employer but it cannot exceed a maximum of 12 weeks (from May to August). The salary of the student is based on the Public Services salary scale by that reflects years of schooling completed. Travelling, lodging and meal cost are not covered under the Program. The presentation of an application does not guarantee placement.

Conditions for Students

To be eligible for employment under the Health Careers Program, the student must be registered full-time at a University or College and must be planning to return to school in the fall. To be eligible, the student must have the intention to complete their studies and receive a diploma which qualifies them for employment in a field related to health such as: nursing, psychology, optometry, pharmacy, social work, etc. Master's or doctoral students are not eligible under the Program. If selected for this program, the student will be required to comply with the guidelines set by the employer.

The students must include the following with their application:

- A copy of the student's last official transcript.
- Written confirmation of enrolment in a full-time program in the health or social services field at a federally recognized post-secondary institution for the last and next session
- An up-to-date curriculum vitae
- A written confirmation of aboriginal ancestry
- The completed and signed student form

**** Funding conditional upon availability of funds****

The deadline for applying to the program is April 22nd, 2022

Send applications along with required attachments by mail/fax or e-mailed to:

**Kebaowek Health & Wellness Center
Summer Health Career Program
Attn: David McLaren**

**110 Ogima Street, Kebaowek, Quebec J0Z 3R1
Email: dmclaren@kebaowek.ca Fax: 819-627-1885**

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 12:00 PM - 5:00 PM CALL 819-627-6887	HOURS 8:30 AM - 12:30 PM CALL 819-627-6887

IMPORTANT MEDICAL TRANSPORTATION SCHEDULE CHANGES FOR APRIL 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.**

Thursday April 14th (Good Friday): The office is closed at noon. Medical Transportation available 12:00 pm – 8:30 pm.

Friday April 15th (Good Friday): The office is closed. Medical Transportation available 8:30 am – 12:30 pm.

Monday April 18th (Easter Monday): 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.

EXTRA PRECAUTIONS FOR COVID-19

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

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

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

MEDICAL TRANSPORTATION CLAIMS

Private Vehicle

We encourage you to use private vehicles when possible to limit the number of people entering our medical transportation vehicles. Medical transportation reimbursements are done weekly. Claims handed in on Wednesday before noon will be processed for the same week if all the information is present and eligible. We encourage you to sign up for direct deposit as this will limit the number of people entering our Health Center. Please ensure your documents are properly completed to avoid delays.

THE SPEECH CORNER

BY TARA GLICKMAN

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

BILINGUALISM & LANGUAGE DEVELOPMENT

There's a lot of mixed information when it comes to raising a child in a family that speaks more than one language. Let's talk about some of the most common questions that I get as a Speech-Language Pathologist from families that are teaching their children more than one language at home.

Can I speak more than one language to my child?

Yes! In fact, there is no evidence that says you should only speak one language with your child. We know that the younger and more regularly a child is exposed to a language, the easier it is for them to learn it. This is why children often have an easier time learning new languages than adults. So, if you speak more than one language at home, you can confidently use both (or all) of these languages with your children.

Does speaking more than one language negatively impact language development?

This is probably the most common question I get and represents a very common myth. The short answer? No! Speaking more than one language does not cause language delays. In fact, we know that learning more than one language has lots of short- and long-term positives for a child. Bilingualism or multilingualism is protective of the brain in aging, supports thinking skills, offers opportunities and supports a connection with cultural identity.

My child is mixing their languages together-should I be worried?

Mixing languages together is actually a normal and natural part of learning more than one language. Children (and even adults) will sometimes mix more than one language when they know their conversation partner can understand both (or all) of the languages being used. When this happens, you can let them know you got the message by repeating it back in the language you are currently using. For example, if your child says a sentence that is half English and half French during a French conversation, you can acknowledge it by repeating it back completely in French.



HOW MANY WORDS IS THAT?

Did you know that bilingual (and multilingual) children have roughly the same vocabulary size as their unilingual peers? Sometimes parents worry that their bilingual children have a smaller vocabulary because they might hear less variety of words at a given age. It is important to note, though, that the same word in each language counts. For example, if your child knows "cat" and "chat", then we count that as two words!

How can I help my child learn more than one language?

For all children, no matter how many languages they are learning, exposure is key. Your child needs lots of varied opportunities to hear and use language in their daily routines and interactions. Choose whichever language feels most natural and comfortable for each routine and relationship. Daily routines include things like:

- Playtime
- Reading books
- Morning routine
- Bedtime routine
- Mealtime

If you have any questions, as always, do not hesitate to reach out!

✉ info@constellationspeechtherapy.ca

☎ (514) 400-4551

Orthophonie

CONSTELLATION

Speech Therapy

Drugs, Alcohol and Your Oral Health

While many people who think of drug abuse imagine damage to the lungs, stomach, heart, or brain, many types of drugs damage the teeth and gums. People who struggle with addiction spend a great deal of their time intoxicated on drugs or trying to acquire more drugs; this means that they often neglect oral hygiene because they cannot afford a dentist or they simply stop caring about brushing their teeth.

There are several ways that each drug can, individually, damage oral health. Here are the most common ways that addictive drugs can generally harm the mouth and teeth:

- Dry mouth, which increases acid in the mouth and leads to rotting enamel
- Acid reflux, which also rots enamel and hurts soft tissue
- Grinding teeth
- Loss of blood flow to roots and gums
- Ulcers or sores in the mouth that can become infected
- A focus on attaining more drugs instead of caring for oral hygiene
- Nutritional deficiencies that can damage teeth and gums
- Greater intake of high-sugar food or beverages, which rots teeth

Drugs That Affect Oral Health by Type

Most people know from public health advertisements that meth abuse damages teeth; however, they may not know how this occurs, how quickly it can happen, or that other drugs can damage oral health. Here are drugs that are most often associated with damage to the teeth, gums, jaw, and oral hygiene:

Cocaine

This potent stimulant affects the mouth, although it can cause different damage depending on how the drug is taken. It is very acidic, so if cocaine comes in contact with teeth, it will break down the enamel. Crack cocaine is the most common offender since it is smoked, although some people put powdered cocaine in their mouths to be absorbed by their gums. Rubbing the powdered version into the gums also leads to mouth sores, which can become infected. Snorting powdered cocaine damages the tissues in the upper palate, which may eventually cause a hole to form between the nose and mouth. Cocaine may cause a movement disorder called *transient chorea*; this can manifest in jaw and mouth-related muscle spasms called *buccolingual dyskinesia*, which can look like grinding

the teeth or a strange smile. Grinding the teeth can crack them and cause damage to the enamel, the surrounding gums, and the jaw.

Meth

Poor dental health is associated with meth use in a condition colloquially called *meth mouth*, as this drug rots teeth very quickly. Meth causes blood vessels to shrivel and die, and this causes problems in the gums. Meth also makes the mouth dry out, and without saliva, other acids in the mouth wear away enamel. Since the drug is a stimulant, it causes people who take it to grind their teeth due to stress; people who struggle with meth addiction also crave sugary foods and drink, which can damage oral hygiene.

Amphetamines

So-called *club drugs*, like ecstasy, MDMA, molly, and derivatives of these amphetamines, cause the person who takes them to grind their teeth, which can cause teeth to crack. The action can also damage the jaw. These stimulant drugs cause dry mouth and can lead to dehydration, which can damage teeth, their enamel, and other structures in the mouth.

Alcohol

This legal, but addictive, intoxicating substance is made from fermented sugars and may have additional sugar added later. This can lead to a faster buildup of plaque. Alcohol is also acidic, so the combination can quickly lead to tooth decay. Acid reflux can bring up stomach acids that may further wear away at the teeth. Red wine, brown liquors, and alcohol with other colorants can stain teeth, which can be unsightly.

Opioids and Opiates

Heroin causes people to crave sugary foods or soda, which can damage teeth and their roots. Although opioids and opiates are not stimulant drugs, they can cause users to grind their teeth, which cracks teeth and damages the jaw. Those who inject these drugs put themselves at higher risk for many infections, which can cause oral fungus or viral infections that affect the mouth. Since opioids also reduce pain, the associated loss of sensitivity could lead to the person ignoring pain from cavities or gum disease. Unfortunately, dental surgery may lead to opioid addiction, for some people. Oral surgery to correct dental problems is

Drugs, Alcohol and Your Oral Health

common, and dentists typically prescribe a course of opioid painkillers after surgery. While these are milder opioids like Percocet or Vicodin, the drugs may still trigger addiction for some individuals.

Marijuana

Smoking anything, including marijuana, can lead to cancer in the mouth. This drug is also known to cause dry mouth, which can, like meth, wear away at enamel due to an imbalance of acids in the mouth. Additionally, a syndrome called *cannabinoid hyperemesis* can occur; this condition causes vomiting, and if a person vomits frequently, stomach acid can wear away at the enamel of the teeth, causing cavities and decay.

Tobacco

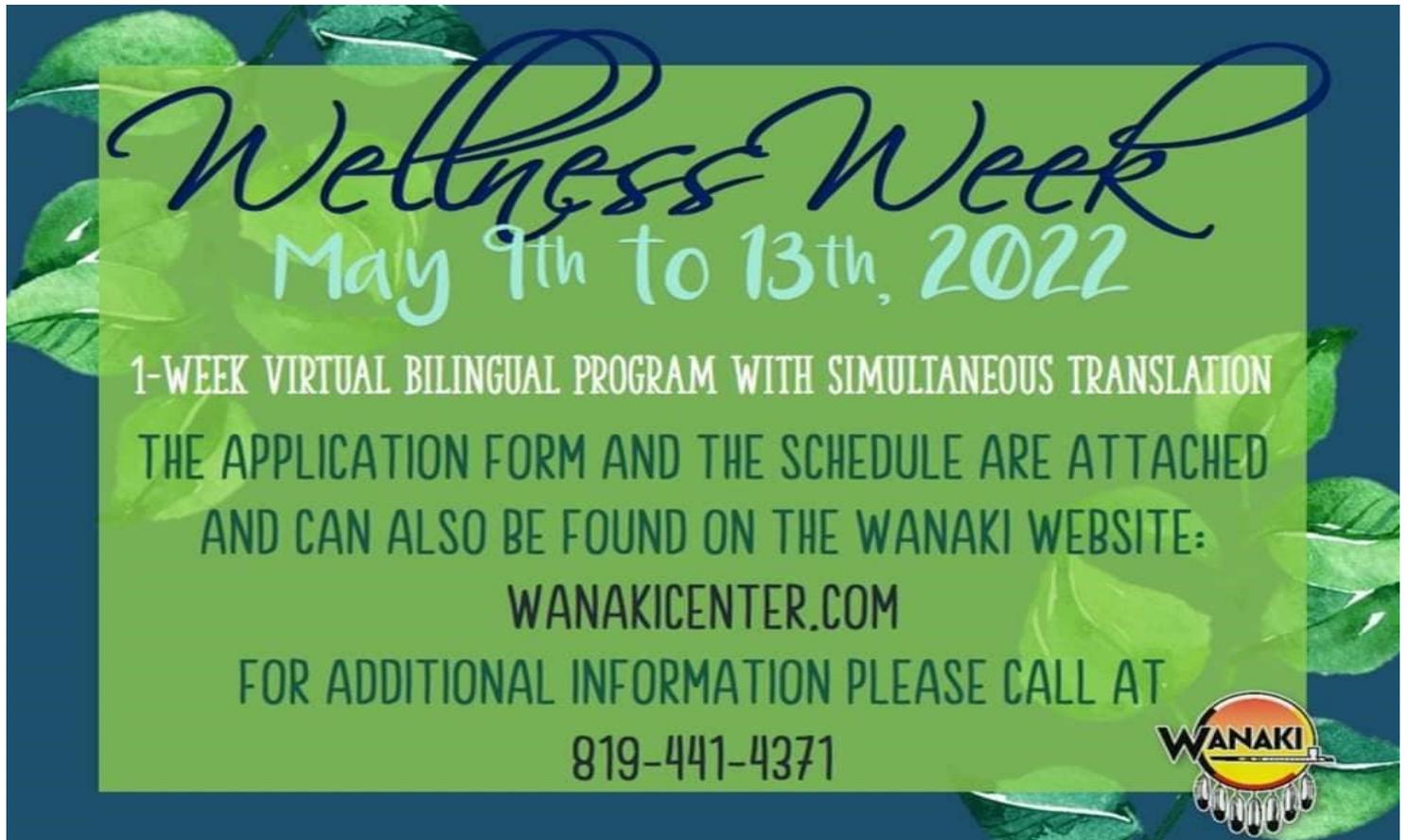
Like marijuana, smoking cigarettes or pipes can cause oral or throat cancer. Chewing tobacco also puts the individual at risk of these cancers. Most forms of tobacco can lead to dry mouth, which can lead to halitosis, gum disease, and damage. People who smoke are twice as likely to have periodontal (gum) disease, and the presence of the drug makes the condition harder to treat.

Prescription and OTC Drugs

Antihistamines and drugs containing aspirin, whether over-the-counter medications or prescription drugs, may cause damage to structures in the mouth. Aspirin causes tooth damage and decay when a person takes too much or when they chew pills instead of swallowing them whole; antihistamines can lead to gum problems from dry mouth. Prescription asthma medications can be acidic while oral contraceptives, immunosuppressant drugs, and medicated cough syrups can cause gum problems due to dry mouth. Cough syrups also contain sugar, in many cases, which will rot tooth enamel.

Get Help Ending Substance Abuse

Damage to oral health means that teeth may be lost, and gum disease could cause lasting harm to the mouth. This could make eating difficult even after drug use has stopped, and it can damage a person's self-esteem, which can make emotional recovery from substance abuse harder. Getting help with detox, then entering a rehabilitation program, can help a person overcome addiction.



Wellness Week
May 9th to 13th, 2022

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



The Importance of Oral Health!

Young children are not able to clean their own teeth. As a parent, you must do it for them when they are very young and do it with them, as they get older.

When your child can start writing, your child is ready to do a good job brushing. You should check to make sure your child does a good job.

You should start cleaning your child's mouth even before your child has teeth. It gets both you and your child into the habit of keeping the mouth clean, and it gives baby (or primary) teeth a clean place to come into. The goal is to wipe all parts of the gums and teeth.

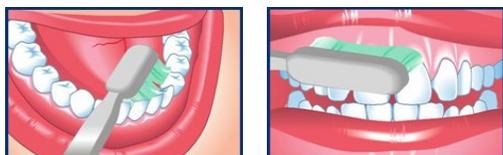
Here's how to do it:

- Lie your baby in a comfortable place.
- Make sure you can see into your baby's mouth.
- Use a soft baby brush or wrap your finger in a clean, damp washcloth. Then, brush or wipe your baby's gums and teeth.
- Do not use toothpaste until your child has teeth.

How to Brush

Step 1

Hold the toothbrush at a 45-degree angle to the teeth. Point the bristles to where the gums and teeth meet.



Step 2

Use gentle circles. Do not scrub. Clean every surface of every tooth. For the front teeth, use the "toe" or front part of the brush. The key word is gentle. You can hurt the gums by brushing too hard.

Toothbrushes

The best kind of brush is soft, with rounded bristles. It should be the right size for your child's mouth. You will need to buy a new toothbrush at least every 3 or 4 months.

Children can be hard on toothbrushes. If the bristles get bent or worn down, they will not do a good job, and may hurt your child's gums.

Toothpaste

Make sure the toothpaste has fluoride. Check the box or tube for the symbol of the Canadian Dental Association. This symbol means the toothpaste has fluoride. Use only a bit of toothpaste and make sure your child spits it out.

As excessive swallowing of toothpaste by young children may result in dental fluorosis, children under 6 years of age should be supervised during brushing and only use a small amount of toothpaste.

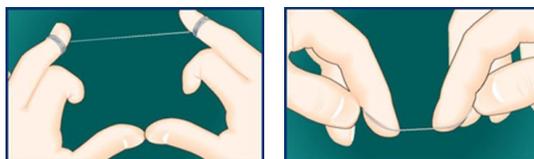
Children under 3 years of age should have their teeth brushed by an adult. The use of fluoridated toothpaste in this age group is determined by the level of risk. Parents should consult a health professional to determine whether a child up to 3 years of age is at risk of developing tooth decay. If such a risk exists, the child's teeth should be brushed by an adult using a minimal amount (a portion the size of a grain of rice) of fluoridated toothpaste. Use of fluoridated toothpaste in a small amount has been determined to achieve a balance between the benefits of fluoride and the risk of developing fluorosis. If the child is considered to be at low risk, the teeth should be brushed by an adult using a toothbrush moistened only with water.

Children from 3 to 6 years of age should be assisted by an adult in brushing their teeth. Only a small amount (a portion the size of a green pea) of fluoridated toothpaste should be used.

How to Floss

Step 1

Take a piece of floss about as long as your child's arm. Wrap it around your middle fingers, leaving about 2 inches between the hands. Use your index fingers to guide the floss between the teeth.



Step 2

Slide the floss between the teeth and wrap it into a "C" shape. It should wrap around the base of the tooth, where the tooth meets the gum.

MCH / Headstart Program

Step 3

Wipe the tooth from bottom to top 2 or 3 times or more, until it is squeaky clean.

Be sure you floss both sides of each tooth, and don't forget the backs of the last molars.

Move to a new part of the floss as you move from tooth to tooth. After flossing, roll it up in a tiny ball and put it in the garbage. Never flush floss down the toilet.

Should my child always brush right before bed?

Yes. If you don't get rid of the germs (bacteria) and sugars that cause cavities, they have all night to do their dirty work. Plus, when your child is asleep, he or she does not produce as much spit (or saliva). Saliva helps keep the mouth clean. So brushing at bedtime is very important.

Lynn Grandlouis

MCH / Headstart Program Special Needs Educator



SHOW US HOW YOU BRUSH YOUR TEETH

SEND IN A SHORT VIDEO OR SERIES OF PHOTOS SHOWING YOUR CHILD'S TEETH BRUSHING ROUTINE !

PRIZES TO BE WON

OPEN TO ALL KFN CHILDREN AGES 0 - 13

To submit your child's video or photos:

Private Message the Kebaowek Health and Wellness Facebook Page

Email Lynn Grandlouis at lgrandlouis@kebaowek.ca

Text the Kebaowek Health and Wellness Center 819-627-6888

Contest Deadline is Friday April 29th before 12:00 pm.

Draws will done on Monday May 2nd, 2022.

For more information , please contact Lynn Grandlouis at the Kebaowek Health and Wellness Center 819-627-9060

Healthy Lifestyles

Obesity and chronic diseases, such as diabetes and cardiovascular disease, are a major public health concern in Canada. Diet, particularly a diet that is high in sodium, sugars and saturated fat, is one of the top risk factors for chronic diseases.

Using the Food Label

In Canada almost all packaged food labels must have an ingredient list and a nutrition facts table. This information can help you to make healthier food choices.

Health Canada has recently introduced food labelling changes to help Canadians understand the sugars content of their food. The food industry has until 2022 to meet the new regulations.

Health Canada is consulting on a mandatory front-of-package nutrition symbol for foods high in sugars as well as sodium and saturated fat. This initiative aims to help Canadians more easily identify foods that are high in saturated fat, sodium and sugars.

Nutrition Facts Table

A % daily value (%DV) has been included for total sugars to help you:

- compare the sugars content of different foods
- understand the relative amount of sugars in the context of total daily consumption

The % DV for the amount of total sugars in the nutrition facts table is based on 100 grams. This value is not a recommended level of intake. Instead it is the amount of total sugars that is consistent with a healthy eating pattern. That is, a diet where sugars come mostly from fruit, vegetables and plain milk.

List of Ingredients

With the changes, sugars-based ingredients will have to be grouped:

- in brackets
- by weight
- in descending order after the name 'sugars'

This will help you to:

- see that sugars have been added to the food
- understand how much sugars are added to the food compared to other ingredients

ORIGINAL	
Nutrition Facts Valeur nutritive	
Per 250 mL / par 250 mL	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 26 g	9 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	120 %
Calcium / Calcium	2 %
Iron / Fer	0 %

NEW	
Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Amount Teneur	% Daily Value* % valeur quotidienne*
Calories 110	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

New % Daily Value for total sugars

New footnote to help interpret the % Daily Value

ORIGINAL
INGREDIENTS: FLOUR, FANCY MOLASSES, VEGETABLE OIL, SHORTENING, BROWN SUGAR, LIQUID WHOLE EGG, SUGAR, SALT, SODIUM BICARBONATE, SPICES, COLOUR CONTAINS: WHEAT, EGG

NEW
Ingredients: (Sugars (fancy molasses, brown sugar, sugar)) • Flour • Vegetable oil shortening • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red Contains: Wheat • Egg

In the next example, you can tell by the order they're in that there's more:

- fancy molasses by weight than brown sugar or sugar
- sugars in the food by weight than any other ingredient

Sugars added to food can include:

white sugar, beet sugar, raw sugar or brown sugar, agave syrup, honey, maple syrup, barley malt syrup or fancy molasses, fructose, glucose, glucose-fructose (also known as high fructose corn syrup), maltose, sucrose or dextrose, fruit juice and purée concentrates that are added to replace sugars in foods

Healthy Lifestyles

The Benefits of Getting a Full Night's Sleep

Sleep. We all wish we had more of it. Yet it's still. So. Elusive. And while yawning and feeling tired all the time can be a bummer, a lack of zzz's can actually have a big impact on your health. Experts say you should aim to get between seven and eight hours of shut-eye each night, but what does that really do for you?

Sleep Can Boost Your Immune System ... When your body gets the sleep it needs, your immune cells and proteins get the rest they need to fight off whatever comes their way — like colds or the flu.

Gaining Zzz's Can Help Prevent Weight Gain ... Racking up eight full hours of sleep isn't going to result in losing the lbs. by itself, but it can help your body from packing on the pounds. If you don't get enough sleep, your body produces ghrelin, a hormone that boosts appetite. Your body also decreases the production of leptin, a hormone that tells you you're full. Put 'em both together and that's one dangerous combo for ate-night snacking.

Sleep Can Strengthen Your Heart ... Not getting enough sleep can lead to heart health problems like high blood pressure or heart attacks. That's because lack of sleep can cause your body to release cortisol, a stress hormone that triggers your heart to work harder. Just like your immune system, your heart needs rest in order to function powerfully and properly. Just another reason to "heart" sleep.

Better Sleep = Better Mood ... There is some truth in the old saying, "Getting up on the right side of the bed." It has nothing to do with which side of the bed you roll out of, but sleeping can lead to good moods. And really, it makes sense. If you sleep well, you wake up feeling rested. Being rested helps your energy levels soar. When your energy is up, life's little challenges won't annoy you as much. When you're not annoyed, you're not as angry. If you're not angry, you're happy.

Sleeping Can Increase Productivity ... You may think you're wowing your boss by burning the midnight oil, but putting off a good night's rest could be having an adverse effect at work or school. In fact, sleep has been linked to improved concentration and higher cognitive function, both of which can help you be successful at work. One restless night can leave you feeling frazzled, making it more likely that you'll make mistakes that a pot of coffee won't be able to fix.

Health Center / First Line Activities



2022 WALK /JOG 8 WEEK CHALLENGE

**STARTING
APRIL 19TH**

You can start accumulating your distances starting Tuesday, April 19th and ends Tuesday June 14th, 2022

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

Please contact Mitchell McMartin to register or for more information:
819-627-9060
mmcmartin@kebaowek.ca

MANY PRIZES TO BE WON !!

WEEKLY PRIZES

IF YOU WALK OVER 5 KM IN A WEEK, YOUR NAME WILL BE ENTERED IN THE WEEKLY DRAW FOR A CHANCE TO SPIN PRIZE WHEEL #1
8 WEEKS = 8 DRAWS = 8 PRIZES TO BE WON

IF YOU WALK OVER 15 KM IN A WEEK, YOUR NAME WILL BE ENTERED IN THE WEEKLY DRAW FOR A CHANCE TO SPIN PRIZE WHEEL #2
8 WEEKS = 8 DRAWS = 8 PRIZES TO BE WON

YOU CAN ONLY HAVE YOUR NAME ENTERED FOR ONE PRIZE WHEEL PER WEEK

CHALLENGE PRIZES

FOR EVERY 10 KM WALKED, YOU WILL HAVE YOUR NAME ENTERED TO WIN ONE OF THREE GRAND PRIZES !!

FOR THOSE WHO WALK OVER 100 KM, YOU WILL HAVE YOUR NAME ENTERED TO WIN A SPECIAL PRIZE !!

"LET'S GET GROWING" AGAIN!!

Seeing it was such a success last year, we will be offering everyone a chance to test their skills at gardening once again!

Beginning April 20th to May 31st, 2022

All you have to do is take the 1st picture of you planting the seeds, 2nd once they start to sprout and one last picture once you transplant.

Everyone who sends in a picture will have a chance to win one of 3 draws.

Limited quantity, please call to reserve your Garden Kit and pick up will be at the Community Hall on Wednesday April 20th, 2022.

Your Garden Kits includes seeds and supplies!

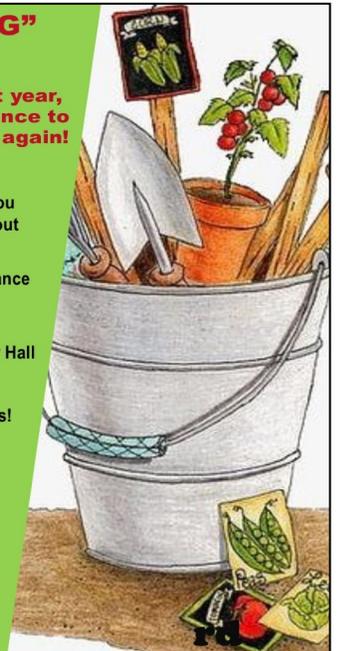
PRIZES TO BE WON

1st Burrows Garden Center Gift Card

2nd Canadian Tire Gift Card

3rd FLD Home Hardware Gift Card

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





MOOSE HIDE CAMPAIGN
CAMPAIGN MOOSE HIDE

MOOSE HIDE CAMPAIGN

Thursday May 12th, 2022

Moose Hide Campaign Day is a day of ceremony. It's a day where all Canadians are called to join together to take a stand against violence towards women and children and to take practical steps for our collective journey of reconciliation.

Take action and stand up to end violence towards Indigenous women and children.

6:30 - Sunrise Ceremony @ Arbour
1:00 - Pin Distribution in Letang
4:45 - Opening Prayer (arbour)
5:00 - Supper, followed by songs from the drum group
6:00 - Awareness Walk around the track
6:30 - Participation Draw



You must RSVP for the supper by Wednesday May 4th with Darlene @ 819-627-9877 or please call if you would like more information.

<https://moosehidecampaign.ca/>



Community Kitchen

ON THE MENU:
ONE PAN SAUSAGE & VEGGIES



Wednesday April 20th, 2022
Deadline to register: Wednesday April 13th
4:30 PM - 6:30 PM at the Dome !!

To register call Sheila at First Line Services @ 819-627-9877

KEBAOWEK HEALTH AND WELLNESS HEADSTART PROGRAM



SUNDAY FUNDAY

Families with children ages 0-9 years

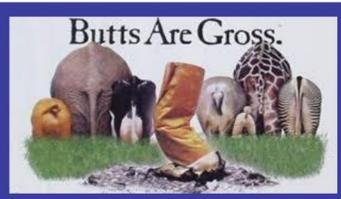
FREE SWIMMING

SUNDAYS FROM 11AM TO 12PM:

- SUNDAY, APRIL 10TH
- SUNDAY, APRIL 17TH
- SUNDAY, APRIL 24TH

For families that have children who are within the ages of 0 to 9 years old. There is limited capacity registration is a must. Registration will be every Wednesday by 4:30pm !

CONTACT LYNN GRANDLOUIS
lgrandlouis@kebaowek.ca
819-627-9060


YOUTH POSTER CONTEST

SMOKING PREVENTION STRATEGY

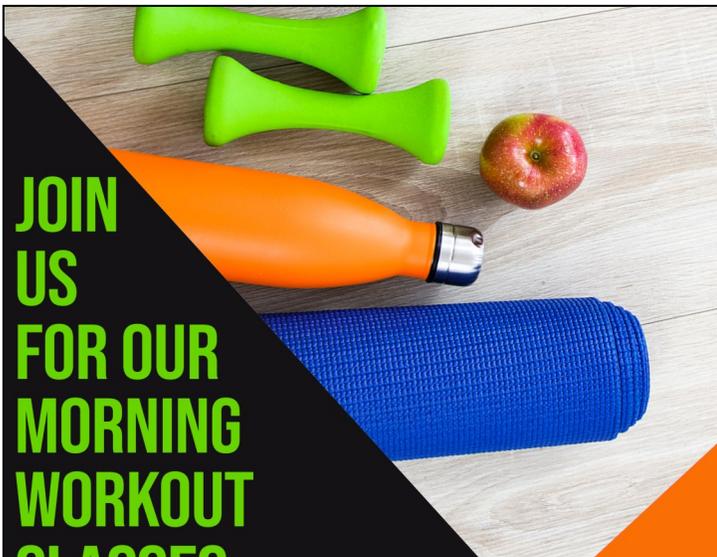
The Kebaowek Health and Wellness Center is asking all Kebaowek youth (17 and under) to be creative to design a poster for the new Cigarette Butt Can Receptacles that will be purchased for public locations in the community. Your poster must support an act or personal choice to say no to smoking. You can add a profound slogan if you'd like.

Please print your name and age on the back of the poster so it cannot be viewed for judging.

3 CASH PRIZES TO BE WON !!

DEADLINE TO SUBMIT POSTER - THURSDAY APRIL 28TH, 2022

Please send to Virginia McMartin vmcmartin@kebaowek.ca or drop off at the Health Center.



JOIN US FOR OUR MORNING WORKOUT CLASSES

Classes held 3 days a week!

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
PROOF OF VACCINATION IS REQUIRED
INFO: MICHELL 819-627-9060

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.

YOUTH ACTIVITIES FOR THE MONTH OF APRIL

Youth - Ages 10 to 17

Easter Craft & Supper
Date of Activity: Wednesday April 6, 2022 @ 5:00 pm
Sign up Date: Monday April 4, 2022 @ 4:00 pm
Place: Meet at the basement of First Line Services

Cooking at the Dome
Date of Activity: Wednesday April 27, 2022 @ 5:00 pm
Sign up Date: Monday April 25, 2022 @ 4:00 pm
Place: Meet at the Dome

To sign up or if you have questions regarding these activities please call Sheila @ 819-627-9877 or message us on Facebook.
Masks will be mandatory indoors and all sanitary measures will be in place.



2022 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 4:30 pm on Thursday December 15th, 2022 to be eligible for the draw.
THIS CONTEST WILL RUN ALL YEAR !!

Elder's (55+) Easter Craft!

EASTER BOARD DECORATION

Date of Activity: April 11, 2022

Time: 1:00 pm to 3:00 pm

Place: Basement of First Line Services

Sign up date: Wednesday April 6, 2022

To sign up please call
Shelly @ 819-627-9877 or message
our Facebook page. Thank you!



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:
Tuesday April 12, 2022 between 10:00 am - 11:00 am

APPLE NACHOS

Dates to sign up by:
Wednesday April 6, 2022 @ 4:30 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.

SENIOR SOCIAL ELDERS 55+

Dates: Thursday April 7, 2022

Wednesday April 20, 2022

Time: 1:15 pm - 3:15 pm

Place: First Line Basement

Snacks, tea & coffee will be provided!

Please call to sign up with Shelly @ 819-627-9877

Masks will be mandatory and all sanitary measures will be in place including social distancing. We hope to see you there!



SENIOR SOCIAL CRIB TOURNAMENT & YAHTZEE



**SAVE THE DATE:
WEDNESDAY MAY 11, 2022**

Activity: Crib Tournament & Yahtzee

Time: 10:00am to 2:00pm

Place: Community Hall

Snacks, Tea, Coffee and Lunch will be provided !!

You must call Shelly 819-627-9877 to register for the Crib Tournament before Friday April 29, 2022 @ 12:00pm

Seats are limited !! Prizes to be won !!

Public Health Protocols will be in place.

We hope to see you there!

Meals On Wheels

Meals on Wheels Dates for April

Wednesday April 6th ... Delivery between 2 - 3 pm

Thursday April 21st ... Delivery between 2 - 3 pm

Meals on Wheels Dates for May

Wednesday May 4th ... Delivery between 2 - 3 pm

Wednesday May 18th ... Delivery between 2 - 3 pm

Please keep the weather in mind.
If it is raining,
please leave a cooler or bag outside.

Kebaowek First Nation



Food Bank Schedule

Registration Monday and Wednesday
& Pick up on Tuesday and Thursday.

For more information contact
Sheila @ 819-627-9877.

Psychologist Services

Arlene Laliberte is a Clinical Psychologist
who provides services to
Kebaowek First Nation.

In-Person Appointments:
** Every Monday **

Appointments by Phone:
** Every Second Thursday **

If you would like to book an appointment
with Arlene Laliberte ...
Please call Darlene at 819-627-9877
or by email darmclaren@kebaowek.ca

Help is available whenever you need it.

Immediate support is available 24/7
for all Indigenous people in Canada.

Hope for Wellness Help Line and Chat

1-855-242-3310
hopeforwellness.ca

National Indian Residential School Crisis Line

1-866-925-4419

Missing and Murdered Indigenous Women and Girls Support Line

1-844-413-6649



 Indigenous Services Canada Services aux Autochtones Canada



Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL 2022					1 Workout Group	2
3 Holidays Rose Jawbone	4 Workout Group	5 Sewing Class	6 Workout Group Meals on Wheels KVRS VACCINATION DRAW	7 Senior Social Knitting Class RECYCLE	8 Workout Group	9
10 Holidays Karleigh Miness Jennifer King	11 Workout Group	12 Hand Drum Workshop Sewing Class	13 Workout Group Hand Drum Workshop Radio Bingo	14 Knitting Class Full Moon Ceremony GARBAGE	15 KFN Offices are closed for Good Friday	16
17 Easter	18 KFN Offices are closed for Easter Monday	19 Sewing Class Drum Teaching	20 Workout Group Senior Social Community Kitchen	21 Meals on Wheels Knitting Class RECYCLE	22 Community Pancake Breakfast Workout Group	23
24	25 Workout Group Drum Teaching	26 Sewing Class KFN Annual Clean Up April 26-27-28	27 Paint Night Workout Group Radio Bingo	28 Community Breakfast Knitting Class GARBAGE	29 Workout Group	30 Wear Your Orange Shirt Today

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Sewing Class	4 Meals on Wheels	5 Knitting Class RECYCLE	6	7
8 Mother's Day	9	10 Sewing Class	11 Radio Bingo	12 Moose Hide Campaign Awareness Activity Knitting Class GARBAGE	13 Cultural Gathering at Brennan Lake	14 Cultural Gathering at Brennan Lake
15	16	17 Sewing Class	18	19 Knitting Class RECYCLE	20	21
22	23 KFN Offices are closed for Victoria Day	24 Sewing Class	25	26 Knitting Class GARBAGE	27	28
29	30 Wear Your Orange Shirt Today	31 Sewing Class	MAY 2022			