



Kebaowek First Nation Mazinaigan / Newsletter

Akakotcic Kizis / February 2022

An Update from the Chief

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As this is my first article of the year, I'd like to take this time to wish every member a Happy New Year and a safe, healthy and prosperous 2022. Hopefully this new year is one in which we talk less about Covid-19 and more about getting back to living our lives. It's my genuine wish that we ride out the next few weeks adapting to the lifting of health mandates and restrictions safely.

The new variant has seen record numbers of new infections across the country and our region. As I write this there is still ongoing community transmission in our neighbouring municipalities and in the community therefore we need to remain vigilant and continue to follow Public Health Guidelines.

Public Health officials are convinced that vaccinations is our way out of the pandemic so there is still time for those who haven't rolled up there sleeve yet to do so, not just for yourself but also for the community and our most vulnerable. We have a good vaccination rate of members in the community and we will continue efforts to offer first, second and booster doses in an effort to increase our vaccination rate. There is not much more we can do, we have provided good information on the benefits and risks of taking the vaccine, we and the province have offered incentives for getting vaccinated, and we mandated that as an employee and for future hires, vaccination is mandatory. I've repeatedly stated that the vaccine is not the magic bullet that will stop the pandemic and it will not stop people from getting Covid-19 however it will reduce the severity of your symptoms and significantly reduce the chances of you being hospitalized or worse. This is the reality we've been living for the last 23 months and will continue to do so for the next while. Our health team is also available to discuss directly with you the benefits and risks of the vaccine and to answer any questions you may still have.

Earlier I mentioned our vaccination rates on reserve which are good with room to improve. We also have many off-reserve members who have rolled up their sleeves and are fully vaccinated. I want to personally thank each and every one of you for doing your part. As you know, in recognition of your effort we created the Kebaowek Vaccination Recognition Strategy (Page 3) to show our appreciation to all members on and off reserve who are adequately vaccinated.

In other news, Hydro Quebec has launched a request for new projects to add to their supply network to meet the growing need for electricity. This is the optimum opportunity for us to present our Onimiki Hydro Project. It is a 47 megawatt project that will use the existing water flow going out of Kipawa Lake to produce electricity. This project has been a long time coming. As you recall, we were able to stop Tabaret and Onimiki is the alternative project we presented as it made sense from a fiscal stand point, it is socially acceptable and has minimal impact to the environment. This project is a unique partnership between our

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

community, Wolf Lake and the MRC de Témiscaming. There is a lot of work to do to get our submission ready but we are fortunate to have technical and political support from the INNU community of Masteuiash who are helping us to present the best project within the timelines identified by Hydro. This project if successful will generate own source revenue which can be used to fund projects and infrastructure that the governments won't like a Long Term Care Center for our Elders. We will continue to provide information as the file evolves.

I would like to take this opportunity to say Thank You/ Miigwetch on behalf of myself, Council and the Community to Band Member Richard Trudel and his company Trudel & Sons Roofing Ltd for making a very generous donation to our Community Food Bank and Daycare Center before the Christmas Holidays.



In closing, although it was a cold January, we see the days getting longer, the sun is warmer when it's out and hits your face, all signs that spring is not really that far away. It's something to look forward too as it's been a tough few months with the fifth wave of the pandemic, omicron infecting many thousands of people including our members, curfews and restrictions. With declining case counts and hospitalizations, we can cautiously hope that in the next weeks and months we move closer to living our lives.

Take care of yourself and each other, wear a mask, social distance and please get vaccinated.

Chief Lance Haymond



Every Child Matters

THE KBAOWEK EDUCATION DEPARTMENT INVITES ALL KBAOWEK 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



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KEBAOWEK VACCINATION RECOGNITION STRATEGY



ONE-TIME PAYMENT

Chief and Council is pleased to announce the launch of the Kebaowek Vaccination Recognition Strategy (KVRS)

Kebaowek First Nation (KFN) will be giving a one-time payment of \$300 to every registered Kebaowek First Nation Band Member aged 5 years and older who provides proof they are adequately vaccinated

Each eligible KFN Band Member must complete the KVRS Form and provide their Proof of Vaccination that includes a QR Code

**** PAYMENT SCHEDULE ****

Submit your KVRS Form and Proof of Vaccination before 12:00 pm on the submission deadline date (March 31st only, the Submission Deadline is 4:30 pm)

SUBMISSION DEADLINE	PAYMENT DATE
JANUARY 25TH, 2022	JANUARY 28TH, 2022
FEBRUARY 8TH, 2022	FEBRUARY 11TH, 2022
FEBRUARY 22ND, 2022	FEBRUARY 25TH, 2022
MARCH 8TH, 2022	MARCH 11TH, 2022
MARCH 22ND, 2022	MARCH 25TH, 2022
MARCH 31ST, 2022	APRIL 5TH, 2022

YOUR PROOF OF VACCINATION IS SUBJECT TO VERIFICATION BY A KEBAOWEK HEALTH AND WELLNESS CENTER HEALTH PROFESSIONAL

YOU WILL RECEIVE YOUR PAYMENT BY EFT (DIRECT DEPOSIT) IF YOU ARE REGISTERED FOR THIS SERVICE WITH KFN. ALL OTHERS WILL BE PAID BY CHEQUE WHICH WILL BE MAILED TO YOU

THE KVRS STRATEGY ENDS MARCH 31ST, 2022 AFTER THIS DATE WE WILL NO LONGER GIVE A ONE-TIME PAYMENT FOR BEING ADEQUATELY VACCINATED (NO EXCEPTIONS)

PLEASE SUBMIT YOUR KVRS FORM AND PROOF OF VACCINATION TO:

Kebaowek Health and Wellness Center
Attn: Tina Chevrier
110 Ogima Street, Kebaowek Quebec, J0Z 3R1
or you can email tchevrier@kebaowek.ca

VACCINATION DRAWS

Kebaowek First Nation will hosting 3 Vaccination Draws for all eligible registered KFN Band Members to say Meegwetch for rolling up your sleeve !!

**** FEBRUARY VACCINATION DRAW ****
\$10,000 in cash and prizes to be won !!

The February Vaccination Draw will be held on Wednesday March 9th, 2022.

To be eligible you must have submitted your KVRS Form and Proof of Vaccination before 4:30 pm on Monday February 28th, 2022

**** MARCH VACCINATION DRAW ****
\$10,000 in cash and prizes to be won !!

The March Vaccination Draw will be held on Wednesday April 6th, 2022.

To be eligible you must have submitted your KVRS Form and Proof of Vaccination before 4:30 pm on Thursday March 31st, 2022

**** FOR THE FEBRUARY AND MARCH VACCINATION DRAW ****
YOU CAN ONLY WIN ONCE! IF YOU WIN IN THE FEBRUARY DRAW YOUR NAME WILL NOT BE ENTERED INTO THE MARCH DRAW.
IF YOU DO NOT WIN IN THE FEBRUARY DRAW YOUR NAME WILL AUTOMATICALLY BE ENTERED IN THE MARCH DRAW.

**** BOOSTER VACCINATION DRAW ****
\$5,000 in cash and prizes to be won !!

The Booster Vaccination Draw will be held on Wednesday April 6th, 2022.

To be eligible you must have received your Booster Vaccine and provide Proof of Vaccination before 4:30 pm on Thursday March 31st, 2022

**** IF YOU ARE SELECTED AS A WINNER IN ANY OF THE 3 DRAWS ****
YOUR NAME WILL BE PUBLISHED IN THE KFN NEWSLETTER AND ANNOUNCED ON KFN SOCIAL MEDIA PAGES AND DRUMBEAT RADIO

FOR MORE INFORMATION OR QUESTIONS, PLEASE CONTACT:
Tina Chevrier at 819-627-9060 Email tchevrier@kebaowek.ca
or private message the Kebaowek Health and Wellness Center Facebook Page



KEBAOWEK FIRST NATION
110 RUE OGIMA
KEBAOWEK, QUEBEC
J0Z 3R1

TEL: (819) 627-3455

FAX: (819) 627-9428

www.kebaowek.ca

JOB OPPORTUNITY * JOB OPPORTUNITY * JOB OPPORTUNITY

Kebaowek First Nation is presently accepting applications for the following position:

Employment and Training Officer

Deadline to Apply: March 4, 2022 @ 12:00pm
Duration: Full time indeterminate with a 6-month probation period
Start Date: April 4, 2022 (Training hours in March 2022)
Place of Work: Kebaowek First Nation
Salary: According to Kebaowek First Nation Salary Scale

Summary:

Under the authority of First Nation Human Resources Development Commission of Quebec (FNHRDCQ) and under the direct supervision of the Kebaowek First Nation (KFN) Band Council, the Administrator is responsible for the coordination, management and administration of the programs and services aimed at answering to the employment and training needs of the KFN clientele and according to the employment and training measures outlined by the FNHRDCQ, in accordance with the Regional bilateral agreement.

Mandatory Requirements:

- College Diploma in one of the following fields: Human Resources Development, Social Sciences, Business Administration OR related Diploma.
- A combination of education and experience may be considered.
- Valid Quebec driver's license.
- Adequately vaccinated against Covid-19 virus

Knowledge, Skills and Abilities Required:

- Excellent oral and written communication skills, interpersonal skills;
- Excellent budget administration skills;
- Excellent public relation and listening skills;
- Excellent research skills;
- Excellent group facilitation/Presentation skills;
- High level of computer skills including proficiency with Microsoft Office;
- Knowledge of the labour market forces and market economy;
- Knowledge of training and counselling principles and practices;
- Knowledge of Kebaowek First Nation;
- Knowledge of inter-governmental relations.

Incomplete applications will not be considered. Only those pre-selected for an interview will be contacted. Please send your curriculum vitae, supporting documents and two (2) recent references by mail, e-mail or by fax, to:

Kebaowek First Nation
110, rue Ogima
Kebaowek (Québec) J0Z 3R1
Tel: (819) 627-3455
Fax: (819) 627-9428
e-mail: rmckenzie@kebaowek.ca

This First Nation has an Aboriginal preferential hiring policy currently in place.



FULL-TIME JOB OPPORTUNITY ADMINISTRATIVE ASSISTANT

PLACE OF WORK: KEBAOWEK FIRST NATION - LAND MANAGEMENT

SALARY: COMPETITIVE SALARY

START DATE: MARCH / APRIL 2022

HOURS: FULL TIME WITH A 6-MONTH PROBATION PERIOD

SUMMARY:

The Receptionist/Administrative Assistant will be required to provide administrative support to Kebaowek Land Management department and Mitikon L.P. through conducting and organizing administrative duties and activities.

JOB DUTIES:

- Perform related clerical duties such as maintaining files/filing systems, writing the minutes of meetings.
- Greet visitors, give them general information, and/or direct them to the appropriate department or individuals.
- Answers all incoming phone calls, take messages and forward them to appropriate person.
- Prepare correspondence, memos and forms.
- Provide assistance with applications and proposals.
- Retrieve mail off-site, distribute incoming and outgoing mail.
- Frequently check the levels of office and production supplies, and place appropriate orders.
- Manage daily/weekly/monthly agendas and arrange meetings.

- Make travel arrangements for department personnel.
- Assist in maintaining files for other personnel as well as the Economic Development Department.

REQUIREMENTS:

- A combination of education and experience will be considered.
- A valid Quebec driver's license (class 5).
- Possess strong interpersonal and communication skills.
- Knowledge of specific programs including Slack, Word, Excel, and Publisher.
- Fully vaccinated against Covid-19 virus.

APPLICATION DEADLINE:

Before 12:00 pm on Friday, March 4, 2022

Incomplete applications will not be considered. Only those preselected for an interview will be contacted. Please send your curriculum vitae and two (2) recent references by e-mail or by fax to:

Kebaowek First Nation
Land Management
Fax: (819) 627-9428
Email: sgreen@kebaowek.ca

Kebaowek First Nation has an Indigenous preferential hiring policy currently in place.

There are many different causes of home fires, but you can do your best to eliminate the risks. Here are 5:

1. Smoke and Carbon Monoxide Detectors

Install battery-operated smoke and carbon monoxide detectors on each floor of your house. They are essential. You definitely want to be alerted when carbon monoxide levels start getting high.

Carbon monoxide is an odorless, colourless gas that won't irritate the eyes or breathing passages, making it undetectable.

You should also consider installing smoke detectors that are connected to a central monitoring station that will report alarms to your 911 services.

Replace the batteries as soon as the detector makes a chirping sound or when setting the clocks forward or back.

Once a month, press the test button to make sure the detector is working properly.

Once a year, expose them to smoke (e.g. blow out a candle nearby).

Don't forget that the average lifespan of a detector is 10 years.

2. A Fire Extinguisher

Handheld extinguishers will help you put out a small fire, and hopefully help you control it until the firefighters arrive.

When shopping for extinguishers, consider:

- Certification (ULC's Fire and Security Alarm System Certificate)
- Weight (less than 5 pounds)
- Ability to put out solid (paper, wood, cardboard, etc.) and liquid combustible fires, as well as electric fires (appliances).

Keep extinguishers handy, but out of reach of children.

Follow the manufacturer's recommended maintenance guidelines, and replace extinguishers every 6 years.

3. An evacuation plan

To ensure an effective evacuation for everyone living under

your roof, plan ahead and prepare a fire safety plan.

This plan must show:

- Emergency exits (front door, windows, etc.)
- A path to each exit
- A muster station that is accessible year-round
- The location of the smoke and carbon monoxide detectors

Find a safe place from where to call 911. When your house is on fire, you might forget to bring your phone!

With a stopwatch in hand, perform an evacuation exercise. Consider doing this when changing the batteries in your detector.

4. Use Cigarettes and Vaping Devices Responsibly

Smoking electronic or traditional cigarettes poses a fire risk. Be careful!

- Never leave lit cigarettes unattended
- Keep lighters and matches away from children
- Use a deep ashtray on a sturdy surface
- Smoke outside, and avoid tossing the butts into flowerpots or the garden
- Do not smoke while lying down
- Lightly douse your ashtray with water before throwing out the butts and ash
- Avoid smoking while intoxicated (alcohol or drugs)
- Do not smoke next to flammable products

Manipulate your vaping device with care:

- Follow the manufacturer's recommendations
- Avoid overloading the device's battery
- Use the cables provided by the manufacturer (charger, USB cable, etc.)
- Carry your e-cigarette in its case to avoid it coming into contact with metal

5. A clutter-free home

To reduce the risk of fire, get rid of useless junk that is simply taking up space, like newspapers and circulars.

Clutter makes it hard to walk around the house, which will make it that much more difficult for firefighters to control the fire.



Kebaowek First Nation Environmental Assessment Update

Calling all Members

Interested in participating in individual interviews to develop our Environmental Assessment?

Want to contribute to information gathering to create our cultural, social and economic baseline?

Currently, a number of large projects may impact our sovereignty, rights and titles. According to government regulations an Impact Assessment must be presented before any permits proceed. Therefore, our Environmental Assessment Questionnaire is of great importance.

Interviewers:

Kim Chevrier and Matthew Chevrier

Interview Options:

Telephone

Paper Copy (household drop off and pick up on request)

Face to Face (place to be determined e.g home or community hall)

Interviews will be scheduled between:

February 15 - March 5, 2022

Monday - Friday: 5:00 PM to 10:00 PM

Saturday - Sunday: 10:00 AM to 8:00 PM

Interested in participating? Require more information? Want to schedule an interview?

Contact

Kim Chevrier

819-627-6139

Email: kchevrier@kebaowek.ca

Prizes: Chance to win one of 10 \$50.00 Pre-paid Visa Cards

Artwork: Devil's Rock Print by Paul Smylie

Please note: There are 2 categories for questionnaires - Adult and Youth (15 - 20)

All COVID 19 protocols will be respected.



KEBAOWEK COMMUNITY OUTDOOR RINK

The Kebaowek Community Outdoor Rink is now open. Please note that due to Covid-19 Restrictions the Rick Shack will remain closed until further notice. Please respect all Public Health Guidelines when accessing/using the Outdoor Rink. The Outdoor Rink Lights are turned off every evening at 11:00 pm.

Public Works Department

From the Desk of Employment and Training Service Center

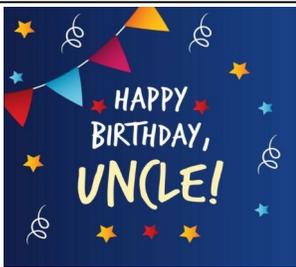
Glenda Moore - ETSC Manager Tel: 819-627-3455 Fax: 819-627-9428 Email: gmoore@kebaowek.ca

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

Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: Jan. 9th - Feb. 5th, 2022	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	6.6	420	14

Since July 3rd 2016, the number of hours required to qualify to EI is now the minimum requires by economical region. If you apply for special benefits, you will need 600 hours of insurable work. It is strongly recommended to check with your local Service Canada Center for the minimum number of hours required to qualify. Updated and revised on **January 11th, 2022** by the **First Nation Human Resources Development Commission of Quebec (FNHRDCQ)**.

Community Wishes



Happy Birthday Uncle Kierran
Love Eric & Hayden



Special Birthday Wishes
to Kieran who celebrates
his birthday on
February 25th !!
Love Mom & Laurier



Happy Birthday to our
Granddaughter Trysta
who celebrates her birthday
on February 28th !!
Love Nana & Poppa

Kebaowek Police Department

STATISTICS FOR NOVEMBER 2021

- 1 - By-law Intervention
- 1 - Criminal Harassment
- 1 - Injury or Damage feared
- 2 - Public Assistance
- 1 - Accident Property Damage +1000
- 2 - Assist to Other
- 2 - Noise and Nuisance Complaint
- 1 - Mental Health Intervention
-

STATISTICS FOR DECEMBER 2021

- 1 - Assist to SQ
- 1 - Assist to Other
- 6 - R.I.D.E. Operations
- 2 - Call related to Animal

Kebaowek Cultural Program



Cedar Tea Chaga Tea

The Kebaowek Cultural Program will be distributing Cedar Tea in Mason Jars and Chaga Tea in Tea Bags for Kebaowek Members

*Wednesday February 16th, 2022
at the Community Hall
10:00 am - 3:00 pm
Health protocols must be respected.*

There will be a Sacred Fire that day at the Arbor for Members to offer Tobacco.
(We will have Tobacco available)

Loom Beading WORKSHOP

Kebaowek Members are invited to register for a Loom Beading Workshop with Lynda Chevrier at the Community Hall

You can register for either of the two Workshop Groups
Max of 12 Members per Group

Workshop Group One
February 21st & 23rd
10:00 am - 12:00 pm

Workshop Group Two
February 21st & 23rd
6:30 pm - 8:30 pm

Loom Beading Supplies will be provided.

For more information or to register please contact Verna Polson
705-358-4474

Public Health Protocols will be in place.

CULTURAL SNOWSHOE EXPEDITION

GUIDES
CLAUDIA HEFFERN
RODNEY ST DENIS

AGE 10 AND UP

ANYONE UNDER 10 ACCOMPANIED BY AN ADULT

Quinzee/Lean-Too

Everyone will learn how to build and possibly sleep in a lean-too and quinzee, this fun activity will also teach some basic survival skills

Campfire meal

Everyone who joins us on this fun get away will enjoy a nice home cooked meal over the fire and walk away with some knowledge on how to prep a meal for a group

Maple sryup pops

On trip we will be boiling everyones favourite topping and putting it on snow to make delicious maple sryup pops!

And this is just the 3 of the many activities we have planned

JOIN US FOR A 2 DAY 7KM HIKE IN HUNTERPOINT
TRANSPORTATION WILL BE PROVIDED
PLEASE REGISTER BY FEBRUARY 22ND 4PM LATEST
CONTACT VERNA POLSON TO REGISTER
AT vpolson@kebaowek.ca OR (705)-358-4474

March 19-20
Limited spots available

KEBAOWEK FAMILY FISHING DERBY

KIPAWA LAKE

PRIZES TO BE WON !!

SAVE THE DATE !!
SATURDAY
FEBRUARY 26TH

WATCH FOR MORE DETAILS !!

MORE INFO: VERNA POLSON
VPOLSON@KEBAOWEK.CA
705-358-4474

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 11.5 % (target being 5%) in the Abitibi-Temiscamingue Region amongst the groups prioritized for testing from Public Health. We have 19 people in our hospitals throughout the Region and that is down from 42 from just a couple of weeks ago. Moving forward, you should see Public Health focus primarily on hospitalizations and or pressure put on our Health care system in order to continue to loosen measures we have been asked to adhere to for the last couple of years.

According to Quebec's Interim Director of Public Health Dr. Boileaux, getting back to a normal way of life is dependent on the highest rate of vaccination possible. Receiving your booster shot is imperative to giving you the best protection against the Omicron variant of Covid-19.

Our community has responded well in regards to vaccination. Is there room for improvement? Situated at around at an 85% fully vaccinated rate, there are only positives that can come from a higher vaccination rate and you just need to call us here at the Health Center if you need assistance with booking an appointment or use the weekly walk-in clinics in Temiscaming. I want to thank our Leadership in promoting and supporting our efforts towards achieving a high vaccination rate. Protecting our community and most vulnerable population was and will continue to be the driving force behind our initiatives and strategies.

Therefore receiving your 3 doses of a mRNA Covid-19 vaccine for those eligible and following the socio-sanitary measures are still the best way to protect yourself and the people close to you.

- 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
- Doing a Rapid Test if you develop flu like symptoms
- Self-isolate if you have been in high risk contact of a known positive case

I think it's important now that we start to TALK about what these past 23 months of Pandemic has had on our physical and mostly our mental health.

As we begin to exit the flu season which normally ends before April and with hospitalizations in a slow decline, Public Health is talking once more about seeing the light at the end of the tunnel. By no means they are saying that the Pandemic is over, but rather that we are in a situation where the highly contagious Omicron Variant has peaked and that pressure on our Healthcare system is heading in the right direction. Their recent announcement of a plan to gradually loosen measures is a testament that better days are coming. The key word here is gradual. Other provinces might be dropping measures more aggressively but here in Quebec, they seem to be more preoccupied about doing it in a manner that will not put added pressures on the health care system. For more information on the plan for loosening of measures, visit our Facebook page as we will update them as they become available.

Nevertheless, let's try to build on the positives to get to that balance we once had. By recognizing and acknowledging that the past 22 months has been difficult and stressful on us all, it can be the starting point and opportunity to develop a more positive perspective moving forward.

What can I say to start feeling a bit more positive, well I would start by recognizing that we are already in the month of February with most of winter in our rear-view mirror and that days stay bright longer. I would feel good that the lakes are well frozen over and the fishing weather is here. I feel good about our vast traditional territory we can explore and the opportunity and benefits there are to re-connect with it. I feel positive that we will start the construction of a new Health & Wellness Center this year. I would recognize that despite Omicron being more contagious, we have a good vaccination rate and a new treatment in our arsenal to limit the severity of the disease. That our people are fully aware of the sanitary measures needed to help stop the spread of Covid and the majority of the population practice them. I am sure that you too all have many more things to be positive about and thankful for.

So let's try to shift our minds to things we have control over. We have control on how we want to react to or view challenges in our lives. We can choose to be positive and thankful for what the creator has given us and how to make

A Message from the Health & Social Services Director

the best of it. However, if you find yourself having difficulties to shift to a brighter place, please reach out and talk to someone.

Stay safe everyone and get out and enjoy our territory.

David McLaren - Director of Health and Social Services

Meetings held during December and January via Zoom:

- Kebaowek weekly Emergency Response Group
- FNQLHSSC BOD
- Public Health from CISSSAT with English F.N's. & MRC
- CISSSAT BOD
- FNHMA BOD
- ISC & Architects R Ledoux - work on tendering process

Quotes About Being Positive

"Don't be pushed around by the fears in your mind. Be lead by the dreams in your heart" ~ Roy T Bennett

"It's a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient." ~ Daniel Kahneman

"More smiling, less worrying. More compassion, less judgement. More blessed, less stressed. More love. ~ Daniel Kahneman

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

**ATTENTION KEBAOWEK BAND MEMBERS
(On-Reserve & Off-Reserve Local)
You can pick up Rapid Test Kits at the
Kebaowek Band Office during office hours.
(Limit of 2 per Household)**

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



DRIVE MEDICAL CANADA RECALL OF BED ASSIST HANDLES AND RAILS

Drive Medical Canada has recalled 4 models of home bed assist handles and rails. The manufacturer and Health Canada both recommend that clients immediately stop using the recalled devices due to a risk of getting trapped between bedrails, mattress and bed frame.

More information on the recall can be found on the Government of Canada's Recalls and Safety Alerts page.

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.

Sports & Mentorship

Eat Well, Work Out and Lose Weight in 2022!!

NEW START DATE !!!

Monday January 17th, 2022

Ends: Friday April 29th, 2022

The Kebaowek Health & Wellness Center will be having an Eat Well, Work Out and Lose Weight Competition. First off, people will be asked to choose to either come get weighed at the Kebaowek Health & Wellness Center or time stamp a picture of their weight and send it in via email or text message. At the end of the program, the person with the highest weight loss percentage will win the competition and there will be 3 prizes for 1st, 2nd and 3rd place.

People must send in a picture of their weight every Monday or come in every two weeks if getting weighed at the Kebaowek Health & Wellness office. There will be a prize for those that weigh in consistently for the whole program.

Every week, there will be a focus on people sending in pictures of their healthy meals eaten and the following week it will be sending in a picture of the workout the person completed. There will be 1 prize drawn every Monday for a \$25 gift card to IGA. You can send in one picture a day for a maximum of 7 ballots per week for each Healthy Meal or Physical Activity week.

Healthy Eating Weeks

February 28th -March 6th • March 14th-20th
March 28th -April 3rd • April 11th-17th
April 25th-29th

Physical Activity Weeks

February 21st -27th • March 7th-13th

Be active at home during
#COVID19 outbreak

- 1 Try exercise classes online
 - 2 Dance to music
 - 3 Play active video games
 - 4 Try skipping rope
 - 5 Do some muscle strength & balance training
- 

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



Signs of heart attack:



Chest discomfort



Sweating



Upper body discomfort



Nausea



Shortness of breath



Light-headedness

WOMEN TAKE NOTE: For both men and women, the most common heart attack sign is chest pain or discomfort; however women can experience a heart attack without chest pressure. They may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue.

Stroke Signs and Symptoms

Sudden severe headache with no known cause is a stroke sign in men and women.

During a stroke, every minute counts! Fast treatment can lessen the brain damage that stroke can cause.

By knowing the signs and symptoms of stroke, you can take quick action and perhaps save a life—maybe even your own.

Signs of Stroke in Men and Women

- Sudden **numbness** or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden **confusion**, trouble speaking, or difficulty understanding speech.
- Sudden **trouble seeing** in one or both eyes.
- Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination.
- Sudden **severe headache** with no known cause.

Acting F.A.S.T. Is Key for Stroke

Acting F.A.S.T. can help stroke patients get the treatments they desperately need. The stroke treatments that work best are available only if the stroke is recognized and diagnosed within 3 hours of the first symptoms. Stroke patients may not be eligible for these if they don't arrive at the hospital in time.

If you think someone may be having a stroke, act F.A.S.T. and do the following simple test:

F - Face: Ask the person to smile. Does one side of the face droop?

A - Arms: Ask the person to raise both arms. Does one arm drift downward?

S - Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?

T - Time: If you see any of these signs, call 9-1-1 right away.

Understanding the Heart-Brain Connection

Your heart and brain are strongly linked, when something goes wrong with one, the other is affected. So Heart Disease or Stroke can lead to dementia. We must investigate this connection to empower the healthcare system to treat the whole person, not just the conditions in isolation, and keep them healthier longer.

How Cocaine Affects the Cardiovascular System

Cocaine, one of the most commonly used illegal drugs, can produce several kinds of toxic effects on the human body. Among the most dangerous of these are the cardiovascular effects.

In fact, there are few things emergency room doctors dread more than seeing a young cocaine user showing up with chest pain, or other symptoms suggestive of cardiovascular disease. Their dread is well-founded.

Cocaine use can produce a variety of potentially catastrophic cardiovascular problems, which may be entirely acute or may become chronic. Worse, these problems may occur even in people whose cocaine exposure is limited to occasional, recreational usage.

Cardiac Effects of Cocaine

Cocaine is a drug that inhibits the reuptake of norepinephrine in neurons throughout the body. Norepinephrine is a powerful neurotransmitter within the sympathetic nervous system, and when its reuptake is inhibited, the sympathetic nervous activity becomes greatly exaggerated and prolonged.

The exaggerated sympathetic nervous activity has profound effects on the cardiovascular system. It substantially increases the force of the heart muscle as it contracts, and at the same time, it raises the heart rate and the blood pressure. These factors all greatly increase the work of the heart, and therefore the demand of the heart for oxygen and nutrients.

But at the same time that it is causing the cardiovascular system to work so much harder, cocaine simultaneously limits the amount of work the heart can do without damaging itself. It does this by causing constriction of the capillaries, thus reducing the blood flow to the heart muscle.

In addition, cocaine promotes blood clotting within blood vessels, which limits blood flow to vital organs - including the heart.

A Bad Combination of Effects

While it creates a greatly increased cardiac need for oxygen, cocaine simultaneously restricts blood flow to the heart muscle, restricting the amount of oxygen that can be delivered. The cardiovascular system thus becomes extremely stressed.

Resulting Cardiovascular Conditions

Several important cardiovascular conditions can result from this combination of effects caused by cocaine use.

Myocardial Infarction

Myocardial infarction (heart attack) is a well-known complication of cocaine use, and can occur with any dose of cocaine, and even in first-time users. Most cocaine-induced heart attacks occur within one hour of using the drug.

Cocaine-induced heart attacks are particularly prevalent in younger people. In fact, cocaine use has been implicated in nearly 25% of heart attacks that occur in people under 45.

Aortic Dissection

Acute aortic dissection—a sudden tearing of the wall of the aorta—is an extremely painful and life-threatening condition. While there are many causes of aortic dissection, in young people cocaine use is a prevalent cause.

Coronary Artery Aneurysm

Coronary artery aneurysms are balloon-like dilations of coronary arteries. They are fairly common in cocaine users, occurring in about 30% of chronic users. Coronary artery aneurysms are a cause of heart attack.

Myocarditis and Cardiomyopathy

Cocaine causes myocarditis, which is inflammation of the heart muscle. Myocarditis can lead to damage of the heart muscle (cardiomyopathy). As a result, heart failure may occur.

Cardiac Arrhythmias

Cocaine can induce a variety of difficult-to-treat cardiac arrhythmias, including the potentially fatal arrhythmias called ventricular tachycardia and ventricular fibrillation.

Stroke

Due to its effect on blood vessels, blood pressure, and blood clotting, stroke is up to seven times more likely in a cocaine user than a non-user.

In general, the treatment of cocaine-induced cardiovascular problems is similar to the treatment of those same cardiac problems when cocaine use is not a factor. However, cocaine use complicates therapy in a few important ways.

THE SPEECH CORNER

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

STUTTERING TIPS FOR PARENTS

When people think of speech therapy, often one of the first things that comes to mind is **stuttering**. Stuttering is the name of a difficulty with speech fluency (i.e., smoothness and forward flow of speech). It can result in feeling stuck and can break down a conversation. So often I am asked about whether stuttering is part of normal development, when to be concerned about a child who is stuttering, and how to help them. There's lots to say, so let's jump right in!

How common is stuttering?

Around 8% of children stutter at some point during their development. For many, this goes away completely. However, for around 1% of people, they continue to stutter lifelong.

When is it time to get help?

Though stuttering does often go away on its own in preschool aged children (i.e., under 4s), for some it does not. Stuttering therapy with a Speech-Language Pathologist can be really successful for a lot of children, and we know that early intervention for speech and language often yields the best results. It used to be recommended to take a "wait and see" approach, and to seek help after you notice stuttering for 6 months or longer. Now, it is recommended to take a **"watch and see"** approach. This means, it's better to seek the help of a Speech-Language Pathologist sooner. That way, you can plan together to determine if your child needs intervention right away, or for when to check in again.

Does speech therapy work for stuttering?

Yes, there are many approaches to treat stuttering in children and adults of all ages. Speech therapy does not "cure" stuttering, but it provides strategies and techniques to teach new ways to speak with greater fluency and ease. Speech therapy for stuttering in older children and adults also focuses on re-framing feelings and attitudes toward communicating.



STUTTERING MYTHBUSTER

Did you know that stuttering is NOT caused by going through tough or stressful life events. Also, stuttering is not caused by having a nervous or shy personality. We do not know exactly why some people stutter, but we do know that it is often-but not always- inherited (i.e., runs in the family).

My child stutters. What can I do to help?

- Be patient and give lots of time for them to get their message out.
- Don't jump in and try to finish their thoughts or sentences for them, unless they ask for you to.
- Model slow and easy speech in your own talking. Slow down your speech rate to around 75% of your normal rate.
- Try to offer a daily window of time where you child gets quiet, one-on-one time with you. This can reduce pressure, and reduce stuttering. This can even just be 10 minutes!
- Keep a calm and relaxed facial expression, tone of voice and body language when they stutter.

If you have questions about stuttering or want support for your child, do not hesitate to get in touch!

✉ info@constellationspeechtherapy.ca

☎ (514) 400-4551

Orthophonie
CONSTELLATION
Speech Therapy

Health Center / First Line Activities



Autism Services

**FOUNDATIONAL FAMILY SERVICES
CAREGIVER WORKSHOPS AND
COACHING**

Challenging Behaviour

Workshops are free and will be offered virtually:
Wednesday, February 23, 2022
 10:00am to 12:00pm
 Or
Thursday, February 24, 2022
 6:00pm to 8:00pm



For more information or to register,
 contact wilmam@onekidsplace.ca or
 705-476-5437 Ext. 3730



Autism Services

**FOUNDATIONAL FAMILY SERVICES
CAREGIVER WORKSHOPS AND
COACHING**

**Introduction to Applied
Behaviour Analysis & Strategies**

Workshops are free and will be offered virtually:
Wednesday, February 16, 2022
 10:00am to 12:00pm
 Or
Thursday, February 17, 2022
 6:00pm to 8:00pm



For more information or to register,
 contact wilmam@onekidsplace.ca or
 705-476-5437 Ext. 3730

**MCH/PALS
February Activity**
 For families with children aged 0-17

NATURE'S HARMONY
 LOCATED ON SNAKE CREEK RD, NEAR MATTAWA

**YOUR FAMILY WILL RECEIVE A DAY PASS
WHICH WILL INCLUDE:**

- Tubing/sliding – 1 hour time slot (reserved in advance)
- Scavenger hunt loop – find all 16 Northern Ontario animals
- Interactive story trail – “Help Foxy find her way home”
 - Outdoor Obstacle Course
 - Snow Mountain Scrabble
 - Outdoor bonfire
- Trail pass included for anyone looking to enjoy our more extensive trail network
- NEW! Skating pond (experimental as first year)

Each tubing participant will be required to wear a CSA approved helmet.

You will have two weekends to choose from:
Feb.19th & 20th
Feb.26th & 27th
 Transportation will not be provided.

If you would like to register and/or want more info please contact
 Darlene 819-627-9877 or Lynn 819-627-9060.



ICE & POOL RENTAL AT THE CENTRE
 For Kebaowek Band & Community Members

The Centre is now allowing members from the same family bubble to rent the ice and swimming pool.

For booking, you must call the centre to reserve your time slot and for which rental. You are responsible for paying for the activity upfront, then you can submit your receipt to First Line Services to be reimbursed.

To make reservation, call the Centre @ 819-627-3230

PROOF OF VACCINATION FOR AGES 12 & UP IS REQUIRED TO ENTER THE CENTRE

SENIOR SOCIAL

ELDERS 55+



For the time being Senior Social will be cancelled!

Once we are able to resume I will inform everyone of the dates!

Thank you and stay safe!

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.



Community Kitchen

ON THE MENU:
Egg Roll in a Bowl



Limited spaces available!

Tuesday, February 22nd

Deadline to register: Friday, February 18th @ noon

4:30 PM - 6:30 PM

Location : to be determined

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

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 February 15th between 10:00 - 11:00 am

Cucumber, tomatoes, carrots

& zesty italian dressing !!

Dates to sign up by:

February 10, 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.



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 !!

Meals On Wheels

Meals on Wheels Dates for February

Wednesday February 9th ... Delivery between 2 - 3 pm
Wednesday February 23rd ... Delivery between 2 - 3 pm

Meals on Wheels Dates for March

Wednesday March 9th ... Delivery between 2 - 3 pm
Wednesday March 23rd ... Delivery between 2 - 3 pm

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

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

Kebaowek First Nation

FOOD BANK

Food Bank Hours :
Tuesdays / Thursdays
9:00 am - 11:00 am
1:30 pm - 3:00 pm

To schedule a pick up or delivery time please call First Line Services @ 819-627-9877 or message us on facebook no later than Monday and Wednesday by 11:00 am.

Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Radio Bingo	3 GARBAGE	4	5
6	7	8	9 Meals on Wheels	10 RECYCLE	11	12
13	14	15 Snack Time for Elders	16 Chaga/Cedar Tea Distribution Radio Bingo	17 GARBAGE	18	19
20	21 Loom Beading Workshop	22 Community Kitchen	23 Loom Beading Workshop Meals on Wheels	24 RECYCLE	25	26 Family Ice Fishing Derby
27	28 Wear Your Orange Shirt Today	FEBRUARY 2022				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MARCH 2022		1	2 Radio Bingo	3 GARBAGE	4	5
6	7	8	9 Meals on Wheels	10 RECYCLE	11	12
13	14	15	16 Radio Bingo	17 GARBAGE	18	19 Cultural Snowshoe Expedition
20 Cultural Snowshoe Expedition	21	22	23 Meals on Wheels	24 RECYCLE	25	26
27	28	29 Snack Time for Elders	30 Wear Your Orange Shirt Today Radio Bingo	31 GARBAGE		