

Kebaowek First Na-

Oteimin Kizis / June 2022



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An Update from the Chief

It's the end of May, flowers are blooming, the forest has regrown its cover, fish have spawned and the mosquitoes and black flies are back in full force which means summer is just around the corner. Students are finishing up the last weeks of school and parents are trying to plan activities and vacations to keep them busy and occupied. A good sign that we are closer to moving beyond the pandemic. Everyone is looking forward to what will be a great summer filled with boat rides, swimming, fishing and spending time at camp relaxing. The community will have activities for the youth again this year as well as major events like Indigenous People's Day and the return of Countryfest. Small steps towards normalcy and getting back to living our lives

There is always so much going on, I could write a short story of the many issues, challenges and opportunities that we are dealing with but as usual I will chose a couple that have the most impact and consequences for the community.

As some of you may have seen recently, Quebec adopted a new law, Bill 96, a law to protect French language rights in the province. I mention it, as it will have real impacts in English language education and potential impacts in the area of services from the province. We had joined other English speaking communities and formed a Coalition against the bill, we had it analyzed and we put forward important suggested improvements to the bill as well as requested exemptions from the law for our students. The government ignored our request completely saying our languages and rights weren't at risk with this law and that Quebec would continue to protect English languages. Here are the concerns we have with the law, all business off reserve will have to be done in French. Legal services and health and social services off-reserve will be offered in French. We have a commitment from the CISSAT that services for our members won't change but time will tell. If you have any issues with accessing services in English please advise us immediately. Contracts for business and economic development on-reserve will have to be in French. It will also be difficult for some of our students to meet French language requirements to qualify for college. These are important impacts that you may not see but they will happen, there are many other concerns as well that I've not listed, the full impact of this law is yet to be determined. This does not mean our efforts to stop the law has ended, we are asking the Federal government to intervene and protect our rights to our own languages and if they don't we know that the law will be challenged in the courts and we are looking at what those options are before we move forward.

Mining is still front and center as well, Cheetah contacted us last week advising us that they are still working on the project and will be coming back to us later this summer or fall with an update but we know from media reports that (page 2)

CONTACT US



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



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



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

An Update from the Chief Continued

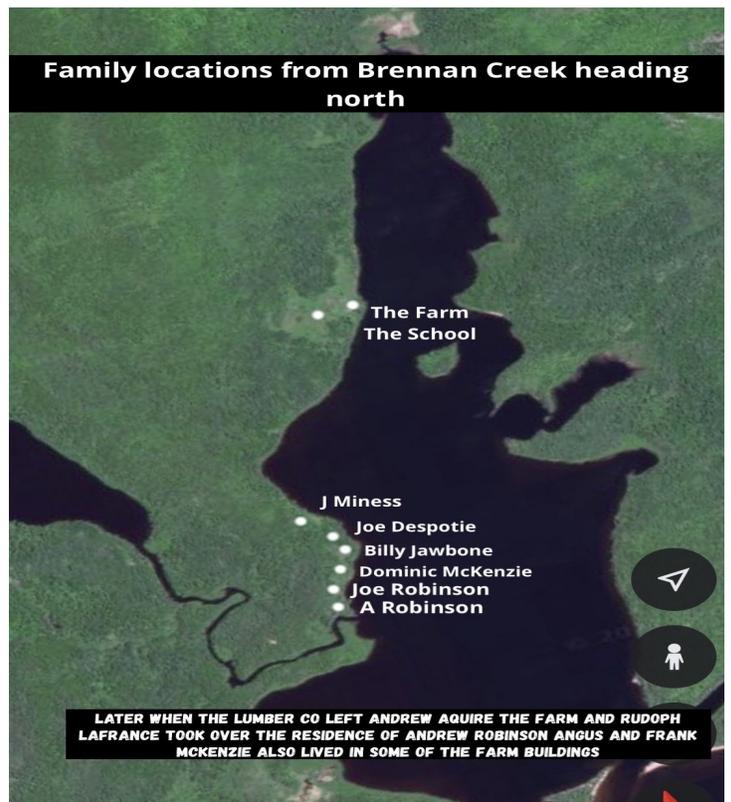
their mine in North West Territories is producing and it has sold its first shipment of rare earths produced in Canada. There was a media release on this and in that same article they referenced that the Kipawa Project was on the horizon. They also want to take a bulk sample but we can't see this happening. We will continue to oppose this project and APTN was in the community and visited the site and is preparing a report on our community's opposition to this project and the significant historical and cultural ties we have in this area with Brennan Lake being so close and many families being born and raised there. Please see photos of area courtesy of Myles Joly. We will continue to provide updates on this file as they occur.

We are continuing the work on advancing our Hydro Project, Onimiki in the near future and we hope to have a community presentation to reintroduce the project again as it's been a couple of years since the last presentation. It's a good project and I'm convinced we can do great things if we are able to realize it.

In closing I had mentioned earlier that schools are out in a couple of weeks which means we will have a huge number of new graduates, from the youngest moving from kindergarten to grade one, to our elementary students becoming high schoolers, our high school graduates getting ready for college or university and our many post secondary graduates who will move on to do great things. We simply want to congratulate you on all your hard work and determination in successfully finishing your year during the pandemic and graduating. We wish you well on the next steps of your journey.

Take care this summer, enjoy your well earned time off,
please stay safe.

Chief Lance Haymond



Public Works Department

Hello Everyone,

Since the beginning of the Upgrade Project on May 3rd the Water Treatment Plant has been struggling to keep up with the demand for water. YSYS Construction and the KFN PW Department has been trying to determine the source of the water loss. **I am asking that all residents of Kebaowek First Nation to please conserve water as much as possible.**

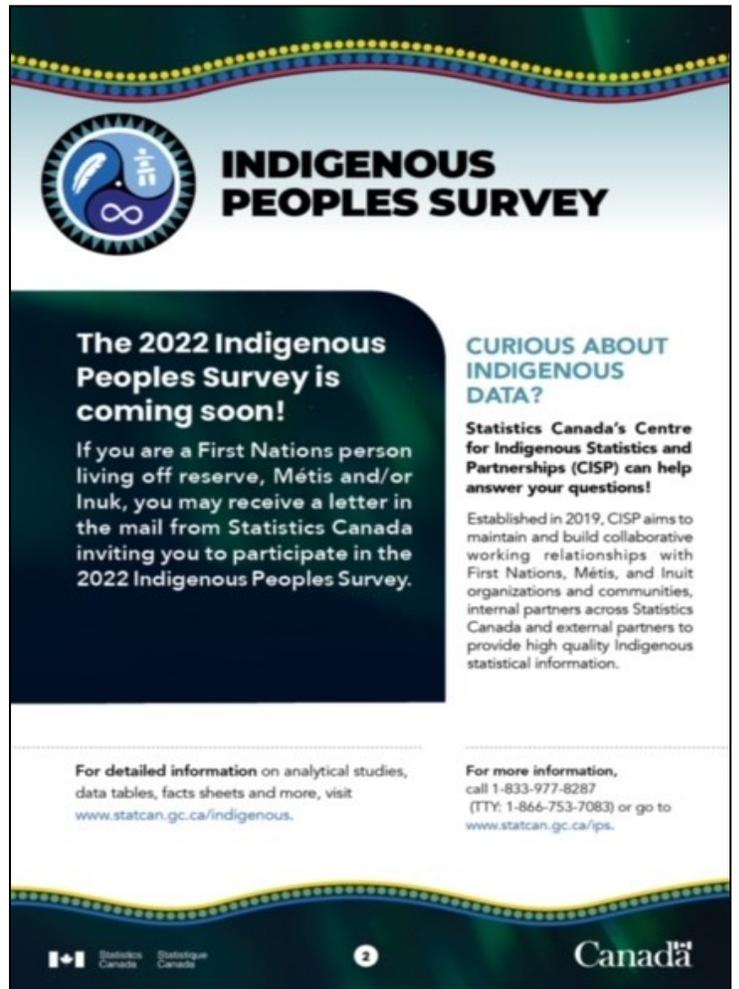
Construction of Phase I is underway and is currently scheduled to be completed by July 1st. There will be some drilling and blasting. The homes that are hooked up to the temporary water supply may experience warm water due to the water supply flowing through a hose that is laying on top of the ground. The paving and sidewalk construction will begin after the road work is completed. Access to the Band Office/Health Center will always be available. Please drive carefully and watch for heavy equipment.



If you are an Elder and/or live alone and are not capable of cutting your lawn please call the Public Works Department 819-627-3455.

Terry Perrier

Director of Public Works and Community Infrastructures



INDIGENOUS PEOPLES SURVEY

The 2022 Indigenous Peoples Survey is coming soon!

If you are a First Nations person living off reserve, Métis and/or Inuk, you may receive a letter in the mail from Statistics Canada inviting you to participate in the 2022 Indigenous Peoples Survey.

CURIOS ABOUT INDIGENOUS DATA?

Statistics Canada's Centre for Indigenous Statistics and Partnerships (CISP) can help answer your questions!

Established in 2019, CISP aims to maintain and build collaborative working relationships with First Nations, Métis, and Inuit organizations and communities, internal partners across Statistics Canada and external partners to provide high quality Indigenous statistical information.

For detailed information on analytical studies, data tables, facts sheets and more, visit www.statcan.gc.ca/indigenous.

For more information, call 1-833-977-8287 (TTY: 1-866-753-7083) or go to www.statcan.gc.ca/ips.

Statistics Canada / Statistique Canada

Canada

Kebaowek Cultural Program

I want to express my gratitude to our members of both communities, Kebaowek First Nation and Wolf Lake First Nation who made the Cultural Gathering at Brennan Lake a great success. (More photos on page 17 and on our Facebook page)

Miigwetch to Wanda Hunter, Rhonda Reynolds, Matt King, Eddy Young, Reg McDonald, Jeremy Rennou, Ben Mongrain, Rodney St-Denis, Claudia Heffern, Naomi Robinson and to our two photographers Myles Joly and Keith Benard. Without any of you this Cultural Gathering wouldn't have happened and been the great success that it was. Your hard work was greatly appreciated. We are planning of having another Cultural Gathering next May at a different location.

Hope to see you there next year in 2023!

Verna Polson - Cultural Coordinator





Save the Date !!!

KEBAOWEK & WOLF LAKE FIRST NATION PRESENTS:

Indigenous Peoples Day

TUESDAY JUNE 21ST, 2022

.....
**PLEASE WATCH FOR MORE
INFORMATION REGARDING THE
ACTIVITIES AND AGENDA FOR THIS
IMPORTANT CELEBRATION**



JULY & AUGUST

Cook Needed

Kebaowek Childcare Centre



**THE KEBAOWEK
CHILDCARE CENTRE
NEEDS A COOK FOR
THE MONTHS OF
JULY & AUGUST 2022
8:30 AM - 12:30 PM**

For more info: Call Patty 819-627-1000

Traditional Full Moon Ceremony



with Stephanie McMartin

Monday June 13th, 2022

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



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**

*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

Kebaowek Police Department



KEBAOWEK FIRST NATION JOB OPPORTUNITY POLICE OFFICER

FULL TIME CONTRACT WITH POSSIBILITY OF PERMANENT

Summary: Under the direction and supervision of the Chief of Police, the Police Officer maintains peace, order and public security within the jurisdiction to which he/she has been appointed by conducting patrols, investigations, surveillance, searches and various other activities with a view to preventing crime and bring to justice individuals who contravene statutes and regulations within the jurisdiction of Kebaowek First Nation.

Salary: According to the established salary scale.

\$500.00 bonus upon signing contract and \$5000.00 bonus upon completing the 2 years contract. Rent free while on shift.

Requirements:

- Must possess a diploma from CEGEP or College in Post-Secondary Program in Law Enforcement.
- Must sign a two years contract with Kebaowek Police Department.
- Must have an equivalency to work in Province of Quebec.
- Must possess a class 4A driver's permit for emergency vehicles.
- Must have no criminal record.
- Must be of good character and must successfully complete a character investigation. Must have good communication skills in both English and French language.
- Completion of the Police Technology Program and Patrol Officer training is required. The applicant must be a full fledge Police Officer, fully trained through a recognized Police training institution.
- Ability to work shifts- days, nights week-ends.
- The candidate meeting all job requirements must undergo an interview by phone or in person.
- The candidate chosen must be willing to take ongoing training in order to upgrade policing skills and techniques.
- Successful candidate that is employed by Kebaowek Police Department must undergo a six month probationary assessment.

Please submit your Curriculum Vitae, including proof of your education and two most recent references before noon on Friday June 17th, 2022 to:

Kebaowek Police Department
c/o Nelly Mathias
104 Ogima Street
Kebaowek, Quebec J0Z 3R1
Tel: 819-627-8229 Fax: 819-627-3277
Email: nmathias@kebaowek.ca

Kebaowek Police Department

Statistics for April 2022

- 3 - Public Assistance
- 2 - Family Dispute
- 1 - Assist to Surete du Quebec
- 2 - Infraction Ticket issued H.S.C.
- 1 - Assault with Weapon Article 267 (1a) c.c.c.
- 1 - Assault Conjugal Violence Article 266 (a) c.c.c.
- 2 - Mischief Section 430 (3a) c.c.c.
- 1 - Being Unlawfully in a Dwelling Section 349 (1) of c.c.c.
- 1 - Assault Apply Force 265 (1a) of c.c.c.
- 1 - Civil Matter

**DRIVER WANTED
FOR SHUTTLE BUS
FOR THE WEEKEND OF
AUGUST 19-20-21, 2022**

KIPAWA COUNTRYFEST

If interested please contact Roxane
for more details at 819-627-3455



**Native Camp for sale on Kipawa Lake.
Red Pine area in a bay by itself.**

**If interested call Patsy at
819-627-3890 or message me.**



Presseault Catering
Platter Menu
presseaultcatering@outlook.com

Sliced fruit tray



Tray 12 ppl \$50
Tray 24 ppl \$65

Vegetable Tray



Tray 12 ppl \$50
Tray 24 ppl \$65

Cheese Tray



Tray 12 ppl \$50
Tray 24 ppl \$65

Dessert Tray



Tray 12 ppl \$50
Tray 24 ppl \$60

Wrap/sandwich tray



Tray 12 ppl \$65
Tray 24 ppl \$80

NEW



charcuterie tray
meat
& cheese tray
Tray 12 ppl \$60
Tray 24 ppl \$75

1.819.627.6189

Kebaowek Fire Department

Every year, Canadians spend quality time with family and friends enjoying the taste of BBQ cooking! However, few take the time to follow simple fire safety tips that can help you and your family enjoy a safe BBQ season.

General Tips:

Only use BBQs outdoors... The risk of fire or asphyxiation could result if used indoors or any enclosed spaces, such as tents or garages.

- Place the BBQ at least a 3 m distance from your home or other structures and out from under eaves and overhanging branches.
- Make sure your grill is located on a flat, level surface.
- Keep BBQ away from paths of travel and play areas.
- Use long-handled utensils to keep a safe distance from heat and flames.
- When a BBQ is in use, never leave it unattended.
- Keep children and pets away from the BBQ.
- Ensure BBQ is fully cooled off before covering or storing away.
- If possible, have a portable residential fire extinguisher nearby.

Propane/Natural Gas BBQ:

- Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles.
- Inspect vent holes for insect nests or spider web that could restrict air entry.
- Keep your BBQ clean, remove grease or fat buildup from the grills and in trays below the grill.
- Make sure your BBQ lid is open before lighting it.

All propane cylinders manufactured must have an overfill protection device (OPD). OPDs shut off the flow of propane before capacity is reached, limiting the potential for release of propane gas if the cylinder heats up. OPD's are easily identified by their triangular- shaped hand wheel.

If your BBQ has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department.

If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.

If the flame goes out, turn the grill and gas off and wait at least 5 minutes before re-lighting it.

Charcoal or Woodchips BBQ:

- Make sure your grill is located on a non-combustible surface.
- Use only approved BBQ starter fluid or briquettes. Never add charcoal fluid or any other flammable liquids in the fire.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- If using an electric charcoal starter, use extension cords rated for outdoor use only.
- When grilling is finished, let the coals completely cool before disposing in a metal container. If water is used to speed up the cooling, use extreme caution to avoid the steam and splatters, which can cause burns.

(www.canada.ca)



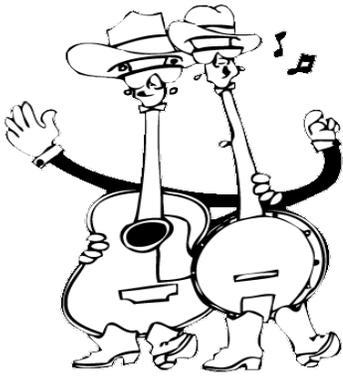
Fire and children don't mix.
Don't let children handle fire tools.



Be prepared. Keep a bucket of water, running hose or fire extinguisher nearby in case of emergency.

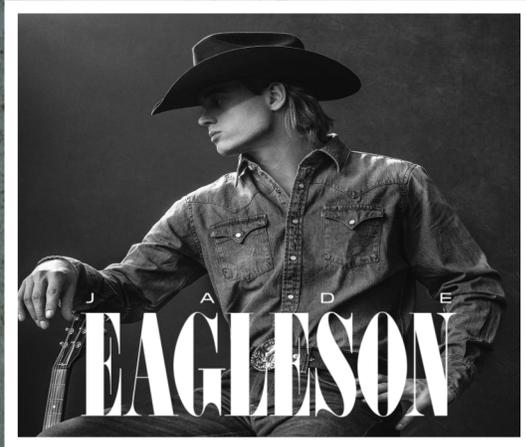


Keep your distance. Your seating area should be at least eight feet away from a grill or fire pit. Make sure trees, buildings or overhangs aren't too close to the flames.



15th Annual / 15^e edition **Kipawa Countryfest**

August 19-20-21 août 2022



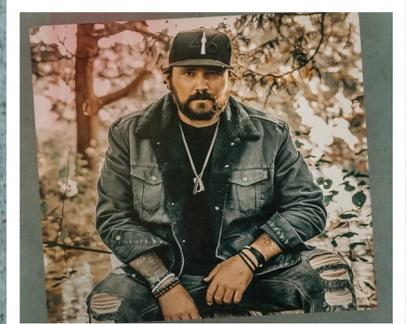
THE REKLAWS



Dylan Burk



Whiskey Jack
Stories & Songs of Stompin' Tom



David Boyd Janes

and much more!

WRISTBANDS ON SALE NOW!

Don't miss out! Get your adult (18+) weekend pass now for only \$60.00 on sale until June 15th!

Kebaowek Band Office - Migizy Gas - Lakeview Store - Stop 102 - Depannuer Dandy's Shear Oasis in North-Bay and Mary-Ann Babin in N.D.D.N or phone 819-627-3455

Community Wishes



Special Happy Birthday wishes to our little Mary who celebrated her 2nd Birthday on May 23rd ♥

Love Yaya and Mama
xoxo

Congratulations!



Congratulations Farah !! You did it! College Graduate in Dental Hygiene through a pandemic was not easy but you studied hard and now you're done! Best of luck with your full time job at Dawson Dental!

We are so proud! Love from Mom & Marco, Dad & Kelly, Layla, Gracie & Carter and all of your family xoxo



Happy Birthday wishes to our son Donovan ♥

He celebrates his special day on June 9th !!

Love Mom & Dad



Happy Birthday to my Uncle Donovan ♥

Love your best girl !!
xoxo



Happy Birthday Daddy !!

Love you to the moon and back !!

Love Nylah
xoxo



Happy Birthday Corrine

She celebrated her special day on May 26th !!

From Sparky and the Crew



Happy 30th Birthday to our son and brother we love you more than you know have a awesome day may all your birthday wishes come true !!

Love always,
Mom, Jungo, Adam and Noah xoxo



Happy Anniversary Wishes to Patsy & Tuppy

They celebrated their special day on May 31st ♥

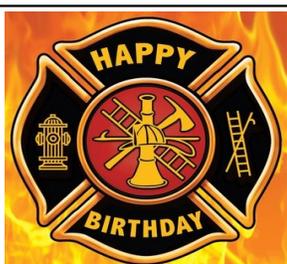
Love from your Family



Happy 50th Birthday to our co-worker Jennifer King !!

Wishing you an extra special day on June 2nd !!

From the Health Center Team



Happy Birthday Wishes to Gail Joly who celebrated her birthday on May 15th and Dale Down who celebrates on June 9th !!

From your Fire Department Team



Happy Birthday to Gage who celebrates his birthday on June 25th !!

Love Mom, Laurier Keiran, Tori, Steven, Eric and Hayden xo

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 around 107 active cases with an average of 13 new cases per day in the Abitibi Temiscamingue Region amongst the groups prioritized for testing from Public Health. Amongst these cases, 8 are hospitalized with no one in intensive care. It was expected that the warmer weather would slow down the spread of the virus.

Public Health Regional Office is asking us to remain vigilant knowing that Covid-19 has not left our lives for good. It is proven beyond a doubt that vaccination is your best bet against hospitalization, severe illness or death if you contract Covid-19. For those who are not immune-compromised and have received 2 doses and diagnosed with Covid-19 this winter or those who have had 3 doses, Public Health recommends waiting till the fall campaign to get a another booster vaccine as it may be more effective against the dominant variant. If you have any questions or doubts about protecting yourself against Covid-19, please call our Health Center and ask to speak to one of our nurses or visit <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/basic-health-instructions>.

Kebaowek First Nation Health & Social Services employees are required by the rules from the CNESST to continue to wear a face mask at work. The same continues to apply to our clients accessing services within our office settings. Many of our staff need to work with a more vulnerable population so we must take precaution not to spread the virus.

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 you have symptoms.
- Coughing in the crook of your elbow.
- Wearing masks in public transit or health care settings.
- Self-monitor if you are a close contact of a known positive case.
- Doing a Rapid Test if you develop flu like symptoms. You need to be aware that many test positive after 48 hrs of the first sign or symptoms relevant to Covid-19. Please note that we have Rapid Tests available at the Health Center.

I strongly suspect that we will be holding mass vaccination clinics at the community level early in September. We will keep you informed as we approach the fall should there be priority groups identified.

Our Clinical Staff with the support of Donna Pariseau have been working hard to implement the new Electronic Medical Records System. We continue to strive to keep up with the available technologies that help us do our jobs in a safe and efficient manner. We should be up and running early June.

Meetings Held During May via Zoom

- Emergency Response Group Kebaowek (bi-weekly)
- FNQLHSSC BOD
- Public Health from CISSSAT with English F.N's
- CISSSAT BOD, Ethics & Governance Committee
- Quebec First Nations Health Director Network with the Province
- FNHMA Board of Directors (in person)
- ISC Infrastructure

I want to recognize and extend our appreciations on behalf of all our staff to Medical Transportation Driver, Judy Young who has retired this month. Miigwetch for your services and happy retirement.

Happy Father's Day wishes to all the Dads out there. Stay safe and healthy.

David McLaren

Director of Health and Social Services

Quotes about Fathers in Light of their Day on June 19th

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong."
~ Charles Wadsworth ~

"Sometimes the poorest man leaves his children the richest inheritance." ~ Ruth E. Renkel ~

When someone takes you on as their own when you're not biologically their own, I think is really special ... [My stepdad] didn't have to raise me. He wanted to."
~ Jonathan Van Ness ~

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 JUNE/JULY 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.

Tuesday June 21st (Indigenous People's Day) The office is closed. Medical Transportation available 8:30 am – 12:30 pm.

***** (Prescriptions will not be picked up on this day so arrangements will need to be made prior to that date.) *****

Thursday June 23rd (St-Jean Holiday): The office is closed at noon. Medical Transportation available 12:00 pm – 8:30 pm.

Friday June 24th (St-Jean Holiday): The office is closed. Medical Transportation available 8:30 am – 12:30 pm.

Thursday June 30th (Canada Day Holiday): The office is closed at noon. Medical Transportation available 12:00 pm – 8:30 pm.

Friday July 1st (Canada Day Holiday): The office is closed. Medical Transportation available 8:30 am – 12:30 pm.

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.

Myths and Facts About Drinking and Driving

Many misconceptions persist despite all the information that has been going around for years on the subject of drinking and impaired driving ...

“I KNOW A TRICK TO DECREASE MY BLOOD ALCOHOL CONCENTRATION.”

There are no tricks to speed up elimination of alcohol – only time works. Taking a cold shower, drinking strong coffee, going for a run or dancing will not lessen the effects of alcohol. Your liver eliminates almost everything.

To sober up, you have to wait for your liver to do its work. Beware of energy drinks – they mask the drowsiness brought on by alcohol, but your abilities remain impaired. A police officer can prove it!

Remember that the concentration of alcohol in your blood continues to increase and reaches its maximum level one hour after the last drink.

“I CAN DRIVE A CAR AFTER DRINKING, AS LONG AS I DON'T USE PUBLIC ROADS.”

The *Criminal Code* applies to all motor vehicles, regardless of where they are being operated. If your ability to drive is impaired and you are operating a car, a snowmobile, an ATV, a tractor or any other motor vehicle, you could be arrested.

“I HAD A HEARTY MEAL AFTER A FEW DRINKS.”

If you drink on an empty stomach, the alcohol passes directly into the intestine and from there into the bloodstream and brain. There are no barriers to the absorption of alcohol, which literally goes straight to your head. Eating after drinking alcohol does not change anything – it's too late since the alcohol is already in your bloodstream. Eating a late-night routine has no effect on your blood alcohol concentration!

“I ONLY DRANK COCKTAILS.”

Cocktails aren't always as light as they might seem. Two ounces of alcohol is still two ounces of alcohol, whether it is mixed with fruit juice or not. Powers of cocktails mixed without a jigger.

“AS LONG AS I'M BELOW 0.08, THERE IS NO RISK.”

Don't depend on your blood alcohol concentration to know if you are impaired, since many other factors can come into play, such as fatigue, drugs, medication, stress or illness.

Your ability to drive could be impaired even if your blood alcohol concentration is low, making it a criminal offence. This means that you could be arrested even with a blood alcohol concentration below 0.08.

Police officers do not always use the breathalyzer test. Instead, they could assess your ability to drive by making you perform physical coordination tests. A police officer may have sufficient grounds to put you under arrest simply by observing your behaviour.

“I CALCULATED MY BLOOD ALCOHOL CONCENTRATION AND IT IS BELOW 0.08.”

Blood alcohol concentration calculators (apps or websites), wall-mounted breathalyzer tests (often located near the exits or the bathrooms in bars), personal breathalyzers or the small low-cost single-use tubes can measure your blood alcohol concentration (provided they are in good condition, well calibrated and properly used), but they cannot measure your ability to drive. The *Criminal Code* does not only penalize driving with a blood alcohol concentration equal to or greater than 80 mg of alcohol per 100 ml of blood, but also penalizes driving while impaired, **regardless of the amount of alcohol in the body**. Remember that your blood alcohol concentration keeps increasing after you have taken your last drink and it can reach its maximum level up to one hour afterwards.

In addition, alcohol intolerance, fatigue, stress or taking other substances (medication or drugs) do not increase your blood alcohol concentration, but can amplify the effects of alcohol. You are at a much greater risk of having an accident or being arrested for impaired driving. Simply wondering what your blood alcohol concentration is may be

Myths and Facts About Drinking and Driving

a sign that you should not drive. The SAAQ discourages the use of tools to calculate your blood alcohol concentration, because they do not provide information that is accurate enough to adequately prevent impaired driving.

“I HAVEN'T HAD A DRINK IN AN HOUR!”

We often hear that not having any alcohol for an hour prior to driving is a good habit. However, this may only be true if you have limited consumption to a minimum. If you have had too much to drink, waiting an hour will not change your condition.

Your body needs several hours to completely eliminate a few drinks. For example, to eliminate 70 mg of alcohol per 100 ml of blood, your body needs nearly 5 hours.

“MEN HAVE A BETTER TOLERANCE FOR ALCOHOL THAN WOMEN.”

For the same amount of alcohol consumed and at the same weight, women usually have a slightly higher blood alcohol concentration. However, a person's sex has a fairly negligible effect compared to other factors that come into play, such as weight, rate of alcohol absorption by the stomach, fatigue or medication.

“I'VE BEEN DRINKING OR SMOKING POT, BUT I'M NOT GOING FAR.”

A large number of accidents occur near the home. When a route is familiar, drivers tend to pay less attention and switch to “auto-pilot,” which means that their vigilance is decreased in various driving situations (traffic lights, intersections, changing direction, etc.). Drivers will therefore need a lot more time to react to an unexpected situation, especially if they are under the effects of alcohol or drugs.

“IT'S THE FAULT OF REPEAT OFFENDERS!”

It's easy to shift the blame to someone else and feel less

guilty by comparing yourself to a repeat offender with a blood alcohol concentration two or three times the legal limit. Regardless, the majority of offences and accidents linked to impaired driving are committed by “ordinary” people, first-time offenders who thought that being stopped for impaired driving could not happen to them.

“DRINKING AND DRIVING IS COOL.”

Nothing can justify impaired driving. It is no longer socially acceptable or cool to drive after a few drinks. Today, 98% of the population denounces this type of behaviour – now *that's* cool!

“I CAN ALWAYS TAKE BACK ROADS TO AVOID THE POLICE.”



CARE OR CONTROL OF A VEHICLE

The law not only prohibits impaired driving, but also having the care or control of a vehicle while impaired.

Here are some situations that can have the same consequences as impaired driving:

- sitting in the driver's seat, even if the vehicle is stopped or broken down
- being in the vehicle (even asleep on the back seat) and having the possibility of starting the engine
- being near the vehicle, for example to brush snow off the car or put things in the trunk

The police officer will assess whether it was possible for the person to drive the vehicle and whether he or she intended to drive.



MEN'S HEALTH TIPS

Feeling Stressed? Go Outside! Simple Tips to Reduce Stress

Thinking outside the box is great, but getting outside of the box is even better!

Like everyone these days, pulling away from the screen can feel like an accomplishment. Yet, we all know it's important to take screen breaks. Getting outdoors, and better yet, working in a bit of exercise, will increase your benefits faster than a funny car in a drag race. From the great outdoors to shakin' your rump, here are 8 simple tips to reduce your stress.

1. Get out of the box

Getting outside reduces cortisol, a stress hormone your body releases when you're overwhelmed or alarmed. Recent research shows that cortisol levels start to drop after as little as 20 minutes in nature. No extreme survival skills are required.

Simply sitting in a park, walking on a beach, or strolling through a forest can greatly improve stress levels. Just walk the dog or grab a coffee-to-go, and you will reap the mental health benefits of being outdoors.

2. Do it for 20 minutes a day

Of the many benefits of getting more active - stronger muscles, weight loss, a healthier heart, a more powerful sex drive - mental resilience and less stress stand out. Physical exercise boosts brain function and wellbeing by improving your ability to cope with stress.

Getting active outside every day helps lower your heart rate and improve your sleep quality. Exercise doesn't have to

mean training for a marathon or pumping iron to look like Vin Diesel. You can start small: go for a power walk around your neighbourhood or play with your kids outside. Keep it simple! You can build up to bigger workouts by simply getting more active and moving your body today.

3. Eat right

Did you know that some foods are known to help lower stress? It's true! That means the food you eat can actually help you to feel less stressed. Keep bananas and low-fat yogurt on hand as quick and easy options because fibre and probiotics help. Enjoy a couple of squares of dark chocolate. Green tea provides a relaxing and beneficial time-out.

4. Learn to leave work at work

When the workday is over, turn off the computer, stop responding to emails, and don't take calls. If you're working from home, try to end the day as you would at an office and leave work behind. Even better, close the home office door or throw a towel over your work computer. Out of sight, out of mind!

Head outdoors to give your brain a break and don't even think about work until it's time to start the following day. We challenge you to try this for an entire week and see how you feel! I bet you'll find that you're just as productive or even more productive at work.

5. Turn technology off



Use simple strategies such as checking the news or getting on social media only once per day. Consider using your spare time to enjoy nature instead of staring at the screen. When you're tired, it's easy to mindlessly scroll on your phone, so ditch the phone for 20 minutes and go sit on your balcony, in your backyard or, at a local park and enjoy a break from screens. Your brain will thank you for it.

6. Make time for fun

Nothing says stress relief, like having a bit of fun and sharing a few laughs. Fun can take many forms outdoors and indoors. It may be a bike ride with your buddies, a walk with your partner, quality time with family or friends, or playing a board game. It takes no effort to listen to a podcast or get grooving with some great music.

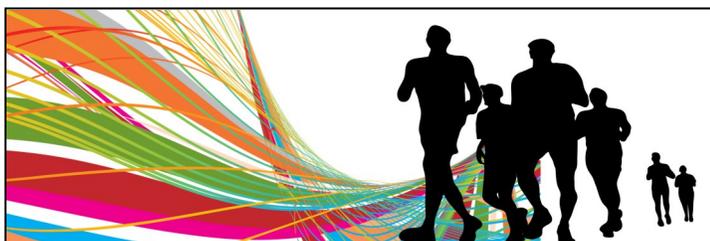
7. Stop and breathe

We live in one of the most beautiful countries in the world, so head outside and take a big, deep breath. Taking one to three minutes to pause and focus on slow, relaxed deep breathing is one of the best tools for reducing stress and bringing ourselves back into balance. If heading outdoors is not an option, try using a free app such as Calm or Headspace to guide this process. Does it get any easier than *breathing*? I rest my case.

8. Sleep tight

Few activities are easier than getting under the covers and welcoming sleep. Proper shut-eye and cortisol levels go hand in hand. Better sleep means lower stress, so aim to get 7 to 9 hours per night. Create a sleep routine and stick to it. When we choose to go to bed and wake up at set times, we train our minds to be ready for sleep and to get a more restful sleep. A good night's rest coupled with spending a little bit of time outside every day is an excellent way to feel less stressed.

Information taken from: <https://dontchangemuch.ca/mental-health/simple-tip-reduce-stress/>



**2022 WALK /JOG
8 WEEK CHALLENGE**

WEEKLY PRIZE WINNERS

Week One
Taylor Perrier (5km+) and Norman McKenzie (15 km+)

Week Two
Linda Harris (5km+) and Nicole Gaudet (15 km+)

Week Three
Jamie Pilon (5km+) and Julie Wabie (15 km+)

Week Four
Priscillia Durocher (5km+) and Mary Down (15 km+)

Week Five
Ronnie Raymond (5km+) and Roxane McKenzie (15 km+)

JUNE IS MEN'S HEALTH MONTH

WHY NOT GET ACTIVE ?!

THE KEBAOWEK HEALTH AND WELLNESS CENTER IS SUPPORTING MENS HEALTH AND WELLBEING WITH A ROUND OF GOLF !!

IF YOU ARE A MALE MEMBER OF ANY AGE, AN AVID GOLFER, A NEW GOLFER OR A NON GOLFER COME OUT AND ENJOY A DAY OF SOCIALIZING WHILE GETTING SOME PHYSICAL ACTIVITY TO PROMOTE MENS HEALTH, ITS THAT SIMPLE !!

FROM JUNE 12TH TO JULY 1ST, 2022 YOU ARE ELIGIBLE FOR 1 ROUND OF GOLF, CLUB RENTALS (IF NEEDED) AND A \$10 LUNCH/CANTEEN VOUCHER

FOR MORE INFORMATION OR TO REGISTER CALL VIRGINIA AT THE HEALTH CENTER
819-627-9060



Routines & Benefits!

Children's fear of the unknown includes everything from a suspicious new vegetable to a major change in their life. For better or worse, children are confronted with change daily, which is a growth opportunity, but also stressful. The very definition of growing up is that their own bodies change on them constantly. Babies and toddlers give up pacifiers, bottles, breasts, cribs, their standing as the baby of the house. New teachers and classmates come and go every year. They tackle and learn new skills and information at an astonishing pace, from reading and crossing the street to soccer and riding a bike. Few children live in the same house during their entire childhood; most move several times, often to new cities and certainly to new neighborhoods and schools and few of these changes are within the child's control.

Children, like the rest of us, handle change best if it is expected and occurs in the context of a familiar routine. A predictable routine allows children to feel safe, and to develop a sense of mastery in handling their lives. As this sense of mastery is strengthened, they can tackle larger changes: walking to school by themselves, paying for a purchase at the store, going to sleepaway camp.

Unpredictable changes – Mom called away on an unexpected business trip, a best friend moving, or more drastic, parents divorcing or a grandparent dying – erode this sense of safety and mastery and leave the child feeling anxious and less able to cope with the vicissitudes of life. Of course, many changes can't be avoided. But that's why we offer children a predictable routine as a foundation in their lives--so they can rise to the occasion to handle big changes when they need to.



While helping children feel safe and ready to take on new challenges and developmental tasks would be reason enough to offer them structure, it has another important developmental role as well. Structure and routines teach kids how to constructively manage themselves and their environments.

1. Routines eliminate power struggles

Routines eliminate power struggles because you aren't bossing the child around. This activity (brushing teeth, napping, and turning off the TV to come to dinner) is just what we do at this time of day. The parent stops being the bad guy, and nagging is greatly reduced.

2. Routines help kids cooperate

Routines help kids cooperate by reducing stress and anxiety for everyone. We all know what comes next, we get fair warning for transitions, and no one feels pushed around, or like parents are being arbitrary.

3. Routines help kids learn to take charge of their own activities.

Over time, kids learn to brush their teeth, pack their backpacks, etc., without constant reminders. Kids love being in charge of themselves. This feeling increases their sense of mastery and competence. Kids who feel more independent and in charge of themselves have less need to rebel and be oppositional.

4. Kids learn the concept of "looking forward" to things they enjoy...

...which is an important part of making a happy accommodation with the demands of a schedule. He may want to go to the playground now, but he can learn that we always go to the playground in the afternoon, and he can look forward to it then.

5. Regular routines help kids get on a schedule

Regular routines help kids get on a schedule, so that they fall asleep more easily at night.

6. Routines help parents build in those precious connection moments.

We all know that we need to connect with our children every day, but when our focus is on moving kids through the

schedule to get them to bed, we miss out on opportunities to connect. If we build little connection rituals into our routine, they become habit. Try a snuggle with each child when you first see them in the morning, or a "recognition" ritual when you're first reunited:

"I see you with those beautiful gray eyes that I love so much!" or a naming ritual as you dry him after the bath: "Let's dry your toes...your calf...your knee...your thigh....your penis....your belly ..."

Rituals like these slow you down and connect you on a visceral level with your child, and if you do them as just "part of the routine" they build security as well as connection and cooperation.

7. Schedules help parents maintain consistency in expectations.

If everything is a fight, parents end up settling: more TV, skip brushing teeth for tonight, etc. With a routine, parents are more likely to stick to healthy expectations for everyone in the family, because that's just the way we do things in our household. The result: a family with healthy habits, where everything runs more smoothly! Because routines give them a sense of security and help them develop self-discipline. Humans are afraid of many things, but "the unknown" edges out everything except death and public speaking for most people.

Does this mean infants should be put on routines as early as possible?

NO! Infants tell us what they need. We feed them when they're hungry, change them when they're wet. Over time, they learn the first step of a routine: We sleep at night. But forcing an infant to accommodate to our routine is not responsive to your infant's needs. She is not capable of adapting to yours yet. If her needs aren't met, she will simply feel as if the world is a place where her needs don't get met, so she has to resort to drama to try to meet them.

As your infant moves into babyhood, she will establish her own routine, settling into a schedule of sorts. Most babies settle into a fairly predictable pattern. We can help them with this by structuring our day around their needs, so, for instance, we make sure conditions are appropriate for her nap at the time she usually sleeps. Gradually, over time, we can respond to her natural schedule of eating and sleeping by developing a routine that works for her and for the whole family.



THE SPEECH CORNER

BY TARA GLICKMAN

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

LET'S TALK ABOUT GROWTH MINDSET

Recent advances in the science of the brain have demonstrated that our brain's capacity for new learning and change far exceed what we previously thought. Our brain is constantly changing as a response to our experiences, what we learn, and our thoughts. Yes, what we **think** and **do** actually changes our brains! This isn't just true for our kids--it's true for people of all ages.

What is a growth mindset?

This term was popularized by Carol S. Dweck, PhD., a psychologist who has dedicated her research mainly to mindset. Growth mindset is the belief that, with effort, we can change our skills. Having a growth mindset means knowing that we can learn to do new things, even if they are difficult. It is often contrasted with a "fixed mindset", which is a type of thinking that believes that our skills and intelligence are static throughout life.

Why does this matter for speech and language therapy?

Encouraging a growth mindset means building our children's abilities to look at challenges and mistakes as an important and normal part of the learning process. For the people I work with, at least some parts of communication (whether it is speech sounds, fluency, understanding/using language, reading/writing) are challenging. When someone sees this challenge as an impossible obstacle, it can lead to feeling defeated or wanting to give up. When someone sees this challenge as part of the pathway to success, it can have the opposite effect. They often see the challenge as a normal part of the learning process. Having a growth mindset comes naturally to some people, and requires a little coaching for others. I have seen a tremendous change in so many people that I work with when we spend some time talking about things from a growth mindset perspective!

How do I put it into action?

Making a few small adjustments to how we approach learning can have a big impact on our children's (and our own) feelings and attitudes toward achievement.



VISUAL LEARNER? I'VE GOT YOU.

Check out this Tedx Talk called "The mindset of a champion" by Carson Byblow, a 5th grade student sharing his thoughts on growth mindset:
<https://www.youtube.com/watch?v=px9CzSZsa0Y>
Email me if you want the link sent to your inbox.

Here are a couple of ways to foster a growth mindset in how you talk about learning:

- Talk effort, not just achievement: While it's okay to talk about mistakes and successes (e.g., "good" or "bad" grade), let them know that hard work matters in the journey of learning.
- Praise wisely: Rather than praising your child's intelligence or talent at something, talk about their work ethic and the process that leads them to success (e.g., their focus, perseverance, determination, etc.).
- Look inward: Encourage your child to reflect on their own performance. For example, "tell me how you did that!" and "How do you feel about your learning today?".
- Can't do it...yet: Remind your child that learning takes time, and reframe an "I can't do it" into, "I can't do it yet".

✉ info@constellationspeechtherapy.ca

☎ (514) 400-4551

Orthophonie
CONSTELLATION
Speech Therapy

6 Identity Theft Prevention Tips

No one is safe from identity theft, but you can be smarter than fraudsters. Here are 6 useful tips:

1. Silence is golden

Never disclose your personal information unless it is required by law and only if you have utmost confidence in the person making the request.

For example, never give your credit card number or any other personal information over the phone, unless you are the one making the call.

As credible as an organization may seem, never give out personal information by email or via social media.

Be careful how much you reveal on these platforms. What you post on social media could one day backfire on you!

2. Always keep an eye on your cards

When making a purchase, never lose sight of your credit or debit card.

Ideally, swipe it or tap it on the terminal yourself.

3. Shred documents

Do not throw personal documents, bills, bank statements and personalized marketing offers in the garbage. Shred them or burn them.

4. Protect your personal information

Keep your personal information away from prying eyes.

It can be as simple as never leaving your wallet or purse unattended, or not leaving personal documents lying around in your car, office or home.

Carry a light wallet. Bring only your essential ID's and leave other cards at home in a safe place.

Collect your mail every day and get a mailbox that has a key or padlock.

When you leave for vacation, ask a trustworthy person to pick up your mail or have your mail delivery suspended by Canada Post until your return.

5. Use a variety of passwords and pins

Change your passwords often and always use special characters. Avoid any reference to important dates, your

children's names, your pets, etc.

Once again, be vigilant. Do not write your passwords or PINs on pieces of paper or in a file on your computer.

Several applications are available to manage passwords and PINs in utmost security.

6. Be wary of irregularities

Every month, peruse your bank and credit card statements to identify phantom transactions.

Once a year, obtain your credit report from Equifax and TransUnion to make sure there are no unusual or dubious transactions that could ruin your credit rating.

You can also add a fraud alert to your credit file. When in doubt, these organizations will contact you to confirm your identity before approving any credit request. For as little as \$15 per month, you will sleep easy!

Your insurer to the rescue

Ask your insurer for more information on identity theft. They are there to help you if it ever happens to you.

For more information or for advice, call 1 866 225-5050.

Source: SSQ Insurance

Help is available for
suicide crisis and prevention.

CALL 9-1-1

if you or someone you know
is in immediate danger

Get support from a local distress centre
at: [www.crisisservicescanada.ca/en/
looking-for-local-resources-support](http://www.crisisservicescanada.ca/en/looking-for-local-resources-support)

CANADA SUICIDE PREVENTION SERVICE 1-833-456-4566

KIDS HELP PHONE

1-800-668-6868 or KidsHelpPhone.ca
For youth, text **CONNECT** to 686868
For adults, text **WELLNESS** to 741741

QUEBEC RESIDENTS

1-866-APPELLE (1-866-277-3553)
or suicide.ca

HOPE FOR WELLNESS HELP LINE

1-855-242-3310 or hopeforwellness.ca

REACH OUT TODAY.

CANADA.CA/HEALTH

Canada

Community Shopping in North Bay



Pick Up Time: 9:00 am

Shopping at:

Giant Tiger - Dollarama

Walmart - Northgate Mall - Freshco

Return to Kebaowek: 3:00pm

Dates:

Saturday June 4th, 2022

Saturday July 9th, 2022

Saturday August 6th, 2022

**Contact Shelly @ 819-627-9877
the Wednesday before the trip to save
your seat as spaces are limited.**

Reminder to bring your own Grocery Bags!

YOUTH ACTIVITIES FOR THE MONTH OF JUNE

Youth - Ages 10 to 17

GOLFING IN TEMISCAMING

Must call Sheila to sign up

Date of Activity : June 2, 2022 @ 4:30pm

FISHING & SUPPER

**(Weather permitting, if not activity at
First Line) Limited spaces !**

Sign up Date: June 27, 2022

Date of Activity: June 29, 2022 @ 4:30pm

**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.**

YOUTH HUNTER'S POINT CAMPING TRIP

July 24th - 29th, 2022

**SAVE
THE DATE**

**OUR 21ST YEAR GOING TO HUNTER'S POINT !!
LEAVING SUNDAY JULY 17TH AT 1:30 PM
AND RETURNING FRIDAY JULY 22nd AT 12:00 PM**

**WE ARE EXCITED TO BE PLANNING OUR ANNUAL TRIP TO HUNTER'S POINT FOR
THE YOUTH. WE ARE HAPPY TO BE GOING BACK TO OUR TRADITIONAL LANDS
TO HAVE A WEEK FULL OF ACTIVITIES !!**

**YOU CAN SEND YOU CHILD OR COME AS A FAMILY FOR ALL OR PART
OF THE TRIP !! CHILDREN UNDER 6 MUST BE ACCOMPANIED BY AN ADULT.**

**TO REGISTER PLEASE CONTACT MITCH AT THE HEALTH CENTER
819-627-9060 mmcmartin@kebaowek.ca**

Elder's (55+) Craft Time

Medicine Bags

Date of Activity: Monday June 27, 2022

Time: 1:00 pm to 3:00 pm

Place: Dome

Sign up date: Wednesday June 15, 2022

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



Meals On Wheels

Meals on Wheels Dates for June

Wednesday June 1st ... Delivery between 2 - 3 pm
Wednesday June 29th ... Delivery between 2 - 3 pm

Meals on Wheels Dates for July

Wednesday July 13th ... Delivery between 2 - 3 pm

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

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.

Strawberry Picking



ELDER'S 55+ AND YOUTH AGES 10-17

Date: Friday July 15, 2022

Place: Sturgeon Falls

Pick up Time: 9:00am

Drop off Time: 3:00pm

To sign up please contact Shelly or Sheila @ 819-627-9877/Facebook No Later than Friday July 8, 2022 by 12:00pm. Seats are limited. We hope to see you there!



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 !!

PALS/MCH ACTIVITY
FATHER'S DAY



FIRST COME
FIRST SERVE!

BBQ SUPPER
LIMITED KITS AVAILABLE

KITS WILL BE READY TO PICK UP @ FIRST LINE SERVICES
THURSDAY, JUNE. 16TH FROM 1:00PM - 4:30PM &
FRIDAY, JUNE. 17TH FROM 9:00AM - 12:00PM

IF YOU REQUIRE MORE INFO CONTACT DARLENE (9877) & LYNN (9060)



Community Kitchen

ON THE MENU:
Teriyaki Chicken Packets
and Rice



Tuesday June 14, 2022

Deadline to register: Wednesday June 8, 2022
4:30 PM - 6:30 PM at the Dome !!

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

*Last Snack Time
for Elders
55+ until September*



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 June 7, 2022 between 10:00 am - 11:00 am

Fruit Kabobs

Dates to sign up by:
Thursday June 3, 2022 @ 12:00pm

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.

BABY & ME

A playgroup for parents & guardians with children aged 0-5.

EVERY SECOND MONDAY
9:30 am - 11:00 am
Basement of First Line

DATES FOR JUNE
June 6th and June 20th

DATES FOR JULY
July.4th and July.18th

Coffee/tea & snacks provided.



For more info please contact First Lines Services @ 819-627-9877.

June 15 is Elder Abuse Awareness Day

Elder Abuse Awareness Day
If you still have your flag please hang it up in a visible spot to show support. We do not have any more flags at this time.



Elder Abuse Hotline 1-888-489-2287



On June 15, 2022 in the afternoon by Migizy Gas we will be handing out information on Elder Abuse to raise an awareness!

Kebaowek First Nation

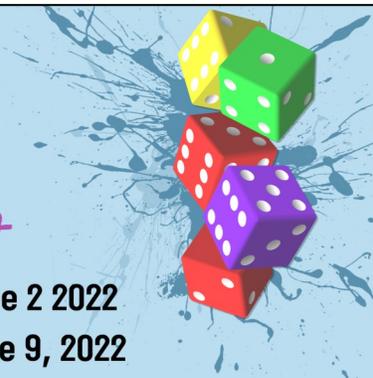
FOOD BANK

Food Bank Schedule

Please call Monday to register for a pick up on Tuesday
Please call Wednesday to register for pick up for Thursday

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

SENIOR SOCIAL ELDERS 55+



Dates: Thursday June 2 2022
Thursday June 9, 2022
Thursday June 16, 2022
Tuesday June 28, 2022
Thursday July 7, 2022
Thursday July 21, 2022

Time: 1:15 pm - 3:15 pm

Place: First Line Basement

Snacks, tea & coffee will be provided!
Masks will be mandatory and all sanitary measures will be in place including social distancing. We hope to see you there!

Psychologist Services

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

In-Person Appointments:
** Every Second 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 Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE 2022			1 Meals on Wheels	2 Senior Social Youth Golf Activity Recycle	3	4 Shopping in North Bay
5 HOLIDAYS Roxane McKenzie	6 Baby & Me	7 Snack Time for Elder's	8	9 Senior Social Garbage	10	11
12 HOLIDAYS Mitchell McMartin Jennifer King	13 Full Moon Ceremony	14 Community Kitchen	15	16 Senior Social Recycle	17	18
19 Father's Day HOLIDAYS Sheila Noah Jennifer King	20 Baby & Me HOLIDAYS Donna Pariseau Shelly Grandlouis	21 KFN Offices are closed for Indigenous Peoples Day	22	23 Garbage	24 KFN Offices are closed for St Jean Holiday (Thursday PM and Friday AM)	25
26 HOLIDAYS Bonnie Down Roxane McKenzie Darlene McLaren	27 Elder's Craft Time	28 Senior Social	29 Meals on Wheels Youth Fishing Activity	30 Wear Your Orange Shirt Today Recycle		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY 2022					1 KFN Offices are closed for Canada Day (Thursday PM and Friday AM)	2
3 HOLIDAYS Tina Chevrier Mitchell McMartin Bonnie Down Virginia McMartin	4 Baby & Me HOLIDAYS Shelly Grandlouis	5	6	7 Senior Social Garbage	8	9 Shopping in North Bay
10 HOLIDAYS Tina Chevrier Karleigh Miness Priscillia Durocher	11	12	13 Meals on Wheels	14 Recycle	15 Elder's & Youth Strawberry Picking	16
17 HOLIDAYS Jennifer Preseault Priscillia Durocher Stacey McBride	18 Baby & Me	19	20	21 Senior Social Garbage	22	23
24 HOLIDAYS Jennifer Preseault Roxane Mckenzie	25	26	27	28 Recycle	29	30 Wear Your Orange Shirt Today