



# Kebaowek First Nation Mazinaigan / Newsletter

Niki Kizis / March 2022

## Inside this issue:

An Update from the Chief Continued	2
Kebaowek Vaccination Recognition Strategy	3
Upcoming Community Activities	4
Community Notes and Information	5
Employment/Volunteer Opportunities	6
Kebaowek Fire Department ... Office Fires	7
Community Wishes for the Month of March	8
Community Wishes and Community Notices	9
An Update from the Health Director	10
Health Center Notes and Information	11
Medical Transportation and NIHB Update	12
Employment Opportunity ... On-Call Receptionist	13
March is Nutrition Month ... Diabetes Info Session	14
Substance Abuse, Detox and Nutrition	15
The Speech Corner ... Singing and Rhymes	16
How Important is Nutrition	17
March is Liver Health Month	18
March is Liver Health Month	19
Sports and Mentorship Program	20
Upcoming Health Center / First Line Activities	21
Upcoming Health Center / First Line Activities	22
Upcoming Health Center / First Line Activities	23
Community Calendar for March and April	24

## An Update from the Chief

I am going to be open on the struggles I had in trying to write this article. As you all know, having something to say is generally not very difficult for me but these past weeks, I've found it difficult to put down on paper what I want to say.

On March 17th it will be two years to the day that we first understood how serious the Covid virus was and our world as we knew it stopped as we were told to stay home, limit gatherings and follow the beginning of Public Health Measures that were changing constantly. These measures and the virus became a feature of our daily lives. The vast majority of us did as we were told and we went into defensive mode trying to keep the virus out. When vaccines became available we lined up in great numbers to get first, second and booster doses knowing that it wouldn't stop us from becoming infected but would mean we would have better outcomes than those not vaccinated. We masked up, went through border closings and curfews all with the goal of limiting the spread of the virus and keeping us safe. We went through multiple waves of the pandemic and multiple variants and in fact we are just coming out of the 5th wave driven by the Omicron variant.

For 21 months we kept the virus out but every time the government loosened restrictions, numbers of infection rose and it kept getting closer to home until finally after Christmas we began to see our first cases and outbreaks and as I write this community transmission is still happening and community members are still getting infected. Up until January, we were told the situation was dyer and that we all had to buckle down again to fend off the pandemic wave and we did. As numbers started to decrease we heard the beginnings of the direction the government was going to take and that they would start to gradually loosen restrictions which we thought was a reasonable and sensible approach based on science. I don't think I, nor many of the members, especially those who have reached out to me these last days expressing great concern about the pace of loosening restrictions thought that the reopening and dropping of almost all Public Health Measures would happen in a matter of weeks and that these decisions were not driven by science but by politicians playing politics with our lives. While we all recognize and want to move beyond the pandemic and learn to live with Covid, going from being in a crisis 6 weeks ago to no measures is going to take some time and adjustment for everyone.

We have spent the last two years making decisions about protecting the community and making decisions that were in the best interest of the collective and I, for one as a leader, am finding it hard to switch gears from full protection mode to thinking about the pandemic as every individual's responsibility for their own decisions and safety. I'm physically and mentally tired from the challenges of Covid-19 and like everyone, I just want it to end and get back to living (pg 2)

CONTACT US



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



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



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

## An Update from the Chief Cont'd

but how do we do that? Each person's journey will be different depending on the comfort they have with the elimination of measures and no matter what that pace is, we need to be respectful that we will handle this differently as individuals. I know for myself it will still be awhile before I'm comfortable to eat in a restaurant, attend an indoor event like a concert, movie or hockey game. For me it will be baby steps like going to a mall or having guests over for supper. I will continue to wear a mask in public spaces even after these restrictions are lifted, I'm comfortable wearing it and I have not been infected, despite multiple close contacts over the past months and I've not had a cold or the flu in over two years so in my head there is merit in continuing to be protected as Covid-19 and these other illnesses are passed by airborne transmission. I know many others who will do the same, again everyone will handle this differently and that's ok.

Vaccinations continue to offer you the best chance of having a good outcome if you get infected and I know the Health team and I will continue to promote getting fully vaccinated in the future. We will continue to maintain and apply our mandatory Covid Vaccination Policy for all employees and for any new hires for the foreseeable future as we adjust to moving from pandemic to endemic

As most of you now know, March 12th is the date when all capacity and other Public Health Measures are to be lifted and as we've done from the outset of this pandemic we will adopt and follow those guidelines including not needing a vaccine passport. Wearing a mask in all community buildings and businesses remains in place for now with this measure to be lifted in the coming weeks. We will continue to distribute rapid tests as required and also to offer PCR testing at the Health Center.

I would be remiss if I did not acknowledge the important and significant contributions we got from our Emergency Response Team who met on a regular bases to discuss, provide feedback and insight as we had to adapt to an every changing environment brought on by the pandemic. To our Health Team who stepped up to the plate and went beyond their responsibility to ensure we had training for testing and vaccination capacities while continuing to offer programs and regular services to the community. To our dedicated Finance Team and others staff who came into the office even when work from home was allowable so that business could for the most part continue.

The largest thanks and expression of gratitude goes to the members of this community on and off reserve who did what was required, they followed Public Health Guidelines, got vaccinated to protect themselves, their family and the community. One of the most selfless acts you could do for your fellow citizens.

In other exciting news, we can now confirm that the new Police station and Health Center will begin construction this year. The Police Station project is out to tender and we will select a contractor in the next weeks with construction to be started early spring with the new Health Center project following close behind. We are also moving ahead with the Pilot Project to provide policing to Long Point First Nation (Winneway) jointly with Temiskaming First Nation and the SQ. This project will begin in April and we are in the process of hiring new officers to fulfill this new endeavour.

Our other major priority is our Hydro Project, Onimiki, Hydro Quebec has launched a call for new projects and we intend to submit ours by the July 21st deadline. We are extremely hopeful that after 18 + yeas of lobbying, we may finally see this project realized. A reminder this is our project that is the alternative to Hydro Quebec's Tabaret. Our project uses the existing outflows to produce electricity. There is much work and many studies to do before we start construction but the timing for this project is great. Hydro Quebec needs electricity and we believe we have a great project that will be the cornerstone for our future economic and social development. We have a few other projects that funding has been secured and we will announce those projects in the coming weeks.

It's going to be a busy spring and summer as the projects begin to materialize but they speak to the need of new infrastructure and the continued growth of our community.

In closing, I don't know if you noticed like me, but the days are longer, the sun is warm as it hits your face. Spring birds are arriving soon and the snow will melt away. Spring is around the corner and after a long winter, we can all use the nicer weather to recharge, refocus to living our lives and look forward to a new beginning.

Stay safe, find your comfort level and please remember vaccination still afford you the best chance of having a good outcome if you get Covid-19.

*Chief Lance Haymond*

# An Update from the Chief Cont'd

The first draw for the Kebaowek Vaccination Recognition Strategy for the Month of February was held on Wednesday March 9th, 2022. There was a total of 32 Draws for Adults totaling \$10 000 in cash prizes and 7 Draws for Youth totaling \$1500 in cash prizes. We had 602 Adults eligible to win and 51 Youth.

You can still send in your KQRS Forms to claim your \$300 for being adequately (double) vaccinated. Please reach out to Tina Chevrier at the Health Center if you need help or more information. **The deadline for the \$300 Payment is March 31st ! Please note however, we have extended the deadline date for the Youth 5-11 years old to May 31st, 2022. We made this decision as many Youth in this age bracket were diagnosed with Covid-19 before they were eligible to receive their second dose and now must respect the recommended wait time. This age group was the last to be eligible for vaccination and we do not want to penalize them for contracting Covid.**

## February Vaccination Draw Winners

- Megan McDonald
- Kaylee Taylor
- Gabrielle Truchon
- Logan Rickard
- Gabrielle Wells
- Dean Belanger
- Carson Roy
- Sheila Chevrier
- Paula McLaughlin
- Beatrice Belanger
- Valery Stewart
- Riley Chevrier
- Melissa Olmstead
- Stella Peplinskie
- Tammy Chevrier
- Blake Joly
- Mark Peplinskie
- Vincent Chevrier
- Kelly Maxwell
- Francis McKenzie
- Jordon McKenzie
- Mya Brunette
- Robert Goulet
- Clarence McKenzie
- Kevin Pariseau
- John Robinson
- Ryan McLaughlin
- Danielle Joly
- Rose Perrier
- Steven Presseault
- Nicole McKenzie
- Vera Duguay
- Lynn Pearce
- Nahum Diabo
- Cecile McKenzie
- Lashawna Whittaker
- Darlene Grandlouis
- Patrick Seamont
- Louise Doucette

## KEBAOWEK VACCINATION RECOGNITION STRATEGY



### ONE-TIME PAYMENT

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

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 KQRS Form and provide their Proof of Vaccination that includes a QR Code

### \*\* PAYMENT SCHEDULE \*\*

Submit your KQRS 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 KQRS 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 KQRS 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](mailto:tchevrier@kebaowek.ca)



### VACCINATION DRAWS

Kebaowek First Nation will be 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 KQRS 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 KQRS 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](mailto:tchevrier@kebaowek.ca) or private message the Kebaowek Health and Wellness Center Facebook Page



# Every Child Matters

THE KEBAOWEK EDUCATION DEPARTMENT INVITES ALL  
KEBAOWEK BAND MEMBERS  
TO WEAR THEIR ORANGE EVERY CHILD MATTERS SHIRTS ON THE  
30TH OF EVERY MONTH (FOR FEBRUARY IT WILL BE THE 28TH)

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

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

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

## HANDICRAFT SEWING CLASS

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

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

---

FOR ALL BAND MEMBERS AGED 12+

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

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

SEATING IS LIMITED TO 12 SEATS PER CLASS

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

---

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



# RADIO BINGO

Live on 104.1 FM

**EVERY SECOND WEDNESDAY**

Tune-in at 7:00 p.m.

**PRICE: \$20.00**

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

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



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

## KNITTING CLASSES

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

FOR ALL BAND MEMBERS AGED 12 AND UP

YOU MUST BRING YOUR OWN MATERIALS

SEATING IS LIMITED TO 12 SEATS PER CLASS

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

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

# KIPAWA COUNTRYFEST

*WE ARE BACK!*

August 19-20-21, 2022

WE CAN'T WAIT TO SEE  
YOU ALL AGAIN!



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

## RECRUITMENT FOR KEBAOWEK MEMBERS

**Kebaowek Police is seeking candidate(s) who are interested in becoming a Police officer for the Kebaowek Police Department. The training consists of 14 months at the College in Rouyn and 15 weeks at the Police School in Nicolet. Once you complete your training and receive a diploma you will be hired in Kebaowek to begin a career as a Police Officer.**

### Requirements:

- Must not have been convicted of a criminal offence
- Must be in good physical condition
- Must obtain class 4A driver's license before starting at Nicolet.

**INTERESTED OR FOR MORE INFORMATION**  
Nelly Mathias - Police Director - 819-627-8229

## Important Notice

Kebaowek Members,

We love that we are able to share information through our monthly newsletter with all of our members across Canada from coast to coast.

With the recent changes to eligibility for registering for status and the new updated addresses we have received in recent weeks our Newsletter mailing list has grown quite large.

As well, we know that often you may miss out on time sensitive information such as job postings, contests and activities because of delayed mail outs etc.

Please note that if you are interested you have 3 other options for the Newsletter:

- You can receive the Newsletter by email (PDF)
- You can view it online on the Kebaowek Health and Wellness Center Facebook page
- You can have it sent through Messenger

Please feel free to contact me if you are interested in receiving the Newsletter by one of these options rather than having it mailed.

If you have something you would like to share or contribute, have comments or suggestions, we would love to hear from you as well.

Tina Chevrier-Raymond  
tchevrier@kebaowek.ca  
819-627-9060 or text 705-477-7210

# Youth and Education Programs Ottawa, Ontario

## Become a Youth Water Leader!

Please Note: This is not an employment opportunity.

Solving complex water issues in the Ottawa River watershed can only come from a strong water movement: citizens who understand and defend our most precious resource. Ottawa Riverkeeper wants to empower the youth of today to become water leaders! They will be driving forces in their communities, working collaboratively to protect the Ottawa River watershed and ensuring a swimmable, drinkable and fishable future for all. With this in mind, Ottawa Riverkeeper has created the **Youth Water Leaders Program**.

Open to youth ages 17 – 25 who are interested in developing a stronger understanding of environmental water protection and have a passion for making a difference in their communities. The Youth Water Leaders Program provides participants with the skills and tools necessary to identify and propose solutions to environmental issues within the Ottawa River watershed. Participants work with experts in the fields of communication, science, education and volunteering to co-design and carry out meaningful community service projects addressing environmental water challenges in their communities.

Over a 8-month period, participants gain more than 120 volunteer hours through mentorship workshops, hands-on learning, and the completion of their co-designed volunteer projects. They get to know the watershed and learn about the different policies, regulations and authorities governing it. Participants also get to experience the Ottawa River firsthand as part of a paddle expedition they will help plan!

Upon completion of the program, participants will have developed the research, organizational and leadership skills that will serve them well in pursuing the future career of their choice. Youth participants will have made invaluable connections with scientists, Indigenous knowledge holders, and community organizations, as well as fostered friendships through cooperative action to improve the health of the Ottawa River watershed.

### Overview of the Youth Water Leaders Program

- 8 months (May – December 2022), part-time program
- Hybrid format (Online and in-person), including a weekend river expedition
- 120 hours of community service related to watershed health

- Costs associated with travel, living expenses, training, and materials/gear are covered

### Eligibility

- Canadian citizen, permanent resident or person granted refugee status in Canada
- 17 to 25 years old

### How to Apply

Ottawa Riverkeeper operates throughout the Ottawa River watershed, on the Quebec and Ontario sides of the river, and in both French and English. We are dedicated to working with youth from the diverse communities within this region. We encourage youth from the Ottawa River watershed who live outside the National Capital Region to apply.

**Applications are now open for the 2022 cohort!**

Please fill out the application form by April 17, 2022 at 11:59 pm.

If you require accommodation when navigating the application process, please contact:

**Julia Ostertag** at [jostertag@ottawariverkeeper.ca](mailto:jostertag@ottawariverkeeper.ca)



**Student jobs**

Would you like to join the Parks Canada team this summer? Several positions are available in animation, visitor services, maintenance and various support positions.

Apply online at [parksCanada.ca/youthemployment-mwqfu](https://parksCanada.ca/youthemployment-mwqfu)

For information: [ugmoqrh-mwqfuhr@pc.gc.ca](mailto:ugmoqrh-mwqfuhr@pc.gc.ca)

Parks Canada Agency is pleased to be part of this federal government initiative aimed at increasing the number of jobs for young people. Parks Canada is committed to providing a diverse and inclusive workplace through this initiative.

**As the clocks spring forward on Sunday March 13th, 2022 ...**

**Please check your smoke and carbon monoxide alarms to ensure proper protection of your homes.**

## **OFFICE FIRES**

- Keep the combustible load - carpeting, upholstered furniture - to a minimum.
- Keep exits clear of combustibles e.g. discarded paper and empty cartons.
- In designated areas where smoking is permitted, provide the proper disposal of smoking materials, like an outdoor cigarette receptacle.
- Provide adequate clearance and circulation of air between combustible material and hot surfaces or heat sources such as copy machines, word processors and computers.
- Unplug electrical appliances - coffee makers, space heaters and hot plates - when not in use.
- Restrict and monitor the use of heaters and hot plates.
- To ensure they meet code requirements, all electrical distribution systems should be checked by a professional certified electrician.
- Perform regularly scheduled and recorded maintenance of electrical equipment.
- Prevent access to the office by unauthorized personnel. Keep flammables properly stored and secured.
- Provide adequate security: exterior/interior lighting, intrusion alarms, guard service, well-secured access openings.
- Provide automatic sprinkler protection and/or heat, smoke and fire alarm systems. Adequate sprinkler coverage is the key to providing the most effective fire protection in buildings.
- Strategically locate the portable fire extinguishers suitable for particular fire hazards, and train key employees on their proper operation.
- Establish an 'Emergency Team' and train each member on how to respond to fire emergencies.
- Develop a fire emergency evacuation plan and conduct at least two fire drills per year in order to familiarize office personnel on how to respond to fire emergencies.
- Obtain assistance from your local fire department on fire prevention, use of fire extinguishers, inspections and emergency response procedures.

## **THE DANGERS OF EXTENSION CORDS**

- Extension cords are a common cause of electrical fires. That is why you must be careful to use only extension cords that are rated for the power used by the device they are powering.
- Extension cords must never be run inside walls or under rugs or furniture. They can be damaged by traffic or heavy furniture and start arcing, which can lead to a fire.
- Extension cords can get warm during use and must be able to dissipate this heat or they can start a fire.

## **SIGNS OF AN ELECTRICAL PROBLEM**

- Flickering lights. If the lights dim every time you turn on an appliance it means that the circuit is overloaded or has a loose connection.
- Sparks. If sparks appear when you insert or remove a plug, it could be a sign of loose connections.
- Warm electrical cord. If an electrical cord is warm to the touch, the cord is underrated or defective.
- Frequent blown fuses or broken circuits. A fuse that continues to blow or circuit breaker that keeps tripping is an important warning sign of problems.
- Frequent bulb burnout. A light bulb that burns out frequently is a sign that the bulb is too high in wattage for the fixture.

## **HOW TO AVOID DRYER FIRES**

- Lack of maintenance is the number one cause of dryer fires. That is why it is critical to clean the lint filter before and after each use, and wipe away any lint that has accumulated around the drum.
- Perform periodic checks to ensure that the air exhaust vent pipe is unobstructed (lint accumulation) and the outdoor vent flap opens readily.
- Do not run the dryer without a lint filter.
- You are encouraged to not leave the dryer running if you go out, in case it malfunctions.

*Fire Safety Canada*

# Community Wishes



Happy Birthday Mom (Rena)  
from your favourite daughter  
on March 29th ♥  
May you have many  
more birthdays ♥  
Love you! Winter



Happy Birthday wishes to my  
Aunt Olivia who celebrates  
her special day on March 7th !!

Love Donna



Happy Birthday to my  
sister Olivia who celebrates  
her special day on March 7th !!

Birthday Wishes from  
Theresa



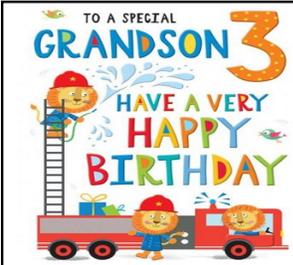
Happy Birthday to my  
Aunt Vera  
who celebrates her 80th birthday  
on March 9th !!

Donna



Happy "80th" Birthday to my  
sister Vera who celebrates  
her special day on March 9th !!

Birthday Wishes from  
Theresa



Happy Birthday to  
Grandson Bryson ♥  
Wishing you an extra special day  
on March 22nd !!

Love Grandma



Happy Birthday to my daughter  
Connie who celebrates her  
birthday on March 22nd !!

Birthday Wishes from  
Mom



Happy Birthday to my bestest sister  
Connie who celebrates her  
special day on March 22nd !!

Love Donna



Happy Birthday to my daughter  
Rena who celebrates her  
birthday on March 29th !!

Birthday Wishes from  
Mom



Happy Birthday to my bestest sister  
Rena who celebrates her  
special day on March 29th !!

Love Donna



Happy Birthday Mom  
You're so special, enjoy your  
day on March 6th ♥

Love Donna



Happy Birthday Mom !!  
Wishing you a fantastic day  
on March 6th to celebrate !!

Lots of Love,  
Ren & Dale

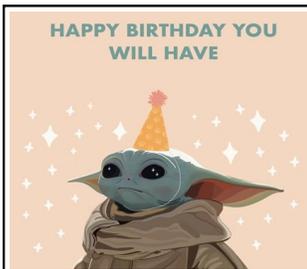
## Community Wishes



Happy Birthday Aunt Olivia  
Best wishes for a wonderful year !!  
Rena & Dale



Happy 1st Anniversary  
Leila & Nelson  
With love from your sister,  
Dorothy



Happy Birthday Eric  
Wishing you an extra special day  
on March 18th !!  
Love  
Priscillia, Vanessa & Gabrielle



Happy Birthday Sara  
Wishing you an extra special day  
on March 5th !!  
Love  
Priscillia, Eric, Vanessa & Gabrielle



Happy Birthday to my  
wonderful husband !!  
Enjoy your day !!  
Love always, Cary xo



Happy Birthday to the  
World's Greatest Poppa  
Love you to the moon and back !!  
Love Nylah ♥



## Attention Kebaowek First Nation Members

Are you interested in learning  
our traditional Algonquin  
language?

Kebaowek First Nation is working towards developing a  
Language App.

We are now looking for members to work alongside an Algonquin  
Speaker/Teacher to learn how to read a series of words and phrases  
in Algonquin, followed by a recording session for the upcoming  
Language App.

Deadline to submit your name: Friday, April 1, 2022

There will be more information provided as we move forward with our  
Language App.

For more Information Contact:  
Justin Roy: 819-627-3309  
email: jroy@kebaowek.ca



## Attention Kebaowek First Nation Youth

Are you interested in learning how to speak our  
traditional Algonquin language?

The Anicinabe Mikana Cultural group is now working towards  
completing Phase 5 of the Algonquin Storybooks.  
We are now looking for youth to work alongside an Algonquin  
Speaker/Teacher to learn how to read one of the 6 stories in  
Algonquin, followed by a recorded reading on an audio CD to be  
included in each book.

### THINGS TO CONSIDER

Must be a Kebaowek First Nation member.  
Each short story will be roughly 15 pages long with only 1 or 2 sentences per page.  
1 session per week for approximately 3-5 weeks to complete.  
Each youth member will be given an honorarium for learning the story.  
Recognition inside the book you learn to read in Algonquin.  
You will get to learn how to speak your indigenous language.  
All youth who sign up will be considered.  
Deadline to submit your name: March 24th, 2022

For more Information Contact:  
Justin Roy: 819-627-3309  
email: jroy@kebaowek.ca

# 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 21 % (target being 5%) in the Abitibi-Temiscamingue Region amongst the groups prioritize for testing from Public Health. We have 25 people in our hospitals throughout the Region with 1 person in the ICU.

The information received from Public Health is indicating that there might be a minor increase in positive cases due to loosening of measures. From a local level, cases are constant in and around our surrounding area. However, with a good number of people with at least 2 doses and many with a booster, we are not contributing towards increasing hospitalization. Nevertheless, we must be aware that around 8% of our population is not adequately vaccinated and may pose a higher risk of developing symptoms with more severe consequences and I urge those individuals to be very vigilant to reduce their risks of contracting the Covid-19 virus.

Measures may loosen every week moving forward and for that reason, it is wiser for you visit our Facebook page or the Quebec Government website for the measures in force.

Here are a few major ones as of March 12<sup>th</sup>:

- Non infected close contacts will no longer have to isolate but need to wear their masks for the next 10 days.
- No more vaccination passport required to enter public places.
- Graduation ceremonies will be allowed with no restrictions.

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus>

Kebaowek First Nation employees, as per the rules from the CNESST, will continue to wear a face covering till at least mid April before re-evaluating this measure. The same is asked of our clients accessing services within our office settings. The vaccination passport will no longer be required to participate in our non-essential activities as of March 12<sup>th</sup>.

Receiving your 3 doses of a mRNA Covid-19 vaccine for those eligible and keeping up with socio-sanitary measures remain the best way to protect yourself and the people close to you.

- 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 possible
- Coughing in the crook of your elbow
- Adhering to safety protocols in places, wearing masks in public transit
- Self-isolate if you are high risk contact (live in same home) of a known positive case.
- Doing a Rapid Test if you develop flu like symptoms. Please note that we have Rapid Tests available at the Health Center.

## Meetings Held During February Via Zoom

- Kebaowek bi-weekly Emergency Response Group
- FNQLHSSC BOD
- Public Health from CISSSAT with English F.N's. & MRC
- CISSSAT BOD & Governance Committee
- Quebec First Nations Health Director Network
- ISC Medical Transportation – New Vehicle Purchase.

Stay tuned in the up coming weeks as we will revisit our Wild Meat Harvesting and handling with Dr. Denis Harvey. This workshop will discuss the best practices for harvesting, handling and recognizing diseases in our wild game. We will even have someone to discuss fish and their reproduction cycles.

I want to wish the children and parents a happy and active March Break.

David McLaren  
Director of Health and Social Services

## Quotes about Democracy in light of what is happening in Ukraine

A healthy democracy requires a decent society; it requires that we are honorable, generous, tolerant and respectful.

~ Charles W. Pickering ~

“Democracy is not just the right to vote,  
it is the right to live in dignity.”

~ Naomi Klein ~

# 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	<b>LABS/BLOODWORK 8:00 AM – 9:45 PM</b>  WALK IN CLINIC 9:00- 12:00	WALK IN CLINIC 9:00 AM - 12:00 PM	<b>LABS/BLOODWORK 8:00 AM – 9:45 PM</b>  WALK IN CLINIC 9:00- 12:00	WALK IN CLINIC 9:00 AM - 12:00 PM
<b>THE KEBAOWEK HEALTH CENTER IS CLOSED FOR LUNCH 12:00PM TO 12:45 PM</b>				
WALK IN CLINIC 12:45 PM - 16:30 PM	WALK IN CLINIC 12:45 PM - 16:30 PM	WALK IN CLINIC 12:45 PM - 16:30 PM	WALK IN CLINIC 9:00 AM - 12:00 PM	HEALTH CENTER IS CLOSED

## Quebec First Nations and Inuit Summer Student Employment Program

First Nations and Inuit Health Indigenous Services Canada - Québec

### Québec First Nations and Inuit Summer Students Employment Program

#### Conditions and Guidelines

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

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

#### Conditions – General

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

#### Conditions for Students

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

#### The students must include the following with their application:

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

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

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

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

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

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

# Medical Transportation and NIHB

## Medical Transportation After Hours Schedule

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

## **IMPORTANT MEDICAL TRANSPORTATION SCHEDULE CHANGES FOR APRIL OFFICE CLOSURES**

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

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

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

**Monday April 18th (Easter Monday): The office is closed. Medical Transportation available 8:30 am – 12:30 pm.**

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

## PRESCRIPTION PICK-UPS

Please note we are still doing prescription pick-ups on Tuesdays and Thursdays for the Band Members living on reserve. You must call in your prescription to the pharmacy to make sure it is ready and you must call us to have your name put on the list the day before pick-ups. You will not be required to sign for your prescription on account of the COVID 19 virus. (No pen sharing) Your prescriptions will be delivered during the day according to our schedule.

## EXTRA PRECAUTIONS FOR COVID-19

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

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

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

## MEDICAL TRANSPORTATION CLAIMS

### Private Vehicle

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



## Employment Opportunity On-Call Secretary Receptionist

### GENERAL INFORMATION

<b>Job Title</b>	Secretary reception	<b>Sector</b>	Health and Wellness Center
<b>Terms</b>	Part time – on call	<b>Reports to</b>	Clinical Programs Manager
<b>Salary – Range per hour</b> 17.90 – 19.35 (according to experience)			

### JOB SUMMARY

Kebaowek First Nation Health & Wellness Center would like to create a bank of qualified individuals who can be called upon to replace for short and medium term periods for the position of Secretary Receptionist. This will include support to the First-Line Services building.

### RESPONSIBILITIES / DUTIES

The Secretary Receptionist is responsible for providing a consistently high standard of secretarial support to all the staff in general. In undertaking the role of Secretary Receptionist, the incumbent will, by their constant presence at the reception area during operating hours, ensure courteous and polite greetings of all clients in person or on the phone and they will direct them to the appropriate person in a timely and efficient manner.

### QUALIFICATIONS

The ideal candidate would have a diploma in Office Administration accompanied by a team player attitude and is courteous and trustworthy. A combined education in other fields with experience may be considered.

Good written and verbal communication and experience with technology for report writing and communication.

Experience in an office setting will be an important asset

Must be reliable, is trustworthy and most importantly adhere to the importance of confidentiality.

Covid-19 Vaccinations – Proof of vaccinations or willingness to obtain them.

Valid CPR and First Aid or willingness to be certified.

### APPLICATION DEADLINE: **Before 12:00 pm on Friday March 25<sup>th</sup>, 2022**

Incomplete applications will not be considered. Only those preselected for an interview will be contacted.

Please send your curriculum vitae and supporting documents in person, mail, e-mail or by fax to:

**David McLaren – Health & Social Services Director**  
**110 Ogima Street, Kebaowek (Québec) J0Z 3R1**  
**Tel: (819) 627-9060 Fax: (819) 627-9428**  
**Email: dmclaren@kebaowek.ca**

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

# Join us !!



## DIABETES INFORMATION ZOOM WORKSHOP

In partnership with Wolf Lake First Nation  
we will be hosting a  
Diabetes Information Zoom Workshop  
with Guest Speaker  
**Lorie McLean**

You can join us at the Community Hall or you can  
log on at home and join us via Zoom.

**Thursday March 24th, 2022  
9:30 am - 12:00 pm**

### Discussion Topics

Diabetes, Carbohydrates,  
Medication and much more !

Cooking Demo !

Call Virginia McMartin before March  
22nd to register !!

**Prizes to be won !!**

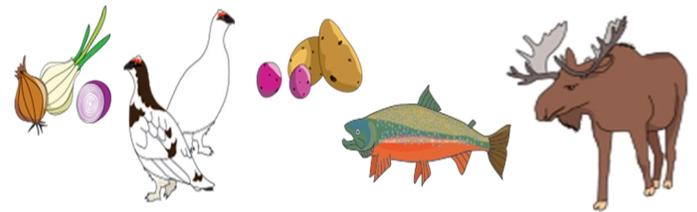
## March is Nutrition Month



March is Nutrition Month. The month is celebrated throughout Canada to draw attention to the importance of making informed food choices and developing healthy eating habits.

Healthy eating looks different for everyone. This year, the Nutrition Month campaign links how culture, food traditions, personal circumstances and nutritional needs all contribute to what healthy looks like for each person.

Food is nourishment, but it's so much more. Food unites us at the kitchen table and is the center of celebrations. Food can improve health, prevent disease and keep us well for longer



### Nutritional Food Fact Series

The Nutritional Food Fact Sheet series provides nutritional information about the most commonly eaten traditional foods, as well as the most popular vegetables.

Traditional foods are very healthy foods that provide a significant variety and amount of nutrients. In the past, traditional foods were all people ate and they were very healthy when these foods were plentiful. All parts of an animal were eaten, not only to avoid wasting food but because different parts of the animal provided different nutrients.

#### Vegetables

Vegetables grown locally taste better and can usually be less expensive than vegetables bought at the store. As with traditional foods, growing vegetables brings people out into the open air, provides physical activities such as walking or harvesting food, and can yield a sense of well-being. Let's get back to our Roots! Spring will be here soon, get your seeds early!

[www.gov.nt.ca](http://www.gov.nt.ca) → HSS →

Programs and Services → Nutritional Food Fact Sheet Series

## SUBSTANCE ABUSE, DETOX & NUTRITION



Alcohol and drug abuse take a major toll on the human body. Recovering from alcohol or drug abuse is a gradual process, and nutrition is one of many issues that require attention. Alcoholism is especially hard to recover from as the detoxification stage is complicated (requiring careful monitoring, medications and support) and alcohol itself is difficult to avoid in the course of everyday socializing. Food is vital in helping the body rebuild itself and maintain health.

### **When you abuse alcohol and drugs, you:**

- Consume less food (except with marijuana use)
- Choose foods that are less nutritious and/or may skip meals
- Increase the speed at which your body uses up energy
- Increase the loss of nutrients through vomiting and diarrhea
- Damage your gut so that it can't absorb the nutrients in food properly

Food influences the way the brain functions. When your body isn't producing enough brain chemicals (neurotransmitters) or the chemicals are out of balance, you can feel irritable and anxious. You can suffer from food cravings, anxiety and an inability to sleep. Resulting stress can also affect memory and/or make people paranoid, tired, dissatisfied or depressed.

### **What and How to Eat During Recovery**

During recovery, you should eat a diet that will balance the levels of serotonin (a hormone that helps with relaxation) in the brain. This involves eating foods high in carbohydrates, especially the complex carbohydrates found in starchy foods like legumes (e.g., beans, lentils and peas), root vegetables (e.g., potatoes and carrots), pastas and breads. Eating

these foods in combination with protein in your meals will keep you at your best.

Deficiencies in B-complex vitamins such as thiamine, folate or folic acid, and B12 are common with alcoholism, and inadequate stores of other B vitamins and vitamin C frequently occur. Chronic alcohol consumption also increases the loss of minerals like zinc, magnesium and calcium from the body. Iron is an exception to this and is rarely deficient because alcohol damages the stomach lining, thereby increasing iron absorption.

In the first year after you stop using alcohol or drugs, your nutrition needs are higher than normal. You need to make sure you're feeding your body good food on a daily basis. Even if you eat a healthy, varied diet while using drugs and alcohol, fewer nutrients are available to satisfy nutritional needs since a lot of those nutrients are being used to detoxify your body.

Malnutrition during alcohol use shows up in several ways. In the short term, you may become very tired and have a weaker immune system—which means that you're more susceptible to infections. Other symptoms include dental problems, digestive problems (e.g., diarrhea, constipation and gas), skin conditions, and changes in the way foods taste. During long-term alcohol use, there are risks for brain damage, nerve damage, liver disease, heart and pancreas problems, and certain types of cancer. These problems need to be identified and treated during the recovery process—ideally by a team of health care professionals.

In the early stages of detoxification and recovery, you need to introduce meals slowly, since your body might not be used to digesting food. It's a good idea to start off with small and frequent meals. Some people may start to gain weight. If you want weight management advice, see a nutritionist. If, however, gaining appropriate amounts of weight bothers you or your eating behaviour seems out of control, you may need professional help for body image and/or disordered eating problems.

Food shouldn't replace drugs as a coping mechanism. Sugar and caffeine are common substitutes used during recovery because they produce highs and lows. These low-nutrient foods can prevent you from consuming enough healthy food and they affect your mood and cravings. However, these foods are preferable to starting alcohol or drug use again.

# THE SPEECH CORNER

BY TARA GLICKMAN

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

## SINGING SONGS AND RHYMES

Do you walk around making up songs to go along with what you're doing? Are you an opera singer in the car? Maybe you have had "Baby Shark" in your head for the last several years, or maybe you've been hearing the Encanto soundtrack on repeat with your kiddos. If so, you are not alone. Full disclosure: I am enjoying the Encanto songs *at least* as much as my toddler.

Singing songs is not only fun, but it also has a positive impact on language development. Adding songs into your daily routine is a great way to build language opportunities into what you are already doing with your little one.

### Why does singing help my child?

There are many reasons that songs and rhymes are good for building language skills in young children. Here are a few:

- Babies and toddlers love to hear your voice and see your facial expressions while you sing.
- Children's songs are very repetitive and provide opportunities for them to hear words over and over, which we know is an important part of how they learn new language.
- Songs and rhymes give children the opportunity to develop a sense of the rhyme and rhythm of their language.
- Using songs during routines can help build anticipation and predictability, which we know help kids thrive.

### What should I do when singing with my child?

Good news, you do not need to be a professional singer to use songs in your child's daily routine. Here are a few strategies to use while singing together:

- Sit face to face.
- Don't be shy-exaggerate the melody or rhythm of the song
- Pause and wait before a key part of the song (e.g., "Row, row, row your...") to see if they will join in.
- Add actions to the song (e.g., roll your hands to represent the wheels on the bus going round and round).

✉ info@constellationspeechtherapy.ca

☎ (514) 400-4551



## SONG INSPIRATION

Been a while since you've had to sing kids songs? Just absolutely uninspired by the same old songs?

Here are a few of my favourites:

- The Goldfish-Laurie Berkner
- One Fine Face-Elmo
- Personal Penguin-Davy Jones
- Five Little Ducks-Raffi
- Little Rooster-Charlie Hope

Shoot me a message if you want YouTube links!

### Follow Your Own Tune

One of my favourite simple language building strategies is to add songs to your daily routines. They don't have to be fancy, but they can add lots of repetition and build expectation during normal daily activities. Here are a few ideas, but I recommend choosing the tunes based on your child's unique interests and preferences:

- "Brush, brush, brush your teeth, clean them all around, don't forget to brush your tongue..." (to the tune of Row Your Boat).
- "Time to clean your toys all up, EIEIO, it's time to put your blocks away EIEIO..." (to the tune of Old McDonald).
- "Let's go put your jacket on, jacket on..." (to the tune of Head and Shoulders).

Orthophonie  
**CONSTELLATION**  
Speech Therapy

# How Important is Nutrition

## Babies

- During this stage of life, it's almost all about the milk ~ whether it's breast milk, formula, or a combination of the two. Breast milk (preferred) or formula will provide practically every nutrient a baby needs for the first year of life.
- At about six months most babies are ready to start solid foods like iron-fortified infant cereal and strained fruits, vegetables, and pureed meats. Because breast milk may not provide enough iron and zinc when babies are around six to nine months, fortified cereals and meats can help breastfed babies in particular.
- Once you do start adding foods, don't go low-fat crazy. Under age two a healthy amount of fat is important for babies' brain and nerve development.

## Toddlers & Preschoolers

- Toddlers and preschoolers grow in spurts and their appetites come and go in spurts, so they may eat a whole lot one day and then hardly anything the next. It's normal, and as long as you offer them a healthy selection, they will get what they need.
- Calcium, the body's building block, is needed to develop strong, healthy bones and teeth. Children may not believe or care that milk "does a body good," but it is the best source of much-needed calcium. Still, there's hope for the milk-allergic, lactose-intolerant, or those who just don't like milk. Lactose-free milk, soy milk, and eating healthy foods. In some cases, pediatricians may recommend calcium supplements.
- Fiber is another important focus. Toddlers start to say "no" more and preschoolers can be especially opinionated about what they eat. The kids may want to stick to the bland, beige, starchy diet (think chicken nuggets, fries, macaroni), but this is really the time to encourage fruits, vegetables, whole grains, and beans, which all provide fiber. Not only does fiber prevent heart disease and other conditions, but it also helps aid digestion and prevents constipation, something you and your child will be thankful for.

## Grade-Schoolers

- It isn't uncommon for a 6- or 7-year-old to suddenly

decide to be a vegetarian once they understand animals and where food comes from. This doesn't mean your child won't get enough protein; animal tissue isn't the only place we get protein. Rice, beans, eggs, milk, and peanut butter all have protein. So whether your child goes "no-meat" for a week or for life, he or she will likely still get sufficient amounts of protein.

- This is a time when kids first go to school and have a little bit more choices in what they eat, especially if they're getting it in the cafeteria themselves..
- The body needs carbs (sugars), fats, and sodium, but should be eaten in moderation, as too much can lead to unneeded weight gain and other health problems.
- Packing your child's lunch or going over the lunch menu and encouraging him or her to select healthier choices can help keep things on track.

Lynn Grandlouis  
MCH/Head Start Program

**KEBAOWEK HEALTH AND WELLNESS HEADSTART PROGRAM**

Families with children 0-9 years

Following the center's guideline 13+ my show vaccine passport

**SUNDAYS FROM 11AM TO 12PM:**

- SUNDAY, FEBRUARY 27TH
- SUNDAY, MARCH 6TH
- SUNDAY, MARCH 13TH
- SUNDAY, MARCH 20TH
- SUNDAY, MARCH 27TH

**FREE SWIMMING**

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

**CONTACT LYNN GRANDLOUIS**

lgrandlouis@kebaowek.ca  
819-627-9060

## Your liver is your body's high-performance engine ...

Some car owners sink their time, money and effort into caring for their high-performance vehicle. Others care only the bare minimum, ignoring the oil leaks, the spreading rust or the concerning noises, just hoping that it will always start up in the morning.

Your liver is your body's engine, and the reality is that when your liver stops and breaks down, your body does too.

Your liver requires high-quality fuel, regular maintenance, hazard protection and some loving care. Filling up your liver with the wrong stuff and leaving it idle for too long can cause liver diseases like non-alcoholic fatty liver disease (NAFLD) to develop. NAFLD is a liver disease which starts with fat accumulation in the liver without excessive alcohol consumption. Despite it affecting over 7 million people in Canada, close to 90% of Canadians report having little to no knowledge of the disease ever before. Unfortunately, if left untreated, NAFLD may progress to more advanced disease, such as non-alcoholic steatohepatitis (NASH). The good news is that NAFLD can often be prevented or even reversed if it is detected before permanent liver damage has occurred.

### Stats: 1 in 4 Canadians may be affected by liver disease.

The obesity crisis is taking its toll on the liver with potentially deadly consequences. Research shows that 1 in 4 Canadians may be affected by liver disease due primarily to the rapidly rising prevalence of non-alcoholic fatty liver disease linked to obesity, lack of physical activity and poor eating habits. This progressive disease is predicted to overtake hepatitis C as the leading cause of liver transplants. Liver disease can affect people from all walks of life regardless of age, sex, ethnic background, socio-economic status or lifestyle.

### An Ipsos survey conducted by the Canadian Liver Foundation revealed that:

- Nearly two-thirds of Canadians consider themselves as 'overweight.
- Just 34% of Canadians state they have 'very healthy' eating habits.
- 62% of Canadians do not exercise enough to meet Canada's recommended guidelines for physical activity on a regular basis.

### Liver Health

- Your liver is the body's largest internal organ, weighing in at about 3 pounds.
- At any one time, your liver contains about 10% of the blood in your entire body, pumping about 1.4 litres per minute.
- Your liver can regenerate, making it possible for one person to donate part of their liver to another. This is called a "living donation."
- Within the first few months of a living liver donation, the liver can regenerate to within 90% of its original size.

### Liver Disease

- There are over 100 liver diseases; only one is caused by alcohol.
- Non-alcoholic fatty liver disease (NAFLD) is the most common liver disease in Canada.
- Biliary atresia is the leading cause of liver failure in children.
- Acetaminophen (Tylenol) overdose is the leading cause of acute liver failure.
- Liver cancer is now one of the fastest rising and deadliest forms of cancer in Canada.
- Over half a million Canadians suffer from chronic viral hepatitis.

### NAFLD/NASH

- NAFLD affects over 7 million Canadians and is expected to rise.
- Children as young as two years old can be affected by NAFLD.
- Up to 90,000 NAFLD patients can develop liver cancer.
- Up to 11 percent of NASH patients may die due to liver failure.
- Up to 20 percent of obese individuals in Canada have NASH.

# March is Liver Health Month

## Taking a look under the hood ...

Your liver, the largest internal organ in the body, is located in the right upper quadrant of the abdomen, immediately under the diaphragm. It is divided into lobes; a large right lobe and a smaller left lobe that tapers to a tip.

Your liver works hard 24 hours a day, providing your body with energy, fighting off infections and toxins, helping clot the blood, and regulating hormones. If you thought that was enough, consider that this complex and vital organ performs over 500 functions.

### Every day your liver...

- **Regulates** your supply of body fuel by producing, storing and supplying quick energy (glucose) to keep your mind alert and your body active.
- **Adjusts** your body's cholesterol levels by producing, excreting and converting cholesterol into other essential substances.
- **Produces** bile to eliminate toxic substances from your body and assist with your digestion.
- **Controls** your body's supply of essential vitamins and minerals as well as iron and copper.
- **Cleanses** your blood by metabolizing alcohol, drugs and other chemicals.
- **Neutralizes** and destroys poisonous substances.
- **Manufactures** many of your essential body proteins which allow for your body to transport substances in your blood, the clot your blood and resist infections.
- **Regulates** the balance of hormones including sex, thyroid, cortisone and other hormones.
- **Performs** hundreds of other functions that your body simply cannot live without.

### When your engine stalls...

The liver is a resilient, maintenance-free organ, which is why it so often gets ignored—until something goes wrong. Because of its wide range of responsibilities, the liver often comes under attack by progressive diseases like obesity, viruses, toxic substances (including alcohol) and contaminants.

Just like a worn-out engine, symptoms of liver disease can seem minor and easy to ignore. The liver is such a strong organ that it will continue working even when two-thirds of it has been damaged by scarring (cirrhosis).

The good news is that some liver diseases can often be prevented or even reversed if detected before permanent liver damage has occurred. You and your family can make lifestyle changes to prevent NAFLD.

Encouraging your family to take walks together or parking a little further from the grocery store entrance are great places to start. Eating foods that are low in saturated (animal) fats, as well as plenty of fresh fruit and vegetables and limiting consumption of sugary foods and drinks are all long-term goals that can make a tremendous impact on your liver health.

## Diagnosis ...

Just like a car engine, significant damage to your liver can be masked by seemingly insignificant symptoms. This often makes it difficult to diagnose liver diseases, especially when some symptoms (if any), can easily be mistaken for other health problems, such as the flu.

Your doctor or “mechanic” may look for signs of liver disease such as yellowing of skin or whites of the eyes (jaundice), a swollen belly or tenderness in the area of the liver.

They may use blood tests to determine if your liver is functioning correctly and to discover what may be affecting your liver.

In the case of non-alcoholic fatty liver disease (NAFLD), two other methods are used to help indicate its existence. Calculating a patient's Body Mass Index (BMI) will determine if you are at an unhealthy weight due to your height and weight (though it varies for different ethnic groups). Another critical indicator would be the size of your waist. Many people with NAFLD carry a lot of fat around their midsection.

## DIET AND EXERCISE:

Choices Today for a Healthier Tomorrow

Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.



Set short-term goals to achieve and maintain a healthy diet and exercise routine.

Make these 5 tips a priority every day:

Try to be physically active for at least **30 minutes** on most or all days of the week.

Eat plenty of **fruits and vegetables.**

Choose foods that are **low in added sugars, saturated fats, and sodium.**

Pick **whole grains** and lean sources of **protein and dairy products.**

Practice all **4 types of exercise**—endurance, strength, balance, and flexibility.



## JOIN US FOR OUR MORNING WORKOUT CLASSES

*Classes held 3 days a week!*

PUBLIC HEALTH PROTOCOLS WILL BE IN PLACE

PROOF OF VACCINATION IS REQUIRED

INFO: MITCHELL 819-627-9060



STARTING MARCH 14TH !!

10:00 AM

MON-WED-FRI

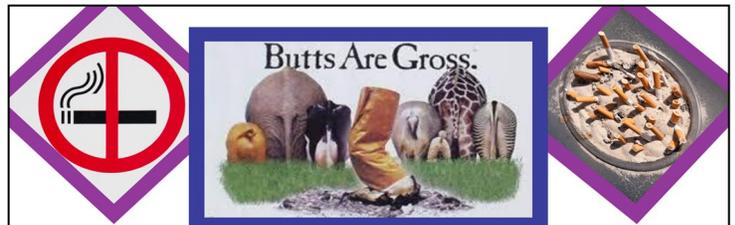
ALL AGES WELCOME

KEBAOWEK COMMUNITY HALL

WORKOUTS WILL BE MILD TO MODERATE

PLEASE WEAR PROPER CLOTHES AND SHOES

BRING A BOTTLE OF WATER



## YOUTH POSTER CONTEST

### SMOKING PREVENTION STRATEGY

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

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

3 CASH PRIZES TO BE WON !!

DEADLINE TO SUBMIT POSTER - THURSDAY APRIL 28TH, 2022

Please send to Virginia McMartin [vmcmartin@kebaowek.ca](mailto:vmcmartin@kebaowek.ca) or drop off at the Health Center.



**Parent's Club**  
March Activity  
**Easter Decor**

Thursday, March 31st  
6:00 pm - 8:00 pm  
FLS Basement

Parent's/Guardians will have two options of Easter decorations to create: a wreath or wall hanging.

With measures lifting within the province, First Line Services is now able to resume its indoor programming. Masks and vaccine passport are still required.

Register with Darlene @ 819-627-9877  
by Wednesday, March.23rd @ Noon. Limited spaces available.

A SPECIAL PROJECT WITH  
ENTRAINEMENT INTELLIGENT TRAINING

## Let's Get Fit!

MIND ~ BODY ~ SPIRIT



Limited spots available!

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

**YOU'LL HAVE ACCESS TO:**

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



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



## Community Kitchen

**ON THE MENU:**  
Baked Ranch Chicken



Limited spaces available!

**Tuesday March 22, 2022**  
Deadline to register: Tuesday March 15, 2022  
4:30 PM - 6:30 PM  
Location : At the Dome  
PROOF OF VACCINATION IS REQUIRED

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



## PUBLIC SKATING/SWIMMING AT THE CENTRE

For Kebaowek Band & Community Members

First Line Services will provide a reimbursement to families that would like to participate in the public swimming and skating.

We are no longer covering private rentals due to the measures being lifted.

You are responsible for paying for the activity upfront, then you can submit your receipt to First Line Services to be reimbursed.

Call the Centre @ 819-627-3230 for Swimming/Skating Times

# SENIOR SOCIAL

## ELDERS 55+



Date: Thursday March 31, 2022

Time: 1:15 pm - 3:15 pm

Place: First Line Basement

Snacks, tea & coffee will be provided!

Please call to sign up with Shelly @  
819-627-9877 no later than  
Monday March 28, 2022 by 12:00 pm

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

# Meals On Wheels

## Meals on Wheels Dates for March

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

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

## Meals on Wheels Dates for April

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

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

Please keep the weather in mind.

If it is snowing/raining,  
please leave a cooler or bag outside.

## Elder's (55+) at home Craft Kit!

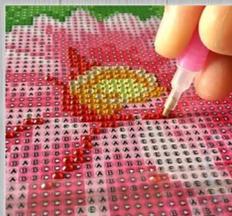
### Diamond Art Kit

Sign up date: Wednesday March 9, 2022 @ 12:00 pm

Delivery date: Tuesday March 15, 2022 @ 10:00 am

Please note this activity will be  
one per household !!

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



## Snack Time for Elders 55+



We will be providing all supplies to create this healthy snack and we will deliver it to your house the day of for you to make at home.

Snack and Date of Delivery:  
Tuesday March 29, 2022 between 10:00 - 11:00 am  
Homemade salsa and tostito chips

Dates to sign up by:  
Monday March 21, 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 !!**

## 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.

## 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](mailto:darmclaren@kebaowek.ca)

## Help is available whenever you need it.

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

### Hope for Wellness Help Line and Chat

1-855-242-3310  
[hopeforwellness.ca](http://hopeforwellness.ca)

### National Indian Residential School Crisis Line

1-866-925-4419

### Missing and Murdered Indigenous Women and Girls Support Line

1-844-413-6649



 Indigenous Services Canada Services aux Autochtones Canada



# Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MARCH 2022</b>		1	2 Radio Bingo	3 GARBAGE	4	5
6	7	8	9 Meals on Wheels <b>KVRS VACCINATION DRAW</b>	10 RECYCLE	11	12
13 	14 Workout Group	15	16 Workout Group Radio Bingo	17 GARBAGE	18 Workout Group	19 Cultural Snowshoe Expedition
20 Cultural Snowshoe Expedition	21 Workout Group	22 Sewing Class	23 Workout Group Meals on Wheels	24 Diabetes Info Workshop Knitting Class RECYCLE	25 Workout Group	26
27	28 Workout Group	29 Snack Time for Elders Sewing Class	30 Workout Group Wear Your Orange Shirt Today Radio Bingo	31 Knitting Class GARBAGE		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>APRIL 2022</b>					1 Workout Group	2
3	4 Workout Group	5 Sewing Class	6 Workout Group Meals on Wheels <b>KVRS VACCINATION DRAW</b>	7 Knitting Class RECYCLE	8 Workout Group	9
10	11 Workout Group	12 Sewing Class	13 Workout Group Radio Bingo	14 Knitting Class GARBAGE	15 Good Friday	16
17 Easter	18 Easter Monday	19 Sewing Class	20 Workout Group	21 Meals on Wheels Knitting Class RECYCLE	22 Workout Group	23
24	25 Workout Group	26 Sewing Class	27 Workout Group Radio Bingo	28 Knitting Class GARBAGE	29 Workout Group	30 Wear Your Orange Shirt Today