



# Kebaowek First Nation Mazinaigan / Newsletter

Wabigwan Kizis / May 2022

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## An Update from the Chief

This month's article will begin like the last ones from the last two years. While we see the numbers of Covid cases steadily declining, we are still experiencing community transmission so again it's important that we continue to be vigilant. Public Health has indicated we will all probably have a good summer but are expecting increases in new cases once fall is here. Please take advantage of getting your next vaccination when it's your turn, we have had a good uptake of the vaccines and our Health Center is currently offering 4th doses to those who are eligible with continued vaccine clinics as the other age groups become eligible. Being vaccinated still affords you the best protection from the virus.

With warmer weather, rain and longer days, we know spring and summer are not so far away, the ice is now gone from the lakes and thoughts of fishing, camping and being outdoors will flood our brains which is a good thing as it takes our mind off of the ongoing pandemic. I like everyone am looking forward to a fresh snack of fish as soon as they are done spawning. Please be respectful when you are out harvesting, take what you need to feed yourself and your family. That is our way, natural law which we've always had and have been unknowingly applying it for decades.

I remember growing up and being told that when you are out hunting, fishing or gathering, you are to take what you need and if you have a little extra, then share with those who need it or could use it. I bring this up because I was again reminded last week at our Quebec Chiefs Assembly that we have inherent right which includes the right to develop and implement our own laws, not provincial bylaws but natural law. Many First Nations are currently doing this, the Attikamik developed their own Child Welfare and Family Law. Quebec has appealed their Child Welfare and Family Law to the Supreme Court of Canada after the Superior Court of Quebec rendered a judgement that the Attikamik Law takes precedence over provincial law. Imagine now, a government going to the Supreme Court to argue that the only law that applies in Quebec is their law and that the Attikamik people can't take care of their own children.

The courts simply confirmed what we already knew, that we can develop our own laws and they then can be implemented. This judgement has empowered many First Nations to begin drafting their law. First Nations are developing their own hunting and fishing laws, child welfare laws, and taking charge and applying their jurisdiction. Last week we unanimously agreed to create an Office of Self Determination and Self Government under the Assembly of First Nations of Quebec. This office will be there to support and assist our communities as we develop our own laws and take charge of our own future through law making and exercising our inherent rights and jurisdiction.

I'm reminded of a conversation I had a couple of months ago with former (pg 2)

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## An Update from the Chief Cont'd

Chief Jimmy Constant and we were talking about this very topic of having our hunting and fishing laws which are based on our culture and teachings about managing the resources so they are there for future generations. I remember this was something he was talking about twenty five years ago after winning our court cases against Quebec. They had argued we had no rights and were subject to follow their provincial laws and in all cases our members were found not guilty and that we in fact had inherent rights to hunt, fish, trap and gather.

The Council feels that now might be a good time to revisit the idea of having our own hunting and fishing laws and we will be engaging, consulting and getting member's feedback on how we can do this together for the benefit of the community. A real good example is our neighbors Nipissing First Nation and their fishing law. It was developed by the community for the community and it replaces Ontario provincial law for the members of the First Nation. We don't have to reinvent the wheel, there are many great examples of Indigenous law making across this country from coast to coast, and we simply need to decide in which areas we want to exercise our inherent rights and then move forward in a creating laws developed by and for the community.

This is a good segue to the next challenge we are about to be confronted with and that is the potential of a rare earth mine proposed by Vital Metals and Cheetah Resources. If we had land use plans for our territory supported by our own law we could designate places like Brennan Lake and the Kipawa River as cultural and historical sites and determine ourselves what development we would allow, if any. The project is so sensitive to us, not only because we oppose mining but because our ancestors called that area home and are expecting us to do whatever is necessary so their story and home is not forgotten or decimated by another resource extraction project. This project in particular is causing us much heartburn, we know the fight is much bigger than just Cheetah Resources. The province is an investor and the Federal Government has just unveiled a new critical mineral strategy and provided funding in the recent budget to support these ongoing efforts to find a domestic supply and lessen our dependence on imported product from China. It was always going to be a tough fight but now with the Federal strategy, it may be a lot harder to stop this project. The Supreme Court has ruled that inherent rights of a First Nation could be infringed in the case of "national interest". This is a very broad definition and could include national security and maybe the procurement of important minerals

needed by Canada. We will find out in time I'm sure, but not before we've exhausted every effort to stop this project from moving ahead. As I noted in last month's article, we will actively monitor the site and area for any new developments. We expect that if they intend to proceed for the collection of a bulk sample we will be advised by the Ministry of the Environment and at that point we will determine next steps but for sure we plan to not let that sampling happen. We will need your support again just as you had done in 2013 in all of our efforts to make sure whatever is in the ground remains there.

With summer fast approaching, there will be a number of on-going projects, the installation of new water and sewage lines, a new Police Station and hopefully new Health Center. There will be a lot of activity and occasionally there may be times when you are inconvenienced and we ask you to be patient and bear with us as this work and projects are much needed for the continued growth of our community.

I invite each and everyone of you to take time to practice "self care" for Mental Health Week and Happy Mother's Day.

Chief Lance Haymond



# Every Child Matters

THE KBAOWEK EDUCATION DEPARTMENT INVITES ALL  
KBAOWEK BAND MEMBERS  
TO WEAR THEIR ORANGE EVERY CHILD MATTERS SHIRTS  
ON THE 30TH OF EVERY MONTH

*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

## OGIMA & MIGIZY STREET WATER AND SEWAGE CONSTRUCTION

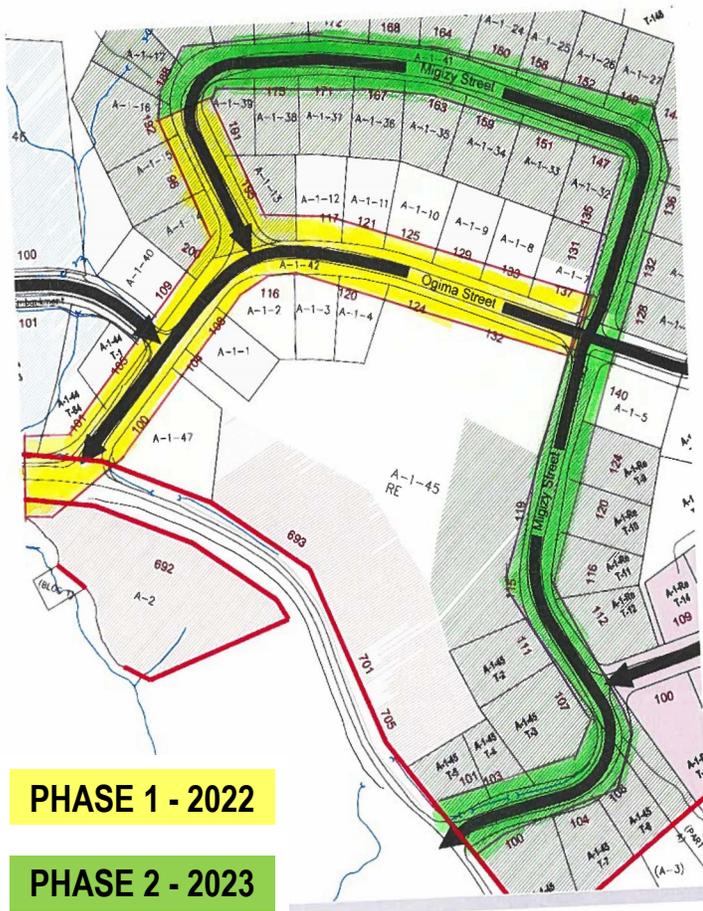
Construction will begin on May 3rd, 2022. Affected homes are indicated on the accompanying map. This week is scheduled for the transfer of the water supply to your home to be transferred from the underground distribution network (water main) to the temporary by-pass system with by-pass hoses. A connection from the by-pass system to your garden hose faucet will be made and the connection to the water main will be shut off. Interruptions in the sewage collection network are not expected during the construction period. There will be a water service interruption on Migizy Street from the Elder's building to the 4-way stop signs. This interruption in service will last for a few hours. You will be informed of the service interruption 24 - 48 hrs in advance.

Some blasting may occur if necessary to reach the correct depth for the pipes. The road will be rebuilt with new pavement, curb and sidewalk. Your service entrances will also be excavated and new service lines (water, sewage and storm) will replace the old piping up to 1 meter from your home. The contractor is obligated to return your yards back to pre-construction conditions. This means replacing any structures or shrubbery with new or safely removing and replanting existing hedges.

Construction will start at the intersection of Ogima and Kipawa Bay road. The road will be blocked for the duration of the construction. This road block will move as the construction site progresses up the road. Be prepared to use the Migizy Street entrance and take the long way home.

The Kebaowek Health and Wellness Center will take water samples as required to ensure the quality of your drinking water.

Terry Perrier  
Director of Public Works



The scope of work includes the complete removal of the pavement, excavation of the roadbed and removal of the existing water main and sewage pipes. New water, sewage and storm pipe networks will be placed in the roadbed.

**Drumbeat**  
THE HEART OF KEBAOWEK  
CKFF 104.1

**RADIO BINGO**  
Live on 104.1 FM

**LAST GAME OF THE SEASON!**

**WEDNESDAY, MAY 11, 2022**

**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

# Employment and Training Update

## *New Employment and Training Officer for Kebaowek First Nation*



I'm very pleased to announce that I, Kim Chevrier recently joined the team at Kebaowek First Nation as the Employment and Training Officer. I began my new journey with the Employment and Training office on April 4, 2022.

### **My role and responsibilities will include:**

- Individual and confidential meetings;
- Elaboration of your action plan;
- Exchange academic and professional information;
- Identify and evaluate employment and training measures;
- Referral to specialized counselors if needed;
- Job search techniques;
- Help in the writing of Curriculum Vitae's and cover letters;
- Help preparing for a job interview;
- Management of the documentation relevant to the request for financing.

### **Other services offered by the Employment and Training Officer:**

- Ensure a regular presence or link with you in your training projects and/or professional careers in order to motivate, supervise and support you;
- Help you identify the obstacles that prevent you from carrying out your project and help you find solutions to implement them;
- Travelling among educational institutions and/or companies to develop solutions to facilitate your integration and progress;
- Establish and identify key local resources and create a support network to ensure that you have the resources to help you, at the academic, family, social and personal levels.

I enter my new position with more than 15 years of experience from my past employment, mainly based in the urban setting as an Employment and Training and Referral

Officer and Job Development Worker for Indigenous organisations, such as Friendship Centres and Career Development organizations. I also worked as the CCP Coordinator for Kebaowek First Nation as well as the Community Service Worker, with First Line Services.

My recent accomplishments include; my Community Building Capacity Certificate from Simon Fraser University, Practical Workshop Facilitation Skills Certificate from Winnipeg University, Band Management Operations Diploma as well as a Diploma as a Community Services Worker.

I look forward to working with staff, community and external partners in creating employment and training opportunities and assist in developing capacity in all areas of employment and training; keeping in mind the needs of our members as well as goals and aspirations.

Chi Miigwetch

COMMISSION DE  
DÉVELOPPEMENT DES  
RESSOURCES HUMAINES DES  
PREMIÈRES NATIONS  
DU QUÉBEC



FIRST NATIONS  
HUMAN RESOURCES  
DEVELOPMENT COMMISSION  
OF QUEBEC

## **Summer Career Placement 2022 (SCP)**

High school, college and university students and promoters eligible for the SCP 2022 are encouraged to apply for funding through your Employment and Training Service Centre.

### **SCP PURPOSE:**

- To enable the client to acquire work experience relevant to their field of study providing a wage subsidy;

### **CONDITIONS:**

- Project duration will be a maximum of 16 weeks (between May 9<sup>th</sup> and August 26<sup>th</sup>, 2022)
- Employments are a minimum of 30 hours per week, not exceeding 40 hours per week.

### **ELIGIBILITY CRITERIA:**

- The participant must be a full-time student and must be registered as full-time the following fall;
- Be at least in Secondary IV or fifteen (15) years of age or older before July 1<sup>st</sup> of the current year;
- The summer job must be related to the participant's field of study.

**DEADLINE FOR APPLICATION: JUNE 17, 2022**

**For more information, please contact the Employment and Training Service Centre of your Community or Urban Region**

# Kebaowek Police Department

## Statistics for January-February-March 2022

- 7- Noise & Nuisance Complaint
  - 2 - R.I.D.E Operations
- 1 - Criminal Harassment Article 264 (1,2a-d) c.c.c.
  - 13 - Public Assistance
- 2- Assault Article 265(1a) c.c.c.
- 4 - Mischief Property Damage Article 430 (1) (a) c.c.c.
  - 1 - Assistance to Native Police Force
  - 3 - Arrest Warrant Executed
  - 5 - Family Dispute
  - 1 - Assist to Surete du Quebec
  - 1 - Infraction Ticket issued H.S.C.
- 1 - Assault with Weapon Article 267 (1a) c.c.c.
- 2 - Assault Conjugal Violence Article 266 (a) c.c.c.
  - 3 - Mischief Article 430 (1d) c.c.c.
  - 2 - Uttering Threats Article 264 (1a) c.c.c.
- 4 - Failure to Comply with Probation Order Article 733.1 (1)
  - 3 - Civil Matter
  - 5 - Assist to Others
  - 1 - Theft Article 334 (bii) c.c.c.
  - 1 - Forgery Article 367 (1) c.c.c.
  - 1 - Warrant of Committal to Execute
  - 1 - Call Related to Animal
- 1 - Where Fear of Serious Person Injured (810) Restraining Order
  - 1 - Infraction Ticket issued H.S.C.
  - 4 - Information received from Public
  - 1 - Breaking & Entering Article 348 (1d) c.c.c.
- 1 - Failure to comply with a Release Order Article 145 (5)(a)) c.c.c.

## RECRUITMENT

**The Kebaowek Police Department is searching for interested candidates to follow a 26 week training in Policing in Regina SK. Candidates must meet the requirements. More info: Nelly Mathias 819-627-8229 nmathias@kebaowek.ca**

# Kebaowek Cultural Program



*Traditional Full Moon Ceremony*

*with Stephanie McMartin*

Monday May 16th, 2022

Ceremony starting at 7:00 pm

*At the Arbour*

*Open to all women and girls.*

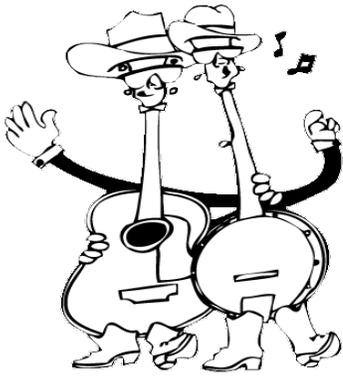
*Please wear your skirt.*

For more information please contact:  
Verna Polson - Cultural Coordinator  
Phone: 819-627-3309 Email: vpolson@kebaowek.ca

**The Kebaowek Cultural Program posts an Algonquin Word of the Day on their Facebook Page ... Here are a few ...**

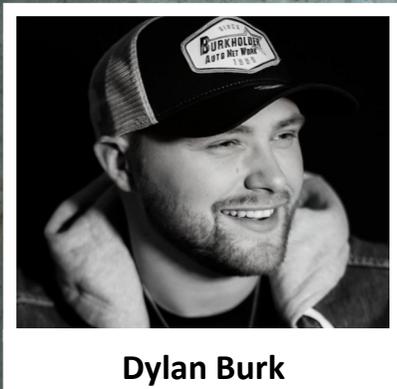
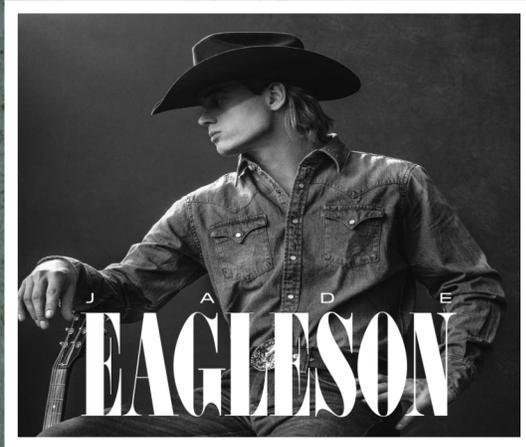
- 1 One -Pijik
- 2 Two - Nijin
- 3 Three - Nisin
- 4 Four - Niwin
- 5 Five - Nanan
- 6 Six - Nigodwasi
- 7 Seven - Nijwasi
- 8 Eight - Nicwaci
- 9 Nine - Cagidisi
- 10 Ten - Midasi

- One Dollar-Pejigwabik
- Money - Shoniya
- Chief - Ogima
- Grandmother - Kokom
- Grandfather - Shomis
- Man - Inini
- Woman - Ikwe
- Young Lady - Ikwesis



# 15<sup>th</sup> Annual / 15<sup>e</sup> edition **Kipawa Countryfest**

**August 19-20-21 août 2022**



**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**

# Kebaowek Vaccination Recognition Strategy Draw Winners

The second draw for the Kebaowek Vaccination Recognition Strategy (KVRS) for the Month of March was held on Wednesday April 6th, 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. 708 Kebaowek Members participated in the Vaccination Strategy, 649 Adults / 60 Youth. Miigwetch for your participation.

## Youth Draw Winners

Zendaya McLeod  
Colton Brunette  
Jonathan Bird  
Aubree McLeod  
Jocelyn Truchon  
Haven McMartin  
Ellie Mitchell

## Adult Draw Winners

Richard Miness Jr  
Cale McKenzie

Anita Pariseau  
Tracey Chevrier  
Scott Potvin  
Gary McIlmoyle  
Darlene Depotier  
Noella Moore-Fortin  
Justin Roy  
Ryan Peplinskie  
Kieran McGregor  
Tyra Clarke  
Madison Young  
Tyler Wilbee  
Wallace Tepiscum  
Renee Lemoyne  
Jamie Dupuis  
Mervin Grandlouis  
Lucas Raymond  
Cody Smith  
Mark Trepanier  
Martha McKenzie  
Ernest Constant  
Rhondi Monette  
Jimmy Constant Jr  
Clifford McKenzie  
Demonic Loiselle-Dion  
Denise Desjardins

Joseph Raymond Belanger  
Nathan dandy  
Francis Seamont  
Linda Bernhard

As well the draw for those who received their "booster" 3rd dose was held with 16 draws totaling \$5000.

## Booster Draw Winners

Rena Kemila  
Gary McIlmoyle  
Debra Miness  
Betty-Lou Lariviere  
James McLaughlin  
Jennifer Chevrier  
Stephanie Peplinskie  
Helen McKenzie  
Joy Ann Robinson  
Madeleine Paul  
Verna Polson  
Kyle McDonald  
Renee Lemoyne  
Bert Goulet  
Darlene Depotier  
Joanne Friend



**KEBAOWEK CHILDCARE CENTRE IS LOOKING FOR A COOK FOR THE MONTHS OF JULY AND AUGUST.**

FOR MORE INFORMATION PLEASE CALL 819-627-1000 AND ASK FOR PATTY.

## Community Wishes



To one of the most special women I know,  
Diane McKenzie  
Happy Mother's Day!

Lots of love from Roxane



Happy 50th Birthday  
Doug Chevrier  
on May 15th !!

Love Lee



Happy 5th Birthday to our grandson Eric who celebrates his special day on May 28th !!

Love Nana & Papa



Happy 60th Birthday to my sister, Lori on May 14th !!

From your bestest sister !

## WHAT TO KNOW ABOUT PORTABLE FIRE EXTINGUISHERS

### What is the fire tetrahedron?

To understand how to prevent fires, it is important to know how a fire can occur. Four elements must be present at the same time for a fire to take place:

1. Fuel or combustible material - something to burn, such as paper or wood.
2. Heat - to raise the material to its ignition (burning) temperature.
3. Oxygen - to sustain combustion (the fire).
4. Chemical reaction - the process of burning.

If you remove any of these four elements, the fire will not be able to burn.

### What should I know about fighting fires?

**Never** fight a fire if:

- You do not know what material is burning.
- You do not know what type of fire extinguisher to use.
- You do not know how to use the fire extinguisher.
- The fire is spreading beyond the spot where it started.
- Your instincts tell you not to.

If you are not confident about your ability to handle the situation (even if you are trained in fire fighting), or if you do not have the correct type of fire extinguisher, **do not** fight the fire. Pull the fire alarm, evacuate the area, and then call the fire department.

### What are the different classes of fires?

Fires are grouped into classes which depend on the material or substance that is present.

- **Class A** - Fires involving ordinary combustibles such as paper, wood, cloth, rubber, or plastics.
- **Class B** - Fires involving flammable liquids, gases, oil, paints, or lacquer.
- **Class C** - Fires involving energized (live) electrical equipment such as motors, appliances, or power tools.
- **Class D** - Fires involving combustible metals such as magnesium, titanium, sodium, and potassium.
- **Class K** - Fires involving combustible cooking oils, or fats in cooking appliances.

### What are the different types of portable fire extinguishers?

To fight the different classes of fires, there are different types of fire extinguishers. Each has its own characteristics, capabilities, and limitations.

Three main types of portable fire extinguishers include:

**Water extinguishers:** Water extinguishers are filled about two-thirds with water and then pressurized with air. When used for Class A fires, these extinguishers remove the heat from the burning materials.

- Do not use water to extinguish an electrical fire. Water is a good conductor and can increase the possibility of electrocution.
- Do not use water to extinguish flammable liquid or cooking oil fires. Water is ineffective as it helps to spread the liquid and the fire.

**Carbon Dioxide (CO<sub>2</sub>) extinguishers:** The extinguishing media is pressurized CO<sub>2</sub>. When used for Class B and C fires, the CO<sub>2</sub> covers the fuel by blanketing it, and stops the reaction at the surface by displacing oxygen. Be thorough when using a CO<sub>2</sub> extinguisher. It has a moderate spray range and last only 10 to 30 seconds. A hard horn attached to the end of the spray tube helps to contain and aim the spray at the target area.

- Do not use CO<sub>2</sub> extinguishers in confined spaces as CO<sub>2</sub> can displace the oxygen in the air, making breathing difficult. Only use in a confined space if workers have appropriate respiratory protection.
- Do not use CO<sub>2</sub> extinguishers for Class A fires because the fire may continue to smolder and re-ignite after the CO<sub>2</sub> disperses.

**Dry Chemical extinguishers:** Dry chemical extinguishers are the most common and available in few types. These extinguishers will be marked for the classes they are designed to extinguish (e.g., ABC type extinguisher will put out Class A, B and C fires). The extinguishers discharge a blanket of fine powder which creates a break between the fuel and the oxygen in the air. The powder also works to break the chemical reaction. Be accurate when using as they have a short to moderate spray range and last only 10 to 25 seconds.

Be cautious of the residue after using dry chemical extinguishers. The residue can damage motors, computers and other electrical equipment.

# Kebaowek Fire Department

## EXTINGUISHER COMPARISON TABLE

Extinguisher	Class	Range	Empties	Other
Water	A	Long	60 sec	Fights re-ignition
CO <sub>2</sub>	B and C	Short	10-20 sec	May make breathing difficult in enclosed areas
Dry Chemical	B and C Some A	Moderate	10-25 sec	Leaves residue
Liquid Gas	B and C Some A	Short	10 sec	May make breathing difficult in enclosed areas
Chemical Foam	A and B	Moderate	10-30 sec	Leaves residue
Bucket of Sand Dry Powder	D			Check with your supervisor regarding equipment for Class D fire fighting
Wet Chemical	K			Prevents re-ignition

### What you should know when using a portable fire extinguisher?

Always:

- Be sure that you are trained to use a fire extinguisher before you try to fight a fire.
- Know what type and class of material is burning.
- Use the correct fire extinguisher type to fight the fire.

**Remember**, if you feel that you cannot safely extinguish the fire using the portable extinguisher available and if you have not already done so, pull the fire alarm, evacuate the area, and then call the fire department.

When using an extinguisher, use the PASS system - Pull, Aim, Squeeze, Sweep.

1. **Pull** the pin on the extinguisher.
2. **Aim** the extinguisher.
3. **Squeeze** the trigger or top handle.
4. **Sweep** the fire area with the extinguisher's spray until the fire is completely out.

For floor fires, sweep from the edges in. For wall fires, sweep from the bottom up.

- Never walk away from a fire, even if you think it is out. The residue may reignite.
- Always stand between the escape route and the fire so you can leave safely if the fire grows.
- If the fire grows too large, leave the area. Activate the fire alarm to evacuate the area.

### What you should know about selecting, locating, and maintaining portable fire extinguishers?

As an employer/contractor, you must:

- Use the proper size of extinguisher.
- Install extinguishers according to the height requirements stated in your jurisdiction's Fire Code.
- Locate extinguishers so they are readily accessible to employees for immediate use.
- Make sure that extinguishers are clearly visible, and any location signs are clear.
- Mark or label all fire extinguishers clearly with the class of fire it is to be used for.
- Make sure that the operating instructions always face outward.
- Maintain extinguishers in a fully charged and operable condition.
- Keep extinguishers in the designated places at all times (except during use).
- Visually inspect portable fire extinguishers monthly.
- Use a tag on each extinguisher that shows the dates of inspection, recharging or servicing, the name of the servicing agency, and the name of the person who did the service.
- Service portable fire extinguishers at least once a year, or when the monthly inspection indicates servicing is necessary.
- Keep written records showing maintenance items such as serial number and type of extinguishers, location, inspection date, description of tests, date of next inspection, date of annual servicing, comments and inspector's signature.
- Only allow service by trained persons with suitable testing equipment and facilities.

### When you should remove extinguishers from service?

Extinguishers with the following conditions are should be removed from service:

- When the cylinder or shell threads are damaged
- Where there is a corrosion that has caused pitting, including corrosion under removable name plate assemblies
- When the extinguisher has been burned in a fire

Always check with the supplier or manufacturer if you are not sure about the serviceability of the fire extinguisher.

# 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 10 % (target being 5%) in the Abitibi-Temiscamingue Region amongst the groups prioritize for testing from Public Health. We are down from 40 to now 9 people in our hospitals throughout the Region with nobody in the ICU. Transmission of the virus is still circulating but experts are saying that it is on the decline. As per our community, we have been averaging under 10 active cases weekly in April.

Public Health Regional Office is counting on many to continue to wear a face covering when in crowded situations. The CISSSAT is asking the population to remain vigilant to reduce the spread of Covid so that our hospitals are not forced to reduce services to the population as their employees are subject to acquiring the disease as well.

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

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

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

- Washing your hands frequently and using hand sanitizer when soap and water are not available.
- Wearing a face mask when in a crowded environment
- Coughing in the crook of your elbow
- Wearing masks in public transit
- Self-monitor if you are a close contact of a known positive case.
- Doing a Rapid Test if you develop flu like symptoms. You need to be aware that many test positive after 48 hrs of the first sign or symptoms relevant to Covid. **Please note that we have Rapid Tests available at the Health Center.**

Our Health & Wellness Center wishes to extend our appreciation for all those eligible to receive their 4<sup>th</sup> booster

dose who kept their appointment and was on time. By doing so, you allow us to do our jobs in a timely and efficient manner.

## Meetings Held During April Via Zoom

- Kebaowek bi-weekly Emergency Response Group
- FNQLHSSC BOD
- Public Health from CISSSAT with English F.N.'s.
- CISSSAT BOD & Verification Committee
- Quebec First Nations Health Director Network with the Province
- Piweseha Training and Program Evaluation
- FNHMA BOD in Person
- Coalition of English Speaking First Nations of Quebec in Person

Normally we would be gearing up for our Annual Spring Health Fair so we can promote and present various Health and Wellness initiatives and partners. But as you can guess, Covid19 has caused us to regroup and perhaps do something in the fall. So please stay tuned for future announcements in that regard.

Best of luck for those who choose to make a garden this year. I'm sure your hard work will be well worth it in the fall when you collect the fruits and vegetables of your labour.

Happy Mother's Day wishes to all the mothers, stepmothers, grandmothers and those who take on that important role. Stay safe and healthy.

David McLaren  
Director of Health and Social Services

## Quotes About Weather

Wherever you go, no matter what the weather, always bring your own sunshine. ~ Anthony J. D'Angelo

It is only in sorrow bad weather masters us; in joy we face the storm and defy it. ~ Amelia Barr

**MENTAL HEALTH**  
 *Begins with Me*

# Women's Health Matters

*A 5 minute PAP TEST can save  
your life*



The Kebaowek Health and Wellness Center is organizing 2 clinics to address Women's Health, specifically STBBI'S and Cervical Cancer.

Josee Carriere and Marie-Eve Berube, Nurse Practitioners from the CISSS-TK will be at our Health Center for appointments during the afternoons on  Thursday May 19th and Wednesday May 25th, 2022.

Please note that you do not need to have a family doctor to make an appointment with Josee or Marie-Eve for the PAP Test Screening Clinics at our Health Center.

A PAP Test is a quick and simple test that involves getting a sample of cells from the cervix, then looking at them under a microscope for abnormalities.

It is important to have the test done even if you feel fine - it's a screening test, which means it checks for signs of disease before you've noticed a problem.

Any woman can get cervical cancer, no matter what her age, background or sexual orientation. If you have been sexually active you will need a PAP Test every 1-3 years depending on your situation. 

PLEASE CALL VIRGINIA AT THE KEBAOWEK HEALTH AND WELLNESS CENTER 819-627-9060 IF YOU ARE DUE TO HAVE A PAP TEST OR IF YOU FEEL YOU HAVE SYMPTOMS OR ISSUES YOU WOULD LIKE TO HAVE CHECKED.

If you need transportation to the Health Center for your appointment, please call Priscillia 819-627-9060 to make the necessary arrangements.

# 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 MAY OFFICE CLOSURES**

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

**Monday May 23rd (Victoria Day) 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.

## PHARMACY BENEFIT INFORMATION

### New Pharmacy Benefit Listings

The following medications and products are covered as open benefits without prior approval:

- Aermony Respiclick (fluticasone propionate) inhalers, used daily to decrease asthma attacks
- Focquest (methylphenidate hydrochloride) time release capsules for the treatment of Attention Deficit Hyperactivity Disorder (ADHD)
- Nexplanon (etonogestrel), a hormonal birth control implant
- Nyvepria (pegfilgrastim), used to increase white blood cells for patients receiving chemotherapy
- Vocabria (cabotegravir) and Cabenuva (cabotegravir-rilpivirine) for the treatment of adult clients with stable, suppressed HIV

The following new listings are covered as limited use benefits with prior approval:

- Baqsimi (glucagon) nasal powder for the treatment of severe hypoglycemia reactions for clients on insulin
- Kalydeco (ivacaftor), Orkambi (ivacaftor/lumacaftor) for the treatment of cystic fibrosis
- Olumiant (baricitinib) for the treatment of moderate to severe rheumatoid arthritis
- Rozlytrek (entrectinib) for the treatment of advanced or metastatic non-small cell lung cancer
- Zejula (niraparib) for the maintenance treatment of ovarian, fallopian tube, or primary peritoneal cancer after chemotherapy
- Vyndaqel (tafamidis meglumine) for the treatment of adult patients with cardiac disease caused by transthyretin amyloid cardiomyopathy

Check the NIHB drug benefit list for complete listings and coverage criteria.

### Sublocade now covered without prior approval

- Sublocade is a monthly injection used for the treatment of opioid use disorder
- NIHB now covers Sublocade without prior approval

- Sublocade is most effective when used as part of an opioid treatment program that includes counselling and support
- Prescribers need special certification for Sublocade and it must be injected by a trained healthcare provider
- Talk to your healthcare provider about whether this medication is right for you and how it will be administered
- As a reminder, Suboxone and methadone are also covered for the treatment of opioid use disorder without prior approval
- Clients who receive coverage for these medications will be enrolled in the NIHB client safety program

## MEDICAL SUPPLIES AND EQUIPMENT

### Coverage of gauze packing strips for wound care

- NIHB now covers up to 40 bottles per year of regular gauze packing strips
- Prior approval is not required within program price and replacement guidelines
- Find more information in the Medical surgical equipment and supplies benefits list

### Medical equipment covered by another benefit plan

- NIHB may cover supplies, maintenance, or repairs of medical equipment that was covered by another benefit plan or purchased by the client, if:
  - the equipment is an eligible benefit under NIHB, and all policies and criteria for coverage of the item are met
  - the supplies, maintenance, or repairs are not covered by another benefit plan
- Information normally required for prior approval of the item, such as testing or assessment information, diagnosis, device make and model, and medical justification, must be submitted along with proof of other coverage or purchase
- The coverage of supplies, maintenance, and repairs follows the policies set out in the Medical supplies and equipment guide and benefit lists (Page 12)

# Medical Transportation and NIHB

## GENERAL PROGRAM INFORMATION

### Client Web Accounts

- NIHB clients now have the option of creating a secure, online personal account through the Express Scripts Canada NIHB provider and client website
- Express Scripts Canada processes claims for NIHB pharmacy, medical supplies and equipment, dental, vision care and mental health counselling benefits
- Your secure web account can be used to view claims and submit client reimbursement requests for these benefits
- To create an online web account, please visit the Express Scripts Canada website and click 'Create Web Account'
- Account registration and password resets cannot be done on a mobile device. You must use a computer with a web browser (Internet Explorer, Microsoft Edge, Google Chrome, Safari or Mozilla Firefox)
- Your name, date of birth, and status number must match exactly as it appears on your First Nation status card or Inuit land claim beneficiary card to avoid issues with account creation
- If you have problems with your client account or need to reset your password, please contact Express Scripts Canada's NIHB call centre at 1-888-441-4777 for assistance

### Payment by Direct Deposit

- If you have submitted a claim for client reimbursement, you can receive payment through direct deposit into your bank account. This is the fastest and most secure way to receive payment
- To enroll with Express Scripts Canada for direct deposit:
  - send a completed copy of the Direct Deposit and Communication Preference Form for NIHB Clients. The form is found at the bottom of the client reimbursement page
  - provide a void cheque or bank letter, and include your contact information in case there is a need to contact you about your payment
- Claim payments are made by Express Scripts Canada every two weeks. Once the claim is processed, clients

who are enrolled for direct deposit will receive payment on these dates

- direct deposit is not available for payment to someone other than the client, such as to a parent for their child's claim, or to a client under 16 years of age. These payments can only be made by cheque
- Claims for medical transportation benefits are processed by the NIHB program through Indigenous Services Canada's regional offices. For reimbursement of medical transportation benefits, fill out and return the Indigenous Services Canada direct deposit form
- If you can't receive payment through direct deposit, you can receive payment by cheque. Be sure to include your mailing address when you send your client reimbursement request

### How to find an enrolled provider

- Many providers of non-insured health benefits are enrolled with NIHB to bill the program directly for eligible items or services provided to clients
- To find an enrolled provider in your area, please contact:
  - your NIHB regional office for medical supplies and equipment, vision care or mental health counselling providers
  - the Drug Exception Centre for pharmacy providers
  - the Dental Predetermination Centre for dental and orthodontic providers
- You may also contact an NIHB Navigator in your region for assistance finding an enrolled provider
- Express Scripts Canada is not able to help you find an enrolled NIHB provider, and will transfer or refer you to an NIHB call centre

## FOR ALL NON-INSURED HEALTH BENEFITS PROGRAM UPDATES

**GO TO → [WWW.SAC-ISC.GC.CA](http://WWW.SAC-ISC.GC.CA)**

**SELECT → ENGLISH OR FRENCH**

**SELECT → INDIGENOUS HEALTH**

**SELECT → NIHB PROGRAM UPDATES**

# Medical Transportation and NIHB

FOR ALL KEBAOWEK FIRST NATION BAND MEMBERS WHO DO NOT RESIDE IN KEBAOWEK OR LOCALLY ...

PLEASE CONTACT THE REGIONAL OFFICE FOR THE PROVINCE IN WHICH YOU RESIDE FOR NIHB BENEFITS INCLUDING: DENTAL, VISION CARE, MEDICAL TRANSPORTATION, PRESCRIPTIONS ETC

## HEADQUARTERS

### **Non-Insured Health Benefits Program**

Address locator: 1909A

Ottawa ON K1A 0K9

Email: [sac.nihb-ssna.isc@canada.ca](mailto:sac.nihb-ssna.isc@canada.ca)

### DENTAL BENEFITS

#### Dental Predetermination Centre

(Dental Services)

Non-Insured Health Benefits

Address locator: 1902D

Ottawa ON K1A 0K9

Telephone (toll free): 1-855-618-6291

Fax (toll free): 1-855-618-6290

#### Dental Predetermination Centre

(Orthodontic Services)

Non-Insured Health Benefits

Address locator: 1902C

Ottawa ON K1A 0K9

Telephone (toll free): 1-866-227-0943

Fax (toll free): 1-866-227-0957

### PHARMACY BENEFITS

Providers requesting prior approval of drug benefits on behalf of NIHB clients may call the:

#### **NIHB Drug Exception Centre**

Address locator: 1902D

Ottawa ON K1A 0K9

Telephone (toll free): 1-800-580-0950

Fax (toll free): 1-877-789-4379

## OTHER BENEFITS

Contact your Regional Office:

### Atlantic (NL, NS, PE, NB)

#### **Non-Insured Health Benefits**

1505 Barrington St Suite 1525

Halifax NS B3J 3Y6

Telephone (toll free): 1-800-565-3294

Email: [nihb-atlfnihb@sac-isc.gc.ca](mailto:nihb-atlfnihb@sac-isc.gc.ca)

#### **Medical transportation and vision care**

Fax (toll free): 1-800-377-9288

#### **Medical supplies and equipment and mental health counselling**

Fax (toll free): 1-866-963-7700

## Quebec

### **Non-Insured Health Benefits**

Guy-Favreau Complex East Tower Suite 202

200 René-Lévesque Bd W

Montreal QC H2Z 1X4

### **Vision care, medical supplies and equipment, mental health counselling and medical transportation**

Telephone: 1-514-283-1575

Telephone (toll free): 1-877-483-1575

Fax: 1-514-283-7762

Fax (toll free): 1-855-244-4470

## Ontario

### **Non-Insured Health Benefits**

Sir Charles Tupper Building

2720 Riverside Dr 4th floor

Address Locator: 6604E

Ottawa ON K1A 0K9

#### **Client information line:**

Telephone (toll free): 1-800-640-0642

Fax (toll free): 1-800-806-6662

Email for invoice or claim submission, related inquiries:

[onnihbinvoices-facturessna@sac-isc.gc.ca](mailto:onnihbinvoices-facturessna@sac-isc.gc.ca)

### **Medical supplies and equipment, vision care (including eyewear), mental health counselling (vendors and providers only)**

Telephone (toll free): 1-800-881-3921

#### **Medical transportation (Ottawa office)**

Telephone (toll free): 1-800-881-3921

## Manitoba

### **Non-Insured Health Benefits**

391 York Avenue Suite 300

Winnipeg MB R3C 4W1

### **Medical supplies and equipment, mental health counselling and vision care**

Telephone (toll free): 1-800-665-8507

Fax (toll free): 1-800-289-5899

#### **Medical transportation**

Telephone (toll free): 1-877-983-0911

Fax: 204-984-7834

## Saskatchewan

### **Non-Insured Health Benefits**

Alvin Hamilton Building

1783 Hamilton St room 098

Regina SK S4P 2B6

Telephone (toll free): 1-866-885-3933

Email:

[sac.sasknihb\\_inquiries.isc@canada.ca](mailto:sac.sasknihb_inquiries.isc@canada.ca)

(Client, Public Inquiries)

Medical transportation and mental health counselling are available 24 hours a day, 7 days a week when calling the toll free number

## Alberta

### **Non-Insured Health Benefits**

Canada Place

9700 Jasper Avenue Suite 730

Edmonton AB T5J 4C3

#### **General NIHB Inquiries**

Telephone: 780-495-2694

Telephone (toll free): 1-800-232-7301

Email: [abnihbqa-qrssna@sac-isc.gc.ca](mailto:abnihbqa-qrssna@sac-isc.gc.ca)

#### **Medical Transportation**

Telephone: 780-495-2708

Telephone (toll free): 1-800-514-7106

Fax: 780-495-7080

Email:

[sac.eru-ure.isc@canada.ca](mailto:sac.eru-ure.isc@canada.ca)

(general inquiries only)

## British Columbia

### **First Nations clients living in BC**

Health Benefits for First Nations clients living in British Columbia are provided by the

#### **First Nations Health Authority.**

First Nations Health Authority (FNHA)

757 West Hastings St Suite 540

Vancouver BC V6C 3E6

Telephone (toll free): 1-855-550-5454

### **FOR MORE INFORMATION:**

[www.sac-isc.gc.ca](http://www.sac-isc.gc.ca)

## What are the Mental Health Benefits of Exercise?

**Exercise is not just about aerobic capacity and muscle size. Sure, exercise can improve your physical health and your physique, trim your waistline, improve your sex life, and even add years to your life. But that's not what motivates most people to stay active.**

**People who exercise regularly tend to do so because it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives. And it's also a powerful medicine for many common mental health challenges.**

**Regular exercise can have a profoundly positive impact on depression, anxiety, and ADHD. It also relieves stress,**

**Improves memory, helps you sleep better, and boosts your overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a real difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to deal with mental health problems, improve your energy and outlook, and get more out of life.**

### Exercise and Depression

Studies show that exercise can treat mild to moderate depression as effectively as antidepressant medication—but without the side-effects, of course. As one example, a recent study done by the Harvard T.H. Chan School of Public Health found that running for 15 minutes a day or walking for an hour reduces the risk of major depression by 26%. In addition to relieving depression symptoms, research also shows that maintaining an exercise schedule can prevent you from relapsing.

Exercise is a powerful depression fighter for several reasons. Most importantly, it promotes all kinds of changes in the brain, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good. Finally, exercise can also serve as a distraction,

allowing you to find some quiet time to break out of the cycle of negative thoughts that feed depression.

### Exercise and Anxiety

Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, boosts physical and mental energy, and enhances well-being through the release of endorphins. Anything that gets you moving can help, but you'll get a bigger benefit if you pay attention instead of zoning out.

Try to notice the sensation of your feet hitting the ground, for example, or the rhythm of your breathing, or the feeling of the wind on your skin. By adding this mindfulness element—really focusing on your body and how it feels as you exercise—you'll not only improve your physical condition faster, but you may also be able to interrupt the flow of constant worries running through your head.

### Exercise and Stress

Ever noticed how your body feels when you're under stress? Your muscles may be tense, especially in your face, neck, and shoulders, leaving you with back or neck pain, or painful headaches. You may feel a tightness in your chest, a pounding pulse, or muscle cramps. You may also experience problems such as insomnia, heartburn, stomach ache, diarrhea, or frequent urination. The worry and discomfort of all these physical symptoms can in turn lead to even more stress, creating a vicious cycle between your mind and body.

Exercising is an effective way to break this cycle. As well as releasing endorphins in the brain, physical activity helps to relax the muscles and relieve tension in the body. Since the body and mind are so closely linked, when your body feels better so, too, will your mind.

### Exercise and ADHD

Exercising regularly is one of the easiest and most effective ways to reduce the symptoms of ADHD and improve concentration, motivation, memory, and mood. Physical activity immediately boosts the brain's dopamine, norepinephrine, and serotonin levels—all of which affect focus and attention. In this way, exercise works in much the same way as ADHD medications such as Ritalin and Adderall.

## Exercise and PTSD and Trauma

Evidence suggests that by really focusing on your body and how it feels as you exercise, you can actually help your nervous system become “unstuck” and begin to move out of the immobilization stress response that characterizes PTSD or trauma. Instead of allowing your mind to wander, pay close attention to the physical sensations in your joints and muscles, even your insides as your body moves. Exercises that involve cross movement and that engage both arms and legs—such as walking (especially in sand), running, swimming, weight training, or dancing—are some of your best choices.

Outdoor activities like hiking, sailing, mountain biking, rock climbing, white-water rafting, and skiing (downhill and cross-country) have also been shown to reduce the symptoms of PTSD.

Info taken from: <https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>

## ZOOMING WITH LORIE !!

**We hosted a Diabetes Information “Zoom Workshop” in partnership with Wolf Lake First nation and it was nothing short of a great success!**



It began with a healthy breakfast, followed by a presentation through zoom where Lorie spoke about reading food labels, calculating carbohydrates intake and much more. Along with a cooking demo of home made “Wild Rice and Vegetable Soup”

Everyone who participated really enjoyed the workshop and all agreed that they left understanding a lot more of how to manage their diabetes.

Winners of the Participation Prizes:

Anita Pariseau, Gerald Robinson and Clyde Mongrain

**We will be organizing more workshops in the future !!**

We are please to announce we had 50 people/families sign up once again this year. For our “Lets Get Growing” Gardening Kits” Each kit contained Starter Trays, Gloves , Soil and Seeds (Tomatoes, Cucumbers, Yellow Beans, Onions, Peppers).

Please stay tuned to the Health Center Facebook page for pictures that will allow you to follow the progress of the KFN Member’s gardens .



## Are You Thinking of Quitting Smoking

### 4 TIPS TO HELP MANAGE YOUR CRAVINGS

#### 1. Be active

Exercise reduces cravings and also improves your mood. Join others for an activity such as biking, hiking, or playing volleyball. Or start walking daily and gradually increase how far you go.

#### 2. Eat smarter

Snack on fruits, vegetables, and whole grains. They’ll give your mouth something else to do and keep you feeling satisfied.

#### 3. Don’t substitute food for cigarettes

Instead, chew on gum or a try a flavoured toothpick to give your mouth a sensation similar to smoking and leave it feeling fresh.

#### 4. Find a distraction

Read a book, listen to music, scan your favorite websites, do a puzzle or text a friend. Usually, a craving will pass in 15 minutes.



# MCH / Headstart Program

## Mental Health and Children !!

Being mentally healthy during childhood includes reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems. Mentally healthy children are more likely to have a positive quality of life and are more likely to function well at home, in school, and in their communities.

A child's healthy development depends on their parents - and other caregivers who act in the role of parents - who serve as their first sources of support in becoming independent and leading healthy and successful lives.

The mental health of parents and children is connected in multiple ways. Parents who have their own mental health challenges, such as coping with symptoms of depression or anxiety (fear or worry), may have more difficulty providing care for their child compared to parents who describe their mental health as good. Caring for children can create challenges for parents, particularly if they lack resources and support, which can have a negative effect on a parent's mental health. Parents and children may also experience shared risks, such as inherited vulnerabilities, living in unsafe environments, and facing discrimination or deprivation.

A recent study asked parents (or caregivers who had the role of parent) to report on their child's mental and physical health as well as their own mental health. One in 14 children aged 0–17 years had a parent who reported poor mental health, and those children were more likely to have poor general health, to have a mental, emotional, or developmental disability, to have adverse childhood experiences such as exposure to violence or family disruptions including divorce, and to be living in poverty.

Fathers are important for promoting children's mental health, although they are not as often included in research studies as mothers. The recent study looked at fathers and other male caregivers and found similar connections between their mental health and their child's general and mental health as for mothers and other female caregivers.

## A Visit From Our Speech Therapists and Occupational Therapists

The Speech Therapist, Occupational Therapist and the Communication Disorders Assistant had a great visit with the children at EGT and Phelps schools. The children enjoyed see them in person and had fun with them at the KASP program afterschool too!!



**This time of year is the time to register your children for school so please contact the school your child will attend then contact the KFN Education Department 819-627-3455**

**Ecole Gilbert-Theberge School, 40 rue Boucher, Temiscaming QC 819-627-3337**

**G. Therge School, 38 rue Boucher, Temiscaming QC 819-627-1212**

**Phelps Public School, 19 Glenvale Drive, Redbridge ON 705-472-5567**

# THE SPEECH CORNER

BY TARA GLICKMAN

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

## STIMULATING LANGUAGE AT THE PARK

Is it just me, or did this winter feel even longer than usual? Now that we can finally enjoy some warmer weather, let's talk about different ways that outdoor play offers simple and fun opportunities to build language. Language learning does not happen in a bubble, so let's talk about how to have a big impact on your child's language learning while having lots of fun! This month, I want to focus on one of my favourite outdoor summer activities: going to the playground!

### Start Before You Go

Before you leave your house, start talking about what you might see and do at the park. This is a great way to build **decontextualized language** into your daily routine. What's that? Decontextualized language is language that discusses things beyond the here and now. For example, we use decontextualized language to talk about past and future events, provide explanations, and to play pretend. It's important because decontextualized language is a precursor to academic language development (i.e., the kind of language skills needed for success in school). They are connected because both involve talking about things that are abstract, complex and without immediate context.

### When You Arrive

Follow your child's lead and let them show you what they are interested in doing. Like with all play, following your child's lead means that they will be more engaged and more likely to learn. My favourite way of building language at the playground is by focusing on vocabulary. Let's take a minute to talk about the different ways we can stimulate vocabulary development at the playground:

- Using nouns: Label the things around them. For example: slide, swings, ladder, sand, trees, bees, garbage can.
- Using action words (verbs): Talk about what things do. For example: run, push, slide, jump, stop, go.



### PICTURE PERFECT



while you are at the park, think about taking some pictures of the different things there. When you get home, you can look back at the pictures and talk about the past-another great opportunity to work on decontextualized language. You can talk about:

- What you did, saw, heard, smelled
  - What you liked/did not like
  - What you want to do next time
- Using location concepts: Talk about where things are, relative to each other. For example: in, on, under, beside, in front of, behind, above, below.
  - Using comparatives and superlatives: Compare things to each other. For example: fast/faster/fastest, big/bigger/biggest, hot/hotter/hottest.
  - Using describing words (adjectives): Talk about what things are like. For example: hot, cold, wet, hungry, thirsty, dry, fun, silly, stinky, scary, wild.
  - Using emotional vocabulary: Focus on this special group of adjectives that describe how we feel. For example: happy, sad, excited, nervous, angry, frustrated.

Have fun playing outside!



info@constellationspeechtherapy.ca



(514) 400-4551

Orthophonie

**CONSTELLATION**

Speech Therapy

# Substance Abuse & Mental Health

## THE LINK BETWEEN SUBSTANCE ABUSE AND MENTAL HEALTH

When you have both a substance abuse problem and a mental health issue such as depression, bipolar disorder, or anxiety, it is called a co-occurring disorder or dual diagnosis. Dealing with substance abuse, alcoholism, or drug addiction is never easy, and it's even more difficult when you're also struggling with mental health problems.

In co-occurring disorders, both the mental health issue and the drug or alcohol addiction have their own unique symptoms that may get in the way of your ability to function at work or school, maintain a stable home life, handle life's difficulties, and relate to others. To make the situation more complicated, the co-occurring disorders also affect each other. When a mental health problem goes untreated, the substance abuse problem usually gets worse. And when alcohol or drug abuse increases, mental health problems usually increase too.

### What Comes First: Substance Abuse or the Mental Health Problem?

Substance abuse and mental health disorders such as depression and anxiety are closely linked, although one doesn't necessarily directly cause the other. Abusing substances such as marijuana or methamphetamine can cause prolonged psychotic reactions, while alcohol can make depression and anxiety symptoms worse. Also:

**Alcohol and drugs are often used to self-medicate the symptoms of mental health problems.** People often abuse alcohol or drugs to ease the symptoms of an undiagnosed mental disorder, to cope with difficult emotions, or to temporarily change their mood. Unfortunately, self-medicating with drugs or alcohol causes side effects and in the long run often worsens the symptoms they initially helped to relieve.

**Alcohol and drug abuse can increase the underlying risk for mental disorders.** Since mental health problems are caused by a complex interplay of genetics, the environment, and other factors, it's difficult to say if abusing substances ever directly causes them. However, if you are at risk for a mental health issue, abusing alcohol or drugs may push you over the edge. For example, there is some evidence that those who abuse opioid painkillers are at greater risk for depression and heavy cannabis use has been linked to an increased risk for schizophrenia.

**Alcohol and drug abuse can make symptoms of a mental health problem worse.** Substance abuse may sharply increase symptoms of mental illness or even trigger new symptoms. Abuse of alcohol or drugs can also interact with medications such as antidepressants, anxiety medications, and mood stabilizers, making them less effective at managing symptoms and delaying your recovery.

### Recognizing a Dual Diagnosis

It can be difficult to identify a dual diagnosis. It takes time to tease out what might be a mental health disorder and what might be a drug or alcohol problem. The signs and symptoms also vary depending upon both the mental health problem and the type of substance being abused, whether it's alcohol, recreational drugs, or prescription medications. For example, the signs of depression and marijuana abuse could look very different from the signs of schizophrenia and alcohol abuse. However, there are some general warning signs that you may have a co-occurring disorder:

- Do you use alcohol or drugs to cope with unpleasant memories or feelings, to control pain or the intensity of your moods, to face situations that frighten you, or to stay focused on tasks?
- Have you noticed a relationship between your substance use and your mental health? For example, do you get depressed when you drink? Or drink when you're feeling anxious or plagued by unpleasant memories?
- Has someone in your family grappled with either a mental disorder or alcohol or drug abuse?
- Do you feel depressed, anxious, or otherwise out of balance **even** when you're sober?
- Have you previously been treated for either your addiction or your mental health problem?

The best treatment for co-occurring disorders is an integrated approach, where both the substance abuse problem and the mental disorder are treated simultaneously. Whether your mental health or substance abuse problem came first, long-term recovery depends on getting treatment for *both* disorders by the same treatment provider or team.

**Treatment for your mental health problem** may include medication, counseling, self-help measures, lifestyle changes, and peer support.

**Treatment for your substance abuse** may include detoxification, managing of withdrawal symptoms, behavioral therapy, and support groups to help maintain your sobriety.

# Summer Employment Opportunity - 3 Positions

## **3- SUMMER CAMP COUNSELOR POSITIONS**

(11 Week Summer Contract)

**Title:** Summer Camp Counselor

**Starting:** June 13th, 2022

**Ending:** August 27th, 2022

**Salary:** \$15.55 / hour

**Hours per week:** Monday to Thursday from 7:45 am to 4:45 pm, and Friday 7:45 am – 12:15 pm. (Extended hours a possibility)

**Duration:** 11 weeks

**Position:** 3 Camp Educators working with children ages 6-12 for the summer.

**Summary:** The Summer Camp Counselor role is to create, implement and supervise activities, and ensure the care and safety of summer camp participants. Camp educators will be responsible for the general safety and development, growth, and skill achievement of the participants in a group setting. The camp educator will provide participants with high-quality indoor/outdoor educational and recreational experiences that focus on the Summer Camp core values of caring, honesty, respect, and responsibility.

### **Responsibilities:**

- Plans, leads, and implements camp programs for children.
- Provides high-quality educational and recreational opportunities and enjoyable experiences for camp participants.
- Supervises campers and ensures their safety, development, growth, skill achievement, and general well-being.
- Maintains a schedule for camp participants.
- Facilitates and creates lesson plans for daily activities.
- Organizes and leads various small and large group activities
- Ensures the cleanliness of the site.
- Assists in maintaining accurate program records, including incident reports, logbook documentation, and daily attendance.
- Knows and understands all emergency procedures associated with the camp program.
- Records and tracks camper's dietary restrictions/

allergies and ensures that the meals/snacks are distributed to them.

- Mediates any campers' disputes.
- Knows, enforces, and follows all safety guidelines associated with the camp program, including knowing the whereabouts of your charges at all times.
- Maintains constant surveillance of the pool/body of water areas.
- Participates in weekly meetings and reports to Summer Camp Supervisor.
- Must respect and adhere to all safety policies and procedures (COVID19 and otherwise) under the guidelines of Kebaowek First Nation.

### **Requirements:**

- Enjoys being in the company of children
- Leadership
- Alertness
- Communication skills
- Patience
- Problem-solving skills
- Stamina
- Caring personality
- Organization skills
- Mediation skills
- Must be able to carry heavy loads and travel hilly and uneven terrain
- Ability to perform a variety of tasks outside in various climates
- Fully Vaccinated: COVID19

### **Education and Experience Requirements:**

- Education and experience in camp, youth programs, recreation, working with children, or in a related field
- Post-Secondary students or previous educator experience
- Valid First Aid & CPR Certification
- Successful completion of Criminal Record Check

**\*\* Priority will be given to KFN Band Members \*\***

### **To Apply:**

Please submit your Cover Letter, resume and 2 References to Health & Social Services Director:

David McLaren, [dmclaren@kebaowek.ca](mailto:dmclaren@kebaowek.ca)

or drop off at the Health Center by June 3rd, 2022 at noon.

Only successful applicants will be contacted.

# Fast Facts About Mental Health and Mental Illness

## Mental health and mental illness: what's the difference?

- Mental health and mental illness are often used interchangeably, but they are not the same thing.
- “Mental health” is a concept similar to “physical health”: it refers to a state of well-being. Mental health includes our emotions, feelings of connection to others, our thoughts and feelings, and being able to manage life’s highs and lows.
- The presence or absence of a mental illness is not a predictor of mental health; someone *without* a mental illness could have poor mental health, just as a person *with* a mental illness could have excellent mental health.
- Problematic substance use is sometimes linked to poor mental health or mental illness; it can be a coping strategy for untreated trauma, pain, challenging thoughts or emotions, or other health symptoms.

## Who is affected?

- Everyone has mental health and will experience challenges regarding their mental well-being, but not everyone will experience a mental illness.
- Mental illness indirectly affects *all* Canadians at some time either through their own experience, or that of a family member, friend or colleague.
- In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.
- By age 40, about 50% of the population will have or have had a mental illness.
- Mental illness affects people of all ages, education, income levels, and cultures; however, systemic inequalities such as racism, poverty, homelessness, discrimination, colonial and gender-based violence, among others, can worsen mental health and symptoms of mental illness, especially if mental health supports are difficult to access.
- Major depression affects approximately 5.4% of the Canadian population, and anxiety disorders affect 4.6% of the population.
- About 1% of Canadians will experience bipolar disorder (formerly called “manic depression”), and another 1%

will experience schizophrenia.

- Eating disorders affect approximately 1 million Canadians – between 0.3-1% of the population. They impact women at a rate ten times that of men, and have the highest rate of mortality of any mental illness.
- Substance use disorders affect approximately 6% of Canadians.
- 4,012 Canadians died by suicide in 2019.
- In Canada, suicide disproportionately impacts Indigenous peoples; the rate of suicide among First Nations is three times higher than among non-Indigenous Canadians, and nine times higher among Inuit.
- The mortality rate due to suicide among men is three times the rate among women, but girls and young women are three times more likely than men to harm themselves and be hospitalized from self-harm.

## How does mental illness impact youth?

- When it comes to mental illness, youth is a critical period: most people living with a mental illness see their symptoms begin before age 18.
- Approximately 20% of Canadian youth are affected by a mental illness or disorder
- In 2011, 11% of 15-24 year olds reported experiencing depression.
- Between 2008–2009 and 2018–2019, among youth there was a 61% increase in emergency department visits and a 60% increase in hospitalizations for mental disorders.
- Suicide is the second leading cause of death among youth and young adults between 15-34 years.
- In Canada, only 1 out of 5 children receive appropriate mental health services.

## What causes mental illness and substance use problems?

- Mental illnesses are caused by a complex interplay of genetic, biological, personality and environmental factors.
- Life events such as violence and trauma during childhood or adulthood can give rise to mental health

# Mental Health and Mental Illness

and substance use problems if supports for recovery are not available or sought.

- Environmental factors play an important role in our mental health: access to safe and affordable housing, meaningful education and employment, leisure activities, the support of a community, access to land and nature, freedom from violence, and good access to health care and mental health services all support good mental health.
- Stigma and discrimination attached to mental illnesses and substance use problems present a serious barrier not only to diagnosis and treatment but also to access to employment, housing, and other basic necessities. Stigma both creates and deepens social marginalization.
- The symptoms of mental illnesses can be treated and very often managed effectively; with the right supports, people with mental illnesses can thrive.

## JUST CHECKING IN

Ten questions to check in on someone's mental health

1. How are you feeling today, really? Physically and mentally.
2. What's taking up most of your headspace right now?
3. What was your last full meal, and have you been drinking enough water?
4. How have you been sleeping?
5. What have you been doing for exercise?
6. What did you do today that made you feel good?
7. What's something you can do today that would be good for you?
8. What's something you're looking forward to in the next few days?
9. What's something we can do together this week, even if we're apart?
10. What are you grateful for right now?

@nb.therapy



MOOSE HIDE  
CAMPAIGN  
CAMPAGNE  
MOOSE HIDE

## MOOSE HIDE CAMPAIGN

### Thursday May 12th, 2022

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

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

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

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



<https://moosehidecampaign.ca/>

### Moose Hide Campaign Day - May 12, 2022

A time for change Violence against women and children remains an unacceptable reality. Half of all women in Canada have experienced at least one incident of physical or sexual violence since the age of 16. More than 6,000 women and children are housed in emergency shelters each night across Canada, seeking refuge from abuse. But violence is preventable.

To date, efforts to address the crisis of domestic violence have been led by women and women's organizations. The Moose Hide Campaign is inspired by the belief that men and boys also need to take action to end violence and develop a culture of healthy masculinity.

All Canadians are invited to wear and share moose hide pins, join the gatherings and fast for Moose Hide Campaign Day on May 12, 2022. It's easy and free to participate, with ready-made resources and support to launch a campaign in your community, organization or school. Throughout the coronavirus pandemic, we're encouraging our supporters to take appropriate safety measures whilst campaigning.

# SENIOR SOCIAL

## ELDERS 55+



Dates: Thursday May 5, 2022

Thursday May 19, 2022

Thursday May 26, 2022

Time: 1:15 pm - 3:15 pm

Place: First Line Basement

Snacks, tea & coffee will be provided!

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

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

## 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 May 10, 2022 between 10:00 am - 11:00 am

### Banana Oatmeal Walnut Cookies

Dates to sign up by:  
Thursday May 5, 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.

## Elder's (55+) Spring Wreath

### Spring Wreath

Date of Activity: Tuesday May 17, 2022

Time: 1:00 pm to 3:00 pm

Place: Dome

Sign up date: Wednesday May 11, 2022

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



## SENIOR SOCIAL CRIB TOURNAMENT & YAHTZEE



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

Activity: Crib Tournament & Yahtzee

Time: 10:00am to 2:00pm

Place: Community Hall

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

You must call Shelly 819-627-9877 to register for the Crib Tournament before Thursday May 5, 2022 @ 12:00pm

Seats are limited !! Prizes to be won !!

Public Health Protocols will be in place.

We hope to see you there!

# Meals On Wheels

## Meals on Wheels Dates for May

Wednesday May 4th ... Delivery between 2 - 3 pm  
 Wednesday May 18th ... Delivery between 2 - 3 pm

## Meals on Wheels Dates for June

Wednesday June 1st ... Delivery between 2 - 3 pm  
 Wednesday June 15th ... Delivery between 2 - 3 pm  
 Wednesday June 29th ... 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.

## 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: MICHELL 819-627-9060

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



## 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 !!**



## Community Kitchen

**ON THE MENU:**  
Grilled Mexican Corn Chipotle  
and Kabobs

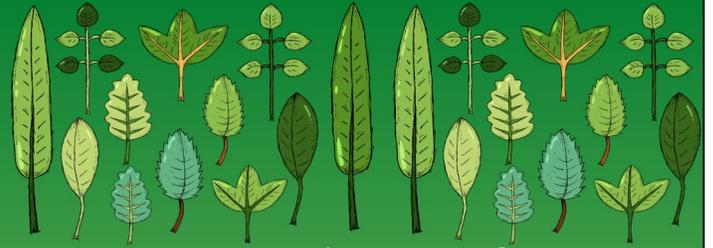


**Tuesday May 17, 2022**

Deadline to register: Wednesday May 11, 2022

4:30 PM - 6:30 PM at the Dome !!

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



## Family Night:

### Nature Crafts

Thursday, May 19th  
6:00 pm - 8:00 pm  
At the Community Hall

Families will meet at the hall to choose their craft, then will go on a scavenger hunt to look for the materials (some materials will be provided).

Then we will meet back at the hall to finish the nature art.

- clay impressions - sun catchers
- picture frames - wall hanging etc.

Snacks and water/coffee/tea will be available.

For more info and/or to sign up call  
Darlene @ 819-627-9877

## YOUTH ACTIVITIES FOR THE MONTH OF MAY

**Youth - Ages 10 to 17**

### Beading By Number

Date of Activity: Wednesday May 11, 2022 @ 5:00 pm

Sign up Date: Monday May 2, 2022 @ 4:00 pm

Place: Meet at the basement of First Line Services

### Cooking at the Dome

Date of Activity: Wednesday May 25, 2022 @ 5:00 pm

Sign up Date: Monday May 16, 2022 @ 4:00 pm

Place: Meet at the Dome

To sign up or if you have questions regarding these activities please call Sheila @ 819-627-9877 or message us on Facebook.

Masks will be mandatory indoors and all sanitary measures will be in place.

## 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 MAY

May 9th and May 24th

DATES FOR JUNE

June 6th and June 20th

Coffee/tea & snacks provided.



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



### ICE & POOL RENTAL 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.

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

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

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

## Kebaowek First Nation



### Food Bank Schedule

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

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



## Community Breakfast

**Thursday,  
May 26th**

**6:45 am - 9:00 am  
at the  
Community Hall**



**Phelps Bus: Pick-Up @ 7:25 outside hall**

**Temis Bus: Pick-Up @ 7:40 outside hall  
(1st run)**

**Temis Bus: Pick-Up @ 8:40 outside hall  
(2nd run)**



### Theme: Men's Health

70 percent of Canadian men have 2 or more unhealthy habits, and 80 percent are stressed. That means many men are on track for getting chronic diseases and living a lower quality of life.

**More information will be available at the breakfast!**

Passports are not required however you must still wear a mask.

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

# Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Sewing Class	4 Meals on Wheels	5 Senior Social Knitting Class	6	7
8 Mother's Day	9 Baby & Me	10 Snack Time for Elders Sewing Class	11 Senior Social Crib/Yatzee Tournament Youth Activity Radio Bingo	12 Moose Hide Campaign Awareness Activity Knitting Class GARBAGE	13 Cultural Gathering at Brennan Lake	14 Cultural Gathering at Brennan Lake
15	16 Full Moon ceremony	17 Elder's Spring Craft Community Kitchen Sewing Class	18 Meals on Wheels	19 Women's Health Clinic Senior Social Family Night Knitting Class RECYCLE	20	21
22	23 KFN Offices are closed for Victoria Day	24 Baby & Me Sewing Class	25 Women's Health Clinic Youth Activity	26 Community Breakfast Senior Social Knitting Class GARBAGE	27	28
29	30 Wear Your Orange Shirt Today	31 Sewing Class	<b>MAY 2022</b>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JUNE 2022</b>			1 Meals on Wheels	2	3	4
5	6 Baby & Me	7	8	9	10	11
12	13	14	15 Meals on Wheels	16	17	18
19 Father's Day	20 Baby & Me	21 KFN Offices are closed Indigenous Peoples Day	22	23	24 KFN Offices are closed for St Jean Holiday (Thursday PM & Friday AM))	25
26	27	28	29 Meals on Wheels	30 Wear Your Orange Shirt Today		