

# Kebaowek First Na-

Adikameg Kizis / November 2022



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## An Update from the Chief

In this month's article I want to be brief and provide an update on a couple of important files, those which have a direct impact on our rights and title. The one project that has been causing us great concern was the Rare Earth Project originally developed by Matamic. The claims were then sold to Quebec Precious Metals who partnered with Vital Metals and Cheetah Resources to redevelop this project. We met with Cheetah Resources last fall at their request as they wanted to present us their vision for realizing this project as they claimed it would be a less impactful process. Following their presentation, we made it crystal clear that we would never support this project and we articulated why we would continue to oppose it. First and foremost, its proximity to the Kipawa River and our water source makes this project an automatic no go, there is no way to mitigate possible contamination of the Kipawa River. The location of this project is right in the heart of our territory, many of our families call this area home, the homesteads, remnants of the past and continued use and occupancy by our members remind us how important and significant this area is to the community and that it must be protected. All that to say that in the last two weeks, we received a notice from Cheetah Resources saying they are abandoning the Rare Earth Project and partnership with Quebec Precious Metals as a result of the resistance and position we've taken as a Council on your behalf. Please read the article that follows my update. This does not mean this battle is over, far from it, Quebec Precious Metals is already looking for a new partner and it won't be long and they will find one for sure as both Canada and Quebec have prioritized the development of these types of mines to meet the growing need for these minerals in electric cars, batteries, magnets and electronics. We have won the battle but the war to develop this mine however we will continue our fight and we will need to remain vigilant and be ready.

The other huge file is the nuclear file, the time and effort we have put into this is huge. We all know that Chalk River is a nuclear facility and we also know it has been leaching radioactive waste into the Ottawa River for decades but more recently they have begun the process of developing two additional projects that are causing us great concern. They want to build a Near Surface repository to store and bury low level radioactive waste from all over the country. This proposed repository will be built on site and very close to the River and surrounding marshland and poses a significant threat to the River. We are opposed to this project for that reason and for the fact that what they call low level waste is really radioactive for hundreds of years and not only poses a risk today but will always pose a risk for many generations, we have many indigenous and non-indigenous allies in this file as no one's wants a nuclear dump in their backyard. The other project they want to build at Chalk River is a new nuclear power plant called a Small Modular Reactor, an untested and

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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 ...

unproven technology that's supposed to revolutionize power supply and they call it green energy. The problem again with any nuclear project is the radioactive waste that is created with no place to store it and not to mention the impacts that will be created by mining that is needed to get the uranium, copper and other metals used in the nuclear industry out of the ground and processed. Everyone is trying to sell this as green energy but I wish they'd invest a billion dollars into solar and wind power than waste it developing this new nuclear power plant. We are currently preparing a submission that we will present early in 2023 outlining our reasons for opposing the project and indicating to them how these projects impact our rights and our Nation's unceded lands. There is no such thing as a good nuclear project no matter what they tell us period.

The other major issue impacting our rights is the Algonquins of Ontario and the Metis Nation who are claiming rights and negotiating land claims to the detriment of our community and Nation. We have asked our legal counsel to develop a proposed legal intervention in Ontario Superior Court challenging the validity of the claims being made by these two groups who claim they have the same rights and territories as we do. We are sick and tired of these groups pretending to be the spokespeople for the Algonquin and that Quebec communities are being pushed aside as a result. This is not just a community issue, this is a Nation issue and we are working with our fellow communities to

map out a strategy. We have sent many letters these past months to Ministers outlining our concerns and the responses we have received are frustrating us even more as they are unwilling to address the issue of "pretendindians" so our only option is a legal one.

Finally, I need to recognize a local business in Temiscaming that did in my opinion something worth acknowledging. As you know September 30 was National Day for Truth and Reconciliation or Orange shirt day and there was a business that approached us with a proposition. They would sell orange t shirts and the proceeds would be given back to the community. This business was Antonio's Kids Boutique and true to their word, they sold the t-shirts and gave the community the proceeds totalling \$505.00. I just want to personally say thank you to the owners for this wonderful gesture and how much we appreciated their understanding and significance of this day. I've also been told that if you are looking for good quality children's clothes at reasonable prices, you just might want to stop in at Antonio's to say hello and see their selection for yourself.

In closing, I want to congratulate all the successful hunters and for those still hunting, you have time to get it done.

Chief Lance Haymond

## Article Taken from the FINANCIAL POST.COM

### **Australian miner bails on Quebec rare earth projects amid First Nation resistance**

*Vital Metals bills itself as Canada's first rare earth producer and decision to ditch projects could be significant*

Australia's Vital Metals Ltd. walked away from two Quebec-based projects earlier this week due to objections from the Kebaowek First Nation, the latest evidence that maximizing Canada's potential to be a player in the energy transition will require a more sophisticated relationship with Indigenous communities.

The Sydney-based company had signed an \$8-million agreement with Montreal-based Quebec Precious Metals

Corp. (QPM) in August last year to acquire 68 and 100 percent interests in the Kipawa and Zeus rare earth projects situated in Quebec's Témiscamingue region, about 90 kilometres northeast of North Bay, Ont.

But Vital said on Oct. 10 that the deal would not go ahead because it wasn't "satisfied" with the Quebec company's "ability to progress its understanding of the Kipawa (Kebaowek) First Nation's stated objection to the projects

and to determine whether support from the First Nation can ever be obtained.”

Justin Roy, Kebaowek First Nation’s economic development officer, said that the Zeus and Kipawa projects were situated near Brennan Lake, which he described as the “heart” of the community, as the area was home to a significant population prior to the early 1970s.

“We understand the need for rare earths in today’s world, and also understand the technology to extract these materials has ... become less impactful,” said Roy. “(But) for Kebaowek to get behind a mining project that would largely impact the location of where our community came from is just a non-starting point.”

Roy added that the sites of the projects were located on the Kipawa river, which is “the main water entry point” for Lake Kipawa, a water body that the Kebaowek community and Wolf Lake First Nation depend on for drinking water.

“The possibility for contamination of our waters, is also a big non-starting point for us,” said Roy.

QPM’s CEO Normand Champigny said in a press release that he expects to receive other offers for the company’s non-core projects. “With the current market conditions for rare earth projects, we expect that we will receive further expressions of interest for these projects,” he said.

Prime Minister Justin Trudeau’s government allocated more money in its latest budget to develop projects dealing with rare earths and other critical minerals such as nickel and lithium, as it looks to build a battery eco-system to support the production of electric vehicles. The government also is looking into ways to speed up the development of mines, some of which take up to 15 years to build.

But activists say governments must also focus more on the relationships these projects have with Indigenous groups for it to meet its goals. “The kind of conflicts that we are seeing, Indigenous communities don’t necessarily want to stop mining, but they do want a say in how it happens and where,” said Jamie Kneen, who co-leads operations at Mining Watch Canada, an Ottawa-based non-profit.

“We have heard industry voices over the years saying they understand this and some of them are working towards that. Others may be less diligently,” Kneen said.

The Ring of Fire project, situated in northern Ontario’s James Bay lowlands, about 500 kilometres from Thunder

Bay, is another example where authorities have faced resistance from Indigenous groups.

Ontario has described the Ring of Fire as one of the most promising regions for developing critical minerals, and Premier Doug Ford’s government hopes to build an all-season road into the area to make mining easier.

While the First Nations of Marten Falls and Webequie support the move and are currently conducting environmental assessments for the planned roads, some of the other First Nations in the area, including Neskantaga, Attawapiskat and Fort Albany, oppose construction and have asked for a clearer picture of the impacts of mining on the region’s environment before the project progresses.

Vital Metals brands itself as Canada’s first rare earth producer, thanks to its Nechalacho mine in the Northwest Territories. The company’s decision to bail on its agreement with QPM could prove to be a crucial development, as analysts expect a major crunch in rare earths in the coming years.

“It has become evident to Vital that, given the excellent potential of the assets it currently holds, proceeding with the acquisition would divert funds from its current high priority Nechalacho project construction,” Vital said in a press release, adding that the development of the Kipawa and Zeus projects would not have occurred for “several years.”

Rare earths are a group of 17 naturally occurring metallic elements often found together in the earth’s crust. The demand for them, specifically neodymium, praseodymium and smaller levels of dysprosium and terbium, has increased in recent years as they are needed to manufacture electric vehicles and wind turbines.

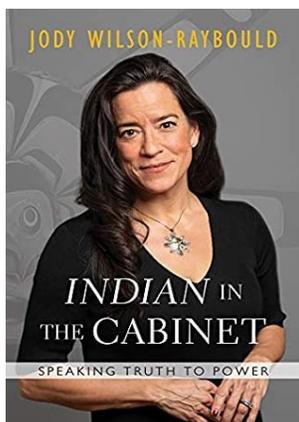
Adamas Intelligence, a research firm, expects a major neodymium-praseodymium oxide shortage by 2035 and estimates the commodity will triple in value by then. Ryan Castilloux, the research group’s founder, in June said China, the world’s biggest producer of magnet rare earth oxides, could stop exporting the minerals within the next decade to meet its own demand.

Despite the high demand, there are few producers outside of China. A number of junior Canadian miners though are exploring rare earth properties, and for these projects to be a success in the future, analysts like Kneen are calling for better relationships with indigenous groups.

As he puts it: “Unless, all those issues are taken into consideration, there is a real risk that all of the political plans are really not going to come to fruition.”

## Indigenous Content Books are now available to borrow from the Education Department

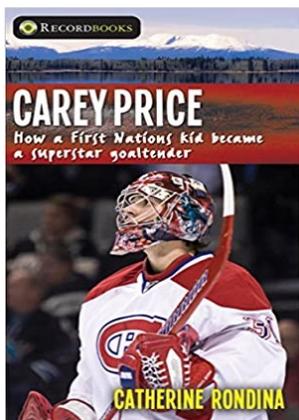
If you are interested in reading any of these books for yourself or if your children are interested in any of these books, please call Rose at 819-627-3455 to make arrangements to borrow them for your reading pleasure. Every month 3 books available to borrow will be highlighted.



### ADVANCED READERS / ADULT “AN INDIAN IN THE CABINET”

A compelling political memoir of leadership and speaking truth to power by one of the most inspiring women of her generation. Jody Wilson-Raybould was raised to be a leader. She was inspired by the example of her grandmother, who persevered throughout her life to keep alive the governing traditions of her

people. And as the daughter of a hereditary Chief and Indigenous leader, Wilson-Raybould always knew she would adopt leadership roles and responsibilities. But she never anticipated these roles would take her from her community of We Wai Kai in British Columbia to Ottawa as Canada’s first Indigenous minister of justice and attorney general in the Cabinet of then newly elected prime minister Justin Trudeau. Wilson-Raybould’s experience in Trudeau’s Cabinet reveals important lessons about strengthening our political institutions and culture, and making the changes necessary to confront challenges like racial justice and climate change.

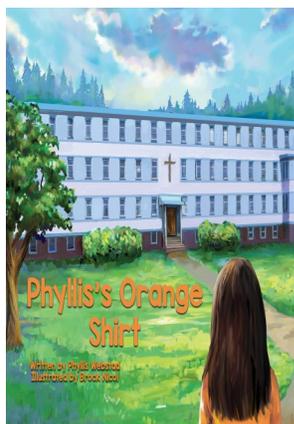


### INTERMEDIATE READERS / YOUTH “CARY PRICE HOW A FIRST NATIONS KID BECAME A SUPERSTAR GOALTENDER”

Twenty years ago, Carey Price was flying hundreds of miles across the country so he could play on the nearest organized hockey team. Today, he is the highest-paid goalie in the NHL. But he’s never forgotten where he started.

The son of an NHL draftee and the chief of the Ulkatcho First Nation, Carey got his start on skates as a toddler. The natural athlete went on to become the top amateur player in Canada in 2002, getting drafted

fifth overall by the Montreal Canadiens three years later. Now one of the most recognizable figures in hockey, Carey credits his success to his community of Anahim Lake, where hard work and commitment often face off against remoteness and cost. Throughout his incredible career, he’s taken every opportunity possible to encourage all young people, especially those who share his Indigenous background, to follow their dreams.



### BEGINNER READERS / CHILDREN “PHYLLIS’S ORANGE SHIRT”

Phyllis's Orange Shirt is an adaptation of The Orange Shirt Story which was the best selling children's book in Canada for several weeks in September 2018. This true story also inspired the movement of Orange Shirt Day which could become a federal statutory holiday. When Phyllis

was a little girl she was excited to go to residential school for the first time. Her Granny bought her a bright orange shirt that she loved and she wore it to school for her first day. When she arrived at school her bright orange shirt was taken away.



# Kebaowek Land Management ... Spotlight on Conservation

Kebaowek First Nation hosted a big Algonquin Land Back gathering and major feast on Fitzpatrick Island on September 1, 2022, to celebrate the acquisition. A sizable donation from Krueger Products helped finalize the purchase of Fitzpatrick Island this year. Kebaowek First Nation is working with the Nature Conservancy of Canada toward an official Algonquin Aki-Sibi (earth-river) Indigenous Protected Conservation Area (IPCA) for the island. The first of its kind in the Province of Quebec. IPCAs Indigenous Protected Conservation Areas are Indigenous-led conservation projects with Indigenous laws, governance, and knowledge systems at their core.

The pileated woodpecker is North America's largest species of woodpecker. Known as papase in Algonquin it can forage in a variety of habitats but is usually considered a bird of mature forests where large trees provide nesting and roosting and foraging sites. This woodpecker is male as only the males have the red moustache. The photo was taken on Fitzpatrick Island this fall by Clark Smylie, a carpenter working on the repairs for the cabin onsite. Fitzpatrick Island is located in the Ottawa River near

Pembroke between Ontario and Quebec and sits on Canada's largest underwater cave system making it a haven for many aquatic and terrestrial species.

An article on Kebaowek's Algonquin lead on this project and more information can be seen in this month's Canadian Geographic Spotlight on Conservation.

**Link:** <https://canadiangeographic.ca/articles/spotlight-on-conservation-fitzpatrick-island-quebec/> or reach out to Justin Roy, Kacie McLaren, and Perry Mongrain at Kebaowek Lands and Resources for more information. Also a big meegwetch to Canadore College environmental technician co-op student Tyler Sparling for helping out with the conservation planning and mapping on the island this fall. Our technical team has discovered this island home to wolves, Thunderbirds, ancient fossils, and possible graves making it a very special place for Algonquin Anishinaabeg conservation. Also, if this is something that interests you and you'd like to visit this sacred place please contact [kmclaren@kebaowek.ca](mailto:kmclaren@kebaowek.ca) or Yogi for a tour next spring.



Pictured above - Margaret Atwood with Maggie Wawatie and Cecil Ratt of Algonquins of Barriere Lake boating Fitzpatrick Island event September 01, 2022. Picture top left - Papase. Picture Bottom left - Fitzpatrick Island Scenery. Photo Credits Kerrie Blaise

# FYI

## My Service Canada Account (MSCA)

The application offers several benefits for EI clients:

- View information on a current and previous EI claim.
- Update personal information
- Submit documents to settle an EI claim.

Here is a list of the main documents that can be uploaded to the file:

- Medical certificates (illness, caregiver, compassionate, etc.);
- Information related to your employment (records of employment, reason for termination, pay stubs);
- Proof of identity (birth certificate, passport, driver's license, etc.);
- Authorization from a third party.

## Overpayment and Recovery for CERB

Due to the pandemic, the Government of Canada had suspended overpayment recovery activities. As of March 21, 2022 activities have resumed. Clients with a debt can contact the CRA collection office to make a repayment arrangement. If there is no agreement the EI benefits will be deducted by 50% from the EI benefits payable.

### Overpayment and Recovery Units / Repayment Agreement

1-866-864-5842 (toll free in Canada and the United States)

## Advance payment of the Canada Employment Insurance Emergency Benefit (CERB)

Clients whose applications were finalized prior to June 15, 2020 received an advance lump sum payment of \$2,000. This was equivalent to 4 weeks of benefits that would be paid later in the application. In order, for the advance to be considered recovered, the client's reports must have been completed for the weeks involved. Overpayment letters have been issued, as a result, of an advance payment reconciliation exercise.

If a client has additional information to provide that could change the decision and affect the amount, they should contact the 1-800-808-6352 call center. The client also has the right to request a formal review. Requesting an Employment Insurance Review - Canada.ca . Sometimes it is sufficient to simply take the client's reports for the weeks covered by the \$2000 advance payment.



## REGION OF NORTHWESTERN QUEBEC

### Attention • Notice

IMPORTANT UPDATE - OCTOBER 10, 2022

NUMBER OF INSURED HOURS REQUIRED TO QUALIFY FOR REGULAR BENEFITS: **700**

MINIMUM NUMBER OF WEEKS PAYABLE FOR REGULAR BENEFITS: **14**

MAXIMUM NUMBER OF WEEKS PAYABLE FOR REGULAR BENEFITS: **36**



Rayonier Advanced Materials (RYAM) is pleased to offer a scholarship program to support local students pursuing a career in pulp and paper or other relevant field.

The program is designed to support students enrolling at a university, college/cégep in a relevant full-time engineering, technical or skilled trade program. The scholarship provides successful applicants with a financial scholarship of up to \$10,000 over four years and a paid summer work internship in one of its facilities.

#### PROGRAM DETAILS AND REQUIREMENTS

The program is for students attending or who have attended a high school that is within a 160 km radius of a RYAM Canada facility, children of employees or students from an Indigenous community within a RYAM activity area. **In Québec, our facility is in Temiscaming.**

Scholarship recipients will be selected by an appointed committee that will review the eligible applications and jointly select successful candidates.

#### University Applicants

4 Scholarships\* of \$10,000 over 4 years (\$2,500/year) will be awarded to successful applicants attending university in a relevant full-time engineering (chemical, industrial, mechanical, electrical or environmental) or related program

#### College or CÉGEP Applicants

4 Scholarships\* of up to \$3,000 (\$1,000/year for up to 3 years depending on program length) will be awarded to successful applicants attending college or cégep in a full-time relevant technical or trade program (electrical, industrial mechanics, pipefitter, instrumentation, welding, stationary engineer, heavy equipment, environmental/lab technician) or other relevant field.

\*1 Scholarship will be awarded to an applicant from an Indigenous community within a RYAM activity area.

#### APPLY ONLINE

Applications will be accepted until January 5, 2023, through the online portal at: <https://aim.applylists.net/RyamCA> Program Key: RYAMCA

[www.RYAMglobal.com](http://www.RYAMglobal.com)

# For Your Safety ... Winter Tires

From December 1 to March 15, your vehicle must be equipped with four winter tires that meet established standards and are in good condition. Depending on the Québec region in which you live, it might be preferable to have your winter tires installed before December 1 and keep them on your vehicle after March 15.

## WINTER TIRES: MANDATORY FROM DECEMBER 1 TO MARCH 15 INCLUSIVE

From December 1 to March 15 inclusive, all motorized road vehicles registered in Québec (other than heavy vehicles, tool vehicles and farm machinery) must be equipped with winter tires.

This requirement also applies to rental passenger vehicles in Québec, as well as mopeds, motorized scooters and motorcycles.

**IF YOUR VEHICLE IS NOT EQUIPPED WITH WINTER TIRES BETWEEN DECEMBER 1 AND MARCH 15 INCLUSIVE**  
The fine varies from \$200 to \$300, plus costs.

## WINTER TIRES REQUIREMENT: A FEW EXCEPTIONS

The winter tires requirement does not apply:

- for the first 7 days following the purchase of a vehicle from a dealer
- for the last 7 days before the end of a lease of 12 months or more
- to vehicles with dealer plates (X plates)
- to vehicles with a temporary registration certificate (transit), for a period of up to 7 days after the certificate was issued
- to motor homes
- to the spare tire of a vehicle
- to motorcycles used as emergency vehicles
- to vehicles for which a winter tire exemption certificate has been issued

## WHY ARE WINTER TIRES MANDATORY?

To provide better traction and grip

As soon as the temperature drops below 7°C, or when there is ice or snow on the road, the rubber compound of summer

and all-season tires hardens and loses its grip. Moreover, the treads on summer and all-season tires are not designed to hold snow like those on winter tires. The snow held in the treads of winter tires helps improve their traction and grip.

Since we can generally expect such weather conditions before December 1, it is highly recommended that you equip your vehicle with winter tires before this mandatory deadline.

The rubber compound of winter tires is designed to grip the road

The rubber compound of winter tires is specially designed to meet certain flexibility criteria in temperatures as low as -40 °C, which means better grip on the road surface.



**Official Pictogram for Winter Tires**  
Since December 15, 2014, only tires on which this pictogram is found and studded tires are considered winter tires under the Highway Safety Code.

## CHECK THE TREAD DEPTH OF USED WINTER TIRES

For better traction, the tread depth of your tires should be at least 4.8 mm (6/32 in) across the entire width of the tire when they are installed.

Such a tread depth generally allows you to use your tires safely if you need to drive on a snowy roadway. However, if you use your tires over long distances during the winter months, pay particular attention to their condition - vehicle traction can decrease quickly once treads get worn down to that point.

## CHECK THE DATE THE TIRES WERE MADE!

Be sure to check the date the tires were made, especially when you are buying them.

The tread on older tires is harder and less effective on snow and ice.

**How to find the date a tire was made ...** On the tire wall, find the DOT identification number that ends with a 4-digit number. For example, 3613 means that the tire was made in the 36th week of 2013.

**STUDED TIRES AND CHAINS:  
AUTHORIZED BETWEEN  
OCTOBER 15 AND MAY 1 INCLUSIVE**



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TEL: (819) 627-3455

[www.kebaowek.ca](http://www.kebaowek.ca)

FAX: (819) 627-9428

**JOB OPPORTUNITY \* JOB OPPORTUNITY \* JOB OPPORTUNITY**

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

**Economic Development Officer**

**Deadline to Apply:** Friday, December 2, 2022, 12:00 p.m.  
**Duration:** Full time indeterminate with a 6-month probation period  
**Start Date:** Upon successful candidate interview process  
**Place of Work:** Kebaowek First Nation (KFN)  
**Salary:** According to KFN Salary Scale

**Summary:**

Under the direction of the Director, Economic Development, and in accordance with the policies, orientations and priorities adopted by KFN, the Economic Development Officer is responsible for promoting economic development and business ventures by KFN band members and KFN owned businesses; carries out support-related research and functions for KFN member/band business ventures and organizes business development workshops and seminars; develops funding proposals and Request for Proposals (RFP's); and meets with KFN members and the band to assist them with their business plans.

**Mandatory Requirements:**

- University Degree OR College Diploma in Business Administration, Commerce, Marketing or Economics and/or
- Extensive experience in the field of economic development may replace formal education requirements and/or
- Experience in market studies, development of business plans, business administration, marketing.
- Experience with the internet, e-mail as well as the following software applications; Word, Excel, Publisher, Outlook, Power Point, etc.

**Working Conditions:**

- Must not possess any criminal convictions in an area related to the job and must undergo a screening process (Criminal records check).

- Must possess a valid Quebec driver's license and access to a legally registered and insured vehicle.
- Proof of COVID vaccination required.
- Ability to work irregular hours.

**Knowledge, Skills and Abilities Required:**

- Ability to ensure response and documentation timelines are met.
- Ability to multi-task and prioritize work to be completed.
- Ability to write reports and requests for proposals.
- Knowledge of the Algonquin culture and communities.
- Knowledge of French and of the Algonquin language will be considered an asset.

**Incomplete applications will not be considered. Only those pre-selected for an interview will be contacted. Please send your curriculum vitae, supporting documents and two (2) recent employment references by Friday, December 2, 2022 at noon by mail, e-mail or by fax, to:**

Kebaowek First Nation  
110, rue Ogima  
Kebaowek (Québec) J0Z 3R1  
Tel: (819) 627-3309 Fax: (819) 627-9428  
e-mail: [roy@kebaowek.ca](mailto:roy@kebaowek.ca)

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



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

TEL: (819) 627-3455

www.kebaowek.ca

FAX: (819) 627-9428

**JOB OPPORTUNITY \* JOB OPPORTUNITY \* JOB OPPORTUNITY**

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

**Human Resource Advisor**

**Deadline to Apply:** Friday, December 2, 2022, 12:00 p.m.  
**Duration:** Full time indeterminate with a 6-month probation period  
**Start Date:** January 2023  
**Place of Work:** Kebaowek First Nation (KFN)  
**Salary:** According to KFN Salary Scale

**Summary:**

Currently under the direction of Chief and Council, and in accordance with the policies, orientations and priorities adopted by Kebaowek First Nation (KFN), the Human Resource Advisor is responsible for the coordination of KFN Human Resources services. He or she will provide human resources advice and support to the KFN Chief and Council, Directors, Supervisors and Employees. They will support the staffing and recruitment process, employee performance evaluations and serve as the primary resource for the employee assistance and benefits program. The incumbent will support the implementation of policy and procedures of KFN and assist in developing and updating job descriptions. They will monitor internal labour standards compliance and verification; develop human resource initiatives to improve operations; conducts research and analysis of best practices and guidance for labour related decisions made by superiors.

**Mandatory Requirements:**

- Bachelor's Degree in Human Resources management, Industrial Relations or other significant related field.
- 5 year's experience in human resource administration or human resource development.
- Knowledge of Microsoft 365 and excellent skills related to using technologies (web, social media, recruitment platforms, etc.).

**Working Requirements:**

- Must not possess any criminal convictions sensitive to

the position and must produce a recent Criminal Records Check.

- May require to work outside normal office hours
- Proof of COVID vaccination required.

**Knowledge, Skills and Abilities Required:**

- Initiative and ability to work independently and within a team.
- Strong written and verbal communications in English, with French being an asset.
- Professional tact and diplomacy are essential.
- Good analytical and continuous improvement mindset.
- In depth knowledge of labor law and HR practices.
- Knowledge of the Algonquin culture and language will be considered an asset.
- Strong sense of ethics and respect for confidentiality

**Incomplete applications will not be considered. Only those pre-selected for an interview will be contacted. Please send your curriculum vitae, supporting documents and two (2) recent employment references by Friday, December 2, 2022 at noon by mail, e-mail or by fax, to:**

Kebaowek First Nation  
110, rue Ogima  
Kebaowek (Québec) J0Z 3R1  
Tel: (819) 627-3309 Fax: (819) 627-9428  
e-mail: [jroy@kebaowek.ca](mailto:jroy@kebaowek.ca)

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FAX: (819) 627-9428

**JOB OPPORTUNITY \* JOB OPPORTUNITY \* JOB OPPORTUNITY**

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

**Language Coordinator**

**Deadline to Apply:** Friday, December 2, 2022, 12:00 p.m.  
**Duration:** Term to March 31st, 2014 (with possibility of extension)  
**Start Date:** Upon successful candidate interview process  
**Place of Work:** Kebaowek First Nation (KFN)  
**Salary:** According to KFN Salary Scale

**Summary:**

Under the direction of the Director, Economic Development, and in accordance with the policies, orientations and priorities adopted by KFN, the Language Coordinator is responsible for the "Reconnecting with our Algonquin Language" project; developing an Algonquin language strategic plan; delivering language classes, providing a rotation of cultural activities and developing and delivering language and curriculum.

**Mandatory Requirements:**

- High school or equivalent.
- Experience in the development and delivery of language instruction and curriculum.

**Working Conditions:**

- Must not possess any criminal convictions in an area related to the job and must undergo a screening process (Criminal records check).
- Must possess a valid Quebec driver's license and access to a legally registered and insured vehicle.
- Proof of COVID vaccination required.
- Ability to work irregular hours.

**Knowledge, Skills and Abilities Required:**

- Initiative and ability to work independently and within a team.

- Professional tact and diplomacy are essential.
- Accuracy and attention to detail are essential.
- Knowledge of the Algonquin culture and communities.
- Ability to speak Algonquin language will be considered an asset.

**Incomplete applications will not be considered. Only those pre-selected for an interview will be contacted. Please send your curriculum vitae, supporting documents and two (2) recent employment references by Friday, December 2, 2022 at noon by mail, e-mail or by fax, to:**

Kebaowek First Nation  
110, rue Ogima  
Kebaowek (Québec) J0Z 3R1  
Tel: (819) 627-3309 Fax: (819) 627-9428  
e-mail: [jroy@kebaowek.ca](mailto:jroy@kebaowek.ca)

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



**KEBAOWEK CULTURAL CENTER**

We are beginning the process of designing exhibits for the new Kebaowek Cultural Center.

Do you have stories, photos, objects, or artifacts that might help us in designing exhibits and telling our stories?

We are interested in anything that will help tell our history from time immemorial to present day. Photos or stories or objects from villages, homes, outdoors, people gathering, people working, people making things... anything that helps us bring the history of the Kebaowek community to life.

**The Double Dare Design team will be in the community November 8 – 10th to do research. If you are interested in discussing more or sharing please contact us.**

For more information or to get involved, please contact

Verna Polson – Cultural Coordinator  
Ph: 819-627-3309 Email: vpolson@kebaowek.ca

Justin Roy – Economic Development Officer  
Ph: 819 627 3309 Email: jroy@kebaowek.ca



**NOVEMBER 7TH - 10TH**  
**KEBAOWEK COMMUNITY HALL**  
**9:00 AM - 8:00 PM**

**NIN is a nomadic exhibition that honors the Anicinabemowin and inspire interest and pride in the Anicinabe identity, language and ancestral heritage among Anicinabek youth.**

*Traditional Full Moon Ceremony*



*with Stephanie McMartin*

Tuesday November 8th, 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

## HANDICRAFT SEWING CLASS

TUESDAY EVENINGS  
6:00 PM - 8:00 PM

AT THE ELDER'S BUILDING  
STARTING TUESDAY OCTOBER 18TH

FOR ALL BAND MEMBERS AGED 12+

School-age youth get their material for free.  
Adults, the costs vary depending on materials  
needed for projects.  
Handicraft supplies can be purchased from us.

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

Instructor - Lynda Chevrier

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

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

PAINT NIGHT WITH LOCAL  
ARTIST JOANNE ABBOTT

THURSDAY NOVEMBER 17TH  
6:00 PM - 9:00 PM



We will be painting  
an Indigenous Shawl  
Dancing Woman

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

PLEASE CONTACT ROSE  
JAWBONE 819-627-3455  
FOR MORE INFO

OPEN TO ALL  
KEBAOWEK BAND  
MEMBERS 12+



## KNITTING CLASSES

NOW THE SAME NIGHT AS  
HANDICRAFT SEWING CLASSES

EVERY TUESDAY EVENING  
6:00 PM - 8:00 PM AT THE ELDER'S BUILDING  
STARTING TUESDAY OCTOBER 18TH !!

FOR ALL BAND MEMBERS AGED 12 AND UP

YOU MUST BRING YOUR OWN MATERIALS

INSTRUCTOR - LYNDA CHEVRIER

FOR MORE INFO PLEASE CONTACT  
ROSE JAWBONE AT 819-627-3455



## Every Child Matters

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

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

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

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



**CKFF 104.1**  
**Drumbeat**  
THE HEART OF KEBAOWEK

Package includes multiple games and  
**\$1000 JACKPOT**

LIVE ON 104.1 FM  
**RADIO BINGO**  
EVERY SECOND WEDNESDAY

Bingo cards are on sale at  
Lakeview Store,  
Migizy Gas, Stop 102,  
Depanneur Dandy's, &  
Station Centre-Ville

TUNE IN AT  
7:00 P.M.  
Price: \$20.00



**CKFF 104.1**  
**Drumbeat**  
THE HEART OF KEBAOWEK

**RADIO BINGO**  
GIFT CERTIFICATES

Drumbeat now has  
gift certificates available for  
radio bingo  
**\$20.00 each**  
Good for one radio bingo package

You can purchase gift certificates at:  
Drumbeat Radio (cash only), Migizy Gas,  
and the Kebaowek Band Office

For more information call  
Drumbeat at 819-627-9595



KEBAOWEK FIRST NATION PRESENTS  
**THE 3RD ANNUAL**  
**Christmas PARADE**

**NORTH POLE**

**1 DEC**

*Save the Date!*  
**Starts at 6:00 pm**  
**Watch for more info !!**



KEBAOWEK FIRST NATION  
**CHASE THE ACE**  
WEEKLY DRAW

50% OF SALES WILL BE ALLOCATED TO REPAIR THE OLD SCHOOL IN HUNTERS POINT  
30% OF SALES WILL GO TO THE PROGRESSIVE  
20% OF SALES WILL GO TO BI-WEEKLY WINNER

14th Draw is on Wednesday November 9th  
Progressive Prize \$6637.00 +  
Weekly prize to be announced !!

TICKETS CAN BE PURCHASED AT:  
LAKEVIEW - MIGIZY GAS - BAND OFFICE  
OR FROM LYNN GRANDLOUIS,  
VERNA POLSON & TINA CHEVRIER  
Ticket sales start November 2nd until  
November 8th at noon! No exceptions!

\$ 5.00/ TICKET

## Community Wishes



Happy Birthday to my son  
Darin who celebrates his  
special day on November 5th !!

Love Mom & Vinny



Happy Birthday to my son  
Stephane who celebrates his  
special day on November 26th !!

Love Mom & Vinny

### A BIG Heartfelt Thank You

I would like to sincerely thank everyone for their purchase of luminaries and monetary donations that I received from the Annual Woody's Walk that was held on October 11th.

This walk was organized in honour of me however it was also meant to remember and honour our other community members, family and friends affected by cancer.

It is very comforting to know that there are so many generous and caring people out there during these hard times.

Thank You to the Kebaowek Health and Wellness Center for this annual event and to the organization crew.

It is all very much appreciated.

Special mention to my daughter Kim and sister Claudette for their undertaking of sales with the luminaries.

Thank You, to everyone including our Youth Group for putting the luminaries out in the field.

I am back home now recuperating after completing radiation treatments in Sudbury in October.

I am recovering well slowly and waiting for positive results from the long tiring journey.

Again a Huge Thank You to all for your prayers, texts, messenger messages & phone calls.

Gail Jawbone



## Kebaowek Police Department

### RECRUITMENT

Are you interested in making a lifetime career in policing. Kebaowek Police is seeking for candidates who are interested in taking the 26 weeks RCMP training in Regina. All expenses for the training will be paid by the Kebaowek Police Department/MSP. **This opportunity will only be until March 31st, 2023 after this date it will no longer be available.** So please take this chance and go for it.

For any information regarding this exciting opportunity of a life time please contact the Police director Nelly Mathias by email at [nmathias@kebaowek.ca](mailto:nmathias@kebaowek.ca) or by calling 819-627-8229/9624.

### CANDIDATE CRITERIA

- Be a Canadian Citizen or have permanent resident status in Canada. Individuals with permanent resident status must have resided in Canada for 3 years out of the last 5 years as a permanent resident;
- Be of good character;
- Be proficient in either of Canada's official language;
- NOT have a criminal record, be charged with a criminal offence or be the subject of a criminal investigation;
- Be 19 years of age;
- Have grade 12 or equivalent from a Canadian educational institution;
- Possess a valid unrestricted Canadian Driver's licence
- Have a Medical Examination to assist in selection of suitability;
- Possess a current (CPR) CARDIOPULMONARY RESUSCITATION and FIRST AID CERTIFICATE;
- Possess a keyboard/typing certificate from an educational institution with a minimum of 18 wpm;
- Have or be in the process of obtaining peace officer status;
- Have Automobile Liability and Commercial General Liability Insurance prior to attending;
- Have completed the PHYSICAL ABILITIES REQUIREMENT EVALUATION test within six months of commencement of training, in the time of 4 minutes 45 seconds, at a 70lb. weight.

## National Home Fire Safety Week

The holiday season is approaching quickly, and with it typically comes many warm and positive thoughts and memories. Unfortunately, the holiday season is also a time where preventable residential fires are rapidly on the rise. November 24 – 30 is National Home Fire Safety Week, and the Canada Safety Council is reminding all Canadians that fire safety should be especially paramount in their minds as part of their holiday planning. It doesn't take much to plan out a course of action if a fire should occur – as well as familiarizing yourself with safety precautions to be taken in the home.

During the holiday season, the fireplace in a centrepiece for family gatherings – and like any home appliance, it should be safe and properly maintained. Ensure the area around the fireplace is free of debris. Debris like holiday decorations and wrapping paper can cause a fire if they are too close to the fireplace.

Fire is often a central element of holiday celebrations, specifically surrounding fireplaces and candles. Open flames can be the catalyst to many problems if not tended to properly.

Watch for the following steps you can take to keep celebratory flames from turning on you.

- Do not leave open flames, including candles and fireplaces, unattended or smouldering.
- Use a screen in front of your fireplace to avoid having sparks or embers flying your way.
- Do not burn wrapping paper in the fireplace. Because of the way it is treated, it burns quickly and intensely which could result in a flash fire.
- Keep candles away from flammable items such as curtains and trees, and ensure your candles stay on a stable, level surface.
- Where possible, use battery-powered candles to avoid the risk of an open flame entirely.

Cooking often accompanies the holiday season as families prepare special meals to mark the occasion. Be sure never to leave your cooking unattended, though, as this is the

leading cause of kitchen fires. Use a timer to act as a reminder that the oven is on.

Should fire catch, never turn on the overhead fan — it could spread the flames. Immediately call the fire department and leave your home if the fire can't be put out quickly.

Ensure that your home is safe from fire this holiday season by following these tips:

- If you're buying a real Christmas tree, be cautioned that dry trees are a fire hazard. Check that the tree is fresh by tapping it on the ground — if needles fall, it's an indicator that the tree is too dry.
- For artificial trees, make sure yours is marked as 'fire-resistant' and bears the Canadian Standards Association label.
- Trees, artificial or real, should be kept away from heat sources including heat registers, fireplaces and floor heaters.
- Metallic tree decorations should be avoided as well, since they could make contact with defective light wiring and become a shock hazard.
- When leaving your home – even for a short period of time – be sure to unplug lights.

It's worth remembering that although the holiday season offers more potential fire hazards, unexpected blazes don't wait until the holidays to strike. Be sure that your smoke alarms are functional all year round. You should have one per level of your house, and replace the batteries twice a year.

The psychological and emotional effects caused by burns from fires can be far reaching for the victim.

**Emergency can strike at any time. Having a plan in place can be a difference-maker in ensuring you and your family are able to get out safely. Are you prepared?**

**"Fire can start in the blink of an eye," said Gareth Jones, President and CEO of the Canada Safety Council. "Preparation is essential. Everyone should know how to get out of their house at a moment's notice because in some cases, a moment's notice is all you will get."**

**Be cautious, be proactive, be safe !!**

# A Message from David McLaren, Health & Social Services Director

Kwe to all Members of Kebaowek First Nation,

The Abitibi-Temiscamingue Region has been sitting a positivity rate of around 10%, of declared Covid cases. We have about 14 people in our hospitals with Covid, however, about 1/3 of them were admitted for the virus and the other 2/3 were initially there for other reasons. Quebec Public Health continues to promote a booster vaccine dose to protect our people from severe illness or death and at the same time, reduce the burden on the healthcare system.

Your Kebaowek Health & Wellness Center participated in the “booster” campaign and can continue to provide you with support to make sure that those who want the booster can get it. We will continue to encourage you all to get your booster shot so you can bring your immune systems defence to an optimum level to fight the Omicron variant. Please be informed that it's not about which booster dose number you receive that matters, for if it has been more that 3 months from your last vaccine or Covid infection, Public Health recommends a booster to stimulate your immune system to be ready to fight against an infection.

For the people between 12 and 30 years old, the Pfyzer Bivalent vaccine is now approved and available in our region. Although most people recover from an infection, some may develop what is known to be “Long Haul Covid” or some other serious consequences. Developing breathing and energy problems along with losing your capacity to taste and smell is not something to ignore especially if it can be prevented by getting your booster.

If you have any questions or require more information about the booster dose against covid-19, please call our Health center and ask to speak to one of our nurses or visit <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/basic-health-instructions>

It's never too late to get vaccinated and it is still very relevant to follow these tips, especially when they also apply for influenza:

- Washing your hands frequently and using hand sanitizer when soap and water are not available.
- Wearing a face mask when you have symptoms
- Coughing in the crook of your elbow
- Wearing masks in public transit or when in close proximity at large venues.

- Self-monitor if you are a close contact of a known positive case.
- Do a Rapid Test if you develop flu like symptoms. Please be aware that many test positive after 48 hrs of the first sign or symptoms relevant to Covid so re-testing after 24 to 48 hrs is recommended if you got a negative on your first test. Please note that we have Rapid Tests available at the Health Center.
- **Self-isolate for 5 days if you test positive for Covid.** If your symptoms improve and no fever for the past 24 hrs, you can go back to essential activities but wear a mask for another 5 days and keep your distance from vulnerable people.

We have had a good response from our population as per the flu vaccine. We have had a few campaigns now and can open up more days should the demand require us to do so. Influenza remains a serious infection especially for those with other chronic illnesses. If you develop symptoms and test negative for Covid, please contact your healthcare provider if your symptoms worsen. Pneumonia is the most common serious consequence from influenza and should be medically treated.

## Meetings Held in October:

- New Health Center Project and ISC
- Certified Indigenous Leadership Training from AFOA with FNHP & FNHMA
- FNHMA Board of Directors
- Onimiki Working Group & Community Consultations, ongoing regular basis.
- CISSSAT CUCI (users committee) CISSSAT Board of Directors, CISSSAT and FN Communities
- First Nations Financial Management Board

## Onimiki File:

- Held an information meeting with members of Kebaowek in late September.
- Re-sent an invitation the Municipality of Kipawa for an information and project status meeting with the hopes of meeting with the mayor and his council before we meet with their population.
- Planning for a open to public information session in

# A Message from David McLaren, Health & Social Services Director

Temiscaming near the end of November. Preparing to form an advisory committee.

- Continuing conversations with Hydro Quebec to build the project parameters

Best of luck to all the trappers out on the territory.  
Please be safe especially on the waters.

David McLaren  
Director of Health & Social Services

## Quotes About Truth and Respect

“The whole concept of treating people with dignity and respect is a concept that isn’t a business concept, it’s a life concept. It’s who you are at the end of the day”  
~ Greg Bregman ~

“If the words don’t add up, it’s usually because the truth wasn’t included in the equation”  
~ Unknown ~

## Get Checked



Blood Pressure



Blood Glucose

## SCREENING CLINIC

Kebaowek Health and Wellness Center

**NOVEMBER 30TH  
STARTING AT 1:00 PM**

**BY APPOINTMENT ONLY**

PLEASE CALL JENNIFER KING AT THE  
HEALTH CENTER TO BOOK YOUR  
APPOINTMENT TIME 819-627-9060

**CHANCE TO WIN A GREAT  
PARTICIPATION PRIZES**

## Calling all Gentlemen!! We want to see your best “MOUSTACHE”

Enter for a chance win one of three prizes:

1<sup>st</sup> Place \$300 Visa

2<sup>nd</sup> Place \$200 Visa

3<sup>rd</sup> Place \$150 Visa

### NOTE:

**BECAUSE OUR OFF RESERVE MEMBERS WILL NOT RECEIVE THE NEWSLETTER UNTIL MID NOVEMBER THE CONTEST WILL START NOVEMBER 18TH AND END DECEMBER 18TH**

All you have to do is send your “start” picture to the Health Center Facebook Page or text 819-627-6888 followed by another one with your moustache before December 18th !!

**READY SET GROW!!**



# Medical Transportation and NIHB

## MEDICAL TRANSPORTATION AFTER HOURS SCHEDULE

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

## **IMPORTANT MEDICAL TRANSPORTATION SCHEDULE CHANGES FOR UPCOMING 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 Nov. 10th** (Remembrance Day): The office is closed at noon. Medical Transportation available 12:00 pm – 8:30 pm.

**Friday Nov. 11th** (Remembrance Day): The office is closed. Medical Transportation available 8:30 am – 12:30 pm.

## PRESCRIPTION PICK-UPS

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

## EXTRA PRECAUTIONS FOR COVID-19

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

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

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

## MEDICAL TRANSPORTATION CLAIMS

### Private Vehicle

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

# Preventing Falls in Older Adults

Every year, thousands of older adults fall and hurt themselves. Falls are one of the main causes of injury and loss of independence in people ages 65 and older.

There are many reasons older people fall. They may lose their footing when stepping off a street curb. Or they may fall after getting dizzy from taking medicines. Some falls may be related to the effects of aging, such as muscle weakness or delayed reflexes. Or falls may be related to the results of a stroke.

Experts agree that some falls in older adults can be prevented. But since each person's risks are a bit different, talk to your doctor about what might be most helpful for you.

## Taking care of yourself

- Exercise regularly to improve your strength, muscle tone, and balance. Walk if you can. Swimming may be a good choice if you cannot walk easily.
- Have your vision and hearing checked each year or any time you notice a change. If you have trouble seeing and hearing, you might not be able to avoid objects and could lose your balance.
- Know the side effects of the medicines you take. Ask your doctor or pharmacist whether the medicines you take can affect your balance. Sleeping pills or sedatives can affect your balance.
- Limit the amount of alcohol you drink. Alcohol can impair your balance and other senses.
- Ask your doctor whether calluses or corns on your feet need to be removed. If you wear loose-fitting shoes because of calluses or corns, you can lose your balance and fall.
- Talk to your doctor if you have numbness in your feet.
- You may get dizzy if you do not drink enough water. To prevent dehydration, drink plenty of fluids. Choose water and other clear liquids. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.

## Preventing falls at home

- Remove raised doorway thresholds, throw rugs, and clutter. Repair loose carpet or raised areas in the floor.
- Move furniture and electrical cords to keep them out of walking paths.

- Use non-skid floor wax, and wipe up spills right away, especially on ceramic tile floors.
- If you use a walker or cane, put rubber tips on it. If you use crutches, clean the bottoms of them regularly with an abrasive pad, such as steel wool.
- Keep your house well lit, especially stairways, porches, and outside walkways. Use night-lights in areas such as hallways and washrooms. Add extra light switches or use remote switches (such as switches that go on or off when you clap your hands) to make it easier to turn lights on if you have to get up during the night.
- Install sturdy handrails on stairways.
- Move items in your cabinets so that the things you use a lot are on the lower shelves (about waist level).
- Keep a cordless phone and a flashlight with new batteries by your bed. If possible, put a phone in each of the main rooms of your house, or carry a cell phone in case you fall and cannot reach a phone. Or, you can wear a device around your neck or wrist. You push a button that sends a signal for help.
- Wear low-heeled shoes that fit well and give your feet good support. Use footwear with non-skid soles. Check the heels and soles of your shoes for wear. Repair or replace worn heels or soles.
- Do not wear socks without shoes on smooth floors, such as wood.
- Walk on the grass when the sidewalks are slippery. If you live in an area that gets snow and ice in the winter, sprinkle salt on slippery steps and sidewalks. Or ask a family member or friend to do this for you.

## Preparing for falls

- Practice getting up from a fall. You can start by gently lowering yourself to the floor. If you're unsteady, have someone with you when you practice. If you're able to get up without help, practice this once a week or enough to feel comfortable.
- If you live alone, think about wearing an alert device that will bring help in case you fall and can't get up. Or carry a cordless or cell phone with you from room to room. Then you can quickly call for help if you need it. Set up a plan to make contact once a day with a family member or friend.

## Problem Gambling: A Poor Bet

November is National Community Safety and Crime Prevention Month, and the Canada Safety Council wants to remind you to gamble responsibly.

The overwhelming majority of Canadians engage in responsible gaming, according to the statistics. However, gambling addiction is a very real issue that affects not only the person affected by the disorder but also those in their orbit.

Problem gambling is a self-explanatory term, though one that is often misinterpreted. It occurs when gambling disrupts a person's life. Those disruptions don't have to be financial in nature, though they often are. Problem gambling can also refer to a habit causing undue stress on areas including relationships, employment and mental health. In extreme cases, legal issues can also become a factor.

It can be difficult to identify an existing addiction in someone you love, too. Problem gamblers tend to isolate themselves, hide the problem, deny it if confronted and refuse help. It is generally a case of not being able to help someone who won't help themselves.

Do you spot yourself in this description? If so, here are a few tips that you can immediately take to confront your problem.

**Acknowledge that you can break the habit.** You may feel as though attempting to break the habit is pointless. Addiction is a disease and generally has a strong influence on behaviour. But many others have been in similar positions and have managed to substitute the habit for healthier coping methods. You can, too.

**Don't try and go it alone.** Count on your support network. Reach out to friends and family who will be willing to help and want the best for you. If your support circle is limited, consider joining a support group like Gamblers Anonymous.

**Avoid putting yourself in tempting situations.** Impulse control is a key factor in controlling your problem gambling, and the easiest way to not be tempted is to avoid temptation sources altogether. Block gambling sites and apps on your devices, decline invitations to casinos and schedule activities in your calendar that take up the time you would otherwise spend gambling.

Responsible gaming is a hobby that requires moderation

and an understanding that it cannot and should not be prioritized over family, work or other obligations. In problem gamblers, their personality type and genetic components simply do not lend themselves to that type of moderation. This makes it critical to identify and address the problem before it spirals out of control and damages the gambler, their families and their communities.

## How to Communicate With Someone Who Has an Addiction

Navigating conversations with someone in your life who is living with an addiction can be challenging. How can you offer your love and support, avoid miscommunications, and protect your own boundaries all at the same time?

Though not all people living with addiction are the same, there are some communication strategies that can help you show support and compassion.

Remember that language matters, and communicate as respectfully as possible. Avoid using language that promotes harmful stereotypes about addiction. Some words can negatively influence how people with addictions feel about themselves and about their ability to recover.

For instance, people often use the word "clean" to describe someone who is drug-free. However, the use of the word clean implies that the person who is addicted is "dirty" when they are using drugs.

Avoid calling them names like "addict" or "junkie." A person's addiction shouldn't define who they are. Being called an "addict" can feel dehumanizing. Try using person-first language, such as "person with an addiction."

An important part of communicating is listening to what the other person has to say. When someone with an addiction confides in you, try to listen without interrupting or criticizing. Even if you don't agree with what they are saying, it's important to withhold your judgment.

You don't want to make them feel like you're checking up on them or assuming the worst about their condition.

Continue to ask them about their weekend plans or invite them to see a movie with you. Speak to them the same way you would if they didn't have an addiction. Remember that they are still a person with likes, dislikes, opinions, and desires.

## 6 ways to stay motivated in early sobriety:

1. Start a **recovery blog**. Publicly journaling about your experiences can help you connect to others so that everyone feels less alone. It also helps you keep track of patterns in your recovery—when you get frustrated, when you feel cravings, when you feel optimistic, etc.
2. **Lean on your support system and get a sponsor!** Most 12-step groups offer the option of sponsorship, where someone experienced in recovery and doing well on their journey can mentor someone who's just starting out. The sponsor can be someone to call when anxiety, sadness, or cravings hit, someone to help you work the steps, and someone to connect you to opportunities for sober fun.
3. **Gratitude goes far!** You might want to keep a gratitude journal or at least say out loud to yourself every day a few things you're grateful for. Gratitude helps build resilience in recovery, and it will help you feel connected to others and to your world.
4. **Give back.** Try volunteering at a local food bank or animal shelter. Take a service position in your recovery support group. Mow the lawn for an elderly neighbor. Whenever you turn the focus on someone in need, you get perspective on your own situation.
5. **Practice self-care.** Self-care isn't selfish. Nor is it indulging in candy and movies every night. Self-care is about giving yourself the ingredients of health—good food, exercise, spiritual connection, strong relationships—on a consistent basis.
6. **Engage in new activities.** Now that you are sober, so much more is available for you to enjoy. Maybe you can rediscover an old hobby that fell by the wayside when you suffered from active addiction. Maybe you can try something new, a cooking class, an art class, gardening etc.

# Wellness Week

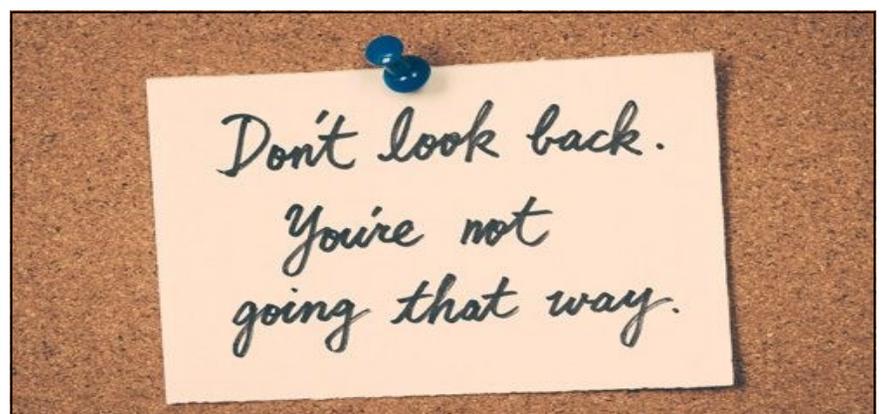
December 12<sup>th</sup> to 16<sup>th</sup>, 2022  
1-week virtual program

The application form and the schedule are attached and can also be found on the Wanaki website:  
**wanakicenter.com**

For additional information please call at  
**819-441-4371**



Wellness Week - Returning to the Circle Tobacco Sage Sweetgrass Cedar December 12 to 16, 2022					
	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
9:30 to 12:00	<b>Introduction and Orientation Group Expectations</b>  <b>Workshop 1:</b> Gratitude  <b>Workshop 2:</b> 7 Grandfather teachings	<b>Opening Circle</b>  <b>Workshop 5:</b> Loss and Grief Living through my emotions  <b>Workshop 6:</b> Anxiety	<b>Opening Circle</b>  <b>Workshop 9:</b> Healing through Balanced Nutrition  <b>Workshop 10:</b> Understanding Trauma	<b>Opening Circle</b>  <b>Workshop 13:</b> Motivation and Inspiration	<b>Opening Circle</b>  <b>Workshop 16:</b> Harm Reduction Education  <b>Workshop 17:</b> What can I use? Evaluation <b>Virtual Graduation</b>
12:00 to 1:30	<b>Lunch</b>				
1:30 to 3:00	<b>Workshop 3:</b> Introduction to Traditional Medicines  <b>Workshop 4:</b> Teaching on Pazàman and Mododison	<b>Workshop 7:</b> Communication and Conflict resolution  <b>Workshop 8:</b> 5 Life wounds	<b>Workshop 11:</b> What Does it Mean to Love Yourself?  <b>Workshop 12:</b> Wellness Plan	<b>Workshop 14:</b> Our story  <b>Workshop 15:</b> Medicine Wheel Teachings	
	<b>Gratitude</b>	<b>Reflection</b>	<b>Reflection</b>	<b>Reflection</b>	<b>Gratitude</b>



# Physical Activity and Diabetes

## What kind of activity is best?

Both aerobic and resistance exercise are important for people living with diabetes.

### Aerobic exercise ...

Aerobic exercise is continuous exercise such as walking, bicycling or jogging that elevates breathing and heart rate. Your goal should be to complete at least 150 minutes of moderate to vigorous intensity aerobic exercise each week, (e.g. 30 minutes, 5 days a week). You may have to start slowly, with as little as 5 to 10 minutes of exercise per day, gradually building up to your goal.

### Resistance exercise ...

Resistance exercise involves brief repetitive exercises with weights, weight machines, resistance bands or one's own body weight to build muscle strength. If you decide to begin resistance exercise, you should first get some instruction from a qualified exercise specialist, a diabetes educator or exercise resource (such as a video or brochure) and start slowly. When you add resistance exercise, you should get some help from a qualified exercise specialist.

### Interval training ...

Interval training involves short periods of vigorous exercise such as running or cycling, alternating with 30 second to 3 minute recovery periods at low-to-moderate intensity or, rest.

## Why is activity so important for people with diabetes?

Almost everyone, whether or not they have diabetes, benefits from regular exercise. Well-known health benefits include weight loss, stronger bones, improved blood pressure control, lower rates of heart disease and cancer as well as increased energy levels.

Regular exercise also has special advantages if you have type 2 diabetes. Regular physical activity improves your body's sensitivity to insulin and helps manage your blood sugar levels.

## Safety first

- If you have been inactive for some time, talk to your doctor before starting any exercise program that is more strenuous than brisk walking.
- Make sure you wear comfortable, proper-fitting shoes.
- Wear your MedicAlert® bracelet or necklace.
- Listen to your body. Speak to your doctor if you are very short of breath or have chest pain.
- If you take insulin or medications that increase insulin levels, monitor your blood sugar before, during and many hours after your activity to see how it affects your blood sugar levels.
- Carry some form of fast-acting carbohydrate with you in case you need to treat low blood sugar (hypoglycemia), for example, glucose tablets or Life Savers®.
- If you live with type 1 diabetes, speak to your health-care provider about additional strategies to reduce the risk of hypoglycemia during and after exercise.

## Keep going!

Habits can be hard to change, so be prepared with a plan in case your motivation starts to fade:

- Do something you like! It is hard to stick to an activity that is not fun. It may take you a few tries before you find the activity that is right for you.
- Have a support network. Ask your family, friends and co-workers to help you stay motivated by joining you for a walk or a workout at the gym.
- Set small, attainable goals and celebrate when you reach them. Reward yourself in healthy ways.
- Add physical activity to your daily routine. While you are working or watching TV, get up every 20-30 minutes.
- Seek professional help from a personal trainer, or someone knowledgeable who can help you find a fitness regimen that will work for you.
- Using a step monitor (pedometer or accelerometer) can be helpful to track your activity.

**Regardless of your age, making the decision to become more physically active is one of the greatest gifts you can give yourself and the people who love you. Take that first step today!**

# THE SPEECH CORNER

BY TARA GLICKMAN

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

## AAC: WHAT IT IS, WHY IT MATTERS

**AAC** is short for **Augmentative Alternative Communication**. These are systems, devices, visuals, strategies and/or tools that augment (add to) or are used as an alternative to (instead of) verbal speech. The purpose of AAC is to help people communicate when they cannot rely on speech alone to get their message across. It can be used to help anyone who cannot meet their daily needs using spoken language.

### Who might use AAC?

As you might imagine, there are many different reasons a person might use AAC and that people may use AAC across the lifespan. For some, it acts as a tool to help clarify when their speech is difficult to understand. For others, it can be a tool when their speech comes and goes. For others, it may be used when the person cannot communicate any of their daily needs verbally. AAC users may have a developmental disability or difference that affected speech development, or they may have an acquired speech disability or difference.

### What types of AAC are often used?

AAC looks different for each and every user because everyone has different communication styles, daily needs and personal goals. We often break down types of AAC into 3 categories:

- **No Tech:** No extra equipment is required. We all use this type of AAC daily without often realizing! E.g., pointing, gestures, sign language, body language, facial expressions.
- **Low Tech:** Requires extra equipment, but no battery. These options are usual cost effective, quick to implement, but can sometimes be limited. E.g., picture symbol books, writing, alphabet boards.
- **High Tech:** Uses technology requiring batteries/electronics. These often have voice output (i.e., talk for the person using a pre-recorded or digital voice). They can house a large vocabulary and give users lots of options. E.g., iPads with communication apps, dedicated systems.



## WATCH AND LEARN

Interested in learning more about AAC? Check out this short video from the Cincinnati Children's Perlman Center called "What is AAC? Augmentative and Alternative Communication".

**Link:** <http://bit.ly/whatisAAC>

### Does AAC slow verbal language development?

This is one of the top questions I receive from parents and caregivers whose loved ones are considering or using AAC. Some are concerned that if a child is given AAC, verbal language development might end up lagging as a result.

Research shows us that the answer to this is **no**, using AAC does not slow or impede verbal language. In fact, research actually shows that access to AAC can actually increase verbal speech for some users!

Is there a topic you would like featured in our monthly article? Reach out and let us know!

✉ info@constellationspeechtherapy.ca

☎ (514) 400-4551

Orthophonie  
**CONSTELLATION**  
Speech Therapy

# MCH and Head Start Program ... Oral Health and Children

## How to clean your baby's mouth: 0 to 6 months old

Use these tips when cleaning your baby's mouth:

- wrap a clean, soft, moist cloth around your pointer (index) finger and hold your baby in your arms
- gently wipe your child's gums, starting at the back of the mouth and working toward the front, rubbing them and taking away any leftover milk or formula
- a small, wet and soft toothbrush should be used as soon as the first tooth appears in your child's mouth
- clean your child's mouth and teeth after each feeding, especially at night
- prevent prolonged contact between sugars in formula/breastmilk and teeth
- if you think of using pacifiers or soothers, they should **never** be dipped in honey or other sweeteners, as this increases the risk of tooth decay

The bacteria found in plaque can lead to the development of Early Childhood Tooth Decay. For this reason, it is important to remove plaque from your child's mouth daily.

These bacteria can be transferred between you and your child or between your child and any other adult or child. Early transfer of these bacteria is considered a major risk factor for future tooth decay. To prevent this transfer of bacteria, avoid:

- sharing toothbrushes
- kissing your baby on the mouth
- sharing utensils and blowing on your child's food

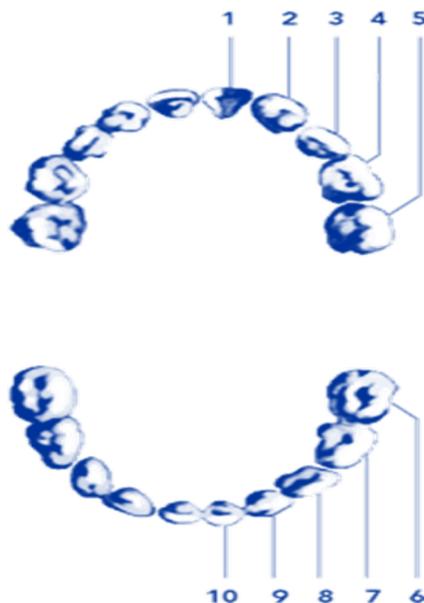
## How to clean your child's mouth: 6 months to 3 years old

Use these tips when cleaning your child's mouth:

- when your child's first teeth come in, use a small, soft-bristled toothbrush
- brush your child's teeth, tongue and gums for 2 minutes, twice a day, most importantly before bedtime
- for children who are using fluoridated toothpaste, teach your child to spit out the excess toothpaste. Do not rinse the mouth with water after brushing so that the fluoride in the toothpaste continues to protect the teeth
- once your child's teeth grow closer and are touching, start flossing your child's teeth every day
- be smart about the liquids you put in your child's bottle or open-lid cup. After 6 months of age, water is the best liquid to give your child if he or she is thirsty between meals, learning to use an open cup around one year of age is an important part of your child developing healthy feeding practices.

## How to clean your child's mouth: 3 to 6 years old

When children can write (not print)



their name, they are able to brush their teeth by themselves.

- It's hard for children to hold and move a toothbrush well enough to reach all teeth and areas of their mouth. You can help your children to brush their teeth by:
- brushing your child's teeth, tongue and gums for 2 minutes, twice a day. It is especially important to brush before bedtime
- making it part of your daily routine to brush together, so your child can learn to brush their teeth by watching you
- using only a small amount (small green pea-sized or 5mm maximum) of fluoridated toothpaste
- teaching your child to spit out the excess toothpaste
- not rinsing the mouth with water after brushing so that the fluoride in toothpaste continues to protect the teeth
- flossing your child's teeth every day once they grow closer and are touching. Do this until your child develops the ability to floss on their own (usually around 9 years old)

## First Teeth

	Upper	When teeth "come in"	When teeth "fall out"
1	Central Incisors	7-12 mos.	6-8 yrs.
2	Lateral Incisors	9-13 mos.	7-8 yrs.
3	Canines (cuspids)	16-22 mos.	10-12 yrs.
4	First Molars	13-19 mos.	9-11 yrs.
5	Second Molars	25-33 mos.	10-12 yrs.
	Lower		
6	Second Molars	20-31 mos.	10-12 yrs.
7	First Molars	12-18 mos.	9-11 yrs.
8	Canines (cuspids)	16-23 mos.	9-12 yrs.
9	Lateral Incisors	7-16 mos.	7-8 yrs.
10	Central Incisors	6-10 mos.	6-8 yrs.

# Breaking the Hold of Intimate Partner Violence

## Reclaiming power over your life

**When you are faced by intimate partner violence (IPV) or post-separation violence, you often find yourself in a whirlwind of events and manipulations that makes it feel as if you have no control over what happens in your life. Different strategies for regaining power over one's situation are possible and can help to eventually break the hold of IPV. It is important to know that IPV involves many complicated issues that may block certain avenues for some time. There is no right or wrong choice, no good or bad victim, no healthy or unhealthy way to deal with situations of IPV. The important thing is to make your own choices, to follow your instinct about what is safest for you and your children.**

### Calling 911 in case of an emergency

It is important to know that you can always call 911 for emergency assistance when violence is occurring, if you are afraid for yourself or fearful for the safety of someone else, including that of the abusive person. You can also call 911 if you want to leave a partner but are afraid of how they will react when you leave the house.

### Breaking the silence and finding support

When IPV is present, the abuser often deliberately keeps the victim isolated, to prevent them from having access to moral support and concrete help, and to prevent them from having access to a vision of events in which they are not responsible for the situation. To achieve this, various strategies are usually put in place by the abuser early on in the relationship. It is often difficult to return to loved ones when they have been pushed away, but when it is possible to reconnect with them or to open up about your situation, it can make a world of difference.

It can also be helpful to have access to a specialized IPV counselor. This person can offer support and accompaniment, no matter what you want to do with your situation. Anonymous telephone support, one-on-one meetings and support groups are available.

### Safety planning

Regardless of the forms of violence you experience, it is useful to create safety planning scenarios to prepare what you can do in a dangerous situation and to improve your physical and psychological safety.

## Documenting violent events

Because of the many issues involved in IPV, it may not be the right time to press criminal charges or to leave your abuser at this time. However, it may be useful to keep a record of the violent events (whether criminal or not) in case you wish to report it to the authorities in the future or if you ever need to have the presence of IPV recognized in divorce proceedings.

To effectively document an abusive situation, you can:

- Describe the events in writing: the date, place and time of the events, as well as a detailed description of what happened. This can be done by describing it as if you were an outsider looking in, writing down what you and your partner said and did as accurately as possible.
- Keep any relevant information that can be used as evidence: writings (text messages, emails, handwritten letters, etc.), recordings (messages or phone conversations, etc.) or photos (injuries, damage to the house, etc.) that show that the event took place.
- If there are witnesses, keep their contact information and their own written description of what they saw. If children were involved however, it is best to avoid asking them to record their observations as this may be detrimental to their own recovery. You can note their presence and what they were exposed to, but it is better not to ask them to describe it.

When the relationship is still ongoing, care should be taken as to where this information is kept. If possible, it is best to keep it safe outside of your home (at work, at a friend's house, etc.) and to avoid recording it on any electronic device that your partner has access to.

### Making up your own mind about your situation

In situations of IPV, the abuser usually imposes their own view of things and events on the victim. This process is insidious but can make it difficult for you to form and maintain your own view of your situation.

Documenting the situation can already serve as a guide, if you come to doubt your perceptions because of the partner's emotional abuse when he tries to impose his version of events during the remission phase of the IPV cycle. Keeping evidence of what actually happened and what you understood at the time can help counter the abuser's manipulation.

You can also complete the interactive (cont'd on page 24)

questionnaire available on this website to explore the different manifestations of violence that may be present in your relationship.

### Exploring the idea of breaking up the relationship

**Breaking up is unequivocally the most difficult decision facing a victim of IPV. Now is often not the best time to leave a violent relationship. The stakes are high and the path is full of dangers. However chances are that someday, you will have an opportunity to do so safely. It is an option that can lead to long-term safety in some situations.**

You have the right to explore the idea of leaving your partner, to explore the issues involved, to think about the resources you might use, and to think about ways to mitigate the danger. The more opportunity you have to prepare for this departure, the more likely it is to go as smoothly as possible. You can do this with someone who understands the complexity of the issue and who will not put pressure on your choice by calling on a counsellor in a specialized IPV resource through our services.

### Filing a criminal complaint

When you have been subjected to criminal offenses in the context of IPV, you have the right to file a complaint no matter how much time has passed since the event. Of course, pressing charges can be a difficult decision to make because many issues are at stake. Because of this, it can be a good idea to seek the support of a counselor who is specialized in IPV when considering this option. If you wish, you can also be accompanied when you meet with the authorities. You can also consult a lawyer anonymously and free of charge through the Rebâtir service, in order to weigh the legal stakes of this decision.

Contacting SOS violence conjugale allows a person to find resources to be heard, defended, protected and understood. Whether someone was born here or not and regardless of gender, age, sexual orientation or physical condition, SOS violence conjugale is equipped to find the best answers to all needs related to IPV.

By phone: 1 800 363-9010

By texting: 438-601-1211

By chat: [www.sosviolenceconjugale.ca](http://www.sosviolenceconjugale.ca)

By email: [sos@sosviolenceconjugle.ca](mailto:sos@sosviolenceconjugle.ca)

## Health Center / First Line Activities



**TRADITIONAL DANCE TEACHINGS**

Would your child be interested in traditional dancing??

We will be offering classes to members in the New Year, 2023.

Dates and time will be available in next December newsletter.

If your children are interested in participating or you would like more information please contact Mitchell at the Health Center 819-627-9060 or send an email [mmcmartin@kebaowek.ca](mailto:mmcmartin@kebaowek.ca)



**Kebaowek Health and Wellness Center**

**Be Prepared !**

**Flu Season is Here**

Book your Flu Shot appointment 819-627-9060

**The Kebaowek Health and Wellness Center will hosting a Flu Shot Clinic on Wednesday November 16th, 2022 starting at 1:30 pm**

The flu shot is recommended for ...

- Children between the ages of 6 months and 17 years with chronic conditions
- Adults with chronic conditions
- People over the age of 75
- Pregnant women in their 2nd or 3rd trimester
- People who live with people in the other categories above
- Health and Social Service workers

**BY APPOINTMENT ONLY!**

# Health Center / First Line Activities

ALL ACTIVITIES ARE FOR CHILDREN AGED 0-5 YEARS FOR  
KEBAOWEK BAND & COMMUNITY MEMBERS  
KEBAOWEK CHILDCARE CENTER



## Early Childhood Week

Bouncing Back Together!

Nov. 14th - 18th

\* Activities may be subject to change \*

Monday, Nov. 14th - 10:00 am - Annual Walk  
(We will start at Kebaowek Childcare Center and will end at the Arbour)

Tuesday, Nov. 15th - 9:30am - Swimming at the Center \*

Wednesday, Nov. 16th - 2:30pm - The Magic of Christophe @ the Dome

Thursday, Nov. 17th - 9:30am - Activities at the dome + a lunch

For more information about Early Childhood Week  
please contact Patty, Darlene or Lynn!



## Community Breakfast

**Thursday, December 1st**

**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)**

**This will be the last one until the New Year!**



A PALS/MCH ACTIVITY  
for families with children aged 0 -11

## Christmas Baking Kit

In your package you will receive two different  
Christmas themed recipes.

Deadline to sign up is Thursday, November 24th !!  
The kits will be delivered on Friday, December 2nd to  
families living in Kebaowek, for those living off-reserve  
your kit can be picked up at the Health Center.

Please make sure to send us your photos!

**LIMITED KITS AVAILABLE - CALL TO SIGN UP**  
**Darlene @ 819-627-9877 or Lynn @ 819-627-9060**



**JOIN US FOR OUR  
MORNING WALKING  
GROUP**

**WE ARE HOPING YOU  
CAN STOP BY AND  
WALK, CHAT AND  
ENJOY A COFFEE**

**EXERCISE AND  
SOCIALIZING IS GOOD  
FOR THE  
BODY AND MIND**

*3 days a week !!*

**10:00 AM**

**MONDAY - WEDNESDAY - FRIDAY**

**ALL AGES WELCOME**

**KEBAOWEK COMMUNITY HALL**

**HOPE TO SEE YOU THERE !!**

**PLEASE WEAR PROPER SHOES**

**BRING A BOTTLE OF WATER**

# SENIOR SOCIAL

**ELDERS 55+**



**DATES: THURSDAY NOVEMBER 3, 2022  
WEDNESDAY NOVEMBER 9, 2022  
THURSDAY NOVEMBER 17, 2022  
WEDNESDAY NOVEMBER 23, 2022**

**Activity: Crib & Yahtzee  
Time: 1:00 pm to 3:00 pm  
Place: Dome**

**Snacks, tea & coffee will be provided !**

**We hope to see you there!**

## *Elder's (55+) Craft Time*

### **Be Merry Christmas Board**

**Date of Activity: Tuesday November 29, 2022**

**Time: 1:00 pm to 3:00 pm**

**Place: Dome**

**Sign Up Date: Wednesday November 23, 2022**

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



# SENIOR SOCIAL CRIB TOURNAMENT & YAHTZEE

**ELDERS 55+**



**SAVE THE DATE:  
THURSDAY DECEMBER 1ST, 2022**

**Activity: Crib Tournament & Yahtzee  
Time: 10:00am to 2:00pm  
Place: Dome**

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

**You must call Shelly 819-627-9877 to register for the  
Crib Tournament before Wednesday November 23rd, 2022  
@ 12:00pm Seats are limited !! Prizes to be won !!  
We hope to see you there!**

## *Snack Time for Elders 55+*



### **Bacon Cheese Ball**

**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.**

**Date to Sign Up by:  
Thursday November 15, 2022 @ 12:00pm**

**Snack Date of Delivery:  
Tuesday November 22, 2022 between 10 am - 11 am**

**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.**

## MINI-PALS

Mini-Pals is a collaboration between First Line Services & the Kebaowek Childcare Center.

Tuesdays : Cuddle Cubs (ages 0-18months)  
Wednesdays : Busy Bees (ages 19 months- 3 years old)  
Thursdays : Laughing Loons (ages 3-5 years old)

If your a member of Kebaowek First Nation or community member and you have a child not in daycare, you are encouraged to join!

It allows children to build social skills and supports early childhood development.



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

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.

## 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

Starts up again  
Monday, September 12th !!

Coffee/tea & snacks provided.



For more info please contact First Lines 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 at the Centre in Temiscaming.

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

For information on public swimming and skating times you must contact the Centre @ 819-627-3230 or follow them on Facebook.

# YOUTH NIGHTS

Youth - Ages 10 to 17

Wednesday November 9, 2022 at 5:00 pm

Wednesday November 23, 2022 at 5:00 pm

MEET AT THE FIRST LINE SERVICES BASEMENT

COME JOIN US TO FIND OUT WHAT  
THE ACTIVITY IS !!

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



## Community Kitchen

ON THE MENU:

Chicken- Stuffed Zucchini Roll-ups



Tuesday November 15, 2022

Deadline to register: November 9, 2022

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

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



Clinique L.A.B. is pleased to welcome you twice  
a month at Kebaowek Health & Wellness Center.

### OFFERED SERVICES

- Hearing screenings
- Hearing aids
- Batteries and other products
- Repairs
- Swimming plugs, hearing protectors



To make an appointment, you can reach us at  
819-622-0894 or at the toll-free number 1 888-722-0894

**OUR NEXT VISIT IS  
WEDNESDAY NOVEMBER 9TH !!**

# Meals On Wheels

## Meals on Wheels Dates for November

Wednesday Nov. 2nd ... Delivery between 2 - 3 pm

Wednesday Nov. 16th ... Delivery between 2 - 3 pm

**November 16th is our last Meals on Wheels for 2022**

## Meals on Wheels Dates for January

Wednesday Jan. 11th ... Delivery between 2 - 3 pm

Wednesday Jan. 25th ... Delivery between 2 - 3 pm

Please keep the weather in mind and  
please leave a cooler or bag outside.

## Community Shopping in North Bay



Pick Up Time: 9:00 am  
Return to Kebaowek: 3:00 pm

Shopping at:  
Giant Tiger - Dollarama  
Walmart - Northgate Mall - Freshco

Dates:  
Saturday November 5th, 2022  
Saturday December 3rd, 2022  
Saturday December 10th, 2022  
Saturday January 7th, 2022

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

Reminder to bring your own Grocery Bags!

## Kebaowek First Nation FOOD BANK

### Food Bank Schedule

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

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



## 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 !!

## Psychologist Services

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

In-Person Appointments at  
First Line Services:  
\*\* Every Second Monday \*\*

Phone Appointments:  
\*\* 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 Chase the Ace Draw Radio Bingo	3 Senior Social  Recycle	4	5 Shopping in North Bay
6 Daylight Savings ends Sunday at 2 am, set your clock back 1 hour. 	7	8 Full Moon Ceremony	9 Hearing Clinic Senior Social Youth Night Chase the Ace Draw	10  Garbage	11 <b>KFN Offices are closed for Remembrance Day (Thursday afternoon and Friday morning)</b>	12
13	14	15 Community Kitchen	16 Flu Shot Clinic Meals on Wheels Chase the Ace Draw Radio Bingo	17 Paint Night with Joanne Abbott Senior Social Recycle	18	19
20	21	22 Snack Time for Elders	23 Chase the Ace Draw Senior Social Youth Night	24  Garbage	25	26
27	28	29 Elder's Craft Time	30 Screening Clinic Chase the Ace Draw Radio Bingo	<b>November 2022</b>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>December 2022</b>				1 Senior Social Community Breakfast KFN Christmas Parade Recycle	2	3 Breakfast with Santa  Shopping in North Bay
4	5	6	7 Chase the Ace Draw	8  Garbage	9	10 Elder's Christmas Party  Shopping in North Bay
11	12	13	14 Chase the Ace Draw Radio Bingo	15  Recycle	16	17
18	19	20	21 Chase the Ace Draw	22  Garbage	23 <b>KFN Offices are closed for Christmas Holidays</b>	24 <b>Christmas Eve</b>
25 <b>Christmas</b>	26 <b>KFN Offices are closed for Christmas Holidays</b>	27 <b>KFN Offices are closed for Christmas Holidays</b>	28 <b>KFN Offices are closed for Christmas Holidays</b>	29 <b>KFN Offices are closed for Christmas Holidays</b>  Recycle	30 <b>KFN Offices are closed for Christmas Holidays</b>	31 <b>New Years Eve</b>