

Kebaowek First Na-

Niki Kizis / March 2023

Inside this issue:

An Update from the Chief Continued	2
Membership Department and Cultural Centre	3
Education Department ... Books Available to Borrow	4
Education Department ... Activities and Notices	5
Community Wishes for the Month of March	6
Community Notices and Announcements	7
Kebaowek Police Department ... Statistics and Info	8
Preparing for Spring Weather Check List	9
Kebaowek Fire Department ... Clothes Dryer Safety	10
Update from the Director of Health and Social Services	11
Healthy Living ... Indoor and Outdoor Activity	12
Healthy Living ... March is Nutrition Month	13
Addictions and Wellness ... Enabling and Addict	14
Addictions and Wellness ... Enabling and Addict	15
Medical Transportation and NIHB	16
MCH/Head Start ... Fun Activities to do at Home	17
The Speech Corner ... Bilingual Language - Part 2	18
Health Center and First Line Upcoming Activities	19
Health Center and First Line Upcoming Activities	20
Health Center and First Line Upcoming Activities	21
Health Center and First Line Upcoming Activities	22
Health Center and First Line Upcoming Activities	23
Calendars for the Months of March and April 2023	24

An Update from the Chief

In this month's article I want to give more details about the projects that will be undertaken this year as they will undoubtedly have some impact on traffic and it will be extremely busy in the area across from our Water Treatment Plant. This area will have three major projects starting in the next few weeks, a lot of the preliminary work will be doing site preparation and putting in the necessary infrastructure.

These projects have been years in the making and we have lobbied hard to finally secure the necessary funding to be able to move forward on these important community buildings. This will allow us to provide more health programs and services as well as better public security for our community. In the case of the Police Station, it has taken Council over 25 years to convince Canada and Quebec that we needed a new station to ensure we could fulfill our mandate to protect the community. This new building will allow us to expand our services and will also allow for the hiring of two additional officers, too bolster our service but also to meet our obligations to provide policing services to the community of Long Point First Nation.

This Police Station project is currently expected to cost approximately \$8.7 million, it is now out to tender and the bids will be opened on March 13th which will give us the final estimated cost for this project. This is an artist rendering of the new Police Station.



Our new Health and Wellness Center is being made possible because of funding made available by Indigenous Services Canada however it always takes a champion to lead these files and our Health Director, David McLaren has done a huge amount of work to get us to where we are today with this project. His continuous lobbying and dedication to making this happen needs to be acknowledged and recognized. This project will allow us to add more health services and improve delivery of existing programs and services. This project is an investment of almost \$11 million and will create good jobs for our (Page 2)

CONTACT US



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**Kebaowek
Police Department**
104 Ogima Street
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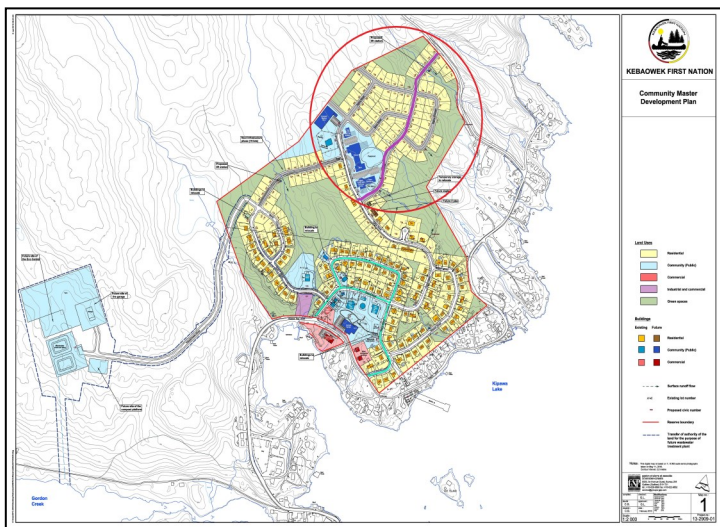
An Update from the Chief ...

Members and other opportunities for our businesses. This is an artist rendering of the new Health Center.



There are two other projects that will happen this spring and summer both of them are infrastructure related. The first is the completion of replacing the water and sewage lines from Glenda's corner to the Bus Garage. This is phase two of the project that started last summer, this will complete the replacement of 50 year old water and sewage pipes while addressing and fixing issues that have been there since the system was first put in the 1970's.

The second infrastructure project is the development of a new street and subdivision which will have 54 lots developed and available for housing. This year's work will consist of the deforestation, site preparation and the development of the main street for this subdivision.



This year we will also complete the plans and specifications for the new Cultural Centre, this project has the funding secured and should begin construction in the summer of 2024.

In the coming weeks, we will be again seeking your views and opinions through the use of a targeted survey. I want to thank the 170+ Members who provided input and answered the survey on the Temiscaming Dam Replacement Project. The data is now being analyzed and from that we will produce a report that will provide guidance on what are the priorities and how they will be implemented when the project moves forward. We will be using this same approach this time, we will in getting your views and opinions on nuclear energy and the projects that currently exist at Chalk River and a number of new projects including a Near Surface Disposal Facility (NSDF) which is a fancy name for a nuclear dump. We will be sending out information including some background information and then inviting you to respond to a questionnaire to help us understand the impacts and your concerns with these type of projects on Algonquin Territory.

We need to find a way to discuss this and other projects that are being proposed that will impact the territory. As I always mention, we anticipate that we will see a huge increase in mining requests and exploration permits being issued for proposed mining projects. We need to develop a strategy to defend against some of these projects as we will not be able to stop every one, it's clear to me that Rare Earth mines are a no go, period but we have two projects that are attracting a lot of attention and this is making me anxious as I know everyone wants these projects developed except us. The protection of water is our most important task, any project that jeopardizes this cannot go forward.

Quebec is making important and significant changes to the Mining Act to accelerate projects and reduce environmental red tape so we must always remain vigilant of what they are proposing and how it impacts our rights so we can defend them as best as we can.

Finally, we all know that spring is just around the corner and many of us are thankful that we don't have to shovel snow anymore.

In closing I want to acknowledge and mention that there will be a grand opening of a new business in the community. Karen Chevrier and Paul Blackall will be opening K&P Auto Body and Paint. I want to wish them on behalf of myself, the Council and community, the greatest success in their new business.

Miigwetch
Chief Lance Hammond

Membership Department

SECURE CERTIFICATE OF INDIAN STATUS (SCIS) and CERTIFICATE OF INDIAN STATUS (Paper Laminated)

The new Secure Certificate of Indian Status is more secure and more readily acceptable by service providers. Registered persons/band members are encouraged to apply for the new Secure Certificate of Indian Status (SCIS) if:

- You are applying for your first certificate of Indian status.
- Your certificate of Indian status is expired or nearing its expiration date.
- Your certificate of Indian status is lost.

The Certificate of Indian Status (paper laminated):

- Continues to be valid.
- Continues to be an acceptable document to present to service providers.
- Will continue to be issued but only in an emergency or urgent situation.

Application forms for Secure Certificate of Indian Status are available at the Indigenous Services Canada website:

www.canada.ca/en/indigenous-services-canada

↓
Get, renew or replace a status card

↓
Application Forms

As well, application forms are available for pick-up at the Band Office.

KEBAOWEK HOMEOWNERS



If you are looking to sell your home in the near future, we have a buyer and financing has been secured.

For additional information, call 819-627-6896

Cultural Centre

Kebaowek Cultural Centre Branding Project

The work to develop detailed plans for our Cultural Centre is well underway! Architects, Engineers, Exhibit Designers, Programming Planners, Human Resources Experts, Project Managers, Fundraisers, Marketing Researchers and Designers are all working together with our Economic Development staff and Cultural Centre Advisory Committee to prepare for the construction of our new facility.

We now ready to choose a unique Algonquin name for the Cultural Centre and to design a logo. We are excited to be working with Design de Plume www.deplume.ca and Syntax Strategic Marketing www.syntaxstrategic.ca to come up with a name and logo that will represent the Kebaowek Cultural Centre proudly.

We would like to get as much community involvement in this process as possible.

Design De Plume will soon be conducting a community survey for Kebaowek community members to gather information about members' thoughts and feelings about the Cultural Centre and what it means to them. In addition to the community survey, DDP will also lead two virtual engagement sessions with the Cultural Centre Advisory Committee and interested community members.

Please watch for announcements about the upcoming survey and engagement sessions at www.kebaowek.ca/CulturalCentre, in future Newsletters, on Facebook and on Drum Beat radio.

For more information, contact:

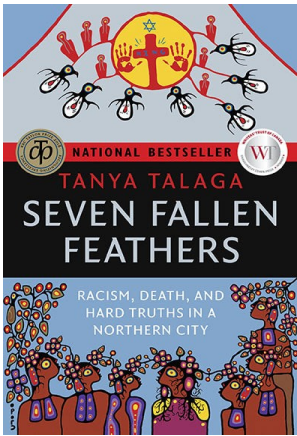
Justin Roy, Director of Economic Development
jroy@kebaowek.ca



Kebaowek Education Department

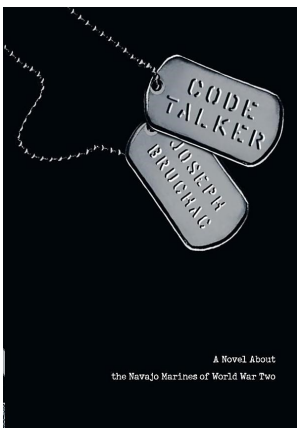
Indigenous Content Books are now available to borrow from the Education Department

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.



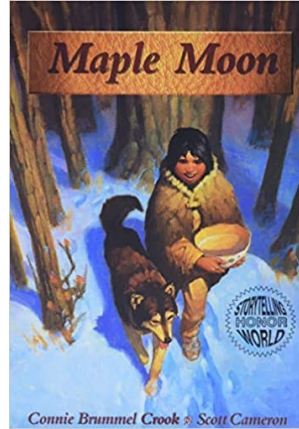
ADAVNCED READERS / ADULT
"SEVEN FALLEN FEATHERS"
The ground breaking and multiple award-winning national bestseller work about systemic racism, education, the failure of the policing and justice systems, and Indigenous rights by Tanya Talaga. Over the span of eleven years, seven Indigenous high school students died in Thunder Bay, Ontario. They were

hundreds of kilometres away from their families, forced to leave home because there was no adequate high school on their reserves. Five were found dead in the rivers surrounding Lake Superior, below a sacred Indigenous site. Using a sweeping narrative focusing on the lives of the students, award-winning author Tanya Talaga delves into the history of this northern city that has come to manifest Canada's long struggle with human rights violations against Indigenous communities.



INTERMEDIATE READERS / YOUTH
"CODE TALKER"
Throughout World War II, in the conflict fought against Japan, Navajo code talkers were a crucial part of the U.S. effort, sending messages back and forth in an unbreakable code that used their native language. They braved some of the heaviest fighting of the war, and with their code, they saved countless

American lives. Yet their story remained classified for more than twenty years. But now Joseph Bruchac brings their stories to life for young adults through the riveting fictional tale of Ned Begay, a sixteen-year-old Navajo boy who becomes a code talker. His grueling journey is eye-opening and inspiring. This deeply affecting novel honors all of those young men, like Ned, who dared to serve, and it honors the culture and language of the Navajo Indians.



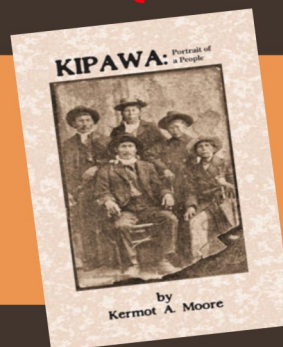
BEGINNER READERS / CHILDREN
"MAPLE MOON"

To create this enchanting fictional account of how maple syrup might have been first discovered. Connie Brummel Crook borrows elements from some of the many prevailing traditional folk tales. In finding this new source of nourishment, her young protagonist, a native boy named Rides the Wind, is able to help his people through a harsh winter. His pride also boosts his confidence in spite of a physical disability, and he is able to rise above the cruel taunts of other children.

The Kebaowek Education Department has copies available for Non-Band Members to purchase for \$20

KEBAOWEK EDUCATION DEPARTMENT
REQUEST YOUR FREE COPY OF:

Kipawa: Portrait of a People



by Kermot A. Moore

The Kebaowek Education Department has had Kipawa: A Portrait of a People republished and purchased 500 copies for Kebaowek Band Members.

One free copy of the book will be given per household.

TO REQUEST YOUR COPY PLEASE CONTACT:

ROSE JAWBONE
EDUCATION ADMINISTRATOR
819-627-3455
rjawbone@kebaowek.ca

HANDICRAFT SEWING CLASS

TUESDAY EVENINGS
6:00 PM - 8:00 PM

AT THE ELDER'S BUILDING

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 ALL KEBAOWEK BAND MEMBERS INTERESTED IN PURSUING POST-SECONDARY STUDIES

IF YOU ARE INTERESTED IN ATTENDING A
POST-SECONDARY INSTITUTION
FOR THE 2023-2024 SCHOOL YEAR AND WOULD LIKE
TO BE SPONSORED FOR FUNDING BY THE
KEBAOWEK EDUCATION DEPARTMENT,
PLEASE CONTACT THE EDUCATION ADMINISTRATOR
TO REQUEST AN APPLICATION.

**ALL FUNDING APPLICATIONS MUST BE COMPLETED AND
SUBMITTED TO THE EDUCATION ADMINISTRATOR NO LATER
THAN MAY 1ST, 2023 FOR EQUAL CONSIDERATION**

Please email to: rjawbone@kebaowek.ca
or fax to: 819-627-9428
or mail to:
110 Ogima Street, Kebaowek, QC J0Z 3R1
Attention to: Rose Jawbone

KNITTING CLASSES

**NOW THE SAME NIGHT AS
HANDICRAFT SEWING CLASSES**

EVERY TUESDAY EVENING
6:00 PM - 8:00 PM
AT THE ELDER'S BUILDING

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

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

**PAINTING WITH LOCAL ARTIST
JOANNE ABBOTT**

**SUNDAY MARCH 12TH
1:00 PM - 4:00 PM**



This is the
painting we will be
doing in
this session.

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

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

OPEN TO ALL KEBAOWEK
BAND MEMBERS 12+



HOW LONG DOES IT TAKE TO DECOMPOSE

PAPER TOWEL 2-4 WEEKS

BANANA PEEL 3-4 WEEKS

PAPER BAG 1 MONTH

NEWSPAPER 1.5 MONTHS

APPLE CORE 2 MONTHS

CARDBOARD 2 MONTHS

COTTON GLOVE 3 MONTHS

ORANGE PEEL 6 MONTHS

WOOL SOCK 1-5 YEARS

MILK CARTONS 5 YEARS

CIGARETTE BUTTS 10-12 YEARS

LEATHER SHOES 25-40 YEARS

TINNED STEEL CAN 50 YEARS

FOAMED PLASTIC CUPS 50 YEARS

RUBBER-BOOT SOLE 50-80 YEARS

PLASTIC CONTAINERS 50-80 YEARS

ALUMINUM CANS 200-500 YEARS

PLASTIC BOTTLES 450 YEARS

DISPOSABLE DIAPERS 550 YEARS

MONOFILAMENT FISHING LINE 600 YEARS



Community Wishes



Happy Birthday to my Sisters
Olivia who celebrates March 7th
Vera who celebrates March 9th

Love, love, love you both !!
Theresa



Happy Birthday to the
World's Greatest Poppa

Psst...Psst ... I LOVE YOU !!

Love your Goose
xoxo



Happy Birthday to my Mom
(Olivia Trudel)
She celebrates her 80th Birthday
on March 7th !!

Love Lee & Doug



Happy Birthday Jungo

Hope all your wishes come true
and you have the best day ever !!

Love Always and Forever
Cary ♥



Happy Birthday to a wonderful
Mom and Grandmother

We love you ♥

Birthday wishes from all of
your family xoxo



Happy Birthday Jungo

Have a great day !!

Love Stephen, Adam & Noah



Birthday wishes to my
Aunt Olivia

Love Ren



Happy 49th Birthday Mom!

Love you!

Winter



KIPAWA COUNTRYFEST

AUGUST 18-19-20, 2023



NICE HORSE
August 18



TIM HICKS
August 19



Cory James Mitchell Band

Five Roses Rosewood Avenue Jonny Lee

Gravitas Grindstone Cowboy Big Nickel Band The McKenzie's
Sam Depatie Roots Tina Turley and New Boots Don and Don



\$80.00 WEEKEND PASSES
ON SALE NOW!

For more information call 819-627-3455



Drumbeat
THE HEART OF KEBAOWEK

LIVE ON 104.1 FM

RADIO BINGO

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TUNE IN
AT 7:00 P.M.
SOYEZ À L'ÉCOUTE
À 19H00

Price / Prix:
\$20.00

Bingo cards are
on sale at / Le CARTE
BINGO sont en vente au:
Lakeview Store,
Migizy Gas, Stop 102, &
Dépanneur Dandy's,

Package includes
multiple games and / Le
paquet comprend
plusieurs jeux un plus
d'un jeu à

\$1000 JACKPOT

Phone: 816-627-9595
www.drumbeatradio.com



16th Annual KIPAWA COUNTRYFEST

2023 PRICES

WEEKEND PASS PRICES	ADVANCE PRICE <small>On sale until August 1, 2023</small>		AT THE GATE <small>August 18, 2023</small>
ADULT (18+ years)	\$80.00		\$120.00
YOUTH (11-17 years) <small>All young children must be accompanied by an adult</small>			\$25.00
CHILDREN (0-10 years) <small>All children must be accompanied by an adult</small>			FREE
DAILY PRICES <small>Only Available at the Entry Gate</small>	FRIDAY <small>August 18, 2023</small>	SATURDAY <small>August 19, 2023</small>	SUNDAY <small>August 20, 2023</small>
ADULT (18+ years)	\$50.00	\$80.00	\$25.00
YOUTH (11-17 years) <small>All young children must be accompanied by an adult</small>	\$10.00	\$20.00	\$10.00
CHILDREN (0-10 years) <small>All children must be accompanied by an adult</small>	FREE	FREE	FREE



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 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 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.

STATISTICS FOR THE MONTH OF NOVEMBER 2022

- 1 - Noise & Nuisance Complaint
- 1 - Arrest warrant to execute
- 4 - Infraction ticket
- 1 - Assistance to Sureté du Québec
- 2 - Public assistance
- 1 - Person in distress
- 1 - Mental Health Intervention - S.Q. assisted
- 1 - Civil matter
- 1 - Person questioned
- 1 - Break & Enter

STATISTICS FOR THE MONTH OF DECEMBER 2022

- 2 - Assist to Sureté du Québec
- 1 - Mental Health
- 1 - Break & Enter
- 1 - Mischief
- 1 - Public assistance
- 1 - Assault with a weapon
- 2 - By-law intervention
- 7 - R.I.D.E Program

STATISTICS FOR THE MONTH OF JANUARY 2023

- 5 - R.I.D.E Program
- 1 - Assist to Sureté du Québec
- 1 - Infraction ticket
- 1 - Theft
- 2 - Mischief
- 1 - Escape Custody
- 1 - Uttering threats
- 1 - Public assistance
- 1 - Assault (Conjugal Violence)
- 2 - Noise and Nuisance Complaint
- 2 - By-law tickets issued
- 1 - Failure to stop at accident
- 1 - Information received from public
- 1 - Assistance to O.P.P.
- 1 - Security & development jeopardized

Kebaowek Police Department

The Kebaowek Police Department is proud to announce the establishment of a new job position that will be focusing on domestic and sexual violence. The Police Officer in place will be assigned to all files regarding conjugal violence and sexual assault related files in order to assure follow up through out the legal procedures and with the different available resources.

We are glad to introduce Officer Christopher Barry as the new Conjugal Violence Prevention Officer. Officer Barry will be conducting prevention activities surrounding Domestic and Sexual Violence as well. He will also be reachable by phone and email for further question or resources referencing.

Contact information: 819-627-6479 / 819-627-9624 (Emergency) Email: cbarry@kebaowek.ca

Prepare for Spring Weather

Spring weather can be unpredictable. When severe weather hits unexpectedly, the risk of injury and weather-related death increases, so planning makes sense. Prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Spring is the time of year when many things change including the weather. Temperatures can swing back and forth between balmy and frigid. Sunny days may be followed by a week of stormy weather. Sometimes extreme weather changes can occur even within the same day.

Thunderstorms cause most of the severe spring weather. They can bring lightning, tornadoes, and flooding. Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this happens in spring and summer.

Because spring weather is so unpredictable, you may be unprepared when severe weather hits -particularly if you live in a region that does not often experience thunderstorms, tornadoes, or flooding.

Advance planning for thunderstorms, lightning, tornadoes, and floods requires specific safety precautions. You can follow many of the same steps for all extreme weather events. Keep an emergency kit on hand. Some items to include are:

- A battery-operated flashlight, a battery-operated radio, and extra batteries for both
- An emergency evacuation or shelter plan, including a map of your home and, for every type of severe weather emergency, routes to safety from each room

- A list of important personal information, including:
 - telephone numbers of neighbors, family, and friends
 - insurance and property information
 - telephone numbers of utility companies
 - medical information
- A First Aid Kit may include:
 - non-latex gloves
 - assortment of adhesive bandages
 - antibiotic ointment
 - sterile gauze pads in assorted sizes
 - absorbent compress dressings
 - tweezers
 - scissors
 - adhesive cloth tape
 - aspirin packets (81 mg each)
- A 3–5 day supply of bottled water and non-perishable food
- Personal hygiene items
- Blankets or sleeping bags

Prepare your family members for the possibility of severe weather. Tell them where to seek appropriate shelter as soon as they are aware of an approaching storm. Practice your emergency plan for every type of severe weather. Show family members where the emergency supplies are stored, and make sure they know how to turn off the water, gas, and electricity in your home. Often by the time we are aware of an approaching storm, we have little if any time to prepare for it.



Doing laundry is most likely part of your every day routine. But did you know how important taking care of your clothes dryer is to the safety of your home? With a few simple safety tips you can help prevent a clothes dryer fire.

- Have your dryer installed and serviced by a professional.
- Do not use the dryer without a lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.
- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.
- Keep dryers in good working order. Gas dryers should be inspected by a qualified professional to make sure that the gas line and connection are intact and free of leaks.
- Make sure the right plug and outlet are used and that the machine is connected properly.
- Follow the manufacturer's operating instructions and don't overload your dryer.
- Turn the dryer off if you leave home or when you go to bed.

AND DON'T FORGET...

Dryers should be properly **grounded**.

Check the **outdoor vent** flap to make sure it is not covered by snow.

Keep the area around your dryer **clear** of things that can burn, like boxes, cleaning supplies and clothing, etc.

Clothes that have come in contact with **flammable substances**, like gasoline, paint thinner, or similar solvents should be laid outside to dry, then can be washed and dried as usual.

FACT

- ❗ The leading cause of home clothes dryer fires is failure to clean them.

A Message from David McLaren, Health & Social Services Director

Kwe to all Members of Kebaowek First Nation,

The Covid-19, influenza and RSV (Respiratory Syncytial Virus) situation in the Abitibi-Temiscamingue region is reported to be stable and even showing signs of dwindling down. The healthcare system in our region has over 20 people hospitalized with Covid but regular scheduled services are not affected are postponed.

Practicing good sanitary measures is now a part of life and makes good common sense in order to protect ourselves and reduce the spread of disease.

- Washing your hands frequently and using hand sanitizer when soap and water are not available.
- Wearing a face mask when you have symptoms or a fever.
- Coughing in the crook of your elbow

These are just a few gestures that can make a huge difference to reduce the spread of viruses.

New Health Center Project

On February 24th we had our start up meeting with Hardy Construction and the Architects Ledoux Consortium. Once Kebaowek O&M clears the lot where our new Health & Wellness Center will be situated, plans to get the blasting folks in early April will be in the making. The construction is slated to take approximately 13 to 14 months.

It's important for those interested in working in construction, that Construction Hardy is open and willing to hire local people for the duration of the project. I will have more information to share about this employment opportunity near the end of the month of March.

Non Insured Health Benefits (NIHB)

During our first face-to-face meeting with all Quebec First Nations Health Directors, we brought to the attention of FNIHB that the gap between the NIHB program and the cost charged by service providers is getting wider, making it difficult for many to access basic vision and dental care to name a few. Cost for lodging when seeking medical care is also not in sync with the Medical Transportation Program. The rebirth of an NIHB working group with the FNQLHSSC and representatives from ISC FNIHB should be the next step to address some of these issues.

Meetings Attended in February:

- New Health Center Project with ISC and Architects. Start-Up.
- FNQLHSSC Board of Directors
- FNHMA Board of Directors
- Onimiki Working Group
- CISSSAT Board of Directors, Auditing and Governance and Ethics Committee
- Quebec First Nations Health Director Network
- Regional health Directors with CISSSAT

Onimiki Run-of-the-River File:

- Hydro Quebec Liaison confirms a different process for our project
- Final steps for the Limited Liability partnership development with Cain-Lamarre legal cabinet
- KFN providing documentation and information for LLP

Nicer weather is just around the corner folks, get out there and enjoy our territory. Many more activities are now in person and we can look forward to inviting you once again to our Annual Spring Health Fair in May.

David McLaren
Director of Health & Social Services

Quotes about Development

"All growth depends upon activity. There is no development physically or intellectually without effort, and effort means work." ~ Calvin Coolidge ~

"It is impossible to progress without change, and those who do not change their minds cannot change anything." ~ George Bernard Shaw ~



WHETHER INDOORS OR OUTDOORS, BE AS ACTIVE AS YOU CAN AND HAVE FUN!

Certain seasons can be a challenging time to stay active, such as colder temperatures, slippery conditions, and fewer daylight hours. But staying physically active is one of the best ways to improve your mental and physical health and keep yourself on track to reach your fitness goals. Physical activity can help you sleep better and reduce anxiety. Regular physical activity also helps you feel better, improve your balance, lower your risk of type 2 diabetes and many kinds of cancer, strengthen bones and muscles, lower blood pressure, maintain or lose weight, and keep your mind sharp as you get older. Emerging research also suggests physical activity may help boost your immune function.

Experts recommend adults get at least 150 minutes a week of moderate intensity physical activity. Many activities count, such as walking, running, or wheelchair rolling. You can break that up into smaller chunks of time or spread your activity out during the week. Try 30 minutes a day, 5 days a week. It all counts. **Get started today with our 6 tips to stay active.**

1. Take nature walks

Weather permitting, schedule time during the day to enjoy nature. Take a stroll around a safe neighborhood or park.

2. Monitor the weather and plan ahead.

Weather forecasts give several days' notice to prepare your week. Be sure to monitor the weather, dress appropriately, and plan your activity accordingly.

3. Wear layers

Wear several layers of comfortable clothing so that items can be removed easily as you become warmer. Layers will help you guard against overheating, sweating, and eventually becoming colder.

4. Workout online

Consider tuning into a TV, online, live Zoom, or Instagram workout class. Find free or low-cost exercise videos online to help you do aerobics, dance, stretch, and build strength.

5. Do some chores.

When bad weather keeps you from going outside, look for ways to be physically active indoors. Housework such as vacuuming, sweeping, and cleaning all count towards your physical activity goals. And you'll knock out some items on your to-do list while gaining health benefits. Walking or running up and down stairs in your home can be a great workout, too.

6. Volunteer in active ways

Help others while helping yourself. Look for volunteer opportunities that involve physical activity such as walking dogs for elderly neighbors or shoveling snow.

Work it, baby! Get your heart pumping!

Aerobic exercise is an activity, like **swimming, dancing, or jumping**, that requires continuous physical effort and gets your **heart pumping faster**.



More oxygen going to the brain means **new brain cells!**



Your **heart rate** is the number of **times per minute** that your **heart beats**.

An active body needs more oxygen-filled blood. So the heart works harder and pumps faster to produce the oxygen-rich blood the body needs.



**NATIONAL
NUTRITION
MONTH**
— MARCH —

CHOOSING TO EAT HEALTHY IS NOT A DIET

What we need to realize is that everyday we make choices that can and will influence our overall health in the future.

Remember we all have choices, make yourself and your family a priority is the right choice, and you can start by:

<u>Choose</u>	<u>Do Not Choose</u>
✓ To eat 3 meals a day	✓ Skip meals
✓ Healthier snacks	✓ Junk food
✓ Home cooking	✓ Order out
✓ Your portions wisely	✓ Soft drinks
✓ More water intake	

It is estimated that each year, 1 in 5 people personally experience a mental health problem. Mental health is complex and it is now thought that nutrition is as important to mental health as it is to heart health. Diet is often used as an adjunct to other forms of treatment, but evidence supports that nutrition could be a front-line approach to conditions like depression, mood disorders, and anxiety.

Here are 5 nutrients that have a huge impact on your mental health and stability and practical strategies you can apply to your own diet:

B-vitamins

The various B vitamins, including thiamine, riboflavin, folate, vitamin B6, and vitamin B12, help synthesize DNA, maintain the fatty myelin covering over neurons, and help produce mood-altering neurotransmitters, which are essentially chemicals that allow neurons to communicate with each

other. You can get B vitamins from a wide range of foods, including whole grains, meat, poultry, eggs, legumes, and leafy veggies. Now, if you don't eat animal foods, ensure that you are eating vitamin B12-fortified foods, like fortified cereals, or take a B12 supplement.

Vitamin D

Vitamin D activates the gene expression of enzymes that help produce neurotransmitters like dopamine and noradrenaline, and low amounts of these have been associated with the development of mood disorders. You can find vitamin D in fatty fish, like tuna and salmon, eggs, and fortified foods like milk. You can also take a vitamin D3 supplement.

Antioxidants

Antioxidants are thought to prevent the oxidative stress that can lead to DNA damage and subsequently, conditions like depression and anxiety. Fruits and vegetables are rich in antioxidants, so include an array of them at each meal. For example, have a veggie omelet at breakfast, make a colourful stir-fry with red bell peppers and broccoli for lunch, and eat some delicious berries as a snack!

Omega-3

Omega-3 is required for healthy cell membranes as well as efficient neuron communication in the brain. Good sources of omega-3 rich foods include fatty fish such as salmon, and sardines, chia seeds, and flax seeds. Try making a chia pudding for breakfast or swap the usual chicken wrap for lunch for a salmon wrap!

Fibre

Fibre is an important component of your diet for many reasons, one being that it helps maintain a healthy population of "good" bacteria in your gut. Think of fibre as food for the little microbes. Believe it or not, these little critters in your microbiome play a huge role in your mental health through what is called the microbiome-brain-gut-axis. Fibre-rich diets have been shown to reduce anxiety and depressive symptoms. Aim for 20-30 grams of fibre per day.

The key here is prioritizing minimally processed foods. That is not to say that you cannot have any snack foods in your diet. The bottom line here is to aim to have the majority of your diet consist of a wide variety of whole foods. This is not only important for your physical health, but can also significantly reduce your risk for or the severity of mental health concerns.

How to Stop Enabling an Alcoholic or Addict

If you have a loved one who has a substance or alcohol use disorder, you may have heard that you play a role in enabling the alcoholic. How can you know if you are being an enabler or if what you are doing is normal helping? If you find that you have been an enabler, how can you stop?

It is important to learn the difference between enabling and helping. If you recognize that you are an enabler, you can explore some practical tips and examples on how to stop enabling an individual with an alcohol abuse problem.

What Is Enabling?

Enabling is defined as doing things for a person with an alcohol problem that they normally could and would do for themselves if they were sober. On contrast, helping is doing something that the alcoholic could not or would not do for themselves if sober. Helping does

Enabling vs. Helping

Many times while trying to help, friends, family members, and loved ones actually make the situation worse by enabling a person who misuses alcohol (such as giving them the types of gifts that can enable their addiction).

Some common signs that you are enabling someone with an alcohol

problem include ignoring their behavior, providing them with financial help, covering for them or making excuses for their behavior, and taking over their responsibilities.

Anything that you do that *does* protect the alcoholic or addict from the consequences of their actions could be enabling him to delay a decision to get help for their problem. It's in their best interest if you stop whatever you are doing to enable them. Enabling is not helping.

Causes of Enabling

There often isn't a single factor that causes people to engage in enabling a loved one with a substance use problem.

In many cases, it begins as a genuine desire to be helpful. When someone is in pain or behaving in a way that might lead to negative consequences, the first instinct many people have is to find a way to protect their loved ones.

Enabling is often a result of codependency. Codependency involves an excessive reliance on a person who often requires additional support because of addiction or illness. Enabling may emerge as a way to cope with or avoid emotional pain.

What to Do About Enabling

You may realize that you have been enabling your loved one with alcoholism (though you probably thought you were helping) and wonder how to change. In a way, learning to stop enabling another person's drug or alcohol misuse can be very empowering.

It may be helpful to remember that you can't change other people but *you can change your behaviors and reactions towards those people. Here are several practical ways to stop enabling today.*

Do

- *Offer support for recovery efforts*
- *Set boundaries*
- *Let the person deal with consequences*

Don't

Stop Actions That Allow the Behavior to Continue

Are you paying some of the bills that your loved one would be paying if they hadn't lost their job or missed time from work due to drinking? Or are you providing food and shelter for this person?

If so, you could be enabling. You are providing them with a safety net that allows them to lose their job or skip work with no real consequences.

Don't Do Things They Can Do Themselves

If the person with an alcohol use problem has lost their driver's license, giving them a ride to an A.A. meeting or job interview is helping, not enabling.

Addictions and Wellness

These are things the person cannot do on their own, so helping them can be a way of supporting their recovery efforts. On the other hand, looking up the schedule of meetings in the area, researching the requirements for getting their license back, or searching for employment opportunities are examples of enabling. These are all things that people should be doing for themselves.

Stop Making Excuses

Have you ever had this conversation: "Sorry, they can't come into work today, they've picked up some kind of flu bug?" when in fact they are too hung over to go to work? That conversation is enabling because it is allowing the person with an alcohol use disorder to avoid the consequences of their actions. You might say, "But, they could

lose their job!" Losing their job might just be the thing that needs to happen for them to decide to get help.

Do Not Take Over Responsibilities

Are you doing some of the chores around the house that the person with the alcohol use problem used to do? Have you taken on parenting responsibilities that the two of you used to share?

Do Not Loan Money

If you are providing money to someone with an alcohol use disorder for any reason, you might as well be buying their alcohol for them. And yes, purchasing alcohol for someone with a drinking problem is enabling. That's what you are ultimately doing if you give someone money, no matter what they say they plan to do with the cash.

Don't Rescue Them From Legal Trouble

Rushing in to rescue someone may satisfy a personal desire to feel needed, but it doesn't really help the situation. It only enables the person to avoid the consequences of their actions.

Do Not Scold, Argue, or Plead

You may think that when you are scolding or berating a person for their latest episode, it is anything but enabling, but it actually could be. If the only consequence that they experience for their actions is a little "verbal spanking" from someone who cares about them, they can slide by without facing any significant consequences.

Set Boundaries and Stick to Them

Saying, "If you don't quit drinking, I will leave!" is an ultimatum and a threat, but saying, "I will not have drinking in my home" is setting a boundary. You can't control whether someone quits drinking

or not, but you can decide what kind of behavior you will accept or not accept in your life.

You may not be able to control the behavior of someone else, but you do have choices when it comes to what you find unacceptable.



Wellness Week
APRIL 3 TO APRIL 6, 2023
1-Week Virtual Bilingual Program

The application form and schedule can be found on our website:
wanakicenter.com

For additional information please call at
819-449-7000 EXT: 4227



Medical Transportation and NIHB

MEDICAL TRANSPORTATION AFTER HOURS SCHEDULE

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

IMPORTANT MEDICAL TRANSPORTATION SCHEDULE CHANGES FOR APRIL EASTER HOLIDAY OFFICE CLOSURE

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

Thursday April 6th (Good Friday): The office is closed at noon. Medical Transportation available 12:00 pm – 8:30 pm.

Friday April 7th (Good Friday): The office is closed. Medical Transportation available 8:30 am – 12:30 pm.

Monday April 10th (Easter Monday): The office is closed. Medical Transportation available 8:30 am – 12:30 pm.

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

PRESCRIPTION PICK-UPS

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

EXTRA PRECAUTIONS FOR COVID-19

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

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

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

MEDICAL TRANSPORTATION CLAIMS

Private Vehicle

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

Fun Activities to do at Home!

The weather is changing and it will be muddy and wet outside soon, so here are some activities you can do inside with your children



PLAYDOUGH NO COOK RECIPE



HOW TO MAKE FAKE SNOW

- ♦ 2 cups flour
- ♦ 2 teaspoons vegetable oil
- ♦ ½ cup salt
- ♦ ½ to 1 cup water
- ♦ Food colouring

Instructions:

- ♦ Mix the flour, vegetable oil and salt together in a bowl.
- ♦ Add a drop or two of food colouring to the water (watch how it mixes with the water).
- ♦ Add water slowly as you mix the dough to the desired consistency (Only use what you need).

It is easy to add too much water as the mixture seems too dry until you mix it thoroughly. If you do add too much, simply add more flour to get the right consistency.

Snow Ingredients:

- ♦ baking soda
- ♦ shaving cream
- ♦ container (to mix it all up in)

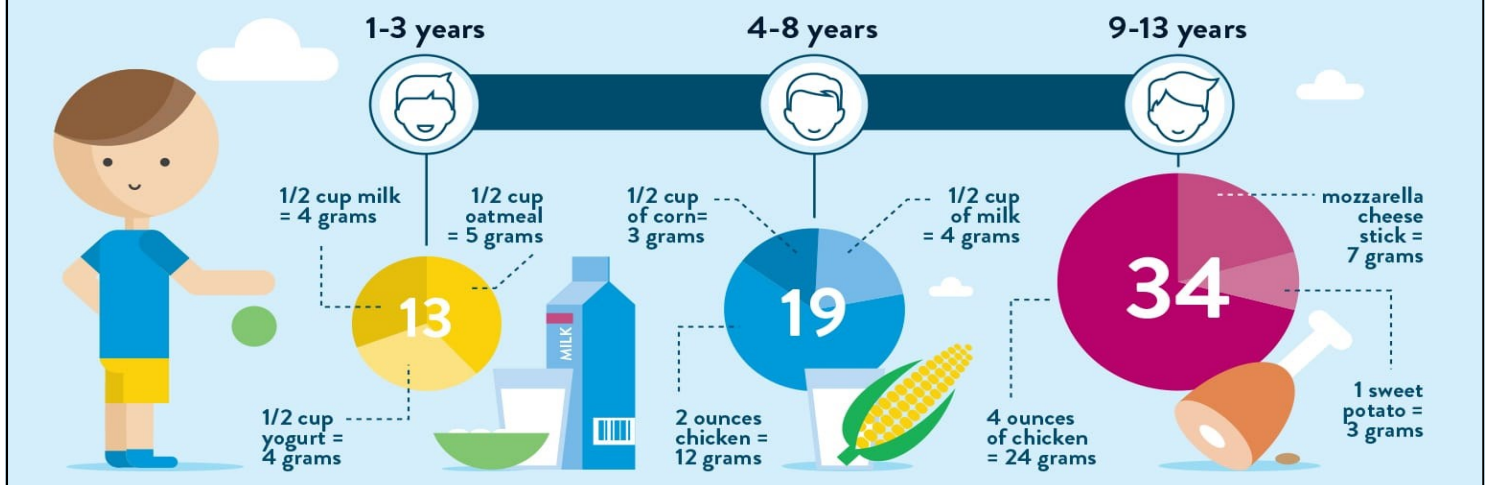
Directions:

- ♦ Pour baking soda into a container
- ♦ Add some shaving cream (unscented) and knead it into the baking soda

The fake snow will feel cold to touch.

Lynn Grandlouis
MCH/Head Start Program

HOW MUCH PROTEIN SHOULD MY CHILD GET EVERY DAY?



THE SPEECH CORNER

BY TARA GLICKMAN

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

Bilingual Language Development: Truth vs. Myths Part 2

This month, let's continue working through some of the most common myths about bilingualism and multilingualism that I hear as a Speech-Language Pathologist. Check out last month's newsletter to learn the answers to the following: (1) Does being exposed to 2 languages cause language delays?, (2) Are children confused when they are mixing 2 languages together, (3) Should caregivers always speak to their children in their community's language or their native language?

Let's get right to it!

MYTH #4—If your child has language and/or learning difficulties, it's best to stick to one language.

TRUTH—This is a very complicated and important decision. Research suggests that bilingual children with language difficulties (i.e., specific language impairment, SLI) are not at a greater risk than monolingual children. In addition, research with children who have Autism Spectrum Disorder (ASD) or Down Syndrome who are bilingual do not have greater language-related difficulties than monolinguals with the same developmental diagnoses. When deciding whether to stick to one language for a bilingual child, it's also very important to consider the impact of this decision on the child's relationship with their family, community, culture and even their possible job opportunities in the future. The one take-away is that children with learning and language difficulties require lots of rich, high quality exposure to all of their languages to give them the best opportunity for success.

Reference: Genesee, Fred. Myths About Early Childhood Bilingualism (2015).



Check out the website bilingualkidsrock.com above for lots of fun tips, tricks, information and activities!

MYTH #5—You need to be exposed to a language from a very young age to become fluent.

TRUTH—Early, high quality exposure to language is extremely important for language development for all children. However, the connection between age and second language development is complex. There is research that supports earlier exposure leads to better outcomes, but it's not clear just how early matters. Also, research suggests that there is a difference between learning a second language for social communication versus for academic purposes (i.e., going to school in a second language), with the latter being more challenging. Some research suggests that later instruction of a second language can actually result in equal (or sometimes better) outcomes in part because they already have a developed language system in their first language. In short, there are many factors that affect how well a child learns a second language and their age of exposure is just one of them.

GET IN TOUCH



info@constellationspeechtherapy.ca



(514) 400-4551

Orthophonie
CONSTELLATION
Speech Therapy



2023 WALK /JOG 10 WEEK CHALLENGE

**STARTING
APRIL 10TH**

You can start accumulating your distances starting Monday April 10th and ends Sunday June 25th, 2023

Please note that this not mean to add up all your distance walked throughout the day. You only count the distance that you went out for a walk or jog.

Please contact Mitchell McMartin to register or for more information:
819-627-9060

mmcmartin@kebaowek.ca

MANY PRIZES TO BE WON !!

WEEKLY PRIZES

IF YOU WALK OVER 5 KM IN A WEEK, YOUR NAME WILL BE ENTERED IN THE WEEKLY DRAW FOR A CHANCE TO SPIN PRIZE WHEEL #1 8 WEEKS = 8 DRAWS = 8 PRIZES TO BE WON

IF YOU WALK OVER 15 KM IN A WEEK, YOUR NAME WILL BE ENTERED IN THE WEEKLY DRAW FOR A CHANCE TO SPIN PRIZE WHEEL #2 8 WEEKS = 8 DRAWS = 8 PRIZES TO BE WON

YOU CAN ONLY HAVE YOUR NAME ENTERED FOR ONE PRIZE WHEEL PER WEEK

CHALLENGE PRIZES

FOR EVERY 10 KM WALKED, YOU WILL HAVE YOUR NAME ENTERED TO WIN ONE OF THREE GRAND PRIZES !!

FOR THOSE WHO WALK OVER 100 KM, YOU WILL HAVE YOUR NAME ENTERED TO WIN A SPECIAL PRIZE !!



Would you like your daughter to learn jingle dancing??

Janice Wabie from Timiskaming First Nation will teach our girl's how to jingle dress dance. She will also teach about medicines and knowledge about the jingle dress. I highly encourage parents to send their child(ren) to take part and learn about this traditional dance.

Classes will be held:

March 9, March 23 and April 6

from 5:00 pm to 6:30 pm at the Community Hall

For registration or more information please contact Mitchell at the Health Center 819-627-9060 or send an email mmcmartin@kebaowek.ca

THE FIRST WEEK OF EVERY MONTH

STARTING IN 2023 WE HAVE A NEW CHALLENGE ... FOR THE FIRST FULL WEEK OF EVERY MONTH WE ARE ASKING EVERYONE TO GET ACTIVE TO WIN !!

GET ACTIVE AND WIN

All you have to do is send in a picture of yourself participating in some form of physical activity and you will be entered into a draw to win a \$50 Visa Gift Card. You are allowed 1 entry per month and this challenge is open to all Kebaowek members.

March Week ... Sunday March 5th - Saturday March 11th
April Week ... Sunday April 2nd - Saturday April 8th

Send pictures to: mmcmartin@kebaowek.ca or private message the Kebaowek Health Center Facebook Page.

When sending in a picture, please attach all names that are in the photo. Example: family is playing street hockey.

Would you like to go to the gym but want to get accustomed to the equipment? Or you don't want to go alone?

Need help for a few sessions to get started towards a healthier lifestyle?

I can help you get started and help introduce you to going to the gym at the Center in Temiskaming.

If you'd like to schedule a session on Monday, Wednesday or Friday 8:30 am to 9:30 am send me an email at mmcmartin@kebaowek.ca or call 819-627-9060.

Clients will need to pay for their own gym fees.

These sessions will be for 3-5 sessions per person.

GYM ASSISTANCE

WITH
MITCH



Community Kitchen

ON THE MENU:
Pork Chop Casserole



Tuesday March 21, 2023

Deadline to register: Wednesday March 15, 2023

Afternoon session: 1:30pm - 3:30pm @ Dome

Evening session: 4:30pm - 6:30pm @ Dome

Limited spaces available for both sessions!

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

Community

Breakfast

Thursday, March 30th

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



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

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

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

Theme:
Spring!

YOUTH NIGHTS

Youth - Ages 12 to 17

Tuesday March 7, 2023 at 5:00pm
(Meet @ First Line Services Basement)

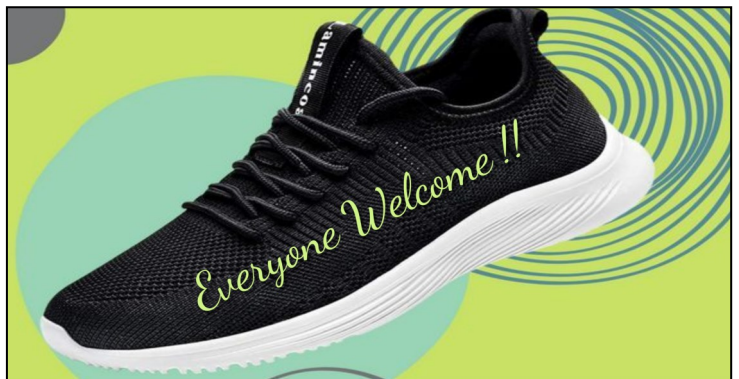
Tuesday March 28, 2023 at 5:00 pm
(Meet @ First Line Services Basement)

Tuesday April 4, 2023 at 5:00 pm
(Meet @ First Line Services Basement)

SUPPER WILL BE PROVIDED!

**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.**



**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

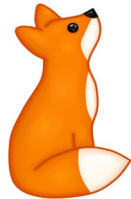
BABY & ME

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

9:30 am – 11:00 am
Basement of First Line Services

March Date:
Monday, March 27th

Coffee/tea & snacks provided.



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

A SPECIAL PROJECT WITH
ENTRAINMENT INTELLIGENT TRAINING

Let's Get Fit!

MIND ~ BODY ~ SPIRIT



There are two options:

- 1 - have access to all of the zoom classes & pre-recordings (pilates, HIIT, etc) and/or
- 2 - have access to Joanie's Gym

Upon registration, you will have access to any zoom class with E.I.T (Joanie) and/or her gym. Registration is done monthly, so you must sign-up at the beginning of each month. Follow-ups will be made to ensure participation.



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

PALS/MCH ACTIVITY

For parent's/guardians and their
children aged 0-11

Family Night

Wednesday,
March.22nd

4:30pm - 6:30pm
in the Basement of First Line Services

Come join us for supper followed
by a Spring themed activity!

For more info or if you would like to
attend, please call Darlene @
819-627-9877 or Lynn @
819-627-9060.



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.

*Snack Time
for Elders
55+*



Healthy Granola Bars

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 March 16, 2023 @ 12:00pm

Snack Date of Delivery:
Tuesday March 28, 2023 between 10 am - 11 am

It's important to call for each snack time to ensure your name is on the list. If you do not call in your name will not be put on automatically.

Please call Shelly @ 819-627-9877 to sign up or if you have any questions or need more information.

**SENIOR
SOCIAL**

ELDERS 55+



DATES: THURSDAY MARCH 16, 2023

THURSDAY MARCH 23, 2023

THURSDAY MARCH 30, 2023

THURSDAY APRIL 13, 2023

Activity: Crib, Yahtzee and Cards

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*

Easter Welcome Sign

Date of Activity: Monday March 20, 2023

Time: 1:00 pm to 3:00 pm

Place: Dome

Sign Up Date: Wednesday March 15, 2023

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



**Meals
On Wheels**

Meals on Wheels Dates for March

Wednesday March 22nd ... Delivery starting at 2:30 pm

Meals on Wheels Dates for April

Wednesday April 5th ... Delivery starting at 2:30 pm

Wednesday April 19th ... Delivery starting at 2:30 pm

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

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.

**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 March 4th, 2023
Saturday April 1st, 2023
Saturday May 6th, 2023

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!



**2023 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 14th, 2023 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

Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2023			1 Wear Your Orange Shirt Today Drumbeat Radio Bingo Chase the Ace Draw	2	3	4 Community Shopping Trip to North Bay
5	6	7 Knitting/Handicraft Class Youth Night	8 Chase the Ace Draw International Women's Day Dinner	9 Jingle Dance Class	10	11
12 	13 Holidays Lynn Grandlouis	14 Knitting/Handicraft Class	15 Drumbeat Radio Bingo Chase the Ace Draw	16 Senior Social	17	18
19	20 Elder's Craft Time	21 Knitting/Handicraft Class Community Kitchen	22 Meals on Wheels Chase the Ace Draw Family Night	23 Senior Social Jingle Dance Class	24	25
26 Holidays Lisa Chevrier	27	28 Snack Time for Elder's Knitting/Handicraft Class Youth Night	29 Drumbeat Radio Bingo Chase the Ace Draw	30 Community Breakfast Senior Social Wear Your Orange Shirt Today	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2023						1 Community Shopping Trip to North Bay
2	3	4 Youth Night	5 Meals on Wheels Chase the Ace Draw	6 Jingle Dance Class	7 KFN Offices are closed for Good Friday	8
9 Holidays Jennifer King Erica Minees	10 KFN Offices are closed for Easter Monday	11	12 Drumbeat Radio Bingo Chase the Ace Draw	13 Senior Social	14	15
16	17	18	19 Meals on Wheels Chase the Ace Draw	20	21	22
23 30 Wear your Orange Shirt Today	24	25	26 Drumbeat Radio Bingo Chase the Ace Draw	27	28	29