



Kebaowek First Nation

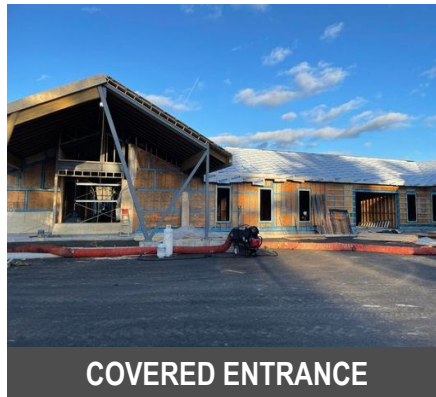
Mizi-dibàdjimowini-eshkwemag

Atikamek-kisis/November 2023

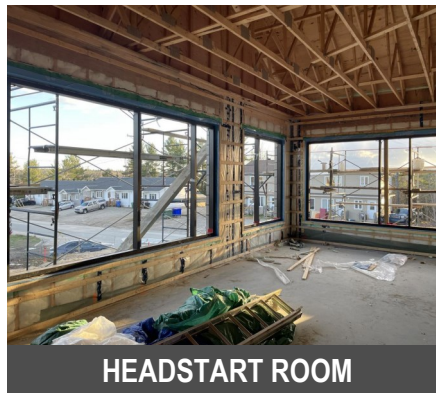
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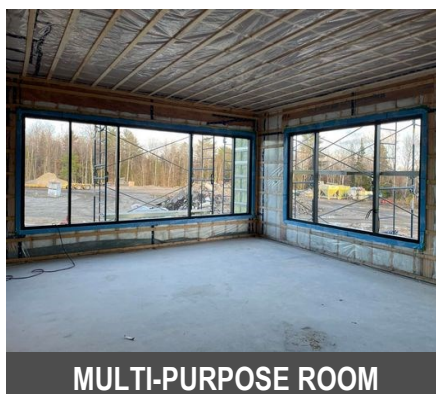
Kwe to all Members of Kebaowek First Nation



COVERED ENTRANCE



HEADSTART ROOM



MULTI-PURPOSE ROOM

For this month, I have asked our Chief to take a break and let me take the front page of our newsletter so I can talk about the construction of our new Health and Wellness Center.

Judging from the pictures, you can tell that the project is moving well along. With the help of 5 of our qualified Kebaowek community construction workers, Hardy Construction, despite of some material challenges, is on pace to have our building completed by the April target date. The entire building should be closed in by the end of November. In fact, gyprock sheeting has begun in some areas of the building.

I would like to take this opportunity to answer some of the questions I received over the past few months in regards to our new building;

Q - Will Kebaowek have their own doctor in the new Health Center?

A - No we won't. We are classified as a "prevention and promotion" Health Center and receive funding accordingly. It is up to the province to hire and distribute the services of physicians within our region. However, we will be more attractive and in a better position to welcome doctors from the Temiscaming-Kipawa Pavilion to practice and see our members within a

better equipped culturally appropriate setting. We will also be in a better situation to link with external professionals via a new and better equipped tele-medicine room.

Q - Will the Social Workers from the First-Line Services be moving into the new building?

I'm happy to report that they will. Your Health and Wellness Center is (Page2)

CONTACT US



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Fax: (819) 627-9428



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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 Director of Health & Social Services Cont'd

one of very few that embraces the benefit of true collaboration amongst all of us as we put you, the client, at the center of all our services. Proximity for all our Health Workers will lead to an increase in a team approach and consequently limit a gap in service delivery.

Q - What can we expect from the New Health Center facility?

A - All our human resources under one roof.- increase in service programs – increase in Public Health prevention – increased confidentiality with sound insulated offices - tech ready for an increase in telemedicine – more attractiveness to recruit professional human resources – less wait time when utilizing 2 clinic rooms – designated and adapted area for enhance child development – electronic medical records – physio room for supervised exercise – appropriate and dedicated rooms for foot care and dental hygiene – more parking for staff and clients – covered drop off entrance – more equipment storage - etc.

Q - Why can't we build a Long-Term Care Center instead of a Health & Wellness Center?

A - First of all, those are two distinct projects with very specific budgetary envelopes. For a Health Center, there is a budget specifically for this type of infrastructure and for all the necessary funding to operate it including the human resources. This funding falls under the responsibility of Health Canada (ISC - FNIHB).

Long-Term Care Centers and their funding have been under study / review for the past 5-10 years. There is a struggle for whom is responsible for funding support as the province operates them in Quebec. ISC Indian Affaires provides funding up to a certain level of care then requires us to lean towards the provincial establishments for these services. This is why we strive to keep our on-reserve members in their homes as long as it's possibly safe to do so with home support and homecare programs. We fully understand that that there are limits and for health and safety reasons, some of our Elders need more care than we can give.

Please keep in mind that Kebaowek has in its plans to have a place where our people who need more care, can live with culturally appropriate care and services. Strategically placed where it is, our new Health & Wellness Center has room adjacent to it for a unit that could serve as a Long-Term Care establishment for our members. Our clinical and mental health staff would be in proximity to provide services

and contribute to efficiency and cost effectiveness. Long-Term Care units need to be able to be self-sufficient and operate with its revenues generated from the clients and this bring us some serious challenges. We also need to be mindful that there is a worldwide shortage of workers and having a building does not guarantee that it can operate with a full staff and in a safe manner. What could expedite the realization of such a project, falls upon the capacity of own source revenue and a project like Onimiki.

At the end of the day, having more room for more human resources permits us to seek out or take advantage of new national, regional and local initiatives, not to mention being the ones to initiate new pilot projects. We will once again be in a position to accept our members who are studying in the health field, for their academic placement. This is something that we had to limit on account of our lack of space.

I will save most words for the inaugural speech next spring, but I think it's important to recognize a few people who have been since the beginning and along the way, instrumental in getting us this far:

- Chief Haymond and the Councils since 2015
- FNIHB team of Mr. Robert Richer, liaison Bronson Cross & Francine Shelton from ISC
- Gary Duchesneau from ISC (Indian Affaires)
- Architects consortium Robert Ledoux
- AANTC engineers C. Rollin & Eric Saumure

Meetings Attended in October:

- New Health Center Project with Project Management Group.
- FNQLHSSC Board of Directors
- FNHMA Board of Directors
- Quebec Public Health
- CISSSAT Board of Directors

Onimiki Run-of-the-River File:

- 2nd & 3rd Board meeting of Onimiki L.L.P.
- Continue communications with public inquiries
- Project updates to Chief & Council and other Partners

I hope many of you were successful in your fall harvest. I was lucky enough to have captured a young bull but I have to mention that there were next to no signs of moose in the usual areas as it were in previous years. Are the moose on

An Update Cont'd

a decline in our area? Perhaps we must also look into the true numbers on our traditional hunting grounds.

To our trappers, be safe on the land and make sure someone knows where you are on your trap line.

Quotes about Nurses

"Care for one, that's love. Care for all, that's nursing."

"Be the nurse you would want as a patient"

"Cooperation is the thorough conviction that nobody can get there unless everybody gets there."

~ Virginia Burden Tower, American Writer ~

David McLaren
Director of Health & Social Services

Message from Migizy Gas

Migizy Gas December Hours

We will close at 5:00 pm on December 12th for our Annual Staff Party at Migizy Gas

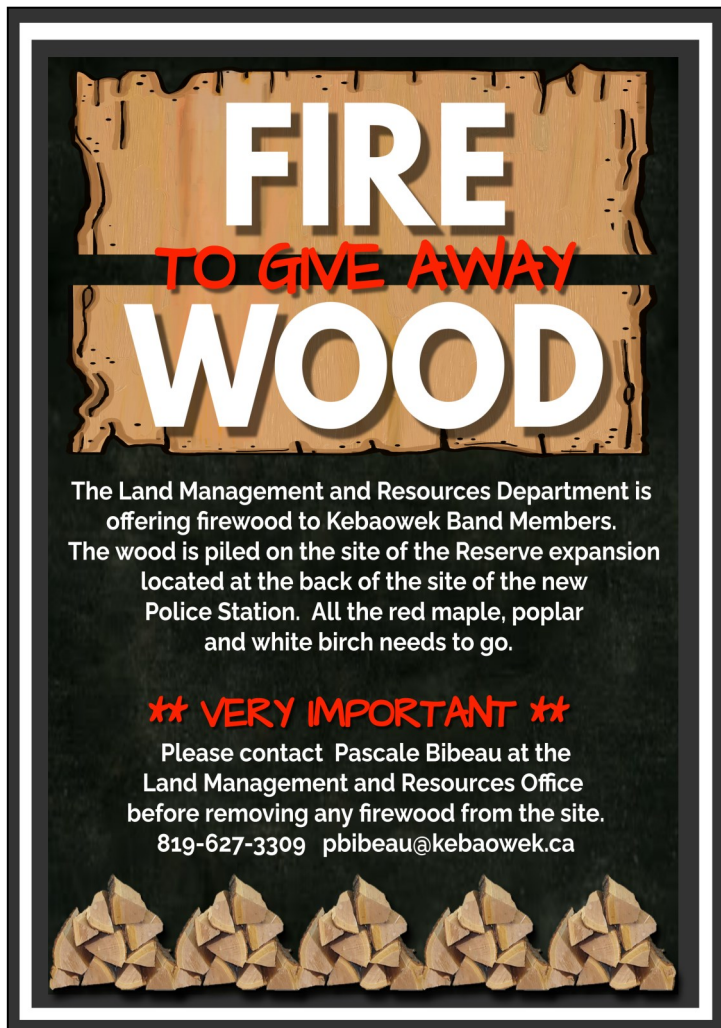
Christmas Eve - Sunday December 24th
7:00 am - 8:00 pm ... Full service

Christmas Day - Monday December 25th
10:00 am - 4:00 ... Kitchen is closed

Boxing Day - Tuesday December 26th
7:00 am - 8:00 pm ... Full service

New Years Eve - Sunday December 31st
7:00 am - 8:00 pm ... Full service

New Years Day - Monday January 1st
7:00 am - 8:00 pm ... Full service

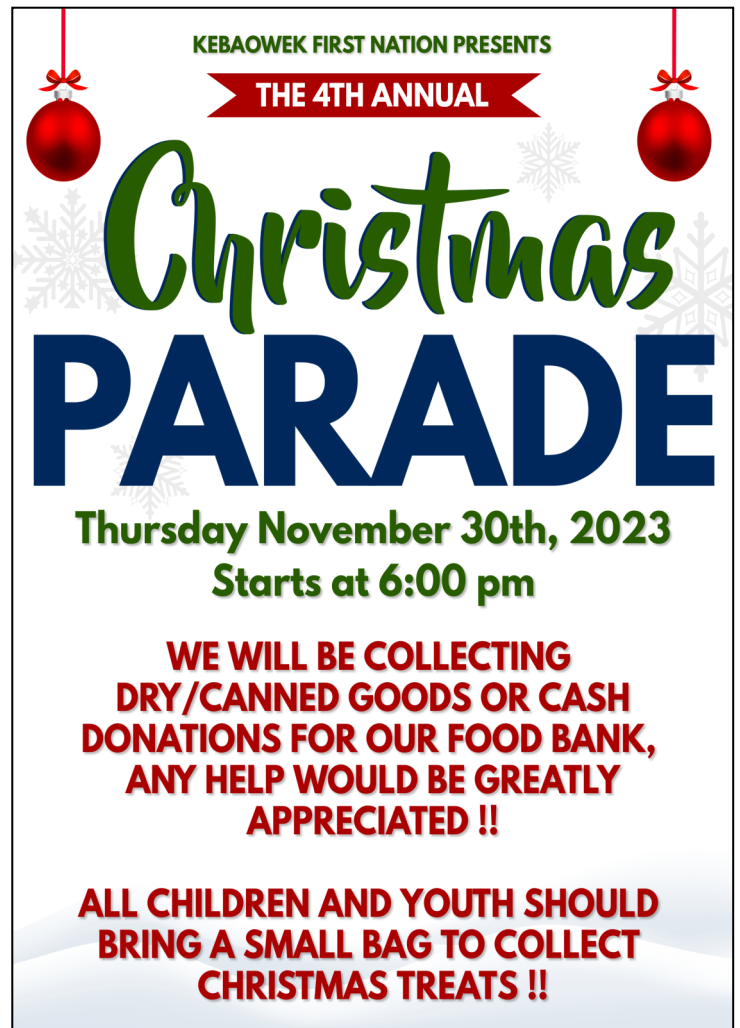


**FIRE
TO GIVE AWAY
WOOD**

The Land Management and Resources Department is offering firewood to Kebaowek Band Members. The wood is piled on the site of the Reserve expansion located at the back of the site of the new Police Station. All the red maple, poplar and white birch needs to go.

**** VERY IMPORTANT ****

Please contact Pascale Bibeau at the Land Management and Resources Office before removing any firewood from the site.
819-627-3309 pbibeau@kebaowek.ca



KEBAOWEK FIRST NATION PRESENTS
THE 4TH ANNUAL
**Christmas
PARADE**
Thursday November 30th, 2023
Starts at 6:00 pm

**WE WILL BE COLLECTING
DRY/CANNED GOODS OR CASH
DONATIONS FOR OUR FOOD BANK,
ANY HELP WOULD BE GREATLY
APPRECIATED !!**

**ALL CHILDREN AND YOUTH SHOULD
BRING A SMALL BAG TO COLLECT
CHRISTMAS TREATS !!**

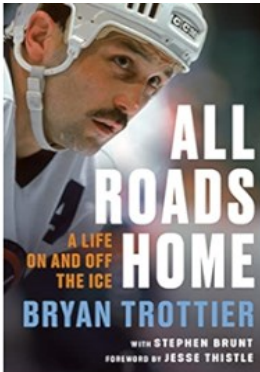
Kebaowek Education Department

Indigenous Content Books are 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

BRYAN TROTTIER ... ALL ROADS HOME A LIFE ON AND OFF THE ICE



A poignant and inspiring memoir of the people and challenges that shaped the life and career of Canada's most decorated Indigenous athlete.

Over the course of his incredible career, Bryan Trottier set a new standard of hockey excellence. A seven-time Stanley Cup champion (four with the New York Islanders,

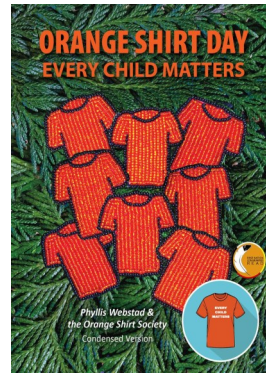
two with the Pittsburgh Penguins, and one as an assistant coach with the Colorado Avalanche), Trottier won countless awards and is a member of the Hockey Hall of Fame and the Canadian Sports Hall of Fame. In 2017, he was named one of the NHL's Top 100 Players of All Time.

Trottier grew up in Val Marie, Saskatchewan, the son of a Cree/Chippewa/Metis father and an Irish-Canadian mother. All Roads Home offers a poignant, funny, wise, and inspiring look at his coming of age, both on and off the ice. It is a unique memoir in which Trottier shares stories about family, friends, teammates, and coaches, the lessons that he has learned from them, and the profound impact they have had in shaping the person he has become.

INTERMEDIATE READERS / YOUTH

ORANGE SHIRT DAY EVERYCHILD MATTERS

A special abridged version of the award-winning book Orange Shirt Day: September 30th. Orange Shirt Day,



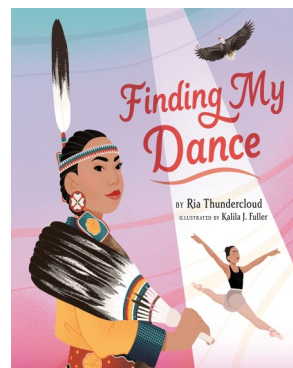
observed annually on September 30th, is also known as the National Day for Truth and Reconciliation.

It is an official day to honour Residential School Survivors and their families, and to remember the children who did not come home. What was initially envisioned as a way to keep the conversations going about all aspects of Residential

Schools in Williams Lake and the Cariboo Region of British Columbia, Canada, has now expanded into a movement across Turtle Island and beyond. Orange Shirt Day: Every Child Matters aims to create champions who will walk a path of reconciliation and promote the message that 'Every Child Matters'. This version also explores a number of important topics including the historical, generational, and continual impacts of Residential Schools on Indigenous Peoples, the journey of the Orange Shirt Day movement, and how you can effectively participate in the National Day for Truth and Reconciliation.

BEGINNER READERS / CHILDREN

FINDING MY DANCE



In her debut picture book, professional Indigenous dancer Ria Thundercloud tells the true story of her path to dance and how it helped her take pride in her Native American heritage.

At four years old, Ria Thundercloud was brought into the powwow circle, ready to dance in the special jingle dress her mother made for her. As she grew up, she danced with her brothers all over Indian country. Then Ria learned more styles--tap, jazz, ballet--but still loved the expressiveness of Indigenous dance. And despite feeling different as one of the only Native American kids in her school, she always knew she could turn to dance to cheer herself up.

Follow along as Ria shares her dance journey - from dreaming of her future to performing as a professional - accompanied by striking illustrations that depict it while bringing her graceful movements to life.



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



SEWING CLASSES

WEDNESDAY MORNINGS AT THE ELDER'S BUILDING

9:30 AM - 12:00 PM

STARTING WEDNESDAY NOVEMBER 22ND, 2023

**OUR FIRST THREE PROJECTS WILL BE: PLACE MATS, APRON AND A BAG
THE MATERIALS ARE BEING PROVIDED FREE TO KEBAOWEK MEMBERS**

PLEASE CONTACT ROSE JAWBONE 819-627-3455

HANDICRAFT SEWING CLASS

**TUESDAY MORNINGS
10:00 AM - 12:00 PM
STARTING NOVEMBER 14TH**

AT THE ELDER'S BUILDING

FOR ALL BAND MEMBERS AGED 12+

We are offering free material for 1 pair of
moccasins (between size 5 to 9 adults) for
Kebaowek Members.

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.

Instructor - Lynda Chevrier

PLEASE CONTACT ROSE JAWBONE
AT 819-627-3455

KNITTING CLASSES

**SAME NIGHT TIME AS
HANDICRAFT SEWING CLASSES**

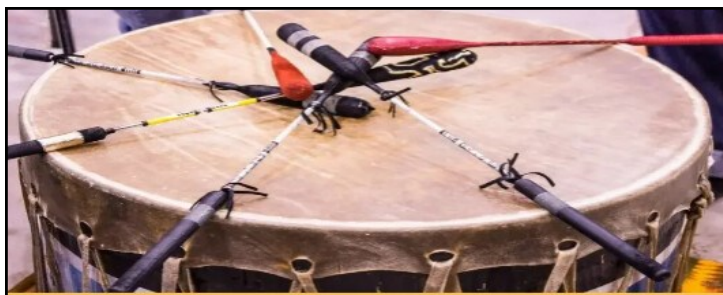
**EVERY TUESDAY MORNING
STARTING NOVEMBER 14TH
10:00 AM - 12:00 PM
AT THE ELDER'S BUILDING**

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**



Calling all youth and men who would be interested in learning to

DRUM

If you are interested in drumming on the grandfather drum please join us

**Every second Sunday
Starting November 5th, 2023
6:00 pm - 8:30 pm at the Hall**

Teaching and learning traditional songs by Wayne McKenzie

For more information please contact:

Verna Polson - Cultural Coordinator

Phone: 819-627-3309 or Email: vpolson@kebaowek.ca



Drumbeat
THE HEART OF KEBAOWEK



RADIO BINGO

EVERY SECOND WEDNESDAY

Tune in at 7:00 p.m.
Soyez à l'écoute à 19h00

Live on 104.1 FM

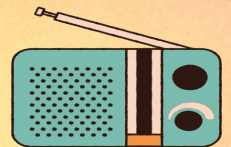
Package includes
multiple games.
Le paquet comprend
plusieurs jeux.

Price / Prix: \$20.00

**\$1000
JACKPOT**

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

f i 819-627-9595
www.drumbeatradio.ca



KEBAOWEK RECREATION UPCOMING EVENTS!



09 DEC ELDERS CHRISTMAS DINNER

Enjoy a traditional Christmas meal with live music
(by invitation)

15 DEC OUTDOOR FAMILY CHRISTMAS

Bonfire, Christmas music, Beavertails, sliding etc... Enjoy
an evening with your family to celebrate the season

17 DEC BREAKFAST WITH SANTA

Tradition continues with this fun event and a visit
from Santa (by invitation)

21 JAN CRIBBAGE TOURNAMENT

We are long overdue for a classic Cribbage
tournament! The kitchen will be open !!

17 FEB SNOWMOBILE RALLY

The Opposite of the Boat Rally is the Ski-Doo Rally!
Come out for some Poker Run fun!

09 MAR KEBAOWEK FISHING DERBY

1st Annual Fishing Derby near Coe's Island. Open
to everyone!

MORE INFO WILL BE UPDATED ON THE KEBAOWEK
RECREATION FACEBOOK PAGE



Kebaowek
Outdoor Family
Christmas

FRIDAY 15 DEC 5PM-8PM

COMMUNITY HALL PARKING LOT & ARBOUR

BONFIRE - SLIDING - GAMES - MUSIC
HOT CHOCOLATE - BEAVER TAILS - FUNNEL CAKES
& MORE!

SPECIAL CHRISTMAS
TREE LIGHTING
CEREMONY!

MAKE YOUR OWN
FAMILY ORNAMENT TO
HANG IN THE TREE
REPRESENTING YOUR
FAMILY, OR IN MEMORY
OF A LOVED ONE!

MORE INFO TO COME!

Freeze Out Winter Fires

A light snowfall outside, viewed through a frosted window that overlays an idyllic winter scene. Indoors, we maintain heat, we cook, we entertain, and as is often the case, we decorate for the season. Winter is nearly upon us and, whether through festive holiday lighting, fireplaces, electrical heating units or cooking for family gatherings, the winter months frequently provide opportunity for exposure to fire hazards.

November 24 – 30 is **National Home Fire Safety Week**, and the Canada Safety Council wants to remind you to be proactive and freeze out winter fires. We need to remember that a home fire can take hold at any moment it is vital to have a fire prevention plan in place before it is needed, because an instant is all it takes for a plan to go from after-thought to the most important thing in the moment. Proactive planning will help keep you and your family safe and better equipped to deal with an emergency.

Avoid becoming a victim in your own home – ensure your residence is equipped with working tools including smoke alarms and a fire extinguisher, and ensure that you and your housemates have an established and practiced escape plan.

Avoid overloading electrical circuits. Keep in mind that, in many houses, a single circuit can be used for a whole room. Identifying this problem may not be as simple as looking for a single overloaded outlet. Symptoms of an overloaded circuit can include flickering or dimming lights, blown fuses, a tripping circuit breaker and a burning smell

Use only CSA approved lights and appliances. This certification ensures proper wiring and a product designed to withstand the electrical charge it receives.

Keep an eye on products designed to emit heat. These can include hair dryers and straighteners, for example. Even if properly certified, these products can overheat if combined with a faulty breaker and a circuit that is already highly taxed.

Don't use electrical devices with frayed or damaged wires. The insulation on these wires exists to deter arcing and heat output, two major components in home fires. Replace these devices.

Fire extinguishers can be lifesaving tools when used properly and that's why this National Home Fire Safety

Week, Nov. 24 – 30, the Canada Safety Council is sharing tips on effective fire mitigation. This includes using the correct type of fire extinguisher and using the right technique to stop a fire from raging out of control.

The Types of Extinguishers

A grease fire, a paper fire and an electrical fire will all react differently. Because of this, fire extinguishers are also designed to react differently. These tools are divided into four classes to better inform your decision-making when buying extinguishers for your home:

Class A: Ordinary combustibles including paper, wood, drapes and upholstery.

Class B: Flammable and combustible liquids including, but not limited to gasoline, oil, grease in a frying pan and paint.

Class C: Electrical equipment including wires, conductors, overheated fuse boxes and appliances.

Class D: Metals, including magnesium and sodium. Typically, these are found in chemical laboratories.

One extinguisher can feature multiple classes; for example, an extinguisher labelled ABC can reliably put out most types of fires. You should have at least one fire extinguisher in your home, though having two or three can be useful if you need one on hand in an emergency situation. Keep them near fire-prone areas including the kitchen, the fuse box, the garage and anywhere you might have open flames.

The technique:

Read the instructions before you need to use the extinguisher for any model-specific instructions. Generally, though, most fire extinguishers operate in the same manner. The process for use can be broken down into an easy mnemonic device: **the PASS system**.

Pull the pin.

Aim the extinguisher at the base of the fire.

Squeeze or press the handle.

Sweep from side to side at the base of the fire

Extinguishers are at their most effective when they're used for small fires. If a fire starts feeding on itself and getting larger, **do not attempt to fight it**. Ensure that everyone evacuates the house immediately and call the fire department. They will be better equipped to handle a higher magnitude of fire than you. There's no sense in putting your life at risk for it.

Migizy Childcare Center News and Information

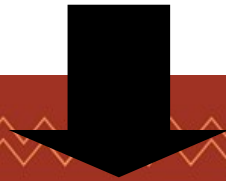
A big "THANK YOU" goes out to all the Employees at First Line, the Band Office, the Health Center, the Radio Station, the Police Department, the Fire Department, Land Management and Migizy Gas for making the Children from Kebaowek Childcare Centre's Halloween a SPOOKTACLER one !!

Have you always dreamed of working with children and would like to take training to become an Early Childhood Educator?

In collaboration with Cégep de Saint-Félicien, this ACS will soon be offered full-time in the community, **free of charge** at the Kebaowek Childcare Centre!

All interested members of the community of Kebaowek are invited to contact Patty, at 819-627-1000.

Registration closes on December 8th 2023.
Places are limited, so hurry up!



Early Childhood WEEK
November 20-24

20 Nov MONDAY
Community Parade
Everyone is welcomed to participate!
The walk will start @ 10:00am from the daycare

21 Nov TUESDAY
Cultural Activities with Verna & Jaya
@ Kebaowek Childcare Center

22 Nov WEDNESDAY
Story & A traditional lunch
@ Kebaowek Childcare Center

23 Nov THURSDAY
Swimming @ the Center

24 Nov FRIDAY
Pajama Day @ Daycare
Jingle Dress Dancers

If you require more information please contact Patty @ 819-627-1000

ATTESTATION OF COLLEGE STUDIES (ACS) EARLY CHILDHOOD EDUCATION – FIRST NATIONS AND INUIT

1,335-HOUR ACCREDITED TRAINING OFFERED **FREE OF CHARGE**
in the **community** by Cégep de Saint-Félicien

You would like to work with children and become
AN EARLY CHILDHOOD EDUCATOR?

THIS IS YOUR CHANCE!

Register now as places are limited!



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION



CÉGEP
de Saint-Félicien



BUSINESS AND
COMMUNITY SERVICE
Cégep de Saint-Félicien
Centre d'études collégiales
à Chibougamau

Medical Transportation



MEDICAL TRANSPORTATION

Do you know the date and time of your next appointment?

Call Christa: 819-627-0906 Ext. 506

Please book your ride with

Medical Transportation services as early as possible to ensure availability.

- We encourage the use private vehicles when possible *



PRESCRIPTION PICK-UPS & DELIVERY

There is a new procedure for prescription pick-ups and deliveries

Call the Health Center and speak with a Nurse to have your name added to the pickup and delivery list 819-627-9060

The deadline for additions is 11:30 am on Monday & Wednesday

*Delivery will be done during the day according to our schedule.

***RX must be ready for pickup**

Taking Opioids?

You may be prescribed an opioid to help manage your pain. Opioids are medications prescribed to treat pain that may have been caused by certain injuries or illnesses. While opioids may not take your pain away completely, they are legitimate medications to be considered as part of your overall pain management strategy. As with all medications, opioids can have risks and potentially dangerous side effects. If you are prescribed an opioid, it is important to have a conversation with your health care provider – such as your physician, surgeon or nurse practitioner to determine if this medication is appropriate for you, and how to use them in the safest way possible.

When being prescribed an opioid ...

You should always follow the instructions given to you by your health care provider, use the lowest dose of opioids possible to control your pain, and take the medication for the shortest amount of time possible. If you are on opioids for an extended period of time (e.g., 1-2 weeks), make sure that you are regularly checking in with your health care provider to discuss how the medication is addressing your pain management needs. It is also important to have discussions with your health care provider about the appropriate dose of opioids to treat your condition and how long you need to take them. When starting an opioid therapy, you should also discuss whether you need to create a plan for when you stop taking this medication, to avoid withdrawal due to abrupt cessation.

Physical dependence ...

Continuous use of opioids, including for medical purposes, may lead to physical dependence. This is a natural reaction that may occur in the body when using opioids, particularly when using for an extended period of time (e.g., 1-2 weeks). Physical dependence is different from substance use disorder. If opioid use is suddenly stopped, a person may experience symptoms of withdrawal. This may include: restless sleep, heavy sweating, chills, shakiness, increased pain, twitching, aching muscles and psychological distress.

If you are considering reducing or stopping your opioid medication, it is important to discuss strategies with your health care provider to do so in a safe and effective manner. If you have been on high doses of opioids, or if you have been taking opioids for an extended period of time, you will need to come off opioids slowly and this process may take several months.

Sports and Mentorship ... Take Control of Your Knee Pain

Simple home exercises and stretches can help ease some common types of knee pain.

If you've got sore knees, exercise might seem like the hardest thing you can do — but it's also one of the best.

"Exercise is one of the most important things you can do for knee pain," says Dr. Lauren Elson, an instructor in physical medicine and rehabilitation at Harvard Medical School.

The right combination of strengthening and stretching exercises can relieve pain by helping to improve the way the joint moves and functions.

The knee is often an innocent bystander between the hip and the foot. Knee pain is often caused by problems occurring above or below. For example, weak hip muscles may cause more strain on the knee, intensifying your pain. Strengthening the muscles around the hip joint can help relieve it.

In addition, knee pain is sometimes caused or aggravated by tight muscles around the knee, a problem that is often successfully addressed by stretching. If the muscles aren't flexible, the knee joint sometimes won't move properly.

What conditions can exercise help ...

Knee exercises and stretches can help relieve knee pain caused by many conditions, including these three that commonly affect older women:

Patellofemoral pain. This condition typically causes a dull, aching pain in the front of the knee that's made worse by daily activities, such as squatting, going up or down stairs, or standing up after sitting for a long period of time. The pain is caused by irritation of the cartilage underneath the kneecap when it does not glide or sit properly. Exercise can help to eliminate problems that lead to this irritation. Stretches can loosen tight muscles on the side of the knee that may be pulling the kneecap out of its groove as it moves. Strengthening weak hip muscles or stretching tight muscles in the front or back of the legs can also reduce discomfort.

Chronic degenerative meniscal tears. When one or both pads of cartilage that cushion each of your knee joints deteriorates or tears, you may feel pain and a sticking or locking sensation. While surgery is sometimes necessary, doctors usually first recommend physical therapy to help build up the muscles around the knee to take the pressure off the joint and reduce discomfort.

Osteoarthritis. If you're over age 50 and you have stiffness, pain, or swelling, it may be osteoarthritis. Years of wear and tear can break down the cartilage in the knees, leading to chronic joint inflammation. A past injury may also lead to arthritis. While nothing can reverse these physical changes, you can reduce pain by building up the muscles around the knee as well as in the pelvis and core. Strong muscles act like scaffolding, taking some of the pressure off the joints. Stretching to increase flexibility can help the joint function properly.

Know when to see your doctor ...

While many conditions that cause knee pain can be helped by exercise, in some instances it may not be appropriate. You should stop exercising and see a doctor if you have any of the following symptoms:

- fever
- pain that is not improving
- pain that intensifies with activity
- pain that wakes you up in the middle of the night

Exercises to try ...

To ease knee pain, you'll want to perform exercises that work a number of different muscles, from the hip abductors to the hamstrings and quadriceps.

Two to add to your routine are the side-leg raise, and the single-leg lift. Do this workout at least two days a week to start and ideally work up to every other day.

How many exercises you do in each session is your choice. But keep in mind that rushing through exercises can be counterproductive. Start slowly with fewer repetitions to ensure you get your form right. Then add more as it becomes easier.

SIDE-LEG RAISE



Starting position: Lie on your right side, with your legs straight. Bend your right forearm upward and rest your head on your hand.

Sports and Mentorship ... Take Control of Your Knee Pain

Movement: Keep your legs straight and slowly lift your left leg up toward the ceiling. Pause, then slowly return to the starting position. Finish all repetitions, then repeat on the left side.

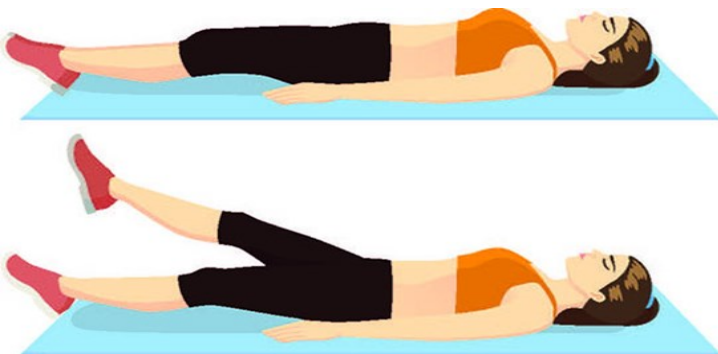
Tips and techniques:

- Throughout the movement, keep your hips straight and still as if you were lying with your back against a wall.
- Contract your abdominal muscles and keep your pelvis still (no rocking) throughout.
- Lift your leg up as high as possible without letting your hip move and while maintaining good form.

Make it easier: Lift your top leg a shorter distance, or lean your back against a wall for support.

Make it harder: Tie resistance tubing around your upper thighs, or increase the number of repetitions.

SINGLE-LEG LIFT



Starting position: Lie on your back with your legs straight. Extend one leg, foot slightly flexed. Rest your hands at your sides on the floor.

Movement: Tighten your thigh muscles and slowly lift the leg in the air until your knees are aligned. Pause, then slowly lower your leg to rest on the floor. Finish all repetitions, then repeat with the other leg.

Tips and techniques:

- Keep your abdominal muscles contracted.
- Keep your hips on the floor as you lift one leg.
- Exhale as you lift.

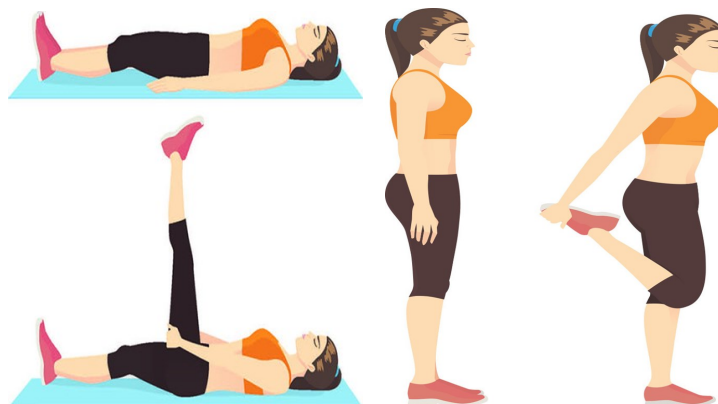
Make it easier: Lift your leg a shorter distance.

Make it harder: At a slow, controlled pace, try tracing the letter T with your leg in the air. Lift up one leg four inches, move the leg four inches to the left, return to center, move

the leg four inches to the right, return to center, then lower your leg to the floor. Finish all repetitions, then repeat with the other leg.

Stretching ...

You should also incorporate daily stretching into your routine. Try using a foam roller to work out the kinks in your muscles. The roller targets tight, rigid, and painful areas in both the muscles and the myofascial tissue (a layer of connective tissue around the muscles). This process, called myofascial release, which can also be performed through a hands-on massage, is designed to relax this tissue to reduce pain. It does this by releasing tension in muscles that are pulling abnormally on the knee joint. Below are two stretches to try. Ideally, you should aim to do three or four repetitions of each, holding for 10 to 30 seconds each time.



HAMSTRINGS STRETCH

QUADRICEPS STRETCH

Hamstring Stretch: Lie on your back with your legs straight and your arms by your side. Grasp your right leg with both hands behind the thigh. Extend your leg to lift your right foot toward the ceiling, foot flexed. Straighten the leg as much as possible without locking the knee to feel a stretch along the back of the right thigh. Hold. Return to the starting position and repeat with the left leg.

Quadriceps Stretch: Stand on the floor with your feet spaced shoulder-width apart. Bend your right knee and bring the heel toward your right buttock. Reach back with your right hand and take hold of your foot. Hold the stretch, then slowly lower your foot to the floor. Repeat the stretch with your left leg. Make sure to stand straight and keep your knee aligned with your hip, not pointing out to the side.

<https://www.health.harvard.edu/pain/take-control-of-your-knee-pain>

What is Domestic Violence and Abuse

When people think of domestic abuse, they often focus on domestic violence. But domestic abuse includes any attempt by one person in a marriage or intimate relationship to dominate and control the other. Domestic violence and abuse are used for one purpose and one purpose only: to gain and maintain total control over you. An abuser doesn't "play fair." An abuser uses fear, guilt, shame, and intimidation to wear you down and keep you under their thumb.

Domestic violence and abuse can happen to anyone; it does not discriminate. Abuse happens within heterosexual relationships and in same-sex partnerships. It occurs within all age ranges, ethnic backgrounds, and economic levels. And while women are more often victimized, men also experience abuse - especially verbal and emotional. The bottom line is that abusive behavior is never acceptable, whether from a man, woman, teenager, or an older adult. You deserve to feel valued, respected, and safe.

Domestic abuse often escalates from threats and verbal assault to violence. And while physical injury may pose the most obvious danger, the emotional and psychological consequences of domestic abuse are also severe. Emotionally abusive relationships can destroy your self-worth, lead to anxiety and depression, and make you feel helpless and alone. No one should have to endure this kind of pain—and your first step to breaking free is recognizing that your relationship is abusive.

THE CYCLE OF VIOLENCE IN DOMESTIC ABUSE

Domestic abuse falls into a common pattern or cycle of violence:



Abuse – Your abusive partner lashes out with aggressive, belittling, or violent behavior. This treatment is a power play designed to show you “who is boss.”

Guilt – Your partner feels guilt after abusing you, but not because of their actions. They're more worried about the possibility of being caught and facing consequences for their abusive behavior.

Excuses – Your abuser rationalizes what they have done. The person may come up with a string of excuses or blame you for provoking them - anything to avoid taking responsibility.

“Normal” behavior – Your partner does everything in their power to regain control and ensure that you'll stay in the relationship. A perpetrator may act as if nothing has happened, or they might “turn on the charm.” This peaceful honeymoon phase may give you hope that the abuser has really changed this time.

Fantasy and planning – Your abuser begins to fantasize about repeating the abuse. They spend a lot of time thinking about what you've done wrong and how they'll make you pay for it. Then they form a plan for turning the fantasy of abuse into reality.

Set-up – Your abuser sets you up and puts their plan in motion, creating a situation where they can justify abusing you.

Your abuser's apologies and loving gestures in between the episodes of abuse can make it difficult to leave. They may cause you to believe that you are the only person who can help them, that they will change their behavior, and that they truly love you. However, the dangers of staying are very real.

THE FULL CYCLE OF DOMESTIC VIOLENCE AN EXAMPLE

A man **abuses** his partner. After he hits her, he experiences self-directed **guilt**. He says, “I'm sorry for hurting you.” What he does not say is, “Because I might get caught.”

He then **rationalizes** his behavior by accusing his partner of having an affair. He tells her, “If you weren't such a worthless whore, I wouldn't have to hit you.”

He **acts contrite**, reassuring her it will not happen again.

What is Domestic Violence and Abuse

But later he **fantasizes** and reflects on past abuse and decides to hurt her again.

He **plans** on sending her to the grocery store, purposely choosing a busy time. She is then held up in traffic and returns a few minutes later than expected. In his mind, he justifies assaulting her by blaming her for having an affair with the store clerk. He has just **set her up**.

RECOGNIZING THE WARNING SIGNS OF ABUSE

It's impossible to know with certainty what goes on behind closed doors, but there are some telltale signs of emotional abuse and domestic violence. If you witness these warning signs of abuse in a friend, family member, or co-worker, take them very seriously.

People who are being abused may:

- Seem afraid or anxious to please their partner
- Go along with everything their partner says and does
- Check in often with their partner to report where they are and what they're doing
- Receive frequent, harassing phone calls from their partner
- Talk about their partner's temper, jealousy, or possessiveness

<https://www.helpguide.org/articles/abuse/domestic-violence-and-abuse>

For immediate assistance dial 911

**Helplines:
SOS Violence Conjugale
1-800-363-9010**

MCH and Head Start ... Terrible Two's and Tantrums

Signs of the terrible twos

Not all toddlers will have all (or any) of these terrible two "symptoms." That said, there are some common behaviors that are the hallmark of this stage, including:

- **Frustration.** Your toddler will get discouraged for obvious reasons (he can't toss the ball into the toilet) and not-so-obvious ones, like being served sandwich triangles instead of halves.
- **Outsized emotions.** He'll giggle uncontrollably at something funny or screech in despair, both at the top of his lungs.
- **Biting, hitting, slapping** and other antisocial behaviors, usually aimed at his parents, other children he's in contact with, and his sitter or day care Educators.
- **Tantrums.** Lots of these!
- **A desire to do everything by himself**, especially when you're in a rush.
- **Crankiness**, especially around nap and meal times.

How to deal with the terrible twos

The easiest way to handle the terrible twos is to try to keep your calm (yes, easier said than done), think of this stage as more positive than negative (which in many ways it is!), and keep these tips in mind:

Stick to a routine as much as possible. Toddlers love

predictability because it makes them feel safe. So try to aim for regular eating, playing and sleeping times.

Be mindful of fatigue and hunger. We all get cranky when we're tired or ravenous. So carry a bunch of healthy snacks around to stave off hunger pangs and try not to run errands too close to naptime.

Give your tot choices. Let him choose whether to eat cereal or a waffle for breakfast or whether he wants to wear the red or gray sweatshirt. The more say he has in little things, the less frustrated he'll be. Just make it clear that he has no choice when it comes to safety, so the car seat isn't optional — but the book he wants to take along is.

Have a distraction ready when your toddler is close to a meltdown. Sometimes dealing with the terrible twos is as easy as telling knock-knock jokes, singing a silly song or going into another section of the park (or the house).

Pick your battles. Saying "no" to every request can make your toddler feel unheard. So give in sometimes — within reason. Head to the playground for a few minutes after you've picked your cutie up from day care. Just don't cave into a demand during a tantrum.

Catch him being good and give him props for it: "Thank you for asking so nicely and using your words," or "You were so patient when we were waiting in line. Thank you — now we can go play."

Kebaowek's **MOVEMBER** *Movement*



Starts Nov. 1st and will end on Nov. 30th, 2023

There are 3 ways to participate in Kebaowek's Movember Movement and you must take part in 2 of the 3 to be eligible for the draw.

1. You must attend the Prostate & Colon Cancer Awareness Dinner on November 15th !!
2. Submit a photo of your best fake mustache or grow one for the month of November.
3. Move for Mental Health, you must run/walk 60km during the month of November for 60 men who lose their life to suicide globally every hour.

1st Prize:
Weekend away at
Lake Nipissing Ice
Fishing Hut

2nd Prize:
2 tickets to a North Bay
Battalions Game,
Restaurant Gift Card
and a Gas Voucher.

3rd Prize:
\$150 Gift Card to
Pronature

Draw will take place on Friday, Dec 1st before Noon

For more information and/or to submit your photo/sign up for the walking challenge contact Darlene @ 819-627-9877 or Virginia 819-627-9060.

Men's MEN'S HEALTH AWARENESS MONTH

Come join us for a 3 Course Dinner and Colon/Prostate Cancer Information Session

WEDNESDAY NOVEMBER 15TH
KEBAOWEK COMMUNITY HALL

DOORS OPEN AT 5:00 PM

DINNER AT 5:30 PM

Zoom Guest Speaker
Iris Karry
from Colorectal Cancer Canada

Please call Virginia at the Health Center 819-627-9060
to register before Monday November 13th.

Stay and enjoy Drumbeat Radio Bingo with us at
7:00 pm and receive a free Bingo Dabber !!
Don't forget to bring your Bingo cards !!

**** DOOR PRIZES TO BE WON ****



Health Screening Clinic

✓ Blood Pressure ✓ Blood Glucose ✓ Weight

Wednesday November 29th, 2023

10:00 am - 12:00 pm

1:00 pm - 4:00 pm

Kebaowek Health Center

Please call Jennifer King at the Health Center
to book your Screening Clinic appointment.
Should you require medical transportation for your
appointment please inform Jennifer when you call.
819-627-9060

Chance to win a prize for participating in the screening !!

RAIN OR SHINE

NOVEMBER 8TH !!

This year the proceeds will be given to Lauretta Paul and Harry Paul who are each battling cancer. They are the sister and brother of Woody (Lorraine Paul).

Luminaries are \$2.00 each and are on sale soon at the Kebaowek Health and Wellness Center, Kebaowek Band Office, Migizy Gas and family members. They can also be purchased the evening of the walk as well.

14th Annual Woody's Walk
Wednesday November 8th, 2023
Beginning at 6:30 pm

Please come and show your support and walk with us at the Kebaowek walking track located by the Health and Wellness Center entrance, and/or purchase a luminary in memory of someone who survived cancer, battling cancer or lost the battle to cancer.

EVERYONE IS WELCOME TO JOIN US FOR THIS EVENT



PALS/MCH ACTIVITY
Holiday Baking Day

Sunday, November 19th
1:00 pm - 3:00 pm
at the Community Hall

You will get to make two different types of desserts plus other activities.
And wear your favourite holiday pjs!

Limited spaces available!
Deadline to register is Thursday, Nov. 9th by noon
To sign up, contact
Darlene @ 819-627-9877 or Lynn 819-627-9060



First Line Services

Community Breakfast

THURSDAY, NOVEMBER 30TH
AT THE COMMUNITY HALL
6:45 AM TO 9:00 AM

LAST ONE UNTIL JANUARY!

Phelps Bus Pick-up @ 7:30am
Temis Bus Pick-up @ 7:40 (1st run)
Temis Bus 2nd Run @ 8:40

Theme: Christmas Holidays



Now weekly on Tuesdays!

Baby & Me

A playgroup for parents/guardians with children aged 0-5

November Dates:
November 7th, 14th, 21st, 28th
Last one until the New Year will be December 5th!

From 9:30 am - 11:30 am
Basement of First Line Services

Coffee/tea & snacks will be provided.
For more information contact
Darlene @ 819-627-9877 or
Lynn @ 819-627-9060



Women's Paint Night
with Michelle St-Denis

MONDAY,
NOVEMBER 13TH & NOVEMBER 27TH
DECEMBER 4TH, WILL BE THE LAST ONE UNTIL JANUARY

FROM 6:00 PM - 8:30 PM
IN FLS BASEMENT

COFFEE/TEA & LIGHT SNACK PROVIDED.

REGISTER WITH DARLENE
@ 819-627-9877

YOUTH NIGHTS

Youth - Ages 12 to 17

Wednesday November 8th, 2023 at 5:00 pm
(Meet @ First-Line Services Basement)

Wednesday November 22nd, 2023 at 5:00pm
(Meet @ Dome)

Wednesday November 29th, 2023 at 5:00 pm
(Meet @ First-Line Services Basement)
We will be decorating the Santa Float

Thursday November 30th, 2023 at 4:45pm
(Meet @ First Line Services Basement)
Kebaowek Christmas Parade

SUPPER WILL BE PROVIDED !!

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



BABY FOOD MAKING CLASSES

All classes will be held in the kitchen
at the
Kebaowek Health and Wellness Center
from 10:00 am - 12:00 pm

THURSDAY NOVEMBER 2ND, 2023
ON THE MENU ... PEARS & PEACHES

THURSDAY NOVEMBER 16TH, 2023
ON THE MENU ... CHICKEN & RICE

THURSDAY NOVEMBER 30TH, 2023
ON THE MENU ... MANGO

**If you have a baby between
the ages of
5 months to 24 months
come join Lynn to make
your own baby food.**

**All materials needed
will be provided
including the food!**

For more information or to RSVP with Lynn Grandlouis
819-627-9060
lgrandlouis@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.

October Week ... Sunday Oct. 1st - Saturday Oct. 7th
November Week ... Sunday Nov. 5th - Saturday Nov. 11th

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 baseball.



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 !!**



KEBAOWEK

Meals on Wheels

Upcoming Date for Meals on Wheels

Wednesday November 8th, 2023

Wednesday November 22, 2023
(Last one until January 2024)

Delivery between 2:00 pm and 3:00 pm

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



**Meal Cost
\$5.00 each**



Community Kitchen

ON THE MENU:
Chicken & Peaches



Tuesday November 14th, 2023
Deadline to register:
Thursday November 9th, 2023

Afternoon Session: 1:00 pm to 3:00 pm @ Dome
Evening Session: 4:30 pm to 6:30 pm @ Dome

Limited Spaces available for both sessions!

To register call Sheila @ 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 skating times you must contact the
Centre @ 819-627-3230.**



**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

Elder's (55+) Craft Time

Cookies in a Jar

Date of Activity: Monday November 20th 2023

Time: 1:00 pm to 3:00 pm

Place: Dome

Sign Up Date: Thursday November 16th, 2023

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 NOVEMBER 30TH, 2023

Activity: Crib Tournament & Yahtzee

Time: 10:00 am to 2:00 pm

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 22nd, 2023

@ 12:00pm ... Seats are limited !!

Prizes to be won !! We hope to see you there !!

A SPECIAL PROJECT WITH
ENTRAINMENT INTELLIGENT TRAINING

Let's Get Fit!

MIND ~ BODY ~ SPIRIT



Upon registration, you will have access to any live zoom class with E.I.T (Joanie) or a pre-recording. 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.

SENIOR SOCIAL

ELDERS 55+

Crib, Cards & Yahtzee

DATES:

TUESDAY NOVEMBER 7 2023

THURSDAY NOVEMBER 16. 2023

Time: 1:15 pm to 3:15 pm

Doors open @ 1:00 pm

Place: Dome

Snacks, Tea & Coffee will be provided !

We hope to see you there and if you need a ride please call Shelly @ 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 November 4th, 2023

Saturday December 2nd, 2023

Saturday December 16th, 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!

Kebaowek First Nation



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.

Counselling SERVICES

It's ok to reach out for help. You don't have to fight your battles alone. Get help to overcome the barriers to a happier life.

► **Arlene Laliberte**

LICENSED Psychologist



To book an appointment call
Darlene @ 819-627-9877 or by
email darmclaren@kebaowek.ca

*In community or phone
appointments available.

► **Michael Hughes**

LICENSED Psychotherapist



To book an appointment
call 705-358-1111

*Appointments are out of the
community, located in North Bay.



Kebaowek First Nation Community Calendars

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Atikamek-kisis November			1 Vaccination Clinics Drumbeat Radio Bingo	2 Baby Food Making Class Senior Social	3	4 Community Shopping Trip in North Bay
5 Get Active and Win Challenge Week →	6	7 Baby & Me Group Senior Social	8 Youth Night Meals on Wheels	9	10 KFN Offices are closed for Remembrance Day	11 Remembrance Day
12	13 Women's Paint Night	14 Baby & Me Group Community Kitchen	15 Movember Dinner & Info Session Drumbeat Radio Bingo	16 Senior Social	17	18
19 MCH / PALS Holiday Baking	20 Elder's Craft Time	21 Baby & Me Group	22 Youth Night Meals on Wheels	23 CDWAI Community Engagement	24	25
26	27 Women's Paint Night	28 Baby & Me Group	29 Health Screening Clinic Youth Night Drumbeat Radio Bingo	30 Community Breakfast Christmas Parade Wear your Orange Shirt Today		

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Pidji pibon-kisis December					1	2 Community Shopping Trip in North Bay
3 Get Active and Win Challenge Week →	4 Women's Paint Night	5 Baby & Me Group	6	7	8 Kebaowek Employee Christmas Party (Invitation Only)	9 Elder's Christmas Dinner & Dance (Invitation Only)
10	11	12	13 Drumbeat Radio Bingo	14	15 Outdoor Family Christmas	16 Community Shopping Trip in North Bay
17 Breakfast with Santa (Invitation Only)	18	19	20	21	22 KFN Offices are closed for the Christmas Holidays from December 22nd 2023 until January 5th, 2024	23
24 Christmas Eve 31 New Year's Eve	25 Christmas	26 Boxing Day	27	28	29	30 Wear your Orange Shirt Today