



Kebaowek First Nation Mizi-dibàdjimowini-eshkwemag

Wabigwan Kizis / May 2024

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An Update from the Chief

As I draft this article, it is a Sunday morning and I'm sitting in a boardroom in downtown Ottawa with both Indigenous and nonindigenous allies talking about how we can better work together to continue the battle to try and stop nuclear pollution from causing more damage to the Ottawa River. Last month I spoke of how much time, energy and effort is spent on this one issue, trying to stop the construction of a nuclear waste dump at Chalk River. We have not slowed up since the hearing in August where we outlined and presented our concerns with what we see as impacts on the land, plants, animals, and water. As you now know, the Canadian Nuclear Safety Commission (CNSC) ignored our concerns and proceeded to issue a decision granting a license to build the waste dump. We then looked at our options which were to either find a political decision to reverse the CNSC decision or take the government and the CNSC to court. We now have two separate cases before the courts. One to quash the CNSC decision and the second we are challenging the Minister of the Environment and his ministries decision to issue a permit to allow the destruction of species at risk and their habitat so this project can go forward. It's troubling that we recognize that there are species at risk of disappearing, decide they need to be protected, agree on measures to do that and then watch the Minister with the swipe of a pen disregard this because it will delay the project and cost the developers more money to build. An example is the Eastern wolf which is present on the site and should be protected but the promoter has been lobbying the Minister and telling him that if the wolf gets protection under the law, it will cost them \$160 million dollars and there is a risk they will have to restart the project in a different location. All that to say that when the governments want something done, they will do what they want and simply ignore our rights in the name of the almighty dollar. It has always been this way and we will continue to find ourselves up against this reality day after day and it's not only nuclear, but its all developments that are happening on our lands. Nuclear is but one issue, mining exploration and development of the territory is going to be our next battlefield. There is so much to do from reading the material, showing up for meetings and events, doing the lobbying, setting up the meetings and attending them takes so much time, many evenings, weekends are given up doing the work. It's not only I, but there is also a team of people who support our work. Our Land Management Department, Council, our Cultural and Public Works staff, lawyers and allies' help, but it still feels like we are fighting a losing battle, but we can't give up because I've said many times that we can't leave the issue of nuclear waste and pollution to our children as a legacy issue.

In my travels over the last months with this nuclear file, I have met many leaders, politicians from all parties and I never miss an opportunity to continue to raise other issues with them when the opportunity arises. Since February 14th,

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Tel: (819) 627-9060
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Keboawek Police Department
104 Ogima Street
Keboawek, QC J0Z 3R1
Tel: (819) 627-9624/8229
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An Update from the Chief

we have been in Parliament 5 times, meeting and raising our concerns at the highest levels. We have the support of the Green Party and the Bloq Quebecoise who have helped us get our message to parliamentarians. We will see where the legal challenges get us and, in the meantime, continue to do our best to protect the territory and keep you all aware of all developments on these files.

The fight we have with nuclear is the same fight we will be having with mining development on the territory. We are currently being overwhelmed with consultation requests and many of these are related to mining, mining exploration and exploitation of the territory and putting our water resources at risk for the sake of development. I used to be confident that when the time came, we would be able to stop these projects but with what we've seen in the last years with significant changes to the mining and environmental protections is both the federal and provincial governments making it easier and faster for a mine to go from a concept to a producing mine. We all know that we are sitting on the most important rare earth deposit in this country and that developers are falling over themselves trying to get their hands on it because it's needed for batteries, electric cars, cell phones and technology. Mining companies are also looking for gold, copper, nickel and lithium. Of the fifty plus active consultations we currently have on our list, at least ten are mining or mining related consultations.

We had this great idea of trying to get our hands on the claims for Quebec Precious Metals formally Mattamic, we met the owners of the mine last June and since then we have been having ongoing discussions with them about buying their 72 claims so we could hold them and make sure this mine never moves forward. It sounds so simple, but it is far more complex than simply buying the claims. Once we have the claims, there are conditions in the Quebec mining act which would require us to have to spend money to maintain the claims. \$1500 a year must be spent per claim. While this is going on I get a call and an email from Oceania Lithium who is the company that currently owns the rare earth claims directly across from QPM on the opposite side of the Kipawa River. So, while we are trying to find a solution to the QPM rare earth project, the call reminded me that finding a solution for one project does not mean it is applicable to others and we cannot just keep trying to buy up claims. There is not much of our territory that is not covered by a mining claim, its big business, and the world demand for all these materials will continue to grow and so will the

pressure to further exploit our homelands.

We are one of the last Algonquin communities that has not signed an Impact Benefit Agreement with any mining company.

I raise this because up until now, it's been the Council at the forefront of opposing these projects and we are tired, we are always being pressed as to what we are going to do if these projects go ahead and to be honest, I just don't know. If the governments and industry want it bad enough, it will happen, we are living and seeing that with nuclear file at Chalk River and they are using their laws to do it. Everyone one, First Nations, Environmental groups, and Canadians are saying no to nuclear but the governments keep pouring billions of dollars into the industry through grants to sustain it. They will do the same for mining because these are projects, we need for the future. We are not foolish; we recognize the need for these projects and the minerals that will come out of the ground, and I am deeply concerned and believe these projects will happen with or without us. So, what do we do? This is a question the community will have to grapple with in the coming years. Do we take the same position and mentality that we are taking with Hydro developments projects like Onimiki where we have decided to develop it and reap most of the benefits ourselves while ensuring the environmental impacts are mitigated. Our young people want good paying jobs, and many are travelling and working in mines and have told me they would like to work closer to home while other members have told me they are scared for their jobs. There are no easy answers and I understand why the shift in mentality is changing, and it is a generational shift, us old folks want to protect the land, but our young people are more open to economic development, jobs and other opportunities even if it affects the environment. As Chief, I see both sides of the issue and I fully understand the need for jobs and an economy, but it needs to be balanced with not destroying the land for our kids and grandchildren down the road.

It's pretty ironic that without much warning Rayonier has just announced that they will be closing some divisions in the mill and that 275 people will be losing their jobs some of whom will certainly be members of the community. This is devastating news for the employees and our area. We attended a meeting with the owners of Rayonier along with Chief Lisa Robinson, the mayors of Temiscaming and Kipawa, federal and provincial members of Parliament and we heard from the owners the reason for shutting down and

An Update from the Chief

the plans moving ahead. They confirmed the job losses and that the process of letting the workers know would take several weeks. They confirmed that closing was a last resort and that the market is in a downturn. They also confirmed they are looking for a buyer for the mill, adding more anxiety and uncertainty to the situation.

We have a an upcoming meeting with the Minister responsible for our Region and we will be meeting to discuss the recent closer at Rayonier and also the mill in Bearn and the struggles the forest industry is facing and what if anything the Quebec government can/will do for our communities.

We need to weather the downturn in the forest industry and try and ensure that the remaining jobs are protected. Being a

one industry town has its challenges but I'm optimistic that solutions will be found.

With May upon us and the lake open, we are really seeing the signs of spring, geese have returned, buds are beginning on the trees and fish are in full spawn. I know some of you have already tasted fresh walleye and I am a little jealous, but I get out soon and enjoy my first snack of the season. Congratulations to all our college and university students who have or are just finishing their semester and to those who will be graduating in upcoming ceremonies in June.

Chief Lance Haymond

Eco-Center Hours of Operation

Monday to Friday: 8:00 am - 4:30 pm

Saturday: 10:00 am - 2:00 pm

Sunday: Closed



DOOR FOR SALE



Commerical glass door
key lock, shatter-proof glass,
one door measures 36" x 83.5",
outside edge of frame measures
75 9/16" wide by 85 3/4" tall

Value \$5000,
asking \$3000 or best offer.
Available immediately.
Please call Karen at Land Management
at (819) 627-3309

Made with PosterMyWall.com



JOB OPPORTUNITY - FIXED TERM

ENVIRONMENTAL AWARENESS OFFICERS

Deadline to Apply: Friday, May 31st, 2024 by noon

Duration: 12 weeks

Start Date As soon as possible

Salary: According to KFN Salary Scale

Description

The EcoNation program is a network of Indigenous who want to protect the relationship that First Nations have had with the environment since time immemorial. By participating in the EcoNation program, candidates become agents of awareness for their community and will have to mobilize the population on subjects related to the protection of the environment. He (she) will have to encourage members to properly sort their waste (garbage, recycling, composting and ecocentre) and inform them of the services offered in the community as well as current concepts and movements aimed at reducing our impact on the environment.

Requirements

- Have a strong interest in environmental issues and sustainable development;
- Good knowledge of social networks and the media environment of the community;
- Have good interpersonal skills, be comfortable in public and be able to express themselves easily;
- Be organized and autonomous;

APPLY NOW

Please email your CV and Cover Letter
mlevesque@kebaowek.ca

Only selected applicants will be contacted.

2 FIXED TERM POSITION AVAILABLE

ICE CREAM SHOP LEAD

START DATE: AS SOON AS POSSIBLE
END DATE: END OF SEPTEMBER 2024
HOURS: 30 HOURS
DEADLINE TO APPLY: MAY 31ST AT NOON



We are looking for 2 janitors to join our team!

- ✓ Health Center
- ✓ Police Station
- ✓ Office Cleaning

- ✓ Permanent full-time
- ✓ Flexible hours
- ✓ Benefits

SEND US YOUR RESUME

mlevesque@kebaowek.ca
819-627-3455



SUMMER JOBS

Are you looking for a student summer job? KFN has many opportunities available this summer in many departments including Public Works, Ice Cream Parlor, and the Cultural Department.

To qualify you must:

- Be at least 14 years old
- Be registered for school year 2024-2025 (high school and or post-secondary)
- Be available to work all summer with various schedule

If you are interested please send your resume and cover letter to our Employment and Training Officer Tammy Chevrier at tamchevrier@kebaowek.ca

DEADLINE TO APPLY: MAY 17TH, 2024

Migwetch

We would like to extend our gratitude and gratefulness to Chief and Council for providing our hockey team with brand new KFN hockey jerseys.

These jerseys will be available for all community members to use in sporting events!

We also would like to express our appreciation and respect to K&P Autobody for their generous donation to our team.



Kitigan Zibi Traditional Pow Wow Trip June 1, 2024

Band and Community members are welcome to attend. Children 11 and under need to be accompanied by an adult. We will be leaving Kebaowek Friday May 31, 2024 @ 12:00pm and returning Sunday June 2, 2024 @ 4:00pm

Deadline to register: Thursday May 16, 2024 @ 4:30pm No exceptions & limited spaces.

Registration fee: \$20.00 per person and \$40.00 per family (Non-refundable) payment due by May. 16, 2024 by 4:30pm

For more information or to sign up please contact Shelly @ 819-627-9877 or Verna @ 819-627-3309



First Peoples Law

© @firstpeopleslaw

\$10,000 INDIGENOUS LAW STUDENT SCHOLARSHIP APPLY NOW

**DEADLINE:
JULY 31**

Open to Indigenous law students committed to serving and advancing the interests of Indigenous Peoples.

View the full application at firstpeopleslaw.com



For your weekly news update on Indigenous rights from First Peoples Law, subscribe to our email list at firstpeopleslaw.com

firstpeopleslaw.com
Advocacy Integrity Commitment



Traditional Full Moon Ceremony

May 23rd, 2024

Supper starting at 5:00 pm

*First Line Services Basement
Catered by Carolyn Pariseau*

Ceremony starting at 6:00 pm

At the Arbour

Open to all women and girls.

Please wear your skirt.

To RSVP for supper please contact:
Verna Polson - Cultural Coordinator
Phone: 819-627-3309 Email: vpolson@kebaowek.ca

Kebaowek Police Department

STATISTICS FOR THE MONTH OF JANUARY 2024

- 6x R.I.D.E.
- 3x Public assistance
- 1x Information received from Public
- 2x Infraction ticket
- 1x Assault conjugal violence sec. 266 (a)
- 1x Mischief sec. 430 (1)
- 1x Assistance to Native Police Force
- 2x Civil matter
- 1x Mental disorder
- 1x Forgery / Making false document Sec. 366 (1,2)
- 1x False Information Sec. 372 (1)
- 1x Vehicle towed
- 1x Person in distress

STATISTICS FOR THE MONTH OF FEBRUARY 2024

- 2x Assistance to Surete du Quebec
- 1x Theft
- 5x Public assistance
- 3x Infraction ticket HSC
- 1x Assist to others
- 1x Person in distress

STATISTICS FOR THE MONTH OF MARCH 2024

- 6x Public assistance
- 1x Person observed
- 1x Mischief Sect. 430(1) (a) of c.c.c.
- 1x Theft w/intent sec 322 (1-3) of c.c.c.
- 1x By-law intervention (ticket)
- 1x Assault-apply force sec 265 (1a) of c.c.c.



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

4TH ANNUAL SK 10K

TIMISKAMING FIRST NATION PRESENTS

EVERY CHILD MATTERS RACE

SATURDAY, JUNE 15TH

BBQ \$6,500 in Cash Prizes Swag

20\$ Youth 40\$ Adult Iron Stone Singers

PROCEEDS GO TO THE ANISHINAABE LONG TERM CARE CENTER

TO REGISTER, CALL NI DAKINAN AT 819-723-2291 OR
GO ONLINE AT ZONE4.CA EVERY CHILD MATTERS 2024

WOOD

like to remind you... It's never okay to be
impaired on the water!

BOAT SOBER

csbc.ca

Canadian Sailing Council
Canadian Sailing Council
Canadian Sailing Council

Transport Canada
Transport Canada
Transport Canada

Anicinabe Mikana Cultural Centre: Things are getting real!



We are now in the process of starting to assemble what physical content will be displayed in the exhibits for the cultural centre and we could use your help in locating items from the community.

Physical Objects:

Do you have historic or not-so-historic items that belong in a cultural centre? Even if you just have pictures of old items, we'd love to hear from you and learn what you may have and if you are open to sharing such items.

Images:

We would love modern/contemporary images of community events: events from gatherings, concerts, campouts, workshops, graduations, family reunions- anything that shows the life of the community today. We can scan these and return them to you immediately.

Stories/Knowledge Sharing :

We are also looking for stories and images of people who have served as Chief in Council and other community leaders over the years. We would also like to balance this with stories and images of women elders and matriarchs who are remembered by the community. Do you have images and names? Please let us know.

Thoughts and reflections:

Do you have thoughts about what it means to reconnect with language and culture? What the cultural centre might mean to you or your family? We would love some short thoughts in writing, and would like to feature these (perhaps with photos of people in the community today) in the cultural centre.

COMMUNITY HALL RENOVATION UPDATE!

The renovation work at the hall has now expanded to different areas! Here is some of the work being done!

- Removal of old floor and leveling of base
- Installation of new floor in Main Hall/Kitchen
 - Electrical Upgrade
- Installation of new kitchen cupboards, new appliances, storage cabinets etc.
- Bathroom Renovation (stalls, sinks, etc..)
 - Painting including ceiling and ducts
 - Installation of New curtains



We can't wait for everyone to see the new and improved hall and we look forward to hosting future events!

Community Wishes



Happy Birthday Daddy

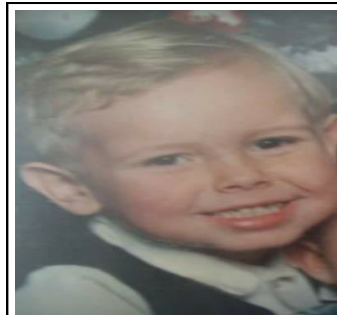
I love you to the moon and back ♥

Love Nylah xo



Happy Birthday Stephen

Love your Family xo



Happy Birthday Stephen

Have a great day and may all your wishes come true

Love Mon & Jungo xo

BOATS - FUN - FAMILY - FRIENDS - MEMORIES - LAKE - SWIMMING

SAVE THE DATE!!

KEBAOWEK BOAT RALLY

Saturday July 20th, 2024



WATCH FOR INFO TO BE ANNOUNCED !!

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



Kebaowek Fire Department ... Wildfires

In Canada, wildfires (also called forest fires) happen year-round. The most active period is from May through September, but hold-over fires can smolder throughout the winter. Wildfires can cause extensive damage and put lives in danger. Smoke from wildfires can be a significant health hazard.

Wildfires are Canada's second most costly disaster and impact every region in Canada. Hotter temperatures and drier conditions are changing the frequency and intensity of wildfires. Wildfire events do not impact communities equally.

WHY YOU SHOULD PREPARE FOR WILDFIRES

The behaviour of a wildfire is difficult to predict as many factors can impact the results - how quickly it spreads, where it spreads, how much heat is given off, how much fuel is consumed, how much smoke is generated. To better prepare for a wildfire event, including smoke, know about the risks to yourself, your household, your community and region. Know what to do before a wildfire is nearby. Find information on wildfire smoke, air quality and health.

HOW TO PREPARE BEFORE A WILDFIRE

Educate the members of your household. Make sure that your family and the members of your household are prepared, should a wildfire occur or should your area be impacted by wildfire smoke:

- Make a household emergency plan: Consider the specific needs of all members of your household, including older adults, anyone with special health needs, children, children, pets and service animals
- Prepare your emergency kits: learn more about what items to put in your kit, including quick and easy steps you can do right away
- Practice your primary escape route, as well as alternative routes out of your community
- Be familiar with local, provincial, territorial emergency management organizations, their plans and evacuation procedures
- Stay informed of weather conditions and advisories in your area
- Be aware of wildfire smoke, its impact on air quality and health
- Stay informed about wildfire conditions

PREPARE FOR WILDFIRE SMOKE

Smoke from wildfires can be a major source of air pollution. During heavy smoke conditions, everyone is at risk regardless of their age or health but some people are more likely to be at risk. Actions to prepare your home for wildfire smoke include:

- Properly seal windows and doors
- Consider purchasing one or more certified, properly-sized portable air purifiers
- Purchase a clean, good quality air filter for your ventilation system and air purifiers, and have extra filters available
- Reduce other sources of indoor air pollution and take steps to improve air quality in your home
- Be familiar with:
 - Air Quality Health Index (AQHI)
 - Info-Smog (QC) observation and forecasts
 - WeatherCan app for weather warnings and air quality advisories in your area
 - Weather alerts and air quality advisories

BE READY TO EVACUATE

- Make sure that your vehicle is fully fueled. If evacuated, stopping to refuel could be difficult depending on your region or distances
- Check on elderly relatives and neighbours to see if they require assistance
- If you need assistance, place a help sign in your window
- Learn more about who does what during an emergency
- Learn more from your provincial or territorial emergency management organization
- <https://www.getprepared.gc.ca/>



17th Annual Kipawa Countryfest

Kipawa Countryfest — August 16-17-18, 2024



George Canyon
Friday, August 16



Aaron Pritchett
Saturday, August 17



Coty Robinson
Friday, August 16



Tennessee River
Friday, August 16



Larry Berrio
Saturday, August 17



Buckwild
Saturday, August 17



The County
Sunday, August 18



J.A.M. Band
Sunday, August 18

🎵 More lineup and festival updates coming soon! 🎵

Adult (18+) Weekend Wristbands on Sale for \$100.00 until August 1st, 2024
Local sales locations: Kebaowek Band Office, Migizy Gas and Lakeview Store.
(Weekend Gate price will be \$125.00)

Weekend Youth Passes and Adult/Youth Day Passes will only be available
at the Countryfest Gate during the weekend of the festival.

An Update from the Director of Health and Social Services

Kwe to all Members of Kebaowek First Nation

Like most of you who have family, friends or people you know that will be affected by the recent news on the closure of the RYAM sulphite mill, we wish to convey our thoughts and positive vibes amidst this unexpected announcement. We are a resilient people and we will find a way to get through this. I am confident that all KFN and area community services will mobilize to work together at mitigating the consequences of these mass layoffs.

We are on the final stretch of the construction of our new Health and Wellness Center. Construction Hardy should be handing over the keys around the 3rd week of May so we can perform our inspection and have any minor corrections done before we can move in our furniture and equipment. As we get closer to our moving in date, we will inform you as will most likely need to close our offices for a day.

We are looking forward to receive you all when we can do our Grand Opening/ Open House sometime towards the end of June...stay tuned!

P.S. please join me in welcoming our brothers and sisters from across Turtle Island as I am hosting the Board of Directors for the First Nations Health Managers Association during the first week of June in Kebaowek.

Meetings Attended in April:

- New Health Center Project Management Group.
- FNQLHSSC Board of Directors
- Suppliers for office equipment.
- FNHMA Board of Directors.
- Quebec Public Health Meeting
- Kebaowek Childcare Center Infrastructure Project & B.O.D. for policy review
- CISSSAT Governance and Ethics, Audit Committee. Board of Directors
- CISSSAT & Anishenabe community Health Directors
- La Soupape Rouyn Noranda Youth Center (inspiration for our own Youth Center)

Onimiki North & South:

- 9th Board Meeting of Onimiki Renewable Energy L.L.P.
- Preparing for Environmental Studies.

- Preparation for project submission to Qc Ministry of the Environment

Should you have any questions about our project, please reach out to me directly, I will be pleased to chat and share with you what Onimiki is all about.

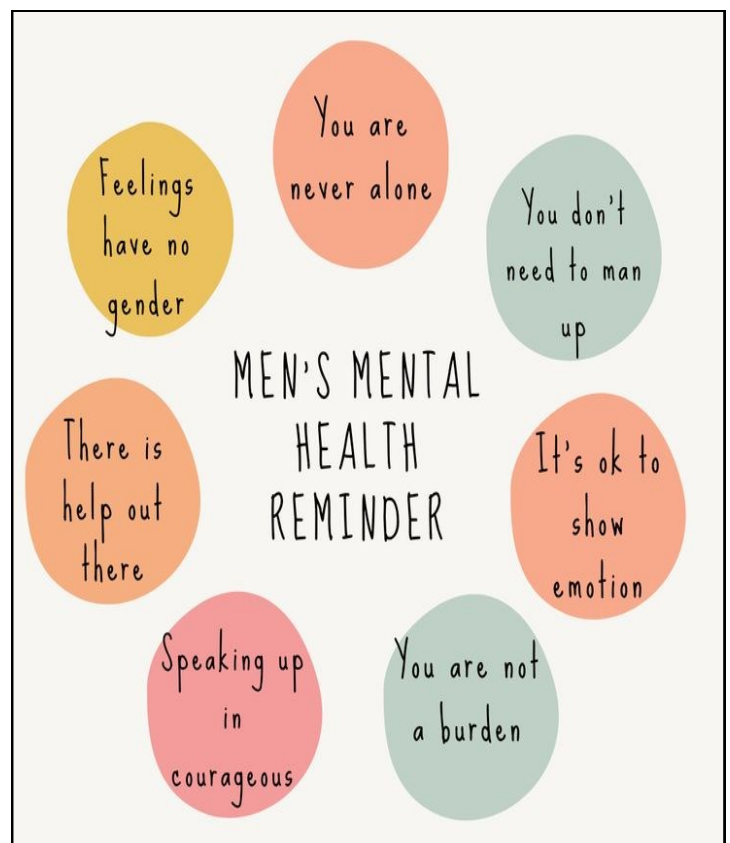
Get out on our lands and take in all its beauty. Participate in our traditional activities and harvest our traditional foods and medicines while keeping in mind that we are stewards of the land. Be safe on our waters!

Quote about Challenging Times

“We don’t develop courage by being happy every day. We develop it by surviving difficult times and challenging adversity.” ~ Barbara De Angelis ~

“Life’s challenges are not supposed to paralyze you, they’re supposed to help you discover who you are.”
~ Bernice Johnston Reagon ~

David McLaren
Director of Health & Social Services



MAY IS HYPERTENSION AWARENESS MONTH



Tips to help Manage or Prevent High Blood Pressure

- ♥ Physical exercise; 30 to 60 minutes of moderate intensity exercise, such as cycling, walking, swimming 4 – 7 days a week
- ♥ Weight reduction; Maintenance of a healthy body weight will help control or prevent hypertension
- ♥ Abstain/Reduce Alcohol Consumption; Healthy adults abstaining or reducing alcohol intake to 2 drinks a day or less is recommended to prevent hypertension.
- ♥ Diet; It is recommended that people living with or who are at risk of developing Hypertension consume a diet of fruits, vegetables, low-fat dairy products, whole grain food rich in dietary fiber
- ♥ Sodium intake; to prevent or reduce Hypertension consider reducing your sodium intake to less than 2000 mg per day
- ♥ Stress Management; Stress is known to contribute to Hypertension, therefore stress management such as relaxation techniques are encouraged to help reduce BP.

PLANT, GROW, HARVEST !

Good luck to everyone who picked up their garden kits.

Reminder please send in your pictures to the Health Center of you/children/ family planting, followed by as they are sprouting then Transplanting.

Once again we will have 3 draws (prizes will be determined at a later date . Anyone who .sends in all 3 .pictures, will have their name put in a draw, and will be drawn randomly on the wheel of names.

GOOD LUCK TO ALL



From a botanical standpoint, avocados and pumpkins are fruit, not a vegetable, because they bear the plants' seeds.

Rhubarb on the other hand is a vegetable !

DID YOU KNOW?

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 *



Did you have to pay for NIHB services?

Some health service providers bill the NIHB program directly through Express Scripts Canada.

If you pay for NIHB Service you can apply for reimbursement:

- By Mail - Forms are available at the Health Center
- Online - Set up a secure web account with Express Scripts Canada

<https://nihb-ssna.express-scripts.ca/en>

COMERCIAL ESTABLISHMENTS (HOTEL) RATE LIMITS

UPDATED:
2024-04-01

Here are the cities where our members most often visit medical facilities and require an over night stay

CITY NAME	January	February	March	April	May	June	July	August	September	October	November	December
AMOS	\$154	\$154	\$154	\$154	\$154	\$154	\$154	\$154	\$154	\$154	\$154	\$154
MONTREAL	\$269	\$269	\$269	\$269	\$271	\$271	\$271	\$271	\$267	\$267	\$267	\$267
ROUYN	\$156	\$156	\$156	\$156	\$156	\$156	\$156	\$156	\$156	\$156	\$156	\$156
SUDBURY	\$159	\$159	\$159	\$159	\$159	\$159	\$159	\$159	\$159	\$159	\$159	\$159
Val-d'Or	\$158	\$158	\$158	\$158	\$158	\$158	\$158	\$158	\$158	\$158	\$158	\$158

* For the full list of cities please visit <https://rehelv-acrd.tpsgc-pwgsc.gc.ca/lth-crl-eng.aspx#canadian>

** OR contact the Med. Trans. Departement (819)627-9060 X 506

Non-Insured Health Benefits Program (NIHB) Medical Transportation benefit: Update to Meal Rates

On April 1, 2024, the Non-Insured Health Benefits Program (NIHB) of Indigenous Services Canada will increase meal rates for eligible clients on travel status. Please use these new rates for all travel dates on or after April 1, 2024:

Accommodations located south of 60 (outside Yukon, Northwest Territories and Nunavut)				
All rates are inclusive of taxes				
	Breakfast	Lunch	Dinner	Combined Daily Rate
Regular Rate (ages 4 to adult)	\$17.50	\$17.50	\$35.00	A maximum daily total of \$70.00 per day
Infant/Toddler Rate (ages 0-3, inclusive)	\$8.75	\$8.75	\$17.50	A maximum daily total of \$35.00 per day

SPARE DRIVERS NEEDED

The Medical Transportation Department is looking for spare drivers to help us with occasional medical transportation trips both locally and long distance.

A License Verification check will be done with the SAAQ.

Please call Christa Lafrance to submit your name 819-627-9060 Ext 506 or send an email to clafrance@kebaowek.ca

We have upgraded our Medical Transportation Fleet !! We have purchased a 2024 Mitsubishi Hybrid Outlander and it should be on the road by the end of next week. We will no longer be using the Ford Transit.



Alcohol and Mental Health

Alcohol and mental health are closely linked. Drinking too much can affect your well-being. Some people may drink to try to relieve the symptoms of mental ill-health.

People drink for many reasons: to celebrate, socialize, commiserate or drown our sorrows. We may drink to try and change our mood: to feel more relaxed, courageous or confident. However, the effect of alcohol is only temporary. As it wears off, we often feel worse because of how alcohol withdrawal affects our brain and body.

You may feel like alcohol is your coping mechanism: a way to deal with depression, stress, anxiety or other difficult feelings. You might be nervous about what life would be like if you stopped drinking or cut back. But relying on alcohol to manage your mental well-being can become a problem in itself. There's no shame in asking for help and exploring what a new relationship with alcohol could look like.

How alcohol affects your brain

Alcohol is a depressant, which can disrupt the balance of neurotransmitters (chemical messengers) in your brain and affect your feelings, thoughts and behaviour.

Alcohol affects the part of your brain that controls inhibition, so you may feel relaxed, less anxious, and more confident after a drink. But these effects quickly wear off. The chemical changes in your brain can soon lead to more negative feelings, such as anger, depression or anxiety, regardless of your mood.

Alcohol also slows down how your brain processes information, making it harder to work out what you're really feeling and the possible consequences of your actions.

In the long-term, alcohol uses up and reduces the number of neurotransmitters in our brains, but we need a certain level to ward off anxiety and depression. This can make you want to drink more to relieve these difficult feelings – which can start a cycle of dependence.

How alcohol affects your body

In the short-term, drinking too much can lead to alcohol poisoning, sleep problems, an upset stomach, bloating and migraines. It may make you behave recklessly or aggressively, have an accident or become the victim of violence.

Drinking a lot for many years will take its toll on your body. Long-term alcohol misuse increases your risk of serious health conditions, including heart disease, stroke, high blood pressure, liver disease and cancer. It can lead to social problems such as relationship break-ups, unemployment, financial difficulties and homelessness.

Dealing with physical health problems, debt and housing issues can all affect your mental health.

Alcohol and mental health

Alcohol problems and mental ill health are closely linked. Research shows that people who drink alcohol are more likely to develop mental health problems. It's also true that people with severe mental illness are more likely to have alcohol problems. This may be because they 'self-medicate', meaning they drink to deal with difficult feelings or symptoms.

Regular heavy drinking is linked to symptoms of **depression**. People with depression who drink alcohol often start to feel better within the first few weeks of stopping drinking. If you try this and feel better, it's likely the alcohol was causing your depression.

It's generally not recommended to drink if you're taking antidepressants. Alcohol can make depression worse and increase the side effects of some antidepressants. If you're trying to cut down or stop drinking, research shows some antidepressants can increase your risk of relapsing.

If you experience **anxiety**, alcohol can give you a very short-lived feeling of relaxation – but this quickly disappears. If you rely on alcohol to cover your anxiety, you may soon find yourself drinking more and more to relax. Over time, this can lead to alcohol dependence.

You may also find a hangover makes your anxiety worse. If you use alcohol to unwind, think about other ways you can find to relax: meditation, yoga, exercise or making time for things you enjoy, for example.

It's possible to experience **psychosis** if you regularly drink a lot of alcohol or if you're a heavy drinker and suddenly stop drinking.

If you're worried about drinking or feel it's affecting your mental health, a lot of help is available.

Exercise and Body Image

The relationship between exercise and body image is tricky because some of the research is contradictory, but all studies do agree exercise is definitely a body-image booster.

In fact, people who exercise develop a better body image even with little to no change in their physical appearance.

Exercise is just as effective as cognitive behavioral therapy to improve body image, and it has the benefit of physical health.

Body image, however, can both motivate and inhibit exercise, and this is where the research disagrees. Past studies have shown people who have a negative body image and/or people who are overweight don't exercise because they feel self-conscious and don't want others to see them huffing and puffing. They may also feel discouraged by the metaphorical hill they must climb to lose weight.

Does Exercise Play a Factor?

Yet, other research shows negative body image is perhaps the greatest motivator to exercise - people do it to look better. In this study of more than 1,000 college students, body image had little to no role in why people didn't exercise.

In fact, those who didn't hit the gym felt pretty good about their bodies (75%). On the contrary, a meta-analysis of previous research found people who exercise have a more positive body image than people who don't.

When Exercise Is Not Enjoyable

Now, poor body image can affect where a person exercises. People who are overweight and/or feel badly about their appearance don't tend to hit the gym or join crowded CrossFit classes. These people may feel more comfortable working out alone, at home, but they usually don't enjoy it as much.

Less enjoyment and no social support could convince someone to quit working out, which is a shame because exercise one thing that will make them feel better inside and out. And here's the catch 22: People with the poorest body image get the greatest benefit from exercise.

How Exercise Enhances Body Image

Exercise does three things to achieve enhanced body image: It improves fitness, increases awareness of physical

capabilities, and raises self-efficacy. Although improvement in body image can occur without obvious results from exercise, when people see changes in their body composition, they feel better about their body.



More awareness of physical capabilities may reduce one's focus on physical appearance, and this is particularly important for women, who tend to place greater value on their appearance. When someone becomes stronger, can run a little longer or lift a little more weight, they feel accomplished and effective. This increase in self-efficacy heightens body image.

Renewing Your Mindset on Body Image

Poor body image is endemic in Western society. Women are more dissatisfied with their bodies than men, but even males are increasingly unhappy with their appearance.

Exercise is certainly a healthy way to improve poor body image, but renewed mindset is also important. Here are some tips to boost body image:

- Engage in positive body talk. People frequently engage in negative body talk or "fat talk" – saying things like "I really need to lose some weight" and "I'm not wearing shorts until I tone up." Replace those negative statements with positive ones like "I am strong" and "I care for and nurture my body."
- Write out positive body statements and strategically place them in your home — for example on your bathroom mirror or on your phone. That way, the notes will remind you to engage in positive body talk.
- Focus on what your body can do. Be proactive ... learn a new physical activity, go to the park with your family, train for a 5k, or get a pedometer and work your way up to walking 10,000 steps a day (the current recommendation for adults).
- Appreciate what you are able to do with your body and enjoy being active.
- Accept the idea that healthy and happy bodies come in all shapes and sizes.

Mental Health Is Important At Any Age



Mental health issues can affect youth at any age

Mental health - an essential part of children's overall health it has a complex interactive relationship with their physical health and their ability to succeed in school, at work, and in society. Both physical and mental health affect how we think, feel, and act on the inside and outside. Mental health is important throughout childhood - from prenatal considerations through transitions to adulthood.

But certain situations can place some young people at a higher risk, including:

- A family history of mental illness.
- Indigenous children and youth who have poorer overall health and facing or witnessing trauma, including abuse.
- Families who have scarce educational and work-related opportunities.
- Big life changes such as caregiver separation or divorce, serious illness or death in a close relative or friend.
- Substance use.

How to nurture my child's mental health?

Help children build strong, caring relationships:

- It's important for children and youth to have strong relationships with family and friends. Spend some time together each night around the dinner table.
- A significant person who is consistently present in a child's life plays a crucial role in helping them develop resilience. This person - often a parent or other family member - is someone your child spends a lot of time with and knows they can turn to when they need help.

- Show your children how to solve problems.

Help children and youth develop self-esteem, so that they feel good about themselves:

- Show lots of love and acceptance.
- Praise them when they do well. Recognize their efforts as well as what they achieve.
- Ask questions about their activities and interests.
- Help them set realistic goals.

Listen, and respect their feelings:

- It's OK for children and youth to feel sad or angry. Encourage them to talk about how they feel.
- Keep communication and conversation flowing by asking questions and listening to your child. Mealtime can be a good time for talking.
- Help your child find someone to talk to if they don't feel comfortable talking to you.

Create a safe, positive home environment:

Be aware of your child's media use, both the content and the amount of time spent on screens. This includes TV, movies, Internet, and gaming devices. Be aware of who they might be interacting with on social media and online games.

- Be careful about discussing serious family issues - such as finances, marital problems, or illness - around your children. Children can worry about these things.
- Provide time for physical activity, play, and family activities.
- Be a role model by taking care of your own mental health: Talk about your feelings. Make time for things you enjoy.

In difficult situations, help children and youth solve problems:

- Teach your child how to relax when they feel upset. This could be deep breathing, doing something calming (such as a quiet activity they enjoy), taking some time alone, or going for a walk.
- Talk about possible solutions or ideas to improve a situation and how to make it happen. Try not to take over.



Canadian Mental Health Association
Association canadienne pour la santé mentale

A CALL TO BE KIND

Because compassion connects us all.

#CompassionConnects

The mental health impacts of compassion

It has been called the secret to well-being.¹ It's considered one of the most powerful agents for health.² It releases the “love hormone” into our blood, giving us a rush of pleasure.³

What is it? It might surprise you that the answer is compassion.

Compassion is the strong emotion that moves us to take action to reduce suffering. The Dalai Lama, an expert on compassion, defines it as “a sensitivity to suffering in self and others, with a commitment to try to alleviate and prevent it.”⁴

Although the philosophy of compassion dates from ancient times, interest in investigating compassion has surged in the last fifteen years. This is in part thanks to the mental health benefits it offers. Compelling scientific evidence suggests that giving compassion, receiving compassion, and allowing ourselves to experience self-compassion are all very beneficial to our mental health.

Giving compassion

Showing compassion to others is particularly powerful for our mental health and well-being.



EASING DEPRESSION

When we show compassion through caring, and by expressing feelings of kindness, it can have a positive impact on our “mood.” Mood here is what doctors call the emotional state that colours how we perceive the world. A positive effect our mood means, for instance, that compassion can help lift feelings of depression.⁵



A SPIKE IN HAPPINESS

According to researchers, it feels as good to give compassion as to receive it. The act of “giving compassion” is closely connected to the release of oxytocin, a feel-good hormone. Giving appears to be equally if not more pleasurable than receiving.⁶



A CASCADE OF KINDNESS

A domino effect can also happen when we help others, because witnessing acts of compassion can encourage others to show compassion too. This suggests that compassion is contagious.⁷



A CATALYST FOR OPTIMISM

Giving compassion to others can shift the way we think, making us more positive about things around us.⁸



SELFLESS SATISFACTION

One study showed that spending money on other people may have a more positive impact on happiness than spending money on ourselves. In fact, the greater the gift, the greater the emotional payback.⁹ This is true for gifts to charities and other causes, and as well as for other non-monetary giving, such as volunteering.

¹ <https://www.psychologytoday.com/us/blog/beyond-mental-health/202310/is-compassion-the-secret-to-well-being>

² <https://www.psychologytoday.com/ca/blog/from-striving-to-thriving/202304/what-are-the-benefits-of-compassion>

³ https://greatergood.berkeley.edu/article/item/compassionate_mind_healthy_body

⁴ The Dalai Lama (2001). *An Open Heart: Practicing Compassion in Everyday Life*. Little Brown & Company: Boston, MA.

⁵ Leaviss J, Uttley L. Psychotherapeutic benefits of compassion-focused therapy: an early systematic review. *Psychological Medicine*. 2015;45(5):927-945. doi:10.1017/S0033291714002141

⁶ https://greatergood.berkeley.edu/article/item/compassionate_mind_healthy_body

⁷ <https://www.newportacademy.com/resources/well-being/compassion-benefits/>

⁸ Ibid.

⁹ Elizabeth W. Dunn et al, Spending Money on Others Promotes Happiness. *Science* 319, 1687-1688(2008). DOI:10.1126/science.1150952

Getting Compassion



CALMING EFFECTS

One theory¹⁰ suggests that when we receive compassion from others, it may help learn to soothe and comfort ourselves when we are facing difficulties. It also helps us regulate distress.¹¹



BRAIN-BASED BENEFITS

Giving or receiving compassion can release oxytocin, a feel-good hormone, and can activate pleasure centres in the brain. This adds to feelings of trust and connection and helps us bond with others.

Self-compassion

Perhaps the most compelling discoveries of all are the mental health benefits related to self-compassion. Dr. Kristin Neff and colleagues, leading experts on self-compassion, describe it as “treating oneself with the same kindness, care, and concern that one would offer to a close friend.”¹² The positive impacts have been shown in many different groups, including people with mental illnesses,¹³ mental health professionals¹⁴ and university students.¹⁵



GIVING OURSELVES A BREAK

When we respond with kindness to our personal shortcomings and failures, rather than with self-critique, we can be more self-accepting. This promotes positive self-esteem and well-being.



BOUNCING BACK

Self-compassion improves emotional resilience. When we are compassionate with ourselves, we are better equipped to cope with setbacks and failure.



EMBRACING SELF

Practicing self-compassion allows us to have better relationships with ourselves. We have fewer negative self-judgments and more encouraging and caring self-talk.



REDUCING SYMPTOMS

Research shows that self-compassion affects the severity of some mental health symptoms and improves quality of life. A new form of psychotherapy called Compassion-focused therapy (CFT) shows promising results for people with mental illnesses who experience a lot of shame and self-criticism, including depression and bipolar disorder. This therapy reduces depression, anxiety, anger, and loneliness.



HAPPINESS FACTOR

Self-compassion has also been linked to happiness, optimism, positive mood and to a greater sense of meaning and fulfillment.

¹⁰ Gilbert, P. (2009). The compassionate mind: A new approach to the challenge of life. Constable and Robinson.

¹¹ Jinpa T. (2015). A fearless heart: How the courage to be compassionate can transform our lives. New York, NY: Avery.

¹² Neff, K.D., Dahm, K.A. (2015). Self-Compassion: What It Is, What It Does, and How It Relates to Mindfulness. In: Ostafin, B., Robinson, M., Meier, B. (eds) Handbook of Mindfulness and Self-Regulation. Springer, New York, NY. https://doi.org/10.1007/978-1-4939-2263-5_10

¹³ Leaviss 2015

¹⁴ Bluth K, Neff KD. New frontiers in understanding the benefits of self-compassion. *Self Identity*. 2018;17(6):605–608. doi: 10.1080/15298868.2018.1508494

Crego A, Yela JR, Riesco-Matías P, -Martínez MÁ, Vicente-Arruebarrena A. The Benefits of Self-Compassion in Mental Gómez Health Professionals: A Systematic Review of Empirical Research. *Psychol Res Behav Manag*. 2022 Sep 14;15:2599-2620. doi: 10.2147/PRBM.S359382

¹⁵ Chan KKS, Lee JC, Yu EKW, Chan AWY, Leung ANM, Cheung RYM, Li CW, Kong RH, Chen J, Wan SLY, Tang CHY, Yum YN, Jiang D, Wang L, Tse CY. The Impact of Compassion from Others and Self-compassion on Psychological Distress, Flourishing, and Meaning in Life Among University Students. *Mindfulness* (N Y). 2022;13(6):1490-1498. doi: 10.1007/s12671-022-01891-x.

MENTAL HEALTH WEEK OUTDOOR SCAVENGER HUNT

Starts Monday, May 6th and will end Sunday, May 12th.

Find something that you are thankful for in nature

Something that makes you smile

Something that feels soft to touch

Something you can smell

Find a place that helps you relax

Find something that makes noise

Find something that reminds you of a loved one

Find something that you enjoy doing outside

Something that is your favourite colour

Access to nature has been found to improve sleep and reduce stress, increase happiness and reduce negative emotions, promote positive social interactions and even help generate a sense of meaning to life.

Need another reason to get outside? Focusing your mind on the sights, sounds, and smells around you can bring you back to a calmer state, mentally and physically.

Open to all Kebaowek Members!

Send us photos of your completed scavenger hunt to First Line Services Facebook page or email to darmclaren@kebaowek.ca.

All photos must be sent in by Sunday, May 12th. Draw will be done Monday, May 13th!

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

**THE
FIRST
WEEK OF
EVERY
MONTH**

**JOIN OUR PHYSICAL ACTIVITY
CHALLENGE EVERY 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.

May Week ... Sunday May 5th - Saturday May 11th
June Week ... Sunday June 2nd - Saturday June 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 soccer

YOUTH NIGHTS

Youth - Ages 12 to 17

Tuesday May 7, 2024 at 5:00 pm
(Meet @ First Line Services Basement)

Wednesday May 15, 2024 at 5:00pm
(Meet @ First Line Services)

Tuesday May 21, 2024 at 5:00pm
(Meet @ First Line Services Basement)


SUPPER WILL BE PROVIDED !!

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


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.



2024 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 12th, 2024 to be eligible for the draw.
THIS CONTEST WILL RUN ALL YEAR !!

SENIOR SOCIAL

ELDERS 55+

Crib, Cards & Yahtzee

DATES:

THURSDAY MAY 9, 2024

THURSDAY MAY 23, 2024

Time: 1:00 pm to 3:00 pm

Doors open @ 1:00 pm

**Place: Kipawa Community Hall
by the Church**

Snacks, Tea & Coffee will be provided !

**We hope to see you there and if you need a ride please
call Shelly @ 819-627-9877!**



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 MAY 2ND, 2024
ON THE MENU... PEARS & APPLES

THURSDAY MAY 16TH, 2024
ON THE MENU... CHICKEN AND BROCCOLI

THURSDAY MAY 30TH, 2024
ON THE MENU... MIXED BERRIES

NEXT CLASS WILL BE AT A LATER DATE!

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

Every
Tuesday!

Baby & Me



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

May Dates
May 7th & 14th

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



KEBAOWEK

Meals on Wheels

Upcoming Date for Meals on Wheels

Wednesday May 1st, 2024

Wednesday May 15th, 2024

Wednesday June 12th, 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 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 May 4th, 2024

Saturday June 1st, 2024

Saturday July 6th, 2024

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
Wabigoni Kizis May 2024			1 Meals on Wheels	2	3	4 Community Shopping Trip in North Bay
5 Get Active and Win Challenge Week →	6 Meditation Workshop	7 Youth Night	8	9 Baby Food Making Class Senior Social	10	11
12	13	14	15 Meals on Wheels Youth Night	16	17	18
19	20 Victoria Day KFN Offices are closed for Victoria Day Holiday	21 Youth Night	22	23 Baby Food Making Class Senior Social Full Moon Ceremony	24	25
26	27	28	29 Meals on Wheels	30 Wear your Orange Shirt	31	

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Oteimin Kizis June 2024						1 Community Shopping Trip in North Bay
2 Get Active and Win Challenge Week →	3	4	5	6	7	8
9	10	11	12 Meals on Wheels	13	14	15
16	17	18	19	20	21 Indigenous People's Day KFN Offices are closed for IPD Holiday	22
23	24 St. Jean Baptiste KFN Offices are closed for St. Jean Baptiste Holiday	25	26	27	28	29
30 Wear your Orange Shirt						