



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Kawasikotodj Kizis / April 2025

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KEBAOWEK ICE FISHING DERBY

THANK YOU!

THANK YOU TO EVERYONE WHO
PARTICIPATED IN OUR 1ST ANNUAL ICE
FISHING DERBY! WHAT A GREAT SUCCESS!



Thank you to
our Sponsors!



Thank you
Kwe
Productions!

A special thank you to the Fishing Derby Committee
for all your hard work: Lorena Duguay, Gerry Whissell,
Lynda Chevrier, Stephane Goulet, Jennifer Chevrier &
Tina Chevrier!

Thank you to Kebaowek Public works as well as our
volunteers: Samantha Mckenzie, Perry & David
Mongrain, Rob & Teena, Rosanne Mongrain, Ronnie
Raymond, Julie Wable, Nancy Laroche, Paul
Courchesne, Ivan Pulchinski, Charles Cathcart,
Sylvain Lacasse, Richard Lacasse, Yvan
Fortin, Marcel Fortin, Christian Durand, Shane Fleury,
Marie Chaput, Roxane Mckenzie & Keith Benard!

SEE YOU IN 2026!

CONTACT US



**Kebaowek
First Nation**
110 Ogima Street
Kebaowek QC J0Z 3R1
Tel: (819) 627-3455
Fax: (819) 627-9428



**Kebaowek Health and
Wellness Center**
172 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

KEBAOWEK ELECTION - IMPORTANT DATES

Friday, April 25th: Nomination night at the Dome from 6:00 to 9:00 pm
Friday, June 6th: Election Day at the Dome from 9:00 am to 8:00 pm



After 40 Years

In Grateful Recognition and Our Sincere
Appreciation for Over 40 Years of
Outstanding Loyalty and Dedicated Service

Joan St. Denis
1984 - 2025

Congratulations on your retirement!

It's never too late to learn!

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centre.envol@cslt.qc.ca

819 627-9558 ext.: 2307

 **CENTRE L'ENVOL**
CENTRE DE SERVICES SCOLAIRES DU LAC-TÉMISCAMINGUE

 **Centre f**
de formation des adultes
du Témiscamingue



**KEBAOWEK FIRST NATION
COMMUNITY
CLEAN-UP**

Join us as we come together to clean
up our community, enjoy a BBQ, and
have some fun!

- ✓ **COMMUNITY CLEAN-UP**
Help keep our land, waters, and
sacred spaces beautiful.
- ✓ **MINI GAMES & CONTESTS**
Fun activities for all ages
with prizes to be won!
- ✓ **BBQ**
Enjoy some great food
after the hard work!
- ✓ **OPENING & CLOSING
PRAYER**

Everyone is welcome!

DATE TO BE ANNOUNCED!



Ethan Roy is one of two
Algonquins to make U18 Team
Eastern Door (Quebec)
Hockey Team that will be
travelling to Kamloops BC
to participate in the National
Aboriginal Hockey
Championships from
May 4th - 11th, 2025.

Ethan is the son of Justin Roy
and Jessie Bond and big
brother to Mila. He will proudly
represent his community of
Kebaowek and we
congratulate him on this
amazing accomplishment.

*Congratulations and
good luck to Ethan
and the entire team*





New Economic Development Officer

My name is Nika Paul, and I am honored to serve as the new Economic Development Officer. I'm thrilled to be joining the team and to return to my roots. Although I grew up in Kebaowek, I've spent the past few years away pursuing my postsecondary studies.

Now that I'm back home, I'm eager to contribute to our community's economic growth. I look forward to supporting local businesses, uncovering new opportunities for investment, and helping create meaningful job prospects.

With great excitement for the future, I'm committed to working alongside all of you to drive our community's continued economic success.

Kwe Kebaowek First Nation

Hydro-Quebec would like to let you know that we have a wide variety of payment arrangements to offer.

When you find yourself unable to pay your electricity bill, get in touch with us as soon as possible by calling 1-866-268-9484 (toll free).

Together, we can find a solution to suit your budget.

In addition, Hydro-Quebec would like to make sure that your file is up to date. We invite you to contact us to provide any information that might have changed, for example, your contact information, etc.



Diane King

Hydro-Quebec Liaison Worker

819-723-2234 hydro.liaison@atfn.ca



WE ARE HIRING

KEBAOWEK BAND MEMBERS

SUMMER STUDENTS

POSITIONS AVAILABLE

- MIGIZY GAS - DOCK (3)
- ICE-CREAM SHOP (3)
- PUBLIC WORKS (2)

PART-TIME / FULL-TIME HOURS WILL VARY.

You must be at least 15 years & older and have your social insurance number.

FOR MORE INFORMATION:

Tammy Chevrier
819-627-3455

BRING YOUR RESUME TO:

Kebaowek Band Office

OR EMAIL TO:

tamchevrier@kebaowek.ca

DEADLINE TO APPLY: MAY 30, 2025 - 12:00 P.M.



FEES FOR THE 2025 SEASON: \$350 MEMBER / \$450 NON-MEMBER

Payment can be made by e-transfer, credit or debit at the Band Office, or cash at the Land Management Building. Once that fee has been paid in full, please ensure that you come to the Land Management Building to sign a contract and to pick up your parking pass and key fob to access the slips.

****Note that the intent is to have the larger boats on the outside slips so if you had a slip last year and now have a larger boat, please let us know ASAP and we will try to accommodate the change.**

IF YOU WERE A PREVIOUS RENTER, YOUR SPOT IS BEING HELD BUT YOU MUST CONFIRM AND PAY IN FULL BEFORE THE **APRIL 15, 2025 DEADLINE**

For More Info: Call Nika Paul at Land Management 819-627-3309



BRENNAN LAKE CAMPING TRIP 2025

Kebaowek & Wolf Lake First Nation Members are invited to join us for a weekend of camping, canoeing fishing, with planned cultural activities

MAY 9/10/11 2025

TO REGISTER WITH KEBAOWEK PLEASE EMAIL VERA POLSON @ VPOLSON@KEBAOWEK.CA
TO REGISTER WITH WOLF LAKE PLEASE EMAIL NAOMI ROBINSON
CULTURALCO@WOLFLAKEFIRSTNATION.COM





Traditional Full Moon Ceremony



Monday April 14th, 2025
Supper starting at 5:00 pm
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 & Language Manager
Phone: 819-627-3309 Email: vpolson@kebaowek.ca

Share Your Thoughts with Us!

The KFN Four Pillars Culture and Language Strategic Plan Survey is now open!

Click to share your input
for a chance to win
one of three \$200 Visa
or MiGizy Gas gift cards.



**CLICK
HERE**

Paper copies of the survey are available at the KFN Band Office

**The survey will close on Wednesday
April 30th @ 4:30pm**



**The Four Pillars
SOCIETY**

[LEARN MORE](#)

We value your feedback greatly!

Contact Verna Polson at vpolson@kebaowek.ca for more information.

**You can go to
the following
Facebook pages
to find this post,
just click on the
link provided**

**→ Kebaowek
Cultural Group**

**→ Kebaowek
Health and
Wellness
Center**

**→ Drumbeat
Radio**

Kebaowek Annual Spring Clean-Up

Our annual Community Clean-Up, organized in collaboration with the Kebaowek Eco-Centre, will occur from **April 28th to May 2nd, 2025**. Let's work together to keep our community clean and green.

How to participate:

Organize your items into **separate piles** at the end of your driveway or lawn. No **blue or green** materials (recyclables or compost) will be accepted. Domestic garbage will not be collected.

Accepted Piles for Pick-Up

1. **Metal Items** – Bicycles, bed frames, BBQs, scrap metal, washers, dryers
2. **Construction & Demolition Waste** – sinks, toilets, tiles, doors, windows
3. **Bulky Items & Furniture** – Furniture, mattresses, couches, dressers
4. **Electronics & E-Waste** – TVs, computers, printers, telephones, cables, and gaming consoles
5. **Tires**
6. **Scrap Wood**
7. **Hazardous Waste** - (Paint cans, motor oil, gas cans, aerosol cans, propane tanks. **Please clearly label if unknown. Place in a separate bin or pail if leaking.**)
8. **Appliances** – Stoves, microwaves, freezers, fridges, air conditioners, and freezers **must stay upright and be cleaned**
9. **Miscellaneous Waste** (Plastic furniture, toys, tarps, rugs, etc.)

Need Help Moving Large Items?

Please get in touch with Matt at the Eco-Centre to coordinate safe removal. Assistance is available for Elders and those with mobility needs. If you need help moving large or heavy items, contact Matt at the Eco-Centre at (819) 627-6956.

Manadjiton Aki—Algonquin Nation Unity Agreement Project Update

March 2025 Edition

Mamawigabowidan – Let's Stand Together Manadjiton Aki – Protecting Mother Earth

We are excited to share the latest updates on the **Manadjiton Aki Unity Agreement Project**, a vital initiative designed to protect our lands, ensure economic opportunities, and strengthen our Nation's future.

What is the Unity Agreement Project?

The **Manadjiton Aki Unity Agreement** is a plan that allows our Nation to review and decide on development projects within our traditional territory. If we choose to allow a project, we will have a **fair revenue-sharing model** to benefit our communities.

This initiative ensures:

- **Stronger governance** over land use decisions
- **Fair economic participation** for all 11 Algonquin communities
- **Long-term revenue** to support environmental protection and community growth

The best part? Each community decides whether or not to participate in each opportunity.

Who is Involved?

The **Unity Agreement Team** is leading the charge with:

- **Project Lead:** Steeve Mathias
- **Grand Chief:** Savanna McGregor
- **Director General:** Norm Odjick
- **Traditional Knowledge Carrier:** Jimmy Hunter
- **Nation Coordinator:** Lynn Whiteduck
- **Financial Advisors:** Scott Northey & Joe Fiorini

How is This Funded?

Thanks to support from **Agnico Eagle Mines**, we've received an initial \$500,000, with more funding coming as we reach milestones. However, we are actively securing additional funds to keep this important work going.

What's Happening Now?

- **Presentations to Chiefs & Councils**

We've been meeting with leadership across our Nation to discuss the Unity Agreement. KFN leadership has received a presentation.

→ Community Coordinators on Board!

We have appointed **Community Coordinators** to ensure every voice is heard. These individuals help organize workshops and relay important information to their communities.

- **October 2024** – Priscilla Polson (Long Point First Nation)
- **February 2025** – Faith Decontie (Kitigan Zibi Anishinabeg)
- **February 2025** – Daniel Pien (Lac Simon)
- **March 2025** – Rose Mongrain (Kebaowek First Nation)
- Timiskaming First Nation Coordinator - TBA

→ Building Our Communications Strategy

We are developing a clear **communications plan** to ensure every Algonquin community stays informed and engaged. This includes:

- A **Unity Agreement website** (coming soon!)
- Newsletters like this one
- Community meetings & workshops
- A special **signing ceremony** for participating communities

We are currently seeking funding to roll this out—stay tuned

What's Next?

- Continue **presentations** to Chiefs & Councils
- Develop a **Declaration of Unity**
- Draft a **Unity Agreement** with input from all communities
- Host more **workshops** to discuss participation and benefits

We encourage every Algonquin member to learn more and get involved! **Your voice matters.**

Have questions? Want to get involved? Reach out to your Community Coordinator at rmongrain@kebaowek.ca

Stay tuned for our next update!



LOGO SELECTION PROCESS FOR AN ALGONQUIN NATION UNITY AGREEMENT

INTRODUCTION:

Various communities in the Nation have agreed to collaborate on the creation of an Algonquin Nation Unity Agreement. This agreement is not a process to rubber stamp projects happening on our territory, giving them the green light. It is a process to see how we will work together on such issues. As part of this ongoing work, we require a logo that will be featured on promotional items, flyers, news releases, letters, at our meetings, on posters, Facebook pages, and various media.

Artists have expressed many times how much they despise logo contests, as they end up doing a lot of work, and if their art is not selected, there is no compensation. We are modifying this process so that selected artists will receive some compensation for time spent on a draft logo.

THE LOGO SELECTION PROCESS:

The Algonquin Nation Unity Agreement Team is looking for members of the Algonquin Nation to design a logo that will represent:

- ❖ Mamawigabowidan (Let's stand together)
- ❖ Manadjiton Aki (Protecting mother earth)
- ❖ The strength of working together as one
- ❖ Lands and its resources
- ❖ Decision-making and governance

These are the steps involved:

1. Artists from the status Algonquin communities will submit via email relevant samples of their work for us to consider. At this point they are NOT submitting a draft logo, they are submitting works that they have already completed in the past. **Deadline to submit your work samples is April 18, 2025.**
2. A selection committee will choose up to 5 Algonquin artists who will be paid \$300 each to create a draft logo.
3. One draft logo will be selected. That artist shall receive \$500 to do any final touches, or suggested alterations.

FOR ANY QUESTIONS OR TO SEND SAMPLE SUBMISSIONS CONTACT:

- Lynn Whiteduck, Nation Coordinator, lynnwhiteduckbradley@gmail.com

Kebaowek Police Department

STATISTICS FOR MONTH OF DECEMBER 2024

- 1x Assist to others
- 1x Accident property damage -\$1000
- 3x Public assistance
- 1x By-law ticket
- 1x Assault –apply force sec 265 (1a) of c.c.c
- 2x R.I.D.E operation
- 1x Narcotics information received

STATISTICS FOR THE MONTH JANUARY 2025

- 1x R.I.D.E
- 1x Infraction ticket HSC
- 1x Accident property damage + \$1000.00
- 4x Public Assistance
- 1x Uttering threats
- 1x Mischief property damage
- 1x Drug information received
- 1x Person observed

STATISTICS FOR THE MONTH OF FEBRUARY 2025

- 1x Accident property damage over \$1000.00
- 1x Assistance to Surete Du Quebec

KEBAOWEK HOMEOWNERS

If you are looking to sell your home,
we have a buyer. Financing has been
secured, for quick sale.

For additional information,
call 819-627-6896





RADIO BINGO

April Fool's Special!

APRIL 2, 2025

APRIL 16, 2025

APRIL 30, 2025

MAY 14, 2025

PRIX / PRICE: \$20.00

\$1000 JACKPOT

LIVE ON 104.1 FM



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

Le paquet comprend plusieurs jeux.
Package includes multiple games.

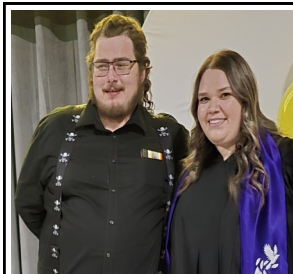
Le CARTE BINGO sont en vente au:
Bingo cards are on sale at:
Lakeview Store, Migizy Gas, Stop
102, & Depanneur Dandy's

819-627-9595
www.drumbeatradio.ca

b i n g o



Happy Birthday Uncle Adam
Your my favorite Uncle Krumbum
Have a great day
Love Nylah ♥



Happy 30th Birthday Adam
Hope your day is as wonderful
as you and all your wishes come
true love you to the
moon and back always !
Love Mom and Jungo and your
Family xo

Registration and Membership Information

Note that ISC does not notify you if your card is about to expire. To avoid being refused services because of an expired card, it's always a good idea to regularly check if your card is valid. Therefore, if your card needs to be renewed, make an appointment to see me well before it expires because it takes approximately 14-16 weeks for a renewal card to come in.

SECURE CERTIFICATE OF INDIAN STATUS



The new Secure Certificate of Indian Status (SCIS) is replacing Certificate of Indian Status, paper laminated. We are in the transition phase now. Registered persons are encouraged to apply for the new secure certificate (SCIS).

If you have been issued a secure certificate (SCIS) and it is expired or lost, you must apply for a renewal secure certificate (SCIS). Please check the valid until date on your secure certificate of Indian status and apply for a renewal secure certificate well before it expires.

Application forms for Secure Certificate of Indian Status (SCIS) are available at Indigenous Services Canada (ISC) offices or on-line at:

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



Get, renew or replace a status card → Application Forms

As well, application forms are available for pick-up at your First Nation/Membership Office.

****It takes approximately 14-16 weeks processing time for the SCIS, therefore if your card has expired I suggest that you apply for a TCRD (see information below).**

TEMPORARY CONFIRMATION OF REGISTRATION DOCUMENT (TCRD) is an official document issued by Indigenous Services Canada (ISC) that confirms registration under the *Indian Act* and eligibility to certain benefits, rights, programs and services. Registered persons may request a TCRD in emergency situations where proof of registration is required.

To request a TCRD, you must already be registered in the Indian Register. If the request is made on behalf of a child or dependent adult, you must provide the most recent legal documents proving custody or guardianship, if applicable. The TCRD document is valid for one year after the issue date.

Requests for a Temporary Confirmation of Registration Document (TCRD) must be made to Public enquiries by telephone at **1-800-567-9604** or by email at infopubs@sac-isc.gc.ca. Your TCRD will be sent to you by mail.

For an appointment, assistance or more information:

Laura Moore

**IRA & Social Development Coordinator
Kebaowek First Nation**

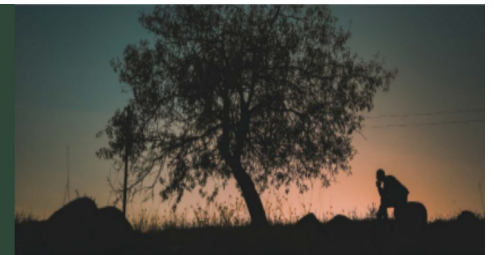
110 Ogima Street, Kebaowek Quebec J0Z 3R1

Phone: 819-627-3455 Ext 228

Email: lmoores@kebaowek.ca



**Kebaowek
Band
Members**



WILLS & PROTECTION MANDATES **SOPHIE GAGNON, NOTARY**

A protection mandate helps you plan ahead for your future. No one is immune to an illness, accident or mental health problem that could render them incapable of taking care of themselves and managing their property. This is why drawing up a protection mandate is so important. It lets people decide in advance who will take care of them and their property, and how.

NEW - if you live off the reserve, we can help cover some of the cost for you to have your Will & POA done. Call Laura for more information.

APPOINTMENTS

**** NEW **** There has been a change in the scheduling & Sophie will be in the Community once per month. Starting April 16th she will be here to help with your Will & Protection Mandate (POA). Set up an appointment by calling Roxane at 819-627-3455

**PARTNERS
CRIBBAGE
TOURNAMENT**
April 12th, 2025
Community Hall
Registration 11am 100% Payout
Start at 12pm A & B Class
\$40 Per Team- No single players
Double Elimination Tournament

DOOR PRIZE !



*No Age restriction
must have cribbage
knowledge to participate*

*Kitchen will be open
for the day@11:00am
*Soup, Wings, Poutine, etc...
Cash or Debit*

**SPRING
VENDOR'S SHOW**
KEBAOWEK
COMMUNITY HALL



**SATURDAY
MAY 3RD, 2025
10:00AM - 4:00PM**

DOOR PRIZE!

To reserve a table :
Contact
Sandra Woodbury on
Facebook Messenger

BOATS - FUN - FAMILY - FRIENDS - MEMORIES - LAKE - MUSIC

SAVE THE DATE !!
KEBAOWEK BOAT RALLY
Saturday July 19th, 2025
WING NIGHT PRE-REGISTRATION - JULY 18TH 2025



PRIZES TO BE WON !!
WATCH FOR INFO TO BE ANNOUNCED !!

**COMMUNITY HALL
NOTICE**

Hey everyone!

Let's keep our Community Hall clean and welcoming for everyone. Please make sure to dispose of your cigarette butts in the designated container instead of throwing them on the ground. It's not only dirty and displeasing, but it also affects our beautiful space. Together we can show pride in our community! Thank you for your cooperation!

#cleancommunity #doyourpart




March 18th, 2025 - Over 200 cigarette butts picked up

KEBAOWEK FIRST NATION

Kebaowek Childcare Center

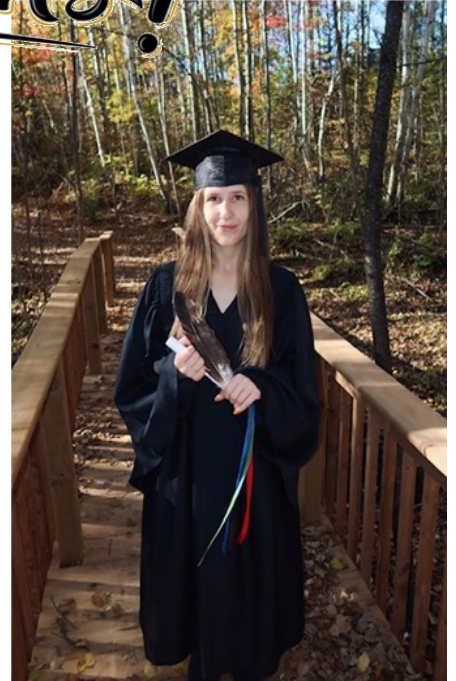
Kebaowek Childcare Early Childhood Graduation

A huge "Congratulations" to Deedee Sutherland, Mya Brunette, Hope Shields, Abby Down and Alysha Sanderson for completing the Early Childhood Program! Your dedication and passion will shape the lives of many children.

Thank you to Joyce Cooke the Teacher for your guidance and to everyone who came out to celebrate and make this day extra special! We are so proud of you all!



Congratulations!



A Message from the Director of Health and Social Services

Kwe to all Members of Kebaowek First Nation,

On March 26th 2025 in Montreal Qc, the Chief of the AFNQL supported a resolution brought forward by our Chief Lance Haymond, giving the mandate to the FNQLHSSC to pursue the negotiations with both the provincial and federal governments to take over our own governance in Health. This historical decision will solidify our sovereignty and our ability to make decision for first nation people, by first nation people.

Important reminder, having an **EXPIRED RAMQ HEALTH CARD** may lead to you not being able to seek medical attention without having to pay for a service up front. Please know that we have no control or influence in this matter. It is your responsibility to always make sure your card is not expired. Do not hesitate to reach out to us at your Health Center should you require some assistance in renewing your card.

Meetings Attended in March:

- FNQLHSSC Board of Directors
- CISSSAT - Anishenabe Health Director's Network
- Indigenous Services Canada (ISC) Programs Manager (NIHB Jordan's Principle)
- Quebec First Nations Health Directors

Onimiki Renewable Energy:

- Board of Directors on Onimiki Renewable Energy LLP
- Onimiki Inc Partners Meeting and Press Release
- Meeting with Hydro Quebec Liason
- Several News Releases, Radio & TV Interviews, Public Consultation

I want to thank those who took the time to meet with us a receive accurate information during our public consultation meetings. Your questions and comments will help shape our project to be the best it can be.

We will be holding another public information meetings at the Center in Temiscaming on April 22nd at 6:30 pm for English speaking people. We kindly encourage you to attend these meetings to share your thoughts, comments and concerns with us. This will be a great opportunity to receive accurate information about the project and to bring forward

your thoughts and concerns, which will help guide us throughout this entire process. To accommodate our out-of-town members that can't be with us physically, you can join the meeting. Details are on: onimiki.ca/en/meetings.

Please visit our new up-to-date website at onimiki.ca

Quotes on Learning From Mistakes

"The only real mistake is the one from which we learn nothing" ~ Henry Ford ~

"Mistakes are proof that we are human and flawed, but also capable of growth and improvement." ~ Brené Brown ~

David McLaren
Director of Health & Social Services

SPRING into HEALTH

SPRING INTO A HEALTHIER, HAPPIER YOU.
"motivation is what gets you started, habit is what keeps you going"

- 1 Go Fresh!**
Fruits + Veggies
WHY?
High in antioxidants.
Consume less processed foods/chemicals.
Rich/full of phytonutrients.
IDEAS:
Run outside vs gym.
Try a new circuit/routine.
Take a morning run or class.
- 2 Try Something New!**
Create Healthy Habits
BENEFITS:
Prevents cancer, hormonal problems, obesity, and inflammation.
Encourages a strong immune system.
- 3 Get Outside!**
Vitamin D
PERKS:
Cleanses your body/releases toxins.
Controls mood swing, helps stress relief.
Regulates body temp + metabolism.
- 4 Sweat!**
Exercise
IMPORTANCE:
Essential to release toxins.
Lubricates joints + eases pain.
Aids in cell efficiency and repair.
- 5 Drink Water**
Hydrate + Refresh
TIPS:
Cut back on technology before bed.
Avoid caffeinated late night snacks.
Let your muscles refuel/energize.
- 6 Sleep!**
Recharge your Battery

Icons: Apple, Sun, Water drop, Bed, etc.

What Is Harm Reduction?

Harm reduction refers to policies, programmes and practices that aim to minimise the negative health, social and legal impacts associated with drug use, drug policies and drug laws.

Harm reduction is grounded in justice and human rights. It focuses on positive change and on working with people without judgement, coercion, discrimination, or requiring that people stop using drugs as a precondition of support.

Services and Practices: Harm reduction encompasses a range of health and social services and practices that apply to drugs, including but not limited to:

- **Information on safer drug use**
- **Drug consumption rooms/ Overdose prevention centres**
- **Needle & syringe programmes**
- **Overdose prevention & reversal**
- **Opioid Agonist Therapy** such as methadone and buprenorphine
- **Housing**
- **Drug checking**
- **Legal/paralegal services**

What are the goals of harm reduction?

Keep people alive and encourage positive change in their lives

Keeping people who use drugs alive and protecting their health are the most urgent priorities. Harm reduction approaches are facilitative rather than coercive and aim to reinforce positive change in a person's life, no matter how small or incremental that change may be.

Reduce the harms of drug laws and policy

Harm reduction seeks to improve drug laws and policies, so that they are not detrimental to the health and wellbeing of people who use drugs and their communities. Many policies around the world create and exacerbate the potential risk and harms of people who use drugs; abusive and corrupt policing practices; the denial of life saving medical care and harm reduction services; and discrimination based on drug use, class, race and gender. Harm reduction challenges laws and policies that contribute to drug-related harms.

Offer alternatives to approaches that seek to prevent or end drug use

Access to high quality, evidence-based prevention, care and treatment programs, including approaches that involve cessation of drug use, are important for some people. Entry into treatment should be on the terms of the individual and must never be forced.

What are the principles?

- Accepts, for better or worse, that licit and illicit drug use is part of our world and chooses to work to minimize its harmful effects rather than simply ignore or condemn them
- Harm reduction practitioners accept people who use drugs as they are and committed to meeting them where they are at in their lives without judgement.
- Understands drug use as a complex, multi-faceted phenomenon that encompasses a continuum of behaviors from severe use to total abstinence and acknowledges that some ways of using drugs are clearly safer than others.
- Recognizes that the realities of poverty, class, racism, social isolation, past trauma, sex-based discrimination, and other social inequalities affect both people's vulnerability to and capacity for effectively dealing with drug-related harm
- Does not attempt to minimize or ignore the real and tragic harm and danger that can be associated with illicit drug use

If you're interested in learning more visit;
Harmreduction.org or Hri.global

Need mental health or substance use support?

WELLNESS TOGETHER

Canada

Mental Health and
Substance Use Support

Adults: Text **WELLNESS** to 741741

Youth: Text **WELLNESS** to 686868

Front Line Workers:
Text **FRONTLINE** to 741741

Program Navigator:
1-866-585-0445

Indigenous people:
Hope for Wellness Help Line
Hopeforwellness.ca
1-855-242-3310

Suicide Prevention Service:
1-833-456-4566

Quebec: Call **APPELLE** at
1-866-277-3553

If you are in immediate danger, call 911 or your local emergency line.

CANADA.CA/HEALTH

Canada

Spring Cleaning for Your Health

A clean home is extremely desirable for all the aesthetic reasons you can think of. Unfortunately, the lack of visual appeal is only a small part of the effects a messy home can have on your family members and other residents of your home.

A Clean Home Increases Physical Health

A messy home can create a suitable environment to host pests, parasites, allergens, and other factors that can harm the physical health of people living in it.

Dust mites and pet dander can lurk in clothes, furniture, and other physical possessions. Mould and other fungal growths can grow in damp sectors of a house. Cracks, corners, and other hard-to-reach areas can foster parasites in a messy home.

With a clean home, all the potential hazards to your physical well-being are minimized, if not eliminated. This allows for better health throughout the household.

A Clean Home Improves Mental Health

A clean home has been shown to reduce stress and fatigue in its residents, contributing to significant improvements in mental health.

Living in a messy home always reminds you of the work that needs to be done. The constant visual reminders always keep the need to tidy up at the back of your mind. The more you ignore it, the greater the inclination grows. As it does, so does the stress and mental fatigue that can lead to other mental health problems.

A clean home allows you to relax and relieve stress easily.

A Clean Home Means Increased Safety

Without regular house cleaning, your home can become a veritable minefield that can cause injuries, both minimal and severe.

Fire is a particular worry of note. Clutter in a house can increase the speed at which a fire can spread through a house and impede the escape routes the residents will need to escape the fire.

Slick floors and strewn objects can serve to slip and trip the home's inhabitants. These can lead to minor bumps and bruises to broken bones and concussions.

A clean home is a safer place for all than a messy home.

Health Benefits of Decluttering

Boosts feelings of self-efficacy

Improves mood

Helps decrease stress

Promotes greater productivity



If you're looking for an easy way to reduce stress, decluttering your environment may be a good place to start. Getting rid of excess stuff can benefit your mental health by making you feel calmer, happier, and more in control. A tidier space can make for a more relaxed mind.

For most people, decluttering can promote productivity and improvements in mental and physical health. Benefits of decluttering include:

Better focus. Clutter makes it difficult to find what you need. It may also distract you. Getting rid of visual clutter can help you focus better on any task at hand.

Higher self-esteem. When you have trouble staying organized, you may feel out of control. Improving your living space can restore feelings of competency and pride.

Better relationships. Conflict with family or roommates often occurs when one person can't control clutter. Also, you may be more comfortable inviting friends into your home when it's tidy.

Lower risk of asthma and allergies. You may think your house is messy but not dirty. But it's hard to clean around piles of belongings. Decluttering can prevent pests and reduce dust, mold, and mildew, which may trigger asthma and allergies.

Improved lifestyle and well-being. It's easier to prepare healthy meals in an orderly kitchen. And most people sleep better in a neat room with a tidy bed.

Spring Cleaning Checklist

BATHROOMS

- ☐ wipe down cabinets - inside and out
- ☐ clean out vanity - discard expired items
- ☐ clean & disinfect light switches & fixtures
- ☐ clean/disinfect toilet (under lid, around base, hinges)
- ☐ clean shower top to bottom including shower head
- ☐ mop & clean floors - pay extra attention to corners
- ☐ check vanity for unused items - donate or discard
 - ☐ replace shower liner and wash curtain
 - ☐ organize drawers & cabinets
 - ☐ clean and disinfect trash can
 - ☐ clean sink and faucet
 - ☐ wash or replace bath mats



KITCHEN

- ☐ clean and disinfect trash can
- ☐ organize drawers & cabinets
- ☐ deep clean oven, stove top & burners
- ☐ clean out pantry (check expiration dates)
- ☐ check cabinets & drawers for unused items - donate
- ☐ clean fridge - inside & out (don't forget the coils!)
- ☐ clean/sanitize microwave ☐ wipe down cabinets
- ☐ disinfect light switches and small appliances
- ☐ clean/disinfect light switches & fixtures
- ☐ mop and thoroughly clean floors
- ☐ disinfect garbage disposal
- ☐ clean coffee maker



LIVING AREAS

- ☐ carefully wipe down all electronics
- ☐ clean remotes, phones, game controllers
- ☐ dust picture frames, wall hangings & mirrors
- ☐ organize media storage - donate unused items
- ☐ vacuum sofas & chairs ☐ wash pillows and throws
- ☐ dust shelves, cabinets, furniture - polish if needed
- ☐ clean lamps and lampshades ☐ clean ceiling fans
 - ☐ disinfect door knobs and light switches
 - ☐ clean window sills and window coverings
 - ☐ wash windows and window screens
 - ☐ wipe down baseboards and moldings
 - ☐ wipe down walls & cabinets



BEDROOMS

- ☐ rotate seasonal clothing
- ☐ replace bedding ☐ rotate mattress
- ☐ clean all surfaces and remove clutter
- ☐ organize closet - donate unused items
- ☐ clean under bed and organize underbed storage
- ☐ pick up and put away all items on closet floor
- ☐ dust picture frames, wall hangings & mirrors
- ☐ clean windows, sills, window coverings & screens
 - ☐ wipe down baseboards and moldings
 - ☐ disinfect door knobs and light switch
 - ☐ vacuum bedrooms and closets
 - ☐ wipe down walls & cabinets



April is Oral Health Month ... Diabetes and Your Teeth

The tools needed to keep your teeth and gums healthy are basic: a toothbrush, toothpaste, floss...and, if you have diabetes, a blood glucose monitor.

Here is some important information to know about diabetes and the health of your teeth and gums:

TALK TO YOUR DENTIST

Be sure to tell your dentist if you have diabetes or prediabetes.

Your dentist will want to carefully review your medical history. Since diabetes—especially if you have high blood sugar levels—puts you at higher risk for dental problems, your dentist may recommend more frequent cleanings or check-ups.

Give your dentist a list of all your medications. While diabetes medications do not usually cause any dental issues, other drugs you might be taking (such as blood thinners for heart disease) can cause you to bleed more than usual during dental procedures.

INFECTION AND SLOWER HEALING

Diabetes increases the risk of infection and also slows healing, so any dental surgery will take longer to heal. Your dentist may prescribe antibiotics in advance of some procedures to prevent infection.

SUGARY SALIVA

Diabetes raises sugar (glucose) levels not only in your blood but also in your saliva. This can cause a fungal infection known as thrush, which produces a white coating on the tongue. This can lead to bad breath and a burning sensation in your mouth, and change your ability to taste. Talk to your dentist about medications and mouthwashes to treat thrush.

GUM DISEASE

Gum disease can range from gingivitis (slightly inflamed or swollen gums) to periodontitis. People with diabetes are at especially high risk of serious gum disease because the sugar in their saliva helps bacteria grow, and high blood sugar lowers their body's ability to fight infection. In addition to good diabetes management, it is important to have good brushing and flossing habits.

DRY MOUTH

High blood sugar levels cause the body to make more urine; as a result, there is less water available in other parts of the body, including the mouth. The result is a dry mouth, which is one reason why excessive thirst is an early sign of diabetes.

Dry mouth is a risk for poor oral health, including plaque and tooth decay, because there is not enough saliva to wash away any bacteria.

While you can treat the symptoms of dry mouth with sugar-free candies or mouth spray, it is more important to address the root cause. Talk to your diabetes care team for help in improving your blood sugar control.

PREVENTION

As with all health issues, it is better to prevent dental problems than to treat them later. If you have diabetes, your oral health routine should include:

- Brushing after meals (or at least twice a day) with a fluoride toothpaste
- Flossing daily
- Removing and cleaning dentures daily, if you wear them
- Following a healthy diet
- Limiting added sugar, especially pop and juice
- Quitting (or not starting) smoking
- Managing your diabetes to keep your blood sugar levels at or near target

- **Brush your teeth at least twice a day with fluoride toothpaste.**
- **Floss daily to remove plaque and food particles from between your teeth.**
- **Consider using a soft-bristled toothbrush and a sugar-free toothpaste.**
- **If you have difficulty with dexterity or mobility, an electric toothbrush may be helpful.**
- **If you experience dry mouth, consider using sugar-free gum or chewing on a piece of cheese to stimulate saliva production.**

Seed Germination In A Jar

Watching seeds sprout and grow in a clear jar is an exciting way for kids to learn about plant life cycles. This hands-on science activity allows them to observe the germination process up close.

Supplies:

- Paper Towels or cotton wool
- Water
- Seeds (bean plant seeds)
- Large jar

Which Bean Seeds Are Best?

The best bean seeds for the Seed Jar Germination Experiment are:

- **Lima Beans** – These are large, easy to observe, and germinate quickly (within 4–7 days).
- **Kidney Beans** – Another large bean with visible root and shoot development, germinating in about 5–10 days.
- **Black Beans** – A smaller but fast-growing option, sprouting within 4–7 days.
- **Pinto Beans** – Similar to kidney beans but with a slightly speckled appearance; germinates in 5–10 days.
- **Navy Beans** – Small and white, germinating within 6–10 days.
- **Mung Beans** – A fast-growing option, often sprouting within 2–5 days

How To Set Up Your Seed Experiment

- **STEP 1:** Fill the jar with paper towels. Kids can fold them and push them down into the jar. This is also great work for little hands.
- **STEP 2:** Gently water your seed jar to wet the paper towels. **DO NOT FLOOD IT!**
- **STEP 3:** Carefully push seeds down into the paper towels around the edge of the jar so they can still be seen. Make sure they are firmly held in place.
- **STEP 4:** Put your jar in a safe place and check in regularly to observe any changes.

What Is Seed Germination?

Seed germination is how a seed grows into a new plant. Seeds need the right conditions—water, oxygen, and temperature—to break dormancy and sprout. Some seeds also require light, while others germinate best in darkness.

Announcements

CHILD & FAMILY SERVICES NEWEST MEMBER



Hi Everyone!

I am excited to introduce myself as the newest member of Kebaowek Child & Family Services team, my name is Alyssa and I will be the Administrative Assistant for CFS, I am thrilled to be part of such a great team and look forward to getting to know all of you. I previously went to school for Human Resource Management at Fleming College and have worked in the administration field for almost 3 years. Please feel free to reach out if you have any questions or just want to say hi!, I am looking forward to meeting all of you.



First Nations Child and Family Services and Jordan's Principle Settlement

The following classes are able to submit claims:

The Removed Child Class
The Removed Child Family Class

Check eligibility criteria at fnchildclaims.ca.

Contact Delyssa 819-627-9877 to book an appointment to submit a claim

Kebaowek Health and Wellness Center Programs and Activities

**SAVE
THE
DATE**

*Watch for
more info !!*

**Kebaowek Health and Wellness
Center**

Spring Fair

Thursday May 15th, 2025

BEYOND THE SMOKE: A New Life Awaits



Did you know...
quitting smoking is the best thing you can do for your health.

For more information or interest in the smoking cessation program.

Please call Kebaowek Health and Wellness Center
819-627-9060
Ask to speak with

Jocelyn Heffern
Community Health Nurse

or

Delyssa Down
Mental Health & Addictions

**2025
10 WEEK
WALK/JOG
CHALLENGE**

CHALLENGE STARTS APRIL 14TH

You can start accumulating your distances Monday April 14th, 2025
and the challenge ends Sunday 22nd, 2025

Our challenge will have weekly prizes for 2 categories (5km or 10km).
If you walked/jogged under 5km in a given week, you will not be included in
the draw for a weekly prize however your distance will be accumulated towards
the final draw. You can win more than one weekly draw.

I will accept the distance walked/jogged on Monday to Sunday for each week
and all participants must send in their distance every Tuesday by midnight
to be included into the weekly draw for the previous week.

I will accept distances from a screenshot from your walking app.
You will need to download an app to track distance/time of your walk/jog.

There will be 7 main prizes at the end of the Walk/Jog Challenge to be won
(You can only win one of the 7 main prizes)
For the final main draw it is 1 ballot for every 10km walked/jogged.

If you would like to sign up or if you have any questions,
please contact mitchell mcmartin mmcmartin@kebaowek.ca
or call (819) 627-9060

**SHARING
CIRCLE**

With Rodney St-Denis,

A safe sacred space for individuals to
gather and to discuss openly

April 14th & April 28th
6:00pm-8:00pm

Participants will have their name
entered in a door prize.

Location:
Kebaowek Health and Wellness Center
Back entrance (Multi-purpose room)

Snacks and refreshments will be provided.
No sign-up required.
Call Delyssa 819-627-9877 for more information.

Kebaowek Health and Wellness Center Programs and Activities



Are you interested in using the exercise room at the Health Center???

We are opening the exercise room to select individuals.

Please call Mitchell McMartin at the Health Center (819) 627-9060 to discuss whether you fall within the parameters to use the exercise room and what is needed.



BABY FOOD MAKING CLASSES

All classes will be held in the kitchen at the Kebaowek Health and Wellness Center from 9:30 am - 11:30 am

FRIDAY APRIL 4TH, 2025
ON THE MENU... APPLE SAUCE

FRIDAY MAY 9TH, 2025
ON THE MENU... CHICKEN & BROCCOLI

FRIDAY MAY 23RD, 2025
ON THE MENU... FROZEN YOGURT

FRIDAY JUNE 6TH, 2025
ON THE MENU... PEAS & CARROTS

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

La Bricoleuse Workshop

with Nancy Gagnon

Tuesday, April 15th

6:00pm to 9:00pm

At the Health & Wellness Center
(Back Entrance)

Come get your craft on!

All supplies are provided.

Max 15 participants.

*Deadline to register
April 6th.*

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



BABY & ME

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

9:30 am - 11:30 am
at the new Health Center

April Dates:
Apr. 7th, 14th & 28th

May Dates:
May 5th, 12th & 26th

Coffee/tea & snacks provided.



For more info please contact Darlene or Lynn @ 819-627-9060.

PALS FAMILY EASTER EGG HUNT

APRIL 18TH - 21ST

The first stop will be at the Kebaowek Child & Family Services entrance. Your family must solve the clues to get to the next spots!

Families who complete the hunt will have a chance to win 1 of 4 prizes!

- A Ninja Blender + Gift certificate for the ice cream shop
- Badminton/Volleyball Net + Gift card for Nouveautes Letang
- Free Family Pool Rental + Gift Card for Subway
- S'more Fun Gift card + Rose et Companie Gift Card

Send photos/videos of the completed egg hunt to darmclaren@kebaowek.ca or lgrandlouis@kebaowek.ca.

And they must be sent in by April 21st.
The draw will be done on April 22nd.

HAPPY EASTER !



Community Kitchen

ON THE MENU:
Sweet and Sour Meatballs



Wednesday April 9th, 2025

Deadline to register:

Monday April 7th 2025 by Noon

Afternoon Session: 1:30 pm to 3:30 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



Community Breakfast

Thursday, April 24th

6:45am-9:00am

@ Community Hall

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

Kebaowek Health and Wellness Center Programs and Activities

GET WALKING AND WIN

THE FIRST WEEK OF EVERY MONTH



For the first full week of every month, we are asking everyone to walk 2km for a chance to win !! All you have to do is send in a picture to mmcmartin@kebaowek.ca showing you walked 2km or over and you will be entered into a draw to win a \$50 Visa gift card.

April Week - Sunday 6th to Saturday 12th
May Week - Sunday 4th to Saturday 10th

You can send in an entry every day of the competition as long as you've walked over 2 km. This program is open to all Kebaowek FN members.

When sending in a picture, please attach a photo from your walking app showing the distance, time and day.

Good luck to all participants!!

YOUTH NIGHTS

Ages 12 to 17

**Meet @ the back door of
Kebaowek Health & Wellness Center
5:00 pm**

Dates:

Monday April 7, 2025

Tuesday April 22, 2025

Tuesday May 6, 2025

Tuesday May 13, 2025

Supper will be provided!

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

MORNING *Walking Group*

**Monday-Wednesday-Friday
at 10:00 am
at the Community Hall**



EVERYONE WELCOME

**Getting out of the house and socializing
when getting active is good for the body
and mind.**

**Please bring appropriate footwear and a
refillable water container.**

Hope to see you there !!

2025 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 11th, 2025 to be eligible for the draw.
THIS CONTEST WILL RUN ALL YEAR !!**

Kebaowek Health and Wellness Center Programs and Activities



KEBAOWEK

Meals on Wheels

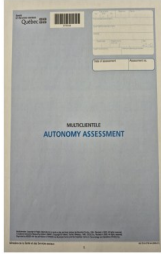
Upcoming Dates for Meals on Wheels
April 2nd - 16th - 30th, 2025
May 14th - 28th, 2025
June 11, 2025 will be the last one until September

Delivery between 2:00 pm and 3:00 pm

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



**Meal Cost
\$7.00 each**



Multi-clientele Autonomy Assessment Workshop

Come join us for
an information
session on what is
a Multi-clientele
Autonomy
Assessment

Thursday
April 24, 2025
@ 11:00am
at the Dome

Lunch
will be
served after
the
presentation!

Hosted by: Erica
Miness & Shelly
Grandlouis

SENIOR SOCIAL

ELDERS 55+

DATES:
APRIL 3RD - 10TH - 24TH, 2025
MAY 1ST - 8TH - 22ND - 29TH, 2025
JUNE 5TH - 12TH, 2025

Place: Dome
Time: 1:00 pm to 3:00 pm
Doors open @ 12:45 pm



Snacks, Tea & Coffee will be provided !

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

A SPECIAL PROJECT WITH
ENTRAINMENT INTELLIGENT TRAINING

Let's Get Fit!

MIND ~ BODY ~ SPIRIT



KFN Community & Band Members will now be responsible for paying for their membership at Studio Jo (Joanie) upfront, then First Line Services will reimburse members up to 50%.

You must bring in or email a copy of the receipt/invoice to Darlene
(darmclaren@kebaowek.ca)



For more information call Darlene @ 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 April 5th, 2025

Saturday May 3rd, 2025

Saturday June 7th, 2025

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.

*For more information or if you would like info on external
resources contact First Line Services @ 819-627-9877.

Kebaowek First Nation Community Calendars

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
		1	2 Meals on Wheels Drumbeat Radio Bingo	3 Senior Social RECYCLING	4 Baby Food Making	5 Community Shopping
6 Get Walking and Win Challenge Week →	7 Baby & Me Youth Night	8	9 Community Kitchen	10 Senior Social GARBAGE COMPOST	11	12 Cribbage Tournament
13	14 Baby & Me Full Moon Ceremony Sharing Circle	15	16 Meals on Wheels Bricoleuse Workshop Drumbeat Radio Bingo	17 RECYCLING	18 Kebaowek Offices/Health Center are closed for Good Friday	19
20	21 Kebaowek Offices/Health Center are closed for Easter Monday	22 Youth Night	23	24 Community Breakfast Info/Lunch Session Senior Social GARBAGE	25 Nomination Night	26
27	28 Spring Clean Up Baby & Me Sharing Circle	29 Spring Clean Up	30 Spring Clean Up Meals on Wheels Drumbeat Radio Bingo	Kawasikotodj Kizis April 2025		

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Wabigoni Kizis May 2025				1 Spring Clean Up Senior Social RECYCLING	2 Spring Clean Up	3 Community Shopping Spring Vendor's Show
4 Get Walking and Win Challenge Week → Spring Vendor Show	5 Baby & Me	6 Youth Night	7	8 Senior Social GARBAGE	9 Brennan Lake Camping Trip Baby Food Making	10 Brennan Lake Camping Trip
11 Brennan Lake Camping Trip	12 Baby & Me	13 Youth Night	14 Meals on Wheels Drumbeat Radio Bingo	15 Kebaowek Health & Wellness Center Spring Fair RECYCLING	16	17
18	19 Kebaowek Offices/Health Center are closed for Victoria Day	20	21	22 Senior Social GARBAGE COMPOST	23 Baby Food Making	24
25	26 Baby & Me	27	28 Meals on Wheels	29 Senior Social RECYCLING	30	31