



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Akakotcic Kizis / February 2025

Inside this issue:

Community Notes and Information	2
Land Management Department	3
Community Notes and Information	4
Registration and Membership	5
Upcoming Recreation Activities and Events	6
Director of Health & Social Services Update	7
Exercise and Weight-Loss	8
Mental Health and Addictions	9
How to Navigate Different Parenting Styles	10
Sharing Circles ... What to Expect?	11
Kebaowek Health & Wellness Center Activities	12
Kebaowek Health & Wellness Center Activities	13
Kebaowek Health & Wellness Center Activities	14
Kebaowek Health & Wellness Center Activities	15
Calendars for the Month of Feb and March 2028	16

Onimiki Project Update

We will be holding public information meetings in and around the communities starting in the middle of March, with projected dates between the 17th and 21st. 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 join us physically, we will use the live Facebook platform.

Women of Kebaowek First Nation
(Band & Community Members, Employees)

*Let's Celebrate
Women's Day!*

Thursday, March 6th

At the Kebaowek Community Hall

5:00pm - Doors will open

5:30 - Opening prayer & smudge

Followed by dinner, guest speakers, photobooth & draws!

**Let's pay recognition to the women in our life by
highlighting their positive impact!**

**To nominate a woman please list their name, and
reason why you are nominating them. The write up
can be sent to darmclaren@kebaowek.ca or to
First Line's Facebook page.**

Entry Fee:

Donation to our Kebaowek Food Bank

Items needed:

**-Shampoo/Conditioner, Pads/Tampons, Toothbrush &
Toothpaste, Diapers, Deodorant, Toilet Paper**

Don't forget to wear your ribbon skirt!

Please RSVP by Friday, February 21st.

To RSVP call First Line Services @ 819-627-9877.

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

RADIO BINGO



FEBRUARY 19, 2025

MARCH 5, 2025

MARCH 19, 2025

PRIZ / PRICE: \$20.00

**LIVE ON
104.1 FM**



**\$1000
JACKPOT**

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, & Dépanneur Dandy's

819-627-9595

www.drumbeatradio.ca

ALGONQUIN ANISHINABEMOWIN LANGUAGE CLASSES

With Shannon Chief

Every Wednesday 6pm - 7pm

Starting February 19th, 2025.

At the Kebaowek Health Centre

Kebaowek Band and Community
members ages 13+

Virtual Classes and in person classes

Accommodations can be made for those
who are unable to attend virtually

For registration and more information contact Jaya Shen

Jshen@kebaowek.ca or 819-627-309



COMMUNITY RINK HOURS

ICE CONDITION PERMITTING

MONDAY - FRIDAY

(Rink is open at 3:00 p.m.—Closed at 9:00 p.m.)

FREE SKATE: 3:00 p.m. - 6:00 p.m.

HOCKEY: 6:00 p.m. - 9:00 p.m.

SATURDAY AND SUNDAY

(Rink is open at 12:00 p.m. - Closed at 9:00 p.m.)

FREE SKATE: 12:00 p.m. - 2:00 p.m.

HOCKEY: 2:00 p.m. - 4:00 p.m.

FREE SKATE: 4:00 p.m. - 6:00 p.m.

HOCKEY: 6:00 p.m. - 9:00 p.m.

HOLIDAYS AND PD DAYS

(Hours will be same as Saturday and Sunday)

Please Respect the Hours!

Traditional Full Moon Ceremony



Thursday March 13th, 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

K & P Auto Body & Paint Boss is away special !!!

Feb 13th - Feb 21st 2025

Jackson is offering
interior and exterior vehicle
cleanings for \$100.00

Please call and book your
appointments 819-627-6202
and ask for Jackson !

KEBAOWEK HOUSING DEPARTMENT

Two Bedroom Apartment Rental

Expected Availability: April 1st, 2025

Rent: \$550.00 month plus utilities

If you are interested, applications are available
at the Band Office.

deadline February 28th by 12:00 pm (noon).

Application can also be emailed and sent electrically,
please email mlevesque@kebaowek.ca
if you would like the electric version.

Kebaowek First Nation's Land Management is excited to host our first Great Backyard Bird Count!

The Great Backyard Bird Count (GBBC) is an annual global event where
individuals and communities come together to observe, count, and
celebrate birds.



Your involvement helps scientists
monitor bird populations and
contributes to global conservation
efforts.

How To Participate:

1. Choose a Location: Pick a spot where you can observe birds, such as your backyard, a local park, or any natural area within our community.
2. Observe: Spend at least 15 minutes on one or more days during the event watching birds.
3. Record: Note the species and number of birds you see.
4. Document Location: Write down or take a picture of your GPS/mapping coordinates of where you are observing birds.
5. Submit: At the end of each day submit your bird list and/or sound file to Kebaowek First Nation Land Management.

If you need have any questions or need resources, please contact
Kacie McLaren at 819-627-3309 or on Facebook Messenger.

Made with PosterMyWall.com

Happy Retirement Karen

Karen Young has been an invaluable part of our community, dedicating years of service to Kebaowek First Nation. She began her journey as an administrative assistant in the Lands and Resources office before expanding her expertise into accounting and finance for Mikan and Mitikon. As our Economic Development Officer, Karen played a key role in managing the Marina and boardwalk, leading the launch of Kebaowek's ice cream shop, and spearheading the Sugar Bush project, developing business plans, securing funding, and overseeing every detail. Her dedication extended to countless other projects, ensuring continued growth and success for our Nation. Karen's hard work, passion, and commitment have left a lasting impact, and while she will be deeply missed, we wish her the very best in her well-earned retirement.



Thank You

We would like to take a moment to express our sincere gratitude for your generous support of the Kebaowek Food Bank. Your contributions are invaluable in helping us provide much needed assistance to individuals and families in our community.

A special thank you to
Antonette Pierre (Antonia's - Orange Shirt Proceeds),
Richard Trudel (Trudel & Sons),
Erica McCloskey (In memory of Colleen Robinson),
Mr & Mrs. Payne, Leo Chevrier,
Shyra Barberstock (Kebanish Coffee)
and Chief Haymond for your support and generosity.

Your collective efforts make a significant difference in the lives of those we serve,
we are incredibly thankful.

With Gratitude,

Kebaowek Food Bank



Happy Birthday Wishes to ...

Lorena Dugauy

From your
Fire Department Team

20 YEARS OF BEING CLEAN AND SOBER!

20 YEARS
240 MONTHS
7305 DAYS
175320 HOURS
10519200 MINUTES
631152000 SECONDS
SOBER

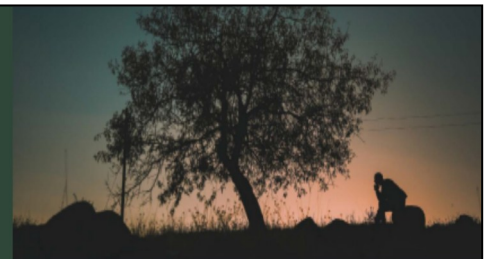
February 4th is such a wonderful day for you Jungo I can't express how proud I am of you You amaze me everyday with your strength and perseverance you are so strong and have come such a long way I will always stand by you and support you I will always be there for you and walk your journey with you I hope you always know how much we love you and are so very

proud of you Happy 20 year of clean and sober living you've grown into such a strong person you truly are and inspiration ♥

Love always Cary your family and friends ♥



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.

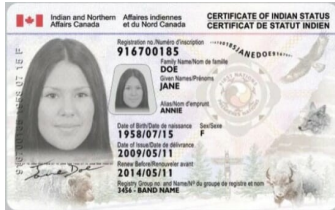
APPOINTMENTS

Sophie is available for Wednesday afternoon appointments weekly to help with your Will & Protection Mandate (POA).
Set up an appointment by calling Roxane at 819-627-3455

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

SECURE CERTIFICATE OF INDIAN STATUS **(SCIS)**



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](tel: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

****IMPORTANT****

**As this is an election year,
I encourage you
to update our office with your
current address to receive
election material.**

Contact Roxane McKenzie

819-627-3455

rmckenzie@kebaowek.ca



KEBAOWEK FIRST NATION
SKI-DOO RALLY
 KIPAWA LAKE
 P O K E R R U N

**SATURDAY
 FEBRUARY 22ND
 2025**

REGISTRATION 10AM - 12PM @ THE COMMUNITY HALL

ENTRY \$10 PER HAND (18 YRS +)
 You can purchase 3 hands (max) in your name.

PRIZES ~ MUSIC ~ FOOD



THE DOME
 MENU

WINGS
 \$13.00 (9) \$9.00 (6)
 Mild, Medium, Hot, Honey Garlic, Hot Honey,
 Plain, Dry Rub: Lemon Pepper

FRIES/POUTINE
 Fries \$5.00 Poutine \$6.50
 One size only

PIZZA
 All dressed \$35.00 Pepperoni \$30.00
 One Size only
Pizza Slices \$5.00

**February 22nd, 2025
 12pm - 9pm**

**EAT IN
 OR
 TAKEOUT
 819-627-9519**



**KEBAOWEK RECREATION
 UPCOMING EVENTS - 2025**

SAVE THE DATES!

- FEB 22 KEBAOWEK SKI-DOO RALLY (POKER RUN)**
 5 Stops!- Kitchen Open (Pizza & Wings), Music, Bar
- MAR 1 KEBAOWEK 1ST ANNUAL FISHING DERBY**
 Open to everyone! More info coming
- MAR 22 IRON GRIP INVITATIONAL**
 Fight Night - Bar & Kitchen Open
- APR 12 CRIBBAGE TOURNAMENT**
 Partners - \$40 per team - A&B Class
- APR 20 EASTER MORNING BRUNCH**
 Buffet, Chocolate Fountain, Egg Hunt etc..
- MAY 3 VENDOR CRAFT SHOW**
 Contact Sandra Woodbury for more info
- JULY 19 KEBAOWEK ANNUAL BOAT RALLY**
 Summer Poker Run Fun!
- NOV 8 INDIGENOUS VETERANS DAY**
 More info to come

**CHECK BACK FOR MORE
 ACTIVITIES TO BE ADDED!**



**1ST ANNUAL
 KEBAOWEK
 ICE FISHING
 DERBY**

MARCH 8TH, 2025

(Due to unforeseen circumstances, the Derby could not be held on March 1st as previously planned)

LOCATION : "COE'S ISLAND"
 TIME : 1:00PM TO 4:00PM
 COST : \$20.00 ENTRY
 (1 HOLE PER PERSON)

100% PAYOUT
 1ST PLACE - 60%
 2ND PLACE - 25%
 3RD PLACE - 15%

**REGISTRATION ON SITE
 11:00AM - 1:00PM**
*** YOU MUST REGISTER IN PERSON
 (NO EXCEPTIONS)**

IF NO FISH CAUGHT, ALL MONEY AND PRIZES WILL BE DRAWN

OPEN TO EVERYONE !
 Fishing licenses
 available at Pronature
 Temiscaming

*** PARTICIPATION PRIZES!
 * 50/50!
 * RAFFLE FOR GENERATOR!
 (TICKETS WILL BE SOLD ON SITE)**

A Message from the Director of Health and Social Services

Kwe to all Members of Kebaowek First Nation,

In the last newsletter, I spoke about the Healthcare Professionals we are so fortunate to have visit your Health & Wellness Center so you can see them here right in your community. We have been doing our best to coordinate your appointments with them to ensure that their day is full and that we will have slotted in, the appropriate number of clients wanting to see them. This sometimes leads to several people not being able to be seen as the roster is full.

This leads me to reinforce to importance of attending your scheduled appointments on time or at the very least, giving us 48 hours notice if you can not make it. This would allow us to have the adequate amount of time to find a replacement. Our visiting professionals require us to maximize their available working hours so we need to avoid having cancellation downtime that could be used more efficiently for seeing clients. In the weeks moving forward, you may receive more follow up calls to confirm your appointments. These calls will require feedback on your behalf to ensure that there's a good understanding of the date and time that was set aside for you to see a doctor or nurse practitioner. Your collaboration is key!

Another important matter is to make sure that your provincial health card is always valid. 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 December and January:

- New Health Center Project Management Group Deficiency Follow-Up
- FNQLHSSC Board of Directors
- CISSSAT Board of Directors & Governance Committee
- CISSSAT - Anishenabe Health Director's Network
- FNHMA Board of Directors
- Indigenous Services Canada (ISC) Programs Manager

Onimiki Renewable Energy:

- Board of Directors on Onimiki Renewable Energy LLP
- Meeting with the Societe de Developpment du Temiscamingue (SDT)
- News releases, radio & TV interviews

I hope everyone had a great holiday break. Although the air may be cold and crisp, if the skies are blue, get out on the land and enjoy our beautiful territory. Be safe on the ice and when riding your sleds

Quotes on Misinformation

The goal is not to ridicule or put down your opinion. But there are facts at times, especially in this age of misinformation, that may contradict your opinion, and I hope that they can just better inform you ~ **Malika Andrews** ~

Misinformation or distrust of vaccines can be like a contagion that can spread as fast as measles.

~ **Dr. Theresa Tam** ~

David McLaren
Director of Health & Social Services

SPOT A STROKE™
F.A.S.T.
 **FACE** Drooping
 **ARM** Weakness
 **SPEECH** Difficulty
 **TIME** to Call 911

Exercise and Weight-Loss

Exercise is an important component of weight loss. It works best when paired with a moderate calorie deficit. It's important to find a type of exercise you enjoy, as consistency is more important than intensity. Obesity can increase your risk of developing several serious health conditions: heart disease, diabetes, stroke and certain types of cancer.

You can lose weight by exercising and creating a modest calorie deficit.

Exercise and calorie deficit

Combining exercise with a balanced diet is a more effective way to lose weight than depending on a calorie deficit alone. This is because exercise can increase your metabolism, or how many calories you burn in a day. It can also help you maintain and increase lean body mass, which also helps increase the number of calories you burn.

How much exercise do I need?

The average adult needs at least 150 minutes of moderate intensity exercise per week, and at least 2 days of muscle-strengthening activity.

For example, you may exercise for 30 minutes on weekdays. Or, if you know you have a busy week ahead, you could do 120 minutes over the weekend and take a few brisk walks during the week to cover the remaining time.

However, if your goal is to lose weight, you may consider exercising more than 30 minutes daily.

It's okay to start small and work your way up to and over the recommendation.

For example, you may start with just 10 minutes per day. Once you're comfortable with that amount, you can increase it to 15 minutes, then 20 minutes, and so on. Being consistent is more important than doing a lot, especially if you're just starting.

Types of exercise

The type of exercise you choose is less important than whether or not you're exercising at all.

Pick an exercise you enjoy, as you'll be more likely to stick to a regular routine. Picking a type of exercise you enjoy can also prevent burnout. If you try to push yourself to do an exercise you don't like, you may stop exercising altogether.

Aerobic

Aerobic exercises get your heart rate up. Aerobic exercises include: walking, jogging, running, cycling, swimming and dancing.

You don't necessarily need to be outside to enjoy aerobic exercise. Several fitness machines, such as treadmills, ellipticals, and stair steppers, support aerobic exercise.

Weight Training

Weight training can help you build muscle, which, in turn, burns calories. You should aim to work all of your major muscle groups 3 times per week. This includes: abs, back, biceps, calves, chest, forearms, hamstrings, quads, shoulders, trapeziuses and triceps.

Yoga and Pilates

A 2019 study found that individuals who practiced yoga experienced an increase in well-being and positive health behaviors and a decrease in perceived stress and incidence of obesity.

A 2021 review of studies found that Pilates reduced body fat percentage and overall body weight in individuals with overweight and obesity. However, more research is needed.

Additionally, a 2018 review of studies found that Pilates increased feelings of energy while decreasing feelings of depression, anxiety and fatigue.

Building healthy habits

You don't have to engage in dedicated exercise to burn calories. Small changes in your daily routine can make a big difference in your results.

Some healthy lifestyle habits you may consider including in your day-to-day routine are: walking or riding your bike to work or while running errands, taking the stairs instead of the elevator, getting up and taking a short walk after you've been sitting for a while, parking further away from destinations and walking the remaining distance.

What to know before you start

Talk with your doctor before you start a new exercise program, especially if you plan on vigorous exercise. This is especially important if you have a health condition such as: heart disease, lung disease, diabetes, kidney disease and arthritis.

Exercise and Weight-Loss

People who've been inactive in recent months, have obesity, or have recently quit smoking should also talk with their doctor before starting a new exercise program.

When starting a new exercise program, pay attention to the signals your body is giving you. You should push yourself to improve your fitness level, but pushing yourself too hard can cause injury.

Stop exercising if you start to experience pain or shortness of breath. If this feeling persists long after you stop exercising, contact your doctor immediately.

The takeaway

Exercise is an important factor in losing weight. It works best when combined with a modest calorie deficit.

Find a type of exercise that you enjoy. This makes it more likely that you'll stick to it, and consistency is more important than intensity.

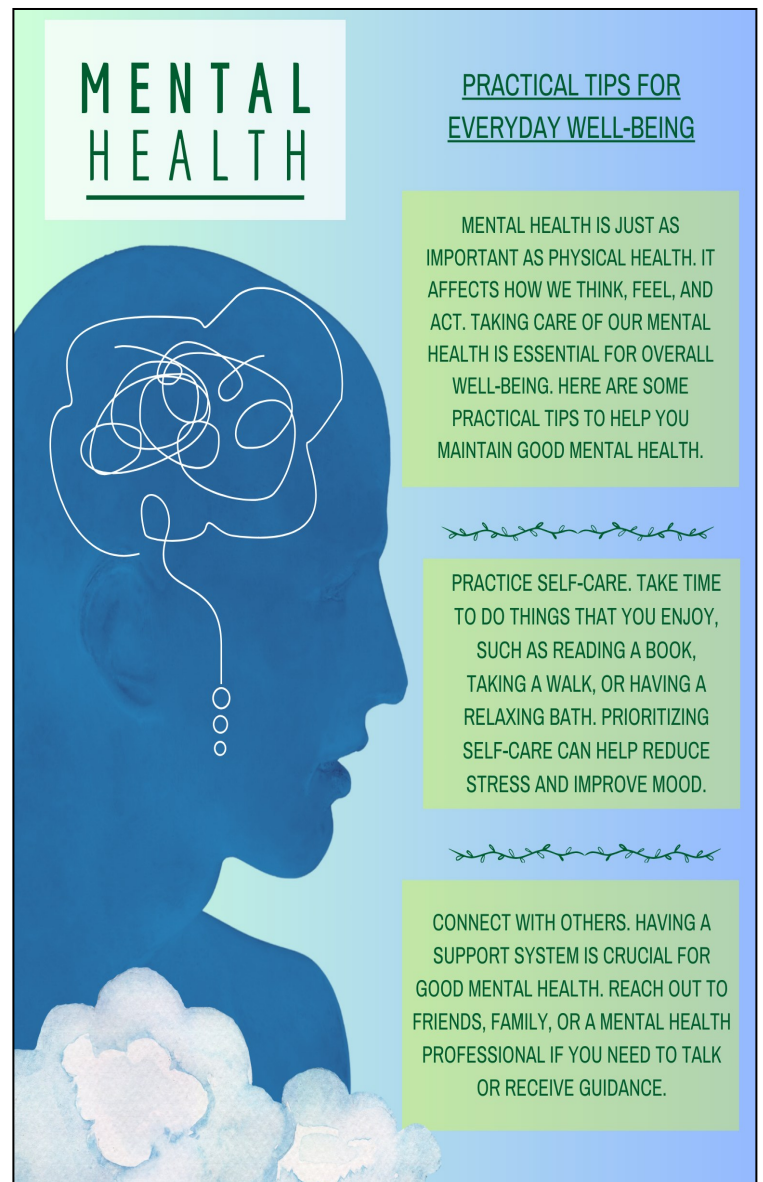
Talk with your doctor before starting a new exercise program. They can take your individual needs into account when it comes to exercise.

Mental Health and Addictions

5 Action Steps

Here are 5 steps you can take to help someone who is having thoughts of suicide:

1. **ASK:** "Are you thinking about suicide?" It's not an easy question to ask, but it can help start a conversation. Studies show that asking people if they are suicidal does not increase suicidal behavior or thoughts.
2. **BE THERE:** Listening without judgment is key to learning what the person is thinking and feeling. Research suggests acknowledging and talking about suicide may reduce suicidal thoughts.
3. **HELP KEEP THEM SAFE:** Reducing access to highly lethal items or places can help prevent suicide. Asking the person if they have a plan and making lethal means less available or less deadly can help the person stay safe when suicidal thoughts arise.
4. **HELP THEM CONNECT:** Connecting the person with the 988 Suicide & Crisis Lifeline (**call or text 988**) and other community resources can give them a safety net when they need it. You can also help them reach out to a trusted family member, friend, spiritual advisor, or mental health professional.
5. **FOLLOW UP:** Staying in touch with the person after they have experienced a crisis or been discharged from care can make a difference. Studies show that supportive, ongoing contact can play an important role in suicide prevention.



How to Navigate Different Parenting Styles

Do you and your partner disagree about how to parent your children?

It's not common for parents to radically differ in their parenting styles, but what do we do when we have a challenging child with hard behaviours, and there are two parents in the house with different ideas on how to parent?

1. You don't have to do it the way someone else does.

Our primary role is to be in a relationship with our child and the most important thing is to be the adult that makes them feel safe, seen, heard, supported, guided and encouraged.

You don't need anyone else's permission to build that relationship with your child.

2. There's nothing wrong with having two different perspectives in parenting.

In fact, it's probably healthy for kids to see that parents don't always agree on everything. That's life—it's part of the human experience.

At the heart of it, our role as parents is to meet the child's needs—not to react to the other parent. Children need boundaries, structure and reasonable expectations. The key word here is reasonable.

3. Parent's want the SAME thing.

If both parents can focus on that external problem and identify where they align, then they don't have to argue about whether they agree or disagree — rather than trying to convince each other that their approach is the 'right' one.

Look outward and recognize that you both want the same core outcomes for your child—like developing independence, self-esteem and self-worth —and then you can work together.

4. Supporting the other parent during moments of chaos.

Try: "Tagging out"

When you reach moments of tension and you feel triggered, tag out, allowing the other to step in.

This is especially helpful when you have another parent in the home, as it gives you a chance to walk, calm down, and avoid engaging with a child you're upset.

It's especially important to show our kids, even more so than co-parents, that we too are human, imperfect and constantly learning, trying and growing. By doing so, we model a growth mindset.

If we focus on pretending to have it all together, never making mistakes, and knowing everything, we're not doing them any favours.

We're failing to prepare them for the realities of life.

TYPES OF PARENTING STYLES

Authoritarian

Punishment-based
Low warmth
High Expectations

Permissive

High warmth
Indulgent / Lenient
Few Boundaries

Authoritative

Connection-based
High Expectations
High Warmth

Helicopter

Restrictive & Anxious
Does everything for a child
Rescuing Behaviour

Neglectful / Uninvolved

Cold & Unresponsive
No Rules
Uninvolved

Sharing Circle ... What to expect

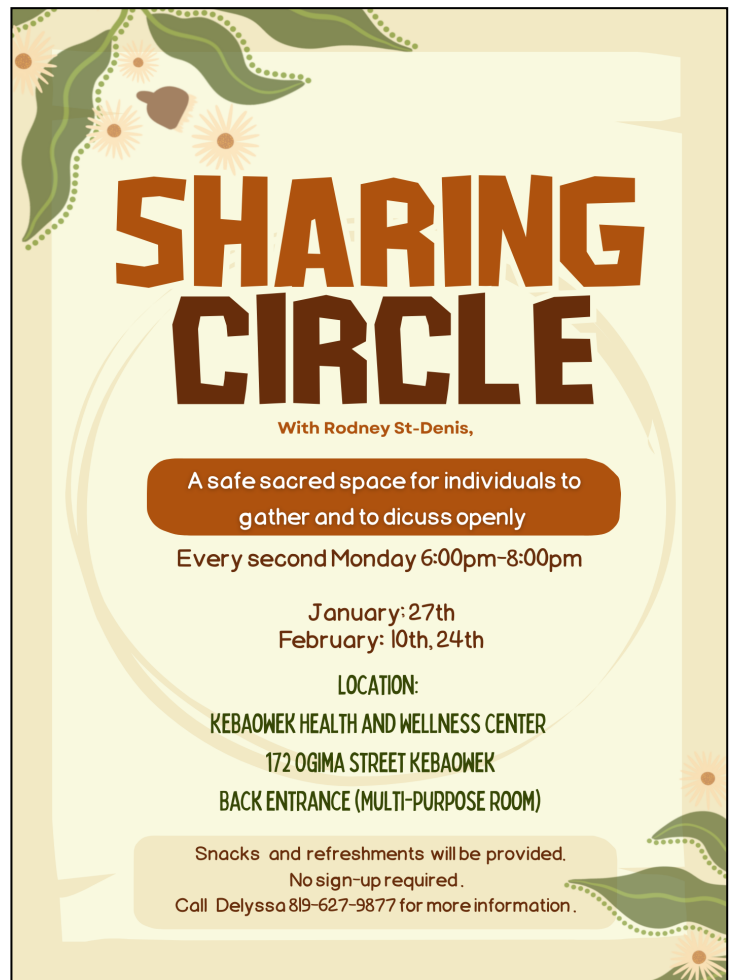
The medicines and the cycle of life is a great way to support the traditional ways, ensuring our goals and challenges are connected to our higher power.

The sharing circle offers a time to share our life's stories, with the sacred medicines and sacred circle that represents our path in life within the medicine wheel teachings. Each of us has our place in our cycle of life, our journey, the sharing circle offers a connection to all our relations.

Participants attending can expect smudging with sage, a brief teaching of the eagle feather and a teaching of the sharing circle, what it represents and how its connected to all our relations of life, our spiritual, emotional, mental and physical side of life.

Building a strong sharing circle take time and effort, trust is built, confidentially builds that trust. Protocols are followed, where participants have the opportunity to speak with no interruptions giving the group the opportunity to listen with understanding and support. The sharing circle is a great way to begin a journey, with many opportunities of ceremonies, laughter, and practices of healing and support.

Hope to see you there!
Rodney St-Denis



To the Parents of Kebaowek,

I would like to introduce myself, my name is Lynn Grandlouis in addition to being the Head Start (AHSOR) and Maternal Child Health (MCH) program worker I will also be coordinating children's service here at the Kebaowek Health and Wellness Center. You May already know who I am but I would like to explain my new role as the service provider.

If you have any concerns about your child(ren) or would like to receive services through our facility you may reach out to me at lgrandlouis@kebaowek.ca or call 819-627-9060. I will contact the professional that has been requested. The list of services below is what is offered through our Health and Wellness Center.

- Speech and Language Pathologist (SLP)
- Occupational Therapist (OT)
- Behavioral Therapist (BT)

I will then send you a referral form to begin the process for any one of these services above. I will work with the Jordan's Principle Coordinator to secure funding for your child to receive these services either at Daycare, School, Health Center or at home. If you have any questions or concerns please reach out to me.

If a Child is already receiving services from one of our therapist, I will be reaching out to introduce myself.

Sincerely,

Lynn Grandlouis
Head Start, Maternal Child Health, & Children's Services Program
Email: lgrandlouis@kebaowek.ca Phone: 819-627-9060

Kebaowek Health and Wellness Center Activities

First Weigh-In Week: Feb 17th - 21st
Last Weigh-In Week: April 14th - April 18th

Bi-Weekly Weigh-Ins:
Week of March 3rd, 17th + 31st

Anyone that would like to participate can join even if you do not live near Kebaowek. Those that live farther can time stamp a picture of their weight and send it to me via email (mmcmartin@kebaowek.ca) will be accepted.

Participants that would like to join have a full week to weigh-in which will allow those that are busy ample time to get weighed or send it in.

You are asked to send in your weight or come to the office every two weeks and the individual that lost the most weight during that bi-weekly weigh-in will receive a \$25 gift card. You can only win one of the bi-weekly weigh-in prizes. If you fail to come in and get weighed or send it in during any of the bi-weekly weigh-ins, please note that you are not disqualified so please continue working towards your goal.

At the end of the program, the three individuals with the highest weight loss percentage will win the competition (1st, 2nd and 3rd place) prizes.

If you would like to join, please call Mitchell (819) 627-9060 or email mmcmartin@kebaowek.ca

8 Week
Weight Loss
Challenge

PALS
MARCH BREAK ACTIVITY
For Parents/caregivers with children aged 0-11

FRIDAY, MARCH 7TH -
NATURE'S HARMONY

We will meet at Nature's Harmony in Mattawa for 9:30pm.

The tubing hill is reserved for our group from 10:00am - 12:00pm. Then you have the afternoon to do the other activities.

Lunch will be provided.

You must wear a helmet in order to go tubing.

****PLEASE NOTE THAT TRANSPORTATION WILL NOT BE PROVIDED.****

You must register your child/children by Thursday, February 20th.
To sign up call Darlene @ 819-627-9877 or Lynn @ 819-627-9060

YOUTH NIGHTS
Ages 12 to 17
Meet @ the back door of
Kebaowek Health & Wellness Center
5:00 pm
Dates:
Tuesday February 11, 2025
Wednesday February 26, 2025
Tuesday March 18, 2025
Tuesday April 8, 2025
Tuesday April 22, 2025
Supper will be provided!
If you have questions regarding these activities please call Sheila @ 819-627-9877 or message us on Facebook.

Kebaowek Health and Wellness Center 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.

February Week - Sunday 2nd to Saturday 8th
March Week - Sunday 2nd to Saturday 8th

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!!

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 !!

MORNING *Walking Group*

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



UPCOMING DATES:
DECEMBER 2-4-6-9-11-13
January 8-10-13-15-20-22-24-27-29-31

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.

Women's Paint Night with Michelle St-Denis

MONDAY, MARCH 3RD

FROM 6:00 PM - 8:30 PM

@ THE HEALTH CENTER
(BACK ENTRANCE)

COFFEE/TEA & LIGHT SNACK PROVIDED.

REGISTER WITH DARLENE
@ 819-627-9877.



Kebaowek Health and Wellness Center Activities

Meditation with Anabelle Lefebvre



Wednesday, February 12th
6:00pm - 7:00pm

At the Health & Wellness Center
(Back entrance)

Bring a blanket & pillow!
And a mat if you have one, only a
few mats will be available.

Call Darlene @ 819-627-9877 to sign up!

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.

SENIOR SOCIAL ELDERS 55+

DATES:

THURSDAY FEBRUARY 6, 2025

THURSDAY FEBRUARY 13, 2025

THURSDAY FEBRUARY 20, 2025

THURSDAY MARCH 13, 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



KEBAOWEK

Meals on Wheels

Upcoming Dates for Meals on Wheels

Wednesday, February 5, 2025

Wednesday, February 19, 2025

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



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 February 1, 2025

Saturday March 1, 2025

Saturday April 5, 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

Manadjitaganian	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Akakotcic Kizis February 2025						1 Community Shopping
2 Get Walking and Win Challenge Week →	3	4	5 Meals on Wheels	6 Senior Social	7	8
9	10	11 Youth Activity	12	13 Senior Social	14	15
16	17	18	19 Meals on Wheels Drumbeat Radio Bingo	20 Senior Social	21	22 Kebaowek Ski-Doo Rally
23	24	25	26 Youth Activity	27	28	

Manadjitaganian	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Niki Kizis March 2025						1 Community Shopping
2 Get Walking and Win Challenge Week →	3 Quebec March Break → Women's Paint Night	4	5 Drumbeat Radio Bingo	6 Women's Day Celebration	7	8 Kebaowek 1st Annual Fishing Derby
9	10 Ontario March Break →	11	12	13 Senior Social Full Moon Ceremony	14	15
16	17	18 Youth Activity	19 Drumbeat Radio Bingo	20	21	22
23	24	25	26	27	28	