



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Miskomin Kizis / July 2025

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Culture & Language

Kagitawendamowin

Kabeshinan

Wisdom Camp



WEEK OF JULY 7TH - JULY 11

Open to all Kebaowek First Nation Members

Kebaowek Ball Field

Cultural Activities & Teachings

See Page 6 & 7 for Schedule

Verna Polson
vpolson@kebaowek.ca
819-627-3455 ext: 226

OR

Justine Chevrier
justine.chevrier@kebaowek.ca
819-627-3455mext: 233



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



Rentals

Kayak & Paddle Board Rentals
Available at the Kebaowek Marina!

Ready for an adventure? Whether you're gliding through calm waters or soaking up the sun with friends, we've got everything you need for a perfect day on the lake.

- Hourly or full-day rentals
- Located at Kebaowek Marina

No experience? No problem! Life jackets provided and all skill levels welcome. Come explore the beauty of the water—one paddle at a time.

Book your rental today and make the most of lake life!



Marina Kiosk for Rent

Share Your Creations!

Do you create crafts, beading, or make homemade goods? This summer, showcase and sell your work right by the water! Our marina kiosk is available for rent — a perfect space for local artisans looking to connect with the community and visitors alike.

- Prime location at the marina
- Seasonal availability
- Great visibility for handmade products

Interested? Contact us to reserve your spot! ☎ (819) 627-3392



KATAKAG ADAWEWIGAMIG

• KEBAOWEK FIRST NATION •

COME BY FOR A SWEET TREAT AND ENJOY BEAUTIFUL VIEWS BY THE WATER!

WE'LL BE SERVING UP ALL YOUR FAVORITE CLASSICS AND NEW FLAVORS—PERFECT FOR A SUNNY DAY AT THE MARINA.

WHETHER YOU'RE WALKING THE DOCKS, OUT FOR A BOAT RIDE, OR JUST IN THE MOOD FOR A COOL SNACK, WE'VE GOT YOU COVERED.

WE CAN'T WAIT TO SEE YOU THERE!

 **Hours: Everyday from 1-9pm**

 **Location: Kebaowek Marina**



BARGE SERVICES

On Lake Kipawa/Sur le Lac Kipawa

Book now or get a quote:
Réservez maintenant ou demandez une soumission :

☎ (819) 627-3455 Ext. 225

15-TON LOAD CAPACITY
CAPACITÉ DE CHARGE DE 15 TONNES

- Construction Materials | Matériaux de construction
- Waste Transport | Transport de déchets
- Recreational Vehicles | Véhicules récréatifs
- Equipment & More | Équipement, etc.



Kebaowek Economic Development Department

DEPARTMENT NEWS UPDATE – JUNE 2025

Hello everyone,

Here's an update on the exciting work happening across our department, including progress on key projects that reflect the vision and priorities of our community.

Cultural Centre – Anicinabe Mikana:

The Cultural Centre project is ongoing, with construction anticipated to begin in late summer or early fall. While we've faced some challenges along the way, the team has been working diligently to move the project forward in alignment with community input and expectations. We're committed to ensuring this space reflects the cultural values and needs of our people, and we're grateful for the continued support and guidance.

Sugar Bush Project:

Work on the Sugar Bush project is also well underway. We're currently finalizing worker contracts and preparing for initial construction to begin shortly. Our goal is to be fully operational and producing syrup by next spring. This project represents an important step in revitalizing traditional practices while creating sustainable opportunities for our community.

Chii Miigwetch to everyone who has contributed their time, knowledge, and effort to these initiatives. Your hard work is helping to bring meaningful, community-driven projects to life.

CHAINSAW CERTIFICATION COURSE

Kebaowek First Nation is offering a Chainsaw Safety Course for a few employees, and we are pleased to open a limited number of spots for interested community members. This is a great opportunity to receive certified safety training and gain valuable skills.

Spots are very limited – don't wait to register!

FOR MORE INFO OR TO REGISTER
CONTACT NIKA:

📞 (819) 627-3455 EXT. 225
✉️ NPAUL@KEBAOWEK.CA



Calling all Kebaowek illustrators!

The Anicinabe Mikana Cultural Centre is looking for community artists to create commissioned illustrations for our future exhibition space.

We're looking for a range of work — from small, simple pieces to larger murals. Selected artists will collaborate with the creative team to create final artwork for the gallery.

HOW TO APPLY

Please send your application to: Nika Paul:
npaul@kebaowek.ca

Email Subject Line:
AMCC Illustration Application

Deadline:
June 20th at 4:00 pm EST

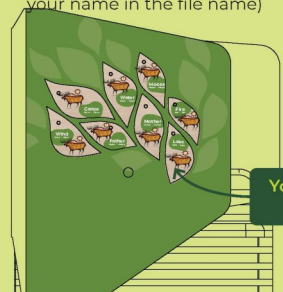
Format:
One PDF or Word file (include your name in the file name)

What to Include (in one PDF):

- Artist statement — tell us why you want to work on this project (max 200 words)
- Up to 5 artworks — include title, year, and size (up to 2 images per artwork)
- Artist CV or short list of exhibitions/commissions (max 2 pages)

Selection Process

Applications will be reviewed by a panel from Kebaowek First Nation and Double Dare Design. Artists will be notified of the results by the end of June 2025.



Your Illustration Here
(Language Kiosk)

doubledare
design

What you said!

Member meeting at the Kebaowek Community Center

Stay Tuned for the date to discuss

**FREE
PRIOR AND
INFORMED
CONSENT**

What we heard you say about
projects affecting

our territory

Dinner @ 5:30

Presentation, Q and A

and awards to follow

F P I C

United Nations Declaration on the
Rights of Indigenous Peoples

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**

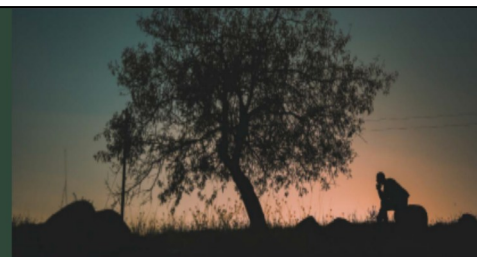
110 Ogima Street, Kebaowek Quebec J0Z 3R1

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.

**** IMPORTANT NOTICE ****

**Sophie will be in Kebaowek for appointments on
Wednesday September 10th !!**

Set up an appointment by calling Roxane at 819-627-3455

Kebaowek Notes and Information

KEBAOWEK FIRST NATION

READY TO BUILD

NEW LOTS AVAILABLE

**START YOUR NEW BUILD
AUGUST 2025**

FINANCING OPTIONS:
PRIVATE LOANS
RBC
ABORIGINAL SAVINGS CORPORATION OF CANADA

SELECT A LOT

SUBMIT PLANS
PROVIDE YOUR HOME PLANS AND SPECIFICATIONS

BUILDING OPTIONS
PRIVATE BUILD
PREFAB
KFN CONSTRUCTIONS

FOR MORE INFORMATION CALL OR EMAIL
819-627-3455
mlevesque@kebaowek.ca
www.kebaowek.ca

LOGO DESIGN OPPORTUNITY

The Powwow Committee is seeking a talented artist to create a unique logo design for our upcoming Powwow!

We are looking for a design that reflects the spirit of our community, celebrates KFN culture and traditions, and will represent our Powwow for years to come.

DETAILS:

- Open to KFN artists
- Logo will be used on promotional materials, merchandise, and signage
- Honorarium provided for selected design
- **Deadline to submit: August 1, 2025**

TO APPLY:
Please submit a short **artist bio**, a brief **description of your concept**, and a **draft** of your proposed logo.

SUBMIT TO: VPOLSON@KEBAOWEK.CA

Help us bring our Powwow's vision to life with your creativity and heart!

MIIGWETCH.
The Powwow Committee

Traditional Full Moon Ceremony

Wednesday July 9th, 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

ATTENTION PARENTS

If you have children registered to Kebaowek First Nation and you reside in the community or the local area, please contact the Education Department to inform Rose of your childs/childrens status.

819-627-3455
rjawbone@kebaowek.ca



Wisdom Camp Schedule

Walk -In Beading available 10:00 am - 4:00 pm daily

Lunch/Snacks provided everyday !

Supper provided Tuesday, Wednesday, Thursday at 5:00 PM

Monday July 7th

6:00 AM

Sunrise Ceremony

9:00 AM

Tipi Set Up

11:30 AM - 1:00 PM

BBQ Lunch

1:00 PM - 4:00 PM

Opening Prayer

Hand Drums & Singing

Grandfather Drum with Wayne

Walk-In Beading

6:00 PM - 10:00 pm

Movie Night

Children - Lilo & Stitch

Adults - Killers of the Flower Moon

Popcorn-Snacks-Drinks

Bring Your Own Chair

Tuesday July 8th

9:00 AM

Birthing Ceremony

for Sacred Items

with Wayne

Walking -In Beading

12:00 PM - 1:00 PM

Lunch Provided

1:00 PM - 3:00 PM

Language Teachings with Joan

Story Telling with Noella

3:30 PM - 4:30 PM

Dream Catcher Making

Story Telling with Noella

5:00 PM

Supper Provided



Wisdom Camp Schedule

Walk -In Beading available 10:00 am - 4:00 pm daily

Lunch/Snacks provided everyday !

Supper provided Tuesday, Wednesday, Thursday at 5:00 PM

Wednesday July 9th

9:00 AM - 10:30 AM
Bundle Bag Making
Medicine Bag Making

11:00 AM - 12:00 PM
Story telling with
Noella in Tipi

12:00 PM - 1:00 PM
Lunch Provided

1:00 PM - 3:00 PM
Language Teaching with Joan
Bannock Making Contest

3:30 PM - 5:00 PM
Porcupine Quill Medallion Making
Moose Horn Making

6:00 PM
Full Moon Ceremony
at the Arbour

Thursday July 10th

9:00 AM - 10:30 AM
Walk-In Beading
Moose Calling Contest

10:30 AM - 12:00 PM
Nail Driving Contest
3-Legged Race/ Snowshoe Race
Log Sawing Contest

1:00 PM - 4:30 PM
Game of Cornhole

3:30 PM - 5:00 PM
Canoe Lessons

5:00 PM
Supper Provided

6:30 PM - 8:30 PM
Canoe Races

10:00 PM
Fireworks

Kebaowek Childcare Graduates



Andrew Chevrier

A heartfelt congratulations from
your Kebaowek Childcare Family!
We are so proud of our
10 incredible graduates who
celebrated their graduation
on Thursday, July 3rd at
Kebaowek Childcare Centre.

Wishing each of you all the best
in your new adventures ♥



Chase Mullins



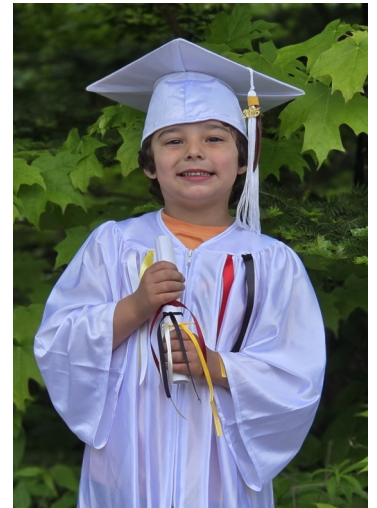
Cora Mongrain



Elliot Monette



Freya Dandy



Haven Ashfield



Kayne McBride



Louis Lafrance



Niveah Mongrain



Xavier Chevrier

Kebaowek Police Department

STATISTICS FOR THE MONTH OF MARCH 2025

- 3x Assist Surete du Quebec
- 1x Arrest warrant executed
- 4x Infraction tickets H.S.C
- 1x Noise & nuisance complaint
- 4x By-law tickets
- 1x Failure to comply with an order sec 145(5)a) c.c.c.
- 1x R.I.D.E
- 2x Public assistance
- 1x Fire alarm
- 1x Person in distress
- 1x Missing person found
- 1x Alarm non-criminal incident
- 1x Person observed

STATISTICS FOR THE MONTH OF APRIL 2025

- 2x Family Dispute
- 1x Assault
- 3x Infraction Ticket
- 3x Person Observed
- 1x Accident Property Damage +\$1000
- 2x By-Law Ticket
- 2x Assist to Surete du Quebec
- 2x R.I.D.E
- 1x By-Law Intervention
- 1x Mischief Property Damage
- 2x Public Assistance
- 1x Theft
- 1x Mental Disorder
- 1x Dispute

STATISTICS FOR THE MONTH OF MAY 2025

- 1x Assist to Others
- 2x Assist to Surete du Quebec
- 1x Dispute
- 3x By-Law Intervention
- 4x Infraction Ticket
- 1x Mischief; Damage Property
- 1x Causing a Disturbance
- 1x Indecent Act
- 1x Obstruct P.O
- 1x Accident Property Damage + \$1000
- 2x Person in Distress

Kebaowek Fire Department

Bonfires can be an enjoyable way to gather with friends and family, whether for a celebration or a relaxing evening outdoors. However, ensuring bonfire safety is essential to prevent accidents, injuries, and potential damage to property or the environment. Proper planning and awareness are key components of having a safe and enjoyable fire.

Before starting a bonfire, it's important to choose a safe location. Ideally, the fire should be set up at least 20 feet away from buildings, fences, trees, and any flammable materials. Make sure the area is clear of dry leaves or grass that could easily ignite. Be sure to also consider the direction of the wind, keeping flammable materials upwind from the fire.

When building the fire, use dry wood and kindling to start it rather than accelerants like gasoline or lighter fluid, which can cause flare-ups and uncontrollable flames. Keep the fire at a manageable size and never leave it unattended. When adding wood, only add what is needed to maintain the desired size. It's also important to have water, a fire extinguisher, or a shovel and dirt nearby to quickly extinguish the flames if needed.

Finally, ensure the fire is completely extinguished before leaving the area. Drown the fire with plenty of water, making sure to soak all embers, coals, and sticks. Stir the ashes and repeat until everything is cool to the touch. Continue adding and stirring water until the fire is completely out and no hissing sound is heard.

Always be sure to take additional safety measures and precautions when choosing to host a bonfire event. Always be sure that you are checking for burn bans in your area and always be aware of the fire danger rating. Practicing bonfire safety helps protect people, wildlife, and property—and ensures that everyone can enjoy the warmth and ambiance of a fire without unnecessary risk.





18ÈME ÉDITION | 18TH ANNUAL
KIPAWA COUNTRYFEST
15-16-17 AOÛT | AUGUST 15-16-17, 2025
KEBAOWEK [KIPAWA], QUÉBEC



High Valley



Dallas Smith



The Great
Canadian Road Trip



Confederate
Railroad

avec / featuring

Quick Pick Eastbound Of Bytown Wheelhouse Buckwild
Wendy Lynn Snider Julie Duguay & Northwest Country Band
Ghost Ryder [Claude Lecuyer] Grindstone Cowboy J.A.M Band

Musique | Bar | Vendeur Alimentaire | Navette
Brunch [Samedi et Dimanche] | Souper Barbecue [Samedi]
Marché des artisans | Prix et Tirages 50/50

Music | Bar | Food Vendors | Shuttle Bus
Brunch [Saturday & Sunday] | BBQ Supper [Saturday]
Food & Artisans Vendors | Prizes & 50/50 Draws

PRIX DE BILLETS | TICKET PRICES

Passes Week-End | Weekend Passes

18 ANS ET PLUS | AGES 18+

\$100 Prix À L'Avance: Avant le 10 août 2025
Advanced Price: Before August 10, 2025

\$140 Prix Régulier: Août 11-17 2025
Regular Price: August 11-17, 2025

PRIX POUR LES JEUNES | YOUTH PRICING

12-17 ANS
AGES 12-17 **\$25**

0-11 ANS
AGES 0-11 **GRATUIT
FREE**

Billet D'une Journée | Single Day Pass

VENDREDI
FRIDAY

\$80

SAMEDI
SATURDAY

\$100

DIMANCHE
SUNDAY

\$25



NOUVEAU

Achetez votre
bracelet
en ligne!

NEW

Buy your
wristband
online!

<https://simpli.events/e/kipawacountryfest>

INFORMATION

TELEPHONE: 514-827-9519

WEBSITE: WWW.KIPAWACOUNTRYFEST.CA

FACEBOOK: [KIPAWA COUNTRYFEST]

Camping sauvage disponible
Appelez pour réserver
705-496-7076

Rough Camping Available
Call to Reserve
705-496-7076

ZONE ENFANTS | KID'S ZONE

* Gonflable pour enfants / Activités / Jeux *
* Kids Inflatables / Activities / Games *



Sound and Lighting by:
New Productions Inc.



MC SAKINNEY

KIPAWA COUNTRYFEST
WEEKEND LINEUP
Friday, August 15, 2025

5:45pm - 6:00pm Opening Remarks
 6:00pm - 7:30pm Quick Pick
 8:00pm - 9:30pm * GREAT CANADIAN ROAD TRIP
 10:00pm - 11:30pm * HIGH VALLEY
 11:30pm - 1:30am Eastbound of Bytown

Saturday, August 16, 2025

12:00pm - 1:15pm Wheelhouse
 1:30pm - 2:45pm Buckwild
 3:00pm - 4:15pm Wendy Lynn Snider

Dinner / Soundcheck Break

6:15pm - 7:30pm Julie Duguay & Northwest Country Band
 8:00pm - 9:30pm * CONFEDERATE RAILROAD
 10:00pm - 11:30pm * DALLAS SMITH
 11:30pm - 1:30am Eastbound of Bytown

Sunday, August 17, 2025

12:00pm - 1:15pm Ghost Rider (Claude Lecuyer)
 1:30pm - 2:45pm Grindstone Cowboy
 3:00pm - 4:30pm J.A.M Band

Festival Emcee : Sam Harvey
 Sound & Lighting : KWE Productions
 * Music Acts & Times are Subject to change

KIPAWA COUNTRYFEST
August 15-16-17, 2025

\$100 WEEKEND PASSES

WRISTBANDS ON SALE AT THE FOLLOWING LOCATIONS!

In Person Cash / Debit / Credit
 Kebaowek Band Office, Kebaowek, Qc.
 MIGIZY GAS STATION, Kebaowek, Qc.

In Person - Cash Only
 DÉPANNEUR STOP 102, Temiscaming, QC
 DÉPANNEUR DANDY'S, Temiscaming, QC
 MARYANN BABIN, Notre Dame Du Nord, QC
 SHEAR OASIS HAIR DESIGN, North Bay, ON
 LAKEVIEW STORE, Kebaowek, QC

ALL SALE ARE FINAL. RAIN OR SHINE EVENT

NEW THIS YEAR!

BUY YOUR WRISTBANDS ONLINE!

Upon entering the festival, you will receive your wristband after proof of purchase is scanned



www.simpli.events/e/kipawacountryfest

ALL SALE ARE FINAL. RAIN OR SHINE EVENT

KIPAWA COUNTRYFEST
August 15-17, 2025, Kipawa, QC

Kipawa Countryfest returns for it's 18th year!
See you at the stage!

WEEKEND WRISTBAND 18+
 \$100 - May 8 til August 10, 2025
 \$140 - August 11 til August 17, 2025

FRIDAY | **SATURDAY**
 \$80 - Single Day Pass | \$100 - Single Day Pass

WEEKEND WRISTBAND 12-17
 \$25 - May 8 til August 17, 2025

CHILDREN 0-11 WEEKEND PASS
 Free

KIPAWA COUNTRYFEST
15-16-17 AOUT 2025 / AUGUST 15-16-17 2025

CAMPING-RV PARKING INFO!

FREE ROUGH CAMPING
 will be available during the festival weekend.



TO RESERVE YOUR PARKING SPOT, PLEASE CALL
DEBBIE @ 705-499-7076

KEBAOWEK BOAT RALLY

Saturday July 19th, 2025



PRE-REGISTRATION JULY 18TH 5:00PM - 9:00PM
REGISTRATION JULY 19TH 10:00 AM - 12:00 PM
AT THE COMMUNITY HALL

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

COLLECT YOUR RALLY CARDS FROM
EASTVIEW, REDPINE, & MORE !

BBQ & BAR WILL OPEN AT 5:00 PM
MUSIC (DJ LÉO) STARTING AT 7:00 PM

KEBAOWEK BOAT RALLY PRE-REGISTRATION & WING NIGHT!



FRIDAY, JULY 18TH 2025
5:00PM - 9:00PM
COMMUNITY HALL

REGISTER FOR THE BOAT RALLY!
ENJOY SOME WINGS!

BAR WILL BE OPEN!

REGISTRATION WILL ALSO TAKE PLACE JULY 19TH FROM 10:00AM-12:00PM

**THE
2025
KEBAOWEK
BOAT
RALLY**

HAWAIIAN THEMED CONTEST

SATURDAY, JULY 19TH 2025
**KIPAWA LAKE
ON THE BOAT RALLY**

**DECORATE YOUR BOAT
&
BEST DRESSED!**

**WEAR YOUR BEST ISLAND OUTFIT
AND WIN!**

CASH PRIZES !

**ENTRY INFO UPON
REGISTRATION FOR THE RALLY**

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**

An Update from the Director of Health & Social Services

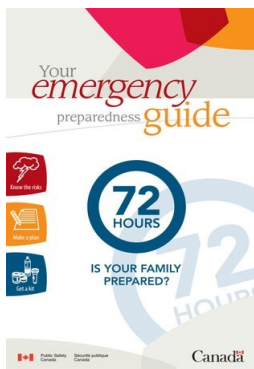
Kwe to all Members of Kebaowek First Nation

The summer period corresponds to the vacation period. Employees are entitled to this well-deserved vacation, which means fewer employees will be on the job at any one time, from July to the end of August. This context requires adjusting the range of certain services considering the capacity to provide them. This adjustment makes it possible to not increase the workload and pressure within the departments, limit the risks of unplanned service interruptions and ensure the delivery of safe and quality services to the population.

Please visit our Facebook page from time to time to receive updates and important messages.

Emergency Preparedness Reminder!

On the weekend of June 20th, the Mattawa area was hit very hard with winds and torrential rains that caused a great deal of damage. Roads were washed out causing some people to be cut off from their usual routes and power lines were down causing outages throughout the area. This is a prime example that we all need to be prepared for a minimum (3 days) 72-hour period should we be faced with an event that we can't control...like the weather and other natural disasters.



You can view or download
an Emergency Guide
www.getprepared.gc.ca

Meetings Attended in June:

- FNQLHSSC Board of Directors
- CISSSAT & Anishenabe Health Directors Network
- FNHMA Board of Directors
- Regional Mobilization Group headed by the CISSSAT

Onimiki Renewable Energy File:

- Board of Directors on Onimiki renewable Energy LLP.
- Onimiki Inc Annual General Assembly (AGA)

• Laniel Cottagers

On Saturday June 7th, we met with a few dozen of the cottagers living around Laniel and Dorval Bay at the Municipal Office. It was another productive meeting filled with good questions and conversations. Future studies were prompted from this meeting.

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

Have a great summer everyone. Make some new memories, get some well-deserved rest. Be safe and be kind.

Quotes on Emergency Preparedness

The threat of extreme weather events highlights the importance of investing in preparedness. ~ Sheri Fink

We cannot stop natural disasters, but we can arm ourselves with knowledge: so many lives wouldn't have to be lost if there was enough disaster preparedness. ~ Petra Nemcova

David McLaren
Director of Health & Social Services



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 !!

Medical Transportation ... Important Information

Eligibility to access the program, you **MUST** have ALL of the following:

- Have a RAMQ Medical Card
- Be a Kebaowek Band Member
- Have a Quebec Address

If you are missing any of these, unfortunately you will not be able to access the program.

When handing in your claim for reimbursement the following **TWO** forms must be completed before the claim is processed.

1. Medical Visit Attestation

- Client Name
- Date of Appointment
- Time of Appointment
- **Type of Service** (Look on back of Attestation)
- **Stamped** (Official Service Stamp)
- **Signature** (of professional whom you were seen by)

2. Medical Transportation Reimbursement Form

- Address

- Client Information (Name and Band Number)
- Travel Information (Date of Appointment and Location)
- Sign and Date the Form

Once ALL forms are completed, you may hand them in to get processed for a reimbursement.

The front desk Secretary will no longer be filling out forms for the members, when dropped off they must be FULLY completed in order to be processed.

If you have any questions or need help to complete the forms, come to the Medical Transportation Office and I will gladly help you properly complete the forms. You may also contact the Kebaowek Health and Wellness Center and ask to speak to Medical Transportation for any of your questions. I will gladly help you with your medical transportation needs. We are here to help get you “to” and “from” your appointments.

Your health matters.

**Miigwetch, Kim Constant
Medical Transportation (Interim)**

Recommended Fluid Intake For a Diabetic Person



WATER

The best choice for staying hydrated and maintaining stable blood sugar levels.



UNSWEETENED TEA

Refreshing and healthy alternative to sugary drinks.



COFFEE

It can be consumed in moderation and may have some health benefits.



SUGAR-FREE DRINKS

Be mindful of any artificial sweeteners that may be used in sugar-free or diet drinks.



LOW-FAT MILK

Milk contains essential vitamins and minerals. It can be a good source of protein.

Sports & Mentorship ... FNEC Update

It was a great 5-day trip for our youth to the FNEC Games. Our Kebaowek youth teamed up with Wolf Lake First Nation to create a 13-15 Girls volleyball team and a 16-18 Girls volleyball team and a 16-18 Boys hockey team and a 16-18 basketball team.



Before we went to these games, the youth took part in 6 practice sessions to get ready for these games. The practices helped our volleyball teams work on rotations as not all the participants played together on the same team, or some are new to the game. The girls still struggled with rotations during the first few games however they figured it out. The girl's 13-15 group lost in the finals for a silver medal and the girl's 16-18 group won bronze in their division.



The boy's hockey team put in some good effort during their games and lost in the finals. It was a rough game; however they tried their best and that's all I can ask for.



The boys' basketball team is a work in progress. The boy's tried however we need to start working on positions and ball movement if we want to compete with the other teams. I would like to start practice a little early and start working on basketball in January to get the boys ready.

Our youth did good in the track and field portion of the games as Summer and Gabrielle won medals in shotput and javelin, Owen placed 5th in the 13-15 100M finals, Carter placed 2nd in the 16-18 100M final, Summer placed 5th in the 100M finals, Haven made the 100M finals for the 10-12 group, the girls placed second in the 13-15 400M relay race, the boys 13-15 placed 1st in the 400M relay, 16-18 girls placed 3rd in the 400M relay and the boys 16-18 placed 4th in the 400M relay race.

Vanessa Young was the only person in our delegation that took part in the trail race which is a 6-kilometer run. She completed the race in 49 minutes and 48.5 seconds and received a bronze medal. Great job!



There was an evening set for the 16-18 group and each community can choose 2 youth that exemplify great leadership for the Nation's Awards, and I chose Elliot Brunette and Gabrielle Young for the awards. This was their last year of the FNEC Games

and I hope in the future they consider coming back to chaperone our youth in future events.

The youth would like to thank Rose Jawbone from our Education Department as she helped with the inscription and other fees. She is a major reason why our group can go to these games.

I would also like to thank the 3 chaperones that helped me during the trip Jesse Polson, Tommy Brunette and Amanda Woodbury. These 3 helped drive the kids to and from the games plus spent many hours helping take care of the 15 kids that participated in this event and coach the kids when asked. The youth are very thankful for the time you've invested in them.

It was a great event and I look forward to competing next year with this group of youth.

Mitchell McMartin

Have a Safe Summer

PREVENT SUMMER INJURIES

Summer is a time for outdoor adventures and fun in the sun! However, the beautiful season also brings an increased risk of injuries due to higher activity levels, extreme heat, and more time spent in the outdoors. Fortunately, many summer injuries are preventable with the right precautions. Here are some tips to help you and your families stay safe all summer long while having fun!

1. Stay Hydrated & Be Heat Cautious

Heat exhaustion and heatstroke are serious risks during hot weather. Drink plenty of water throughout the day, even if you don't feel thirsty. Take breaks in the shade or indoors, especially during peak sun hours (10 a.m. to 4 p.m.). Wear light, breathable clothing and a wide-brimmed hat to protect yourself from the sun.

2. Protect Your Skin

Sunburns not only cause pain and skin damage but also increase the risk of skin cancer. Apply broad-spectrum sunscreen with SPF 30 or higher at least 15 minutes before going outside, and reapply every two hours, or after swimming or sweating. Don't forget ears, noses, and the tops of feet.

3. Be Water Smart

Drowning is a leading cause of accidental death during the summer, especially among children. Always supervise kids near pools and lakes.. Ensure everyone who swims knows basic swimming skills and always use life jackets for boating or water sports. Avoid diving into shallow or unfamiliar waters to prevent head and spinal injuries.

4. Use Proper Gear for Activities

Whether you're biking, skateboarding, or playing sports, wear the appropriate safety gear—helmets, knee pads, elbow pads, or mouthguards. Inspect equipment regularly and make sure it fits properly.

5. Watch Out for Insects and Plants

Summer hikes and camping trips can bring exposure to ticks and mosquitoes. Use insect repellent, wear long sleeves and pants when walking through tall grass or wooded areas. Also be mindful of poisonous plants such as poison ivy, and know how to identify.

6. Practice Fire and BBQ Safety

Outdoor cooking and campfires are fun but require caution. Keep grills away from structures and supervise children. Never leave a fire unattended and always have water or a fire extinguisher nearby.

By staying alert and taking a few preventive measures, you can enjoy all that summer has to offer while keeping yourself and your loved ones safe. Stay smart, stay cool, and make this summer a safe one!

SUMMER COOKING SAFETY

Tips to Keep Your Meals Delicious and Hazard-Free

As temperatures rise and outdoor gatherings become more frequent, summer is the perfect time to fire up the grill, enjoy picnics, and dine outdoors with friends and family. But with the heat, humidity, and increased outdoor cooking activities, summer also brings a higher risk of foodborne illnesses and fire hazards. When thinking about summer cooking safety, there is emphasis on the four key principles; Clean, Separate, Cook, and Chill. Here's how to enjoy your meals safely all summer long.

Cleanliness:

Always be sure to wash your hands thoroughly with warm water and soap for at least 20 seconds before and after handling food. Keep all utensils, cutting boards, and surfaces sanitized to avoid cross-contamination, especially when working with raw meat and eggs. Regularly wipe down work space and wash tools between tasks. Maintaining kitchen cleanliness not only prevents the spread of harmful bacteria, but a clean space also makes time spent in the kitchen more enjoyable!

Separate:

Keep raw meat, poultry, and seafood separate from fresh fruits, vegetables, and cooked foods to avoid transferring harmful bacteria. Use separate cutting boards and utensils for raw and cooked items or wash them thoroughly between uses. Here are a few ways to separate your foods to avoid cross-contamination..

→ **Separate Raw & Cooked Foods:** Never place cooked meat back on the same plate that held raw meat.

Have a Safe Summer

- Clean Utensils & Surfaces; Wash cutting boards, knives, and hands thoroughly with soap and water after handling raw food.
- Use Separate Coolers; If possible, store drinks in a different cooler from raw meat to avoid constant opening and potential contamination.

Cook:

Cook foods to their safe internal temperatures, using a digital food thermometer to verify doneness. Once cooked, be sure to keep your food hot at or above 140°F (60°C) until it's served. While cooking, try not to flip too much. Let your food cook undisturbed so it can cook thoroughly. Flip only once, especially for burgers, steaks, and chicken.

When cooking meats, keep these temperatures in mind..

- Poultry: 165°F (74°C)
- Ground Meats: 160°F (71°C)
- Steaks, Chops, & Fish: 145°F (63°C)

Chilling:

Bacteria multiply rapidly in the “danger zone” between 44°C and 60°C (40°F and 140°F). Keep coolers in the shade and packed with plenty of ice or freezer packs. Use a separate cooler for drinks to minimize opening the food cooler. Refrigeration is key. Keep perishable items like meats, dairy, and salads in a cooler with plenty of ice or frozen gel pads. Follow the 2 hour rule – perishable food should not sit out for more than 2 hours, sometimes just 1 hour if the temperature is above 32°C.

Summer is a season for enjoying good food and great company, but it's also a time to be extra vigilant about food safety. With a few simple precautions, you can ensure your summer meals are safe, flavourful, and delicious!

SWIMSUIT SAFETY

When choosing a swimsuit for lake swimming, color isn't just about style—it can significantly impact safety. In natural bodies of water like lakes, visibility is often reduced due to murky, algae-filled, or sediment-heavy water. Dark or dull-colored swimsuits can blend in with the lake environment, making it more difficult for lifeguards, boaters,

or fellow swimmers to spot someone. This becomes especially important in emergencies, where seconds matter, and quick visual identification can be the difference between rescue and tragedy.

Bright, contrasting colors such as neon pink, orange, lime green, or yellow stand out more clearly in natural waters. These high-visibility colors offer better contrast against dark water and underwater vegetation, making the swimmer more noticeable from above and below the surface. Studies evidence from lifeguard organizations support the idea that certain colors can make individuals significantly more visible in different aquatic environments. For instance, neon green and yellow are among the most recommended for murky or darker water like lakes.

It's also important to remember that visibility decreases with depth and distance. Even bright colors can become harder to see once a person is submerged or far from shore. For that reason, in addition to selecting a bright swimsuit, swimmers should consider using other visibility aids such as swim caps in bright colors or personal flotation devices (PFDs), especially for children and less confident swimmers. Prioritizing visibility through color and safety gear can help reduce risks and increase safety in recreational lake environments.



How to model healthy coping skills: Helping kids learn strategies for handling big emotions.

What you'll learn in this article:

- What coping skills are
- How parents can model coping skills for kids
- How parents can build stronger coping skills themselves.

Guilt. Shame. Anger. Fear. We've all experienced these uncomfortable feelings, sometimes at intensities that are hard to tolerate. Painful emotions are part of being human, and learning how to respond to them in healthy and sustainable ways is one of the most important lessons a child can learn.

One of the best ways to help children navigate big feelings is through modeling healthy coping skills. Grace Berman, LCSW, a clinical social worker, defines coping skills as practices we can use to reduce the intensity or frequency of an unwanted emotion. Different people may rely on different coping skills, but here are some examples of safe, effective practices that are often helpful in stressful situations:

- Deep breathing
- Going for a walk or exercising
- Mindfulness practices
- Listening to music
- Writing in a journal
- Sensory stimulation, like splashing cold water on your face or holding ice cubes
- Calling a friend
- Playing with a pet
- Positive self-talk ("I made a mistake, but now I know better for next time.")

In addition to helping improve mood, coping skills are a great way to practice acting with intention. Strong emotions sometimes give us the urge to act out in ways that we may later regret, and this is especially true for children and teens, who tend to have higher levels of impulsivity than adults. Coping skills can give kids the space they need to think before they act, helping them stay in control of their behavior.

So how do you model these important skills for your child?

We've provided some pointers below.

Take space when you need it

One of the most reliable ways of managing your feelings in a stressful situation is to remove yourself from it, even if just for a little bit. Leaving the room before your feelings become overwhelming makes it less likely that you will explode in front of your children, while also showing them that it's okay to take breaks to acknowledge and respond to intense emotions.

Stepping away from an unresolved problem or conflict can be uncomfortable or even feel like a way of ignoring the issue. But it's important to remember that an emotion's intensity tends to increase until we get some distance from whatever it is that caused it.

"It helps to think about the life cycle of an emotion," Berman explains, "and to recognize that getting away from the trigger naturally brings that emotion down. And that's a big thing we focus on in therapy, being able to ask ourselves, 'When is my emotion's intensity so high that I need to do something to get away from it?' And it's when we give ourselves that space that we really become able to think about additional coping skills."

Of course, it's important not to leave your child unsupervised in potentially unsafe situations. If your child is also overwhelmed or is too young to be left by themselves, make sure that another parent or trusted adult is available to be present for them before stepping away.

Talk kids through how you cope

When modeling for your child, talking to them about how and why you use coping strategies can help clarify your intentions. This is especially true for younger children, who might have a harder time grasping the significance of certain actions without a verbal explanation. For example, if you need to step away for a few minutes, telling your child that you need to spend some time tending to your feelings before leaving the room lets them know that they are not being punished or abandoned. Going a step further and breaking down the specific skills you will use while away ("I need some time to calm down, so I'm going to go listen to music for 15 minutes, and then I'll be back") gives them an example to emulate in the future.

Narration can also be a helpful tool for parenting older

children and teens, because talking through your own emotional experience gives you a way to encourage healthy behavior patterns without getting into a power struggle. “We know that when a child is really upset or escalated, telling them to take some deep breaths and calm down is likely to backfire,” says Berman. “And that’s where narration can be helpful. It’s not saying *you* do this, it’s saying *I’m* doing this. And it’s giving kids the space to do so as well without forcing it on them.”

Show your feelings (even the painful ones)

It’s natural to want to protect your child from pain and discomfort. But unwanted emotions — even the most intense ones — are a normal part of life. The sooner we can accept that our children will experience painful feelings from time to time, the more we can help them manage those feelings when they do come up.

When it comes to modeling, this means that the impulse to avoid being sad, angry, or anxious in front of your child can be more harmful than helpful. If you only show your child your cheerful, relaxed side, they may get the message that difficult feelings are something to be ashamed of or avoided. While it can be uncomfortable for your child to see you get upset, being able to watch you self-soothe and put words to your experience (“I’m sad about some news I heard today, so I’m going to talk it over with a friend”) can be helpful and reassuring.

At the same time, sharing your feelings with your children shouldn’t be confused with losing control or lashing out at them. “There’s a big difference between emotions and behavior,” says Berman. “If you get mad and yell at your child, it’s not your anger that’s the problem — it’s the way you’ve chosen to respond to it. What we really want to be doing is modeling what it’s like to cope well, even when we’re at emotion level ten.”

Be kind to yourself

Of course, responding to difficult emotions with intention and grace is easier said than done. So keep trying, and be gentle with yourself when you get discouraged.

For parents who are feeling insecure about their modeling skills, Berman recommends starting small. Regularly practicing just one or two healthy ways of managing stress can help you deescalate conflict and model healthy behavior for your kids as you build confidence in yourself as a parent

and role model.

And remember: self-kindness is one of the most important coping skills that you can teach your kids. “We have this tendency to be really hard on ourselves,” Berman notes, “and kids adapt to that pretty quickly.” One of the most effective ways to counter negative self-talk in kids is by showing them what it looks like to have compassion for yourself even (and especially!) when you mess up. Speaking kindly to yourself and celebrating your accomplishments — even when they feel small — is an important form of self-care, but it’s also a crucial part of parenting.

For more resources on parental support visit www.childmind.org

Banana Popsicle Recipe!

Bananas and your favorite chocolate, yogurt, and toppings are all you need to make these homemade banana popsicles!

INGREDIENTS

- Large ripe bananas peeled and cut (in half or bite sized)
- Wooden popsicle sticks
- 4 tablespoons of unsalted butter or coconut oil
- Semisweet chocolate chopped or chips or vanilla yogurt
- Toppings of your choice; nuts, sprinkles, coconut flakes

INSTRUCTIONS

1. Line a sheet pan with waxed paper. Have kids insert a popsicle stick into the cut-end of each banana, pushing the stick halfway in. Place the bananas on the sheet pan and freeze for 1 hour.
2. Melt the chocolate and butter or coconut oil in a bowl over a saucepan of simmering water, stirring occasionally. (Or microwave on high power for 30 seconds at a time, stopping to stir after each 30 seconds until melted.) Note: This step is only necessary when using chocolate.
3. Arrange the dipping decorations on several flat plates. Working with 1 banana at a time, dip it in chocolate or yogurt and turn to completely coat (use spoon if needed). Let kids roll the dipped banana in the desired decorations (sprinkles, nuts, etc.)
4. Transfer to the sheet pan, return to freezer for at least 30 minutes before serving.

What is Nicotine Replacement Therapy (NRT)

Nicotine is the substance in tobacco that causes addiction. If you use tobacco, many parts of your body get used to the effects of nicotine. You become physically dependent on it. When you quit tobacco, you also stop getting nicotine. You will likely have withdrawal symptoms, because now your body must get used to *not* having nicotine.

Nicotine replacement therapy (NRT) gives you nicotine without the other harmful chemicals in tobacco. This nicotine comes in the form of gum, patches, sprays, inhalers, or lozenges.

NRT can help relieve some of the physical withdrawal symptoms so you can focus on the mental and emotional parts of quitting.

Who should consider using NRT?

People who smoke* and are highly dependent on nicotine should consider nicotine replacement or prescription medicine therapy to help them quit. Signs of severe nicotine dependence include:

- Smoking more than 1 pack a day
- Smoking within 5 minutes of waking up
- Smoking even while sick
- Waking up at night to smoke
- Smoking to ease symptoms of withdrawal

The more of these that apply, the more serious the nicotine dependence.

How does nicotine replacement therapy work?

Nicotine replacement therapy (NRT) can help with the withdrawal symptoms and cravings that most people say is their only reason for not quitting tobacco. Using NRT reduces these symptoms.

Many people can quit tobacco without nicotine replacement therapy. But most people who attempt quitting don't succeed on the first try. In fact, people trying to quit usually need many attempts before they're able to quit for good.

Most people who try to quit on their own go back to smoking within the first month of quitting. This is often because of the withdrawal symptoms. But the good news is that many people do succeed. In fact, there are now more people who formerly smoked than people who currently smoke.

Together with counseling or other support, NRT may also

help increase the number of smokeless tobacco users who quit.

Getting the most from nicotine replacement therapy

Nicotine replacement therapy (NRT) only helps with physical dependence. It's not meant to be the only thing you use to help you quit tobacco. You'll need other ways to manage the emotional and mental part of stopping tobacco, such as a quit program.

Use a quit program or other support system during treatment with NRT and for at least a few months after you quit.

Studies show that pairing NRT with a program that helps change behavior can improve your chances of quitting and staying quit (compared to using only one method).

The best time to start NRT is when you first quit.

Some people first try to quit tobacco on their own then decide to try NRT a day or more into quitting. This doesn't give you the greatest chance of success. But if you already did this, don't let it discourage you. There are many options for quitting and staying quit.

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
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Kebaowek Health and Wellness Center Programs and Activities

Addiction? We can help!

Are you living with addiction?

We can help with a wide range of addictions alcohol, drugs, gambling etc. You choose what path to recovery works for you.

- Counselling
- Medical detox
- In-patient care
- Out-patient care
- Addictions medications
- Social support groups
- Harm reduction supplies

- Judgement free
- Confidential
- Person-centered care

Call Delyssa Down
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

July Dates:
July 7th & 14th

August Dates:
August 11th & 18th

Coffee/tea & snacks provided.



For more info please contact Lynn or Darlene @ 819-627-9877.



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

Monday, July 7th &
August 11th

Women's Paint Night with Michelle St-Denis

|| SNACKS & REFRESHMENTS ||
Register With Darlene @ 819-627-9877

6:00pm
- 8:30pm

@ The Health Center
(Back Entrance)

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.

July Week - Sunday 6th to Saturday 12th
August Week - Sunday 3rd to Saturday 9th

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!!



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.

YOUTH HUNTER'S POINT CAMPING TRIP July 20th - 25th, 2025

We focus on healthy snacks which will be provided on site, therefore we will no longer accept junk food on the premises!

**DON'T FORGET
TO REGISTER**

OUR 24TH YEAR GOING TO HUNTER'S POINT !!
LEAVING SUNDAY JULY 20TH AT 1:30 PM
AND RETURNING FRIDAY JULY 25TH AT 12:00 PM

WE ARE HAPPY TO BE GOING BACK TO OUR
TRADITIONAL LANDS TO HAVE A WEEK FULL OF ACTIVITIES !!
YOU CAN SEND YOU CHILD OR COME AS A FAMILY FOR ALL OR PART
OF THE TRIP !! CHILDREN UNDER 6 MUST BE ACCOMPANIED BY AN ADULT.

DEADLINE TO REGISTER - WEDNESDAY JULY 9TH BEFORE 4:30 PM
PLEASE CONTACT MITCHELL OR LYNN
AT THE HEALTH CENTER 819-627-9060

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.

August 1st
September 6th
October 4th

9am -
3pm

Community Shopping

FRESH CO
Lowering food prices

Walmart

GIANT TIGER

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

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
Miskomin Kizis July 2025		1 Kebaowek Offices/Health Center are closed for Canada Day Holiday	2	3 GARBAGE COMPOST	4	5
6 Get Walking and Win Challenge Week →	7 Wisdom Camp Week Baby & Me Women's Paint Night	8 Wisdom Camp Week	9 Wisdom Camp Week Full Moon ceremony	10 Wisdom Camp Week RECYCLE COMPOST	11	12
13	14 Baby & Me	15	16	17 GARBAGE COMPOST	18 Wing Night and Boat Rally Pre-Registration	19 Kebaowek Boat Rally
20 Youth Hunter's Point Camping Trip	21 Youth Hunter's Point Camping Trip	22 Youth Hunter's Point Camping Trip	23 Youth Hunter's Point Camping Trip	24 Youth Hunter's Point Camping Trip RECYCLE COMPOST	25 Youth Hunter's Point Camping Trip	26
27	28	29	30	31 GARBAGE COMPOST		

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Otatakakomin Kizis August 2024					1 Community Shopping	2
3 Get Walking and Win Challenge Week →	4 Kebaowek Offices/Health Center are closed for Civic Holiday	5	6	7 RECYCLE COMPOST	8	9
10	11 Baby & Me Women's Paint Night	12	13	14 GARBAGE COMPOST	15 18th Annual Kipawa Countryfest	16 18th Annual Kipawa Countryfest
17 18th Annual Kipawa Countryfest	18 Baby & Me	19	20	21 RECYCLE COMPOST	22	23
24 31	25	26	27	28 GARBAGE COMPOST	29	30