



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Oteimin Kizis / June 2025

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A message from Chief Lance Haymond:

I stand before you deeply grateful and incredibly humbled by the trust you have placed in me to continue serving as your Chief. Thank you from the bottom of my heart for your support, your encouragement, and for giving me the opportunity to continue this important work on behalf of our community.

This re-election is not just a personal honor—it is a reflection of our shared vision, our commitment to one another, and our determination to keep building a stronger, more united future for all of us. I do not take this responsibility lightly, and I promise to continue working with integrity, openness, and accountability.

I also want to thank the returning members of council, Gerald Chaput, Justin Roy as well as our new councillor Tina Chevrier.

I also want to take a moment to acknowledge and thank the other candidates who put their names forward in this election. It takes courage and dedication to stand up and offer your service to the community. Your willingness to lead and contribute to the conversation only makes us stronger and more vibrant as a Nation.

As we move forward together, let us remember that our strength lies in unity, respect, and the wisdom of working together for the good of all.

Thank you again. I am honored to serve you.

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

Notices and Information



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 child's/children's status.

819-627-3455
rjawbone@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

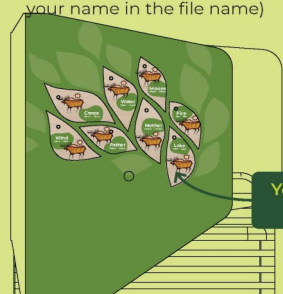
Format:
One PDF or Word file (include your name in the file name)

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



Culture & Language
Kagitawendamowin
Kabeshinan
Wisdom Camp

WEEK OF JULY 7 - JULY 11
Open to all KFN members
Hunters point

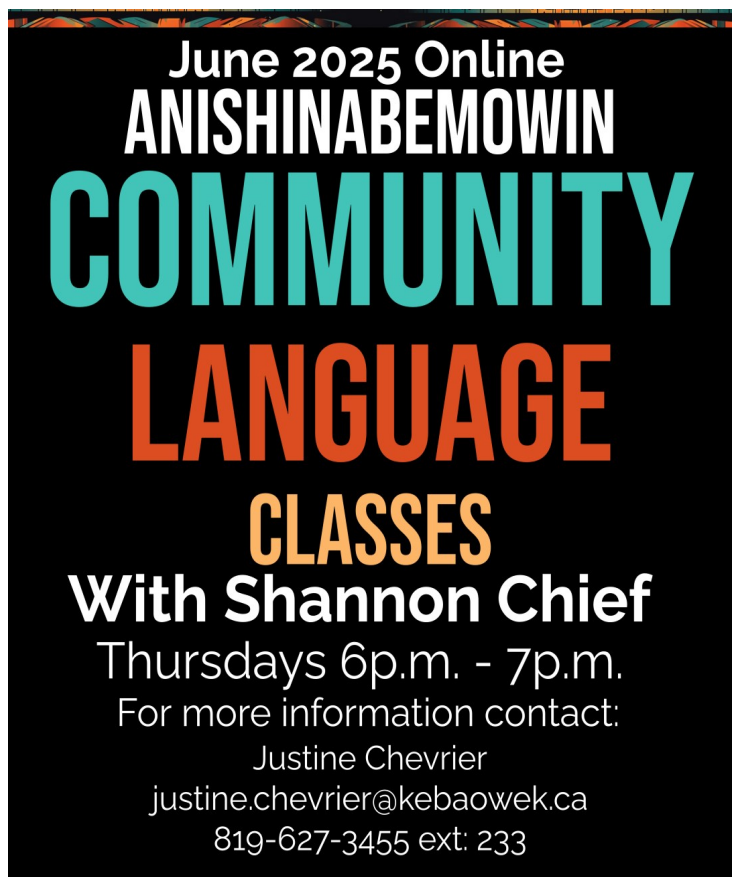
- Bring your own tents. Meals will be provided.
- Cultural Activities & Teachings
- Rides can be provided

Please RSVP by June 27 with:

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

OR

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



June 2025 Online
ANISHINABEMOWIN
COMMUNITY
LANGUAGE
CLASSES
With Shannon Chief
Thursdays 6p.m. - 7p.m.
For more information contact:
Justine Chevrier
justine.chevrier@kebaowek.ca
819-627-3455 ext: 233

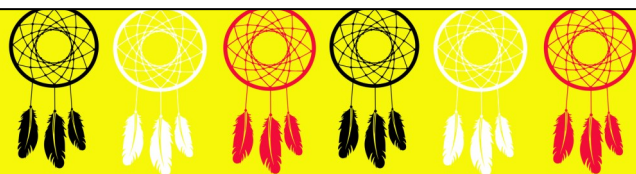
Kebaowek Culture and Language Program

FIRST ANNUAL PRIDE AWARENESS WALK

Sunday June 29th 2025

10 am to 1 pm

*5km walk
starting at the
arbor, come out
& support*



Celebrating Indigenous Peoples Day

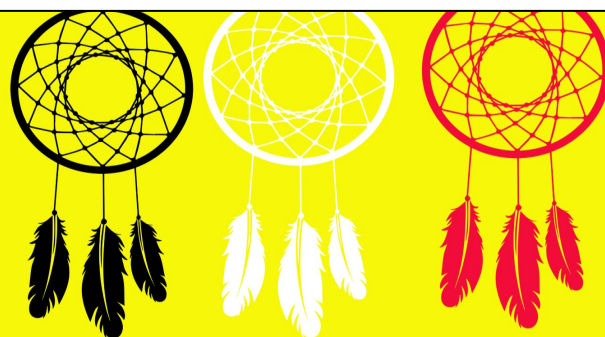
Thursday June 19th, 2025

Take Out Supper
4:30pm- 6:30 pm
Pick Up at the Community Hall

300 Tickets Available for Kebaowek Members
(You must have your ticket to receive your meal)

You can pick up your tickets our new
Culture and Language Building

FOR MORE INFORMATION CONTACT VERNA POLSON
819-627-3455 ext 226 or vpolson@kebaowek.ca



KEBAOWEK FIRST NATION

Indigenous Peoples Day

THURSDAY JUNE 19TH 2025

6:00 AM

SUNRISE CEREMONY AT THE ARBOUR

1:00 PM

MOOSE HIDE TANNING TEACHING AT THE ARBOUR

4:30 PM - 6:30 PM

TAKE OUT SUPPER
SEE SUPPER AD FOR MORE INFO

7:00 PM - 8:00 PM

THE DEADLY AUNTIES STAND UP COMEDY
AT THE COMMUNITY HALL

8:30 PM - 9:30 PM

ANISHINABE SINGER ALICIA KAYLEY
AT THE COMMUNITY HALL

10:00 PM

FIREWORKS DISPLAY ON KIPAWA LAKE

WE KINDLY ASK PARTICIPANTS TO BRING A DONATION OF A
NON-PERISHABLE/NON-EXPIRED ITEM TO HELP SUPPORT KEBAOWEK'S FOOD BANK

FOR MORE INFO CONTACT: VERNA POLSON
819-627-3455 ext 226 vpolson@kebaowek.ca

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**

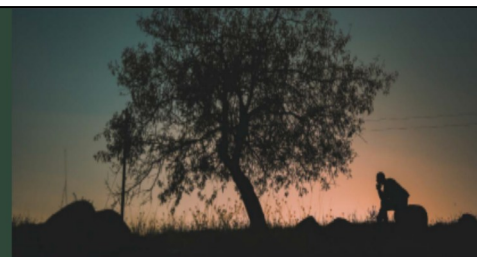
110 Ogima Street, Kebaowek Quebec J0Z 3R1

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



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!

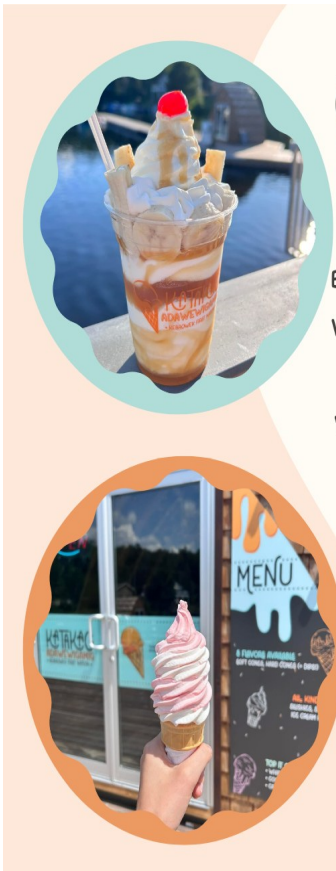


Marina Kiosk for Rent
Share Your Creations!

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 1-8pm
📍 **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.





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

FPIC *Have your say!*

Member meeting at the Kebaowek Community Center
June 26th, 5 to 8 to discuss
the protocol and process
for projects affecting
our territory
Dinner @ 5:30
Discussion, Q and A
and awards to follow

**FREE
PRIOR AND
INFORMED
CONSENT**

Doors open at 5 PM

FPIC

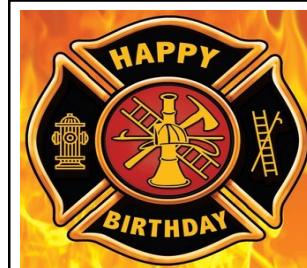
United Nations Declaration on the
Rights of Indigenous Peoples

RSVP with kmclaren@kebaowek.ca OR (819) 627-3455 Ext: 223

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

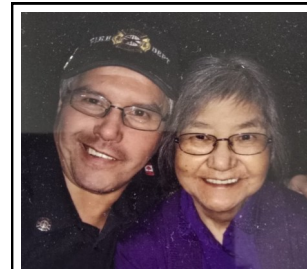
Community Wishes



Happy Birthday Wishes to ...

Dale Down
on June 9th

From your Fire Department Team



Happy Birthday to my son
Dale who celebrates his
birthday on June 9th

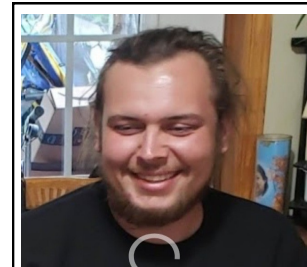
Love Mom



Congratulations to Winter Dandy

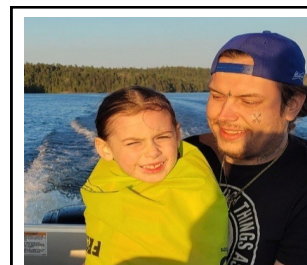
Winter graduated from the
Dental Hygienist Program at
Canadore College with Honors

Love Nanny & Papa



Happy Birthday Stephen
May all your wishes come true
and have a great day !

We love you lots !
Mom & Jungo and your Family



Happy Birthday Daddy

Love you to the moon and back ♥

Love Nylah

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 !!

ATTENTION

LOOKING FOR THIRTY PARTICIPANTS for a study on

“Dignity through Work and Environmental Justice among Anishinaabe Algonquins on the Kichi Zibi Territory”

If qualified, you may complete a single ninety-minute recorded interview with Chelsea King of Harvard University. Only status band Members can apply.

Your name will be kept confidential, and you'll receive a Visa/Mastercard/Tango gift card (\$250) via mail or pick up at Kebaowek Land Management.

The interviews will be conducted by
Chelsea King - cking@g.harvard.edu.

Interviews will contribute to a study on dignity among First Nations, which has been authorized by KFN Band council and will be authored by sociologist Michele Lamont who grew up in Gatineau, QC and teaches at Harvard University.

You may recognize this from a previous post in the newsletter. This project was delayed due to unexpected changes. We will now continue the interviews.

Unfortunately contact information became unavailable for some names already registered, if you are still interested, please contact Chelsea King.

You may also contact Rose Mongrain at Land Management for assistance; contact information will be forwarded to Chelsea King and kept confidential.

This opportunity will end on June 30th, 2025

A Message from the Director of Health and Social Services

Kwe to all Members of Kebaowek First Nation,

I want to say Meegwetch for all those who took the time to visit us during our first Health Spring Health Fair in our new building. It was a pleasure to have you pass by and meet with us in our new settings. We also appreciated your participation in our mini questionnaires where your input would help us orient some of our decision-making pertaining to our programs.

It is our hope that our next Spring Fair 2026 edition will encompass all KFN's departments and partners and held at our newly renovated community hall. That way, we will be able to inform any new band members on all our tasks and services we provide. We will keep you informed.

Your health & wellness center has done a good job in securing 3 summer health career student summer jobs. With us for the next three months are Justine and Anna Lefebvre along with Jessica Crawford. Big shout out to ISC summer Health Career Program for giving us this opportunity to support these young ladies during their studies.

Our community service worker Sheila Noah-St Denis will be retiring on June 16th. Join me in saying meegwetch for your contributions in working with our Youth and Food Bank and to wish her a happy and retirement.

Meetings Attended in May:

- FNQLHSSC Board of Directors
- CISSSAT & Anishenabe Health Director's Network
- FNHMA Board of Directors
- Regional Mobilization Group (New)
- TFN & LPFN Health directors concerning Liaison with CISSSTAT-VM.

Onimiki Renewable Energy:

- Board of Directors on Onimiki Renewable Energy LLP
- Meeting with Hydro Quebec Liason
- Quebec Consultation on Energy Needs

Another thematic meeting to dive a little deeper into the area of study of the Kipawa River situated in the Opemican Park will be held June 9th at the Center in Temiscaming. KFN's Land management staff will also be met on the same day to look into aspects of the areas of study. More public

consultation meetings will occur in the fall as we conclude the bulk of our analysis and studies. There will be some meetings with our employment & training department to strategize about potential employment opportunities should the project move forward. Our members will need to be prepared.

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

Make sure your boat is in good shape, and that you have the necessary safety equipment on board. Let people know where you are heading if you are travelling along. Personal flotation devices (life jackets) work well...when they are worn! Wear sun screen or protective clothing when the sun is brutal Be safe on our waters and enjoy our traditional territory.

Quotes on our Electoral Duties

We do not have government by the majority. We have government by the majority who participate."

~ Thomas Jefferson ~

"We can all agree on the importance of voting."

~ Jenna Bush ~

David McLaren

Director of Health & Social Services



Miigwetch to everyone who came to our Spring Health Fair and purchased tickets for our 50/50 draw.

We presented Emily Bernard from Mission Tournesol a donation of \$223.50.

Mission Tournesol is a non-profit organization whose goal is to provide personal and financial support to the population of Témiscamingue suffering from cancer, including our members here in Kebaowek First Nation.

New Community Programs Worker



Kwe everyone!

My name is Trysta Young, and I am honoured to re-introduce myself to you all as your new Community Programs Worker here at the Kebaowek Health Center. Many of you may recognize me from my previous position as Receptionist at Land Management, or as a familiar face around the community. I'm thrilled to be working alongside a fantastic team as well getting the opportunity to contribute to our growing community's health and developmental services.

Throughout the years I have spent many hours dedicating myself to our community and neighbouring ones, whether this be by volunteering my time to coaching minor hockey teams, or by planning and organizing various events for members of all ages. I am eager to apply my passion for community wellness to our beautiful home and am looking forward to building strong relationships with you all!

Summer Safety Tips for Kids

- Stay Hydrated
- Find Shade
- Proper Clothing
- Sun Protection
- Plant Safety/Thorns
- Bug Spray
- Stranger Safety
- Road Safety
- Helmets
- Eating in time
- Temperature Fluctuations
- Water Safety



PREVENTION ADVICE

IN THE EVENT OF POOR AIR QUALITY DUE TO VEGETATION FIRES

PAY ATTENTION TO PEOPLE WHO MAY BE MORE AT RISK FROM SMOKE :

Babies and young children (0-4 years)



People with respiratory, heart disease, or diabetes



Pregnant women



Seniors (65 and over)



WATCH FOR SIGNS AND SYMPTOMS

MILD

- Smarting eyes
- Runny nose
- Mild cough
- Sore throat
- Headache

MORE SEVERE ⚠

- Severe cough
- Shortness of breath
- Wheezing
- Dizziness
- Heart palpitations
- Chest pain

TAKE ACTION IN CASE OF SYMPTOMS

Go inside and stay there.



Keep asthma medications handy.



Call Info-santé 811 or 911 depending on the severity of symptoms.



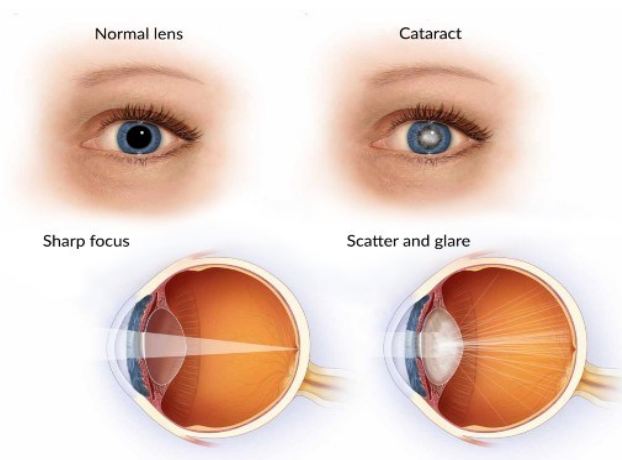
Tell loved ones as needed

June is Cataract Awareness Month

A **cataract** is a clouding of the lens in the eye, which leads to a decrease in vision. The lens, located behind the iris and the pupil, focuses light onto the retina to create clear images. Over time, the lens of your eye can become cloudy when normal proteins in the lens begin to break down. This prevents light rays from passing clearly through the lens. When the lens becomes cloudy enough to obstruct vision to a large degree, it's called a cataract. When a cataract forms, the lens becomes less transparent, scattering light and making vision blurry or dim, like looking through a frosted or fogged-up window.

Cataracts usually develop slowly, causing a gradual and painless decrease in vision. Changes you might experience include:

- Blurry vision
- Glare, particularly at night
- Frequent changes in your eyeglass prescription
- A decrease in colour intensity
- A yellowing of images
- Improved close-up vision for farsighted (presbyopic) people
- Reduced distance vision for nearsighted (myopic) people



The loss of transparency may be so mild that vision is barely affected, or it can be so severe that no shapes or movements are seen – only light and dark.

Causes and Risk Factors

Cataracts are most associated with aging and are very common in older adults. However, they can also develop

due to other factors such as:

- Prolonged exposure to ultraviolet sunlight
- Smoking
- Diabetes
- Eye injuries or surgeries
- Long-term use of corticosteroid medications
- Having close family members that have cataracts

In rare cases, babies can be born with congenital cataracts.

Symptoms

Cataracts typically develop slowly and may not be noticeable at first. Over time, symptoms may include:

- Blurry or cloudy vision
- Difficulty seeing at night
- Sensitivity to light and glare
- Fading or yellowing of colors
- Seeing halos around lights
- Frequent changes in eyeglass or contact lens prescriptions

Diagnosis and Treatment

Cataracts are diagnosed through an eye exam that includes a visual acuity test, slit-lamp examination, and sometimes a retinal exam. Early symptoms can often be managed with stronger lighting and updated glasses. However, the only definitive treatment is **surgical removal** of the cataract, usually replacing the cloudy lens with a clear artificial intra-ocular lens (IOL).

Cataract Surgery

Cataract surgery is one of the most common and successful procedures worldwide. It is typically performed on an outpatient basis, using local anesthesia, and has a high success rate in restoring vision.

Prevention and Outlook

While not all cataracts can be prevented, protective steps like wearing sunglasses with UV protection, avoiding smoking, managing health conditions like diabetes, and regular eye exams can help delay their development. With timely surgery, most people with cataracts regain clear vision and return to normal activities.

June is Migraine Awareness Month

Migraines are a chemical and electrical phenomenon in the brain that affects approximately 14% of Canadians, amounting to an estimated 5 million people. The World Health Organization recognizes migraines as the third most common disease in the world.

Understanding Migraines

Unlike ordinary headaches, migraines typically involve intense, throbbing pain that is usually felt on one side of the head, although it can occur on both. The pain can last anywhere from a few hours to several days and is often accompanied by other symptoms such as nausea, vomiting, and extreme sensitivity to light, sound, or smells.

Migraines are believed to result from abnormal brain activity that affects nerve signals, chemicals, and blood vessels in the brain. While the exact cause remains unclear, genetics and environmental factors play a significant role. Common migraine triggers include stress, hormonal changes (especially in women), certain foods and beverages (such as aged cheese, caffeine, or alcohol), lack of sleep, and sensory stimuli like bright lights or strong odors.

Migraine Diagnosis & Categorization

Migraine diagnosis and categorization are primarily based on a person's symptom patterns, and a physical and neurological examination. There are no specific lab tests to confirm migraines. Migraines are typically categorized into two main types: *migraine without aura* and *migraine with aura*. Migraine without aura is the more common form, characterized by recurring headaches that last 4–72 hours and are often accompanied by nausea, photophobia (sensitivity to light), and phonophobia (sensitivity to sound). Migraine with aura includes temporary neurological symptoms—such as visual disturbances, speech problems, or sensory changes—that usually precede the headache phase. Other subtypes include chronic migraine (occurring 15 or more days per month), hemiplegic migraine (which involves temporary paralysis or weakness on one side of the body), and vestibular migraine (which causes dizziness and balance issues). Accurate diagnosis is crucial to distinguishing migraines from other headache disorders and to guiding appropriate treatment.

Typical symptoms used to diagnose migraine are:

- Recurrent attacks: migraine-like headaches will feel similar and happen repeatedly.

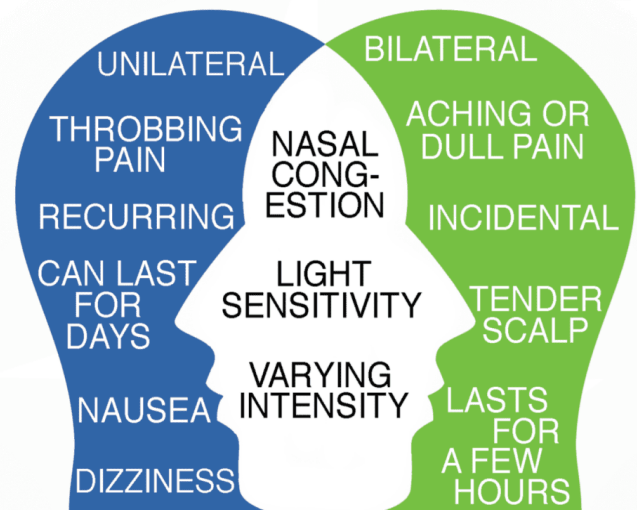
- Duration of attacks: 4 hours to 3 days
- Type of headache: typically one-sided, moderate to severe, and throbbing, but not everyone fits those criteria.
- Other symptoms: there is a big focus on nausea, light and sound sensitivity, but other symptoms like smell sensitivity, neck pain, difficulty to focus and dizziness are often part of an attack

Management & Treatment

Treatment for migraines varies depending on the frequency and severity of attacks. Options include over-the-counter pain relievers, prescription medications that target migraine symptoms, and preventive therapies such as beta-blockers, antidepressants, or anti-seizure drugs. Non-drug approaches—like biofeedback, stress management, dietary changes, and regular sleep—can also be effective in reducing the frequency and intensity of migraines.

Living with migraines can be challenging, but with the right combination of medical treatment and lifestyle adjustments, many people are able to manage their condition and improve their quality of life. Lifestyle adaptations, such as changes in diet, exercise, and stress management, can help mitigate these triggers. Learning to recognize and adjust to these factors is a key step in improving overall well-being for those living with headaches and migraines.

MIGRAINES VS HEADACHES



SUMMER HEALTH TIPS



Drink water!
Staying hydrated fuels you for your daily activities!



Eat fresh!
Add fresh fruits and veggies to your meals, or as a snack.



Get outside and get moving! Take a walk or ride your bike!



Sleep well! Getting enough sleep is important for the body & mind.



Disconnect from the internet! Put down that phone, laptop or tablet and read a book or do a puzzle!

commonmedicalquestions.com

6 Tips for a Successful Summer

One of the keys to successful parenting during the summer break is staying connected with your children, no matter where their adventures take them. The following tips are specific areas that need your attention for a memorable summer. These sections focus on understanding the importance of not over-scheduling, making fun, maintaining structure, practicing flexibility, finding a balance between work and family, taking time, and remembering that all is temporary.

1. Don't Over-Schedule Yourself or Your Kids

While structured activities can be beneficial, it's important not to over-schedule your kids during the summer break. Try to keep a balance between structured and unstructured time. Children often benefit from the ability to pursue their interests at their own pace, fostering self-motivation and independence. Having some downtime also allows for spontaneous family activities, promoting creativity and flexibility in your children.

2. Make Time for Fun

Summer break should be about fun! So prioritize enjoyment and create lasting memories. Think outside the box for fun summer activities. Consider backyard camping, a DIY family arts and crafts day, or a neighborhood scavenger hunt. The possibilities are endless and can be tailored to your family's interests.

3. Maintain Structure for Your Children

Despite the break from school, it's essential to maintain a certain level of routine. Consistent bedtimes, meal times, and chores can give children a sense of security and normalcy during summer.

4. Be Flexible

While having a game plan for summer is great, be ready to switch things up. Summer is perfect for spontaneous trips to the ice cream shop, water balloon fights in the backyard, or unplanned movie marathons on a rainy day. Sometimes, the best memories are made when you stray from the plan.

5. Take Some Time for Yourself

Remember, self-care is not selfish. It's necessary for your well-being and, by extension, your family. So whether it's a quiet morning coffee, a yoga class, or simply a walk in the park, ensure you set aside some 'me' time.

6. Remember That It Is All Temporary

Summer break, with its unique challenges and joys, is but a season. So, try to enjoy the moments – even the tough ones – because before you know it, the school bell will be ringing again. Try to savor the fleeting moments of summer as they create memories that last a lifetime. Children grow up quickly; these summer breaks are precious times to bond, learn, and grow together as a family.



HELLO SUMMER 2025

B I N G O

Have a picnic	Go Berry Picking	Make homemade Ice Cream	Make a bird feeder	Watch the sunset
Visit a museum	Do a random act of kindness	Have an outdoor movie night	Go on a nature hike	Make a suncatcher
Make homemade popsicles	Have a scavenger hunt	FREE	Bake cookies for a senior	Have a PJ & movie day
Plant flowers	Look at stars	Read a new book	Visit a farmer's market	Go fishing
Learn something new	Play an outdoor game	Make something from nature	Play in the rain	Have a BBQ with friends

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 YOUR 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

Join us on a day trip to:

HUNTER'S POINT

July 23, 2025 | 8:30am pick-up
leave Hunter's Point around
6:45pm

Call Shelly @ 819-627-9060 to register
as spaces will be limited. NO LATER
than Thursday July 3, 2025 @ 4:30pm.

Rain or Shine we will be going,
please bring a lawn chair.

PALS FAMILY ACTIVITY

CALL TO
SIGN UP

PICK UP
YOUR GIFT
CARD

YOU
CHOOSE
THE DATE!

**S'more
Fun**

Register
by
June 13

All children & parents must wear
socks at S'more Fun.
Gift cards will be available for pick
up at Child and Family Services
(CFS) office on June 18

To register please call Child & Family
Services ask for Lynn or 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

June Dates:
June 2nd, 9th & 16th

July Dates:
July 7th & 14th

Coffee/tea & snacks provided.



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

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

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



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



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

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.

A SPECIAL PROJECT WITH
ENTRAINEMENT 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:

JUNE 12TH, 2025

THIS WILL BE THE LAST ONE UNTIL
SEPTEMBER

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



June 7th, 2025
July 5th, 2025
August 1st, 2025

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

Manadjitagiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
1 Get Walking and Win Challenge Week →	2 Baby & Me	3 Youth Night	4	5 GARBAGE	6 Kebaowek Offices/Health Center are closed for Elections	7
8 Community Shopping	9 Baby & Me Women's Paint Night	10	11 Meals on Wheels	12 Senior Social RECYCLE COMPOST	13	14
15	16 Baby & Me	17	18	19 Indigenous People's Day Celebration GARBAGE	20 Kebaowek Offices/Health Center are closed for Indigenous Peoples Day	21 Pow Wow Trip
22 Pow Wow Trip	23 Kebaowek Offices/Health Center are closed for St Jean Holiday	24	25	26 RECYCLE	27	28
29 Pride Walk	30	Oteimin Kizis June 2025				

Manadjitagiwan	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 Community Shopping
6 Get Walking and Win Challenge Week →	7 Baby & Me	8	9	10 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		