



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Niki Kizis / March 2025

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Information and Consultation Meeting

Kebaowek First Nation



Onimiki Renewable Energy invites members of Kebaowek First Nation to attend an information and consultation meeting about the Onimiki Project, a community hydroelectric power plant project developed by First Nations and Témiscamingue.

Open to all Kebaowek members!



Wednesday March 19 2025
6 h 30 P.M.



Kebaowek Community Center (DOME)
116 Onigma Street,
Kebaowek



The meeting can be viewed online. Details on
onimiki.ca/en/meetings

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



When can you
remove your winter
tires in Quebec?



December 1 to March 15, your vehicle must be equipped with four winter tires that meet established standards and are in good condition.

It is also recommended you should be switching tires once it's consistently above 7 degrees .

Kebaowek Elections

It's Election Time!

On June 6th 2025, KFN members will be going to the polls to elect their Band Council Members. The position of Chief and three councillors will be in the running.

For members that live off reserve, we need to have your most recent mailing address. If you or a family member has moved in the last two years, it is imperative that you inform us of your new address. This will enable you to receive all documents needed to vote by mail. Please send us a message at: election@kebaowek.ca so you can have the opportunity to vote.

The election process is starting. Here are dates to remember:

Friday, April 25th: Nomination night at the Dome from 6:00 to 9:00 pm

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

Members that live on the reserve who would like to receive a mail-in ballot package because of health or mobility issues need to request it. You need to fill out a request sheet that will be available the week of April 21st at the Band Office. A family member or a friend can pick up that request sheet for you. Our objective is to have as many members as possible cast their vote.

Trusting that this information is useful to you and looking forward to a successful Election Day.

Nicole Rochon, Electoral Officer
Laura Moore, Deputy Electoral Officer

ONE OF THE GREATEST GIFTS YOU CAN GIVE YOUR TIME

#VOLUNTEER





JOB OPPORTUNITY - Fixed Term Permanent

Language Coordinator

Deadline to Apply: Friday, March 28th, 2025 by 12:00 p.m.

Start Date: As soon as possible

Salary: According to KFN Salary Scale

Hours: 35 hours a week

Description

Under the direction of the Manager of Culture and Language, and in accordance with the policies, orientations and priorities adopted by KFN, the Language Coordinator is responsible for the "Reconnecting with our Algonquin Language" project; developing an Algonquin language strategic plan; delivering language classes, providing a rotation of cultural activities and developing and delivering language and curriculum.

Responsibilities

- Create an Algonquin language strategic plan.
- Plan, organize, and deliver various level of Language Workshop and Classes
- Plan, organize, and deliver a rotation of language and culture activities.

Requirements

- High School diploma, Post-secondary education in First Nation Studies considered an asset; or a minimum of two (3) years of recent and relevant work experience in a related field;
- Ability to communicate orally and in writing in both English and French is considered an asset;
- Enthusiasm, flexibility, dedication and commitment to community language and culture revitalization.
- Strong knowledge of Microsoft Office, Windows and Excel programs;
- Excellent organization skills and with a strong attention to detail;
- Knowledge and understanding of the Algonquin and First Nations First Line Services issues, concerns, needs and priorities.

APPLY NOW

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

Only selected applicants will be contacted.




**We invite you to
the Four Pillars
Community
Gathering
Kick Off!**

Join us as we officially launch the Four Pillars Initiative with a community gathering that brings us together to reflect, share, and shape our future.

**Monday, March 17, 2025
@ The Community Hall**

Lunch Session: 11:30 AM – 2:00 PM
Evening Session: 5:00 PM – 8:00 PM

Food will be provided





Contact Verna Polson for more information email:
vpolson@kebaowekfirstnation.ca




MARCH BREAK ACTIVITIES

Kebaowek Community Hall
Activities begin @ 10:00 am
Tuesday March 4th 2025
Tuesday March 11th 2025
Kebaowek Band and Community
Members

ACTIVITIES

10:00 am Opening Prayer/ Welcoming Song
Women drum Group
Grandfather Drum
Snowshoeing Race

12:00 Pm Lunch provided

1:00 Pm Setting Net in the ice
taking the net out
hanging up net to dry
cooking fish/bannock

3:00 Pm Mini Tipi Making
CLOSING PRAYER/SONG

Participation Prizes to be won
**ALL CHILDREN UNDER THE AGE
OF 8 YEARS OLD MUST BE
COMPANY WITH AN ADULT**

For more information please contact:
Verna Polson Culture & Language Manager at
819-627-3309 or vpolson@kebaowek.ca



ALGONQUIN ANISHINABEMOWIN LANGUAGE CLASSES

With Shannon Chief

Every Wednesday 6pm - 7pm
Zoom session on Feb 26 March 5-12-19, 2025
March 26, 2025 in person Kebaowek Health Centre
Kebaowek Band and Community
members ages 13+

Virtual Classes and in person classes
It's time to awake our Algonquin
Anishinabe Language please join us



For registration and more information contact Verna Polson
vpolson@kebaowek.ca or 819-627-309



Traditional Full Moon Ceremony



Thursday March 13th, 2025
Supper starting at 5:00 pm
Catered by Carolyn Pariseau

Ceremony starting at 6:00 pm
At the Arbour
Open to all women and girls.
Please wear your skirt.

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

Kebaowek Eco Center

The Eco-Centre would like to thank our community for your ongoing efforts in making Kebaowek a cleaner, greener place! Your commitment to responsible waste management, recycling, and composting makes a real difference.

Business Needs Assessment

To continue enhancing our services, we will contact local businesses in Kebaowek to conduct a needs assessment regarding their waste, recycling, and composting requirements. This assessment will allow us to tailor our services to meet each business's unique needs better. Matt will contact businesses individually to arrange meetings to discuss their specific needs and challenges and gather their suggestions. These discussions will promote collaboration on the most effective solutions for you.

Composting Program

We are excited to announce upcoming changes to our composting program, inspired by your feedback and commitment. These changes include new awareness materials and educational resources to help our community understand what can and cannot be composted. To ensure everyone has the information they need, the Eco-Centre will provide information packages to each household with more straightforward guidelines on composting.

Additionally, we want to hear from you! We will seek community input and feedback on our weekly waste services to improve our services and efficiency. Your opinions matter, and they will help us enhance our collection process to better serve Kebaowek.

Please consult the newsletter's calendar for the pick-up dates for March 2025 and April 2025.

Collection Calendars

Your feedback matters. We have received your comments about the current pick-up schedule calendars being challenging to read due to their size and colour. In response, we have revised the Collection Calendar, which is now available for delivery on request or pick-up at the Eco-Centre. These updated calendars feature improved readability, larger dates and more distinguishable colours, all

thanks to your input, to help you easily track your collection days.

If you would like a laminated calendar, please get in touch with the Eco-Centre at (819) 627-3309, the Band Office at (819) 627-3455, or Matt directly at (819) 627-6956.

February 27, 2025 – Garbage & Compost

March 6, 2025 – Recycling

March 13, 2025 – Garbage

March 20, 2025 – Recycling & Compost

March 27, 2025 – Garbage

April 3, 2025 – Recycling

April 10, 2025 – Garbage & Compost

April 17, 2025 – Recycling

Thank you for being an integral part of our community and your ongoing commitment to making Kebaowek a cleaner, greener place. We look forward to continuing our journey together.

KEBAOWEK
ECO-CENTRE

HOURS OF OPERATION	
Monday	8AM - 4:30PM
Tuesday	8AM - 4:30PM
Wednesday	8AM - 4:30PM
Thursday	8AM - 4:30PM
Friday	8AM - 4:30PM
Saturday	10AM - 2PM
Sunday	CLOSED



Happy Birthday Wishes to ...

Blair Fudge on
March 26th

From your
Fire Department Team



Happy 85th Birthday Mom

Love all of your children,
Rena, Bert, Bob, Cathy, Fabian,
Donna & Connie



Happy Birthday Mom
♥ Theresa Goulet ♥

Love you always,
Rena



Happy Birthday Wishes to
Auntie Olivia

Hope your day is extra
special !!



819 627-9558 ext.: 2307



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



RADIO BINGO

MARCH 5, 2025
MARCH 19, 2025
APRIL 2, 2025

April Fool's Special!

PRIX / PRICE: \$20.00

LIVE ON 104.1 FM

\$1000 JACKPOT

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

Le paquet comprend plusieurs jeux.
Package includes multiple games.

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

819-627-9595
www.drumbeatradio.ca

Kébaowek Band Members

WILLS & PROTECTION MANDATES

SOPHIE GAGNON, NOTARY

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

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

APPOINTMENTS

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

Registration and Membership Information

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

SECURE CERTIFICATE OF INDIAN STATUS (SCIS)



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

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

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

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



Get, renew or replace a status card → Application Forms

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

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

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

TCRD in emergency situations where proof of registration is required.

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

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

For an appointment, assistance or more information:

Laura Moore

IRA & Social Development Coordinator

Kebaowek First Nation

110 Ogima Street, Kebaowek Quebec J0Z 3R1

****IMPORTANT****

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

Contact Roxane McKenzie

819-627-3455

rmckenzie@kebaowek.ca

KEBAOWEK RECREATION UPCOMING EVENTS - 2025



SAVE THE DATES!

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

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

What type of event do you want to see? Your input is essential in making our events enjoyable for everyone!



CHRISTMAS ACTIVITIES



Info always available on Facebook Page

- * Nov.29th - Elders Christmas Event
- * Dec.14th - Breakfast With Santa
- * Dec.19th - Beavertails & Funnel Cakes



\$5.00 EACH

OR

3 FOR \$10.00



DRAW WILL TAKE PLACE AT
THE ICE FISHING DERBY ON
MARCH 8TH, 2025

2200w HONDA GENERATOR

TICKETS

Kebaowek PARTNERS CRIBBAGE TOURNAMENT



April 12th, 2025
Community Hall
Registration 11am
Games start at 12pm

100% Payout - A & B Class

Double Elimination

\$40 Per Team- No single players

**No Age restriction - must have
cribbage knowledge to participate**



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

1ST ANNUAL KEBAOWEK ICE FISHING DERBY



MARCH 8TH, 2025

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

LOCATION : "COE'S ISLAND"

TIME : 1:00PM TO 4:00PM

COST : \$20.00 ENTRY
(1 HOLE PER PERSON)

100% PAYOUT

1ST PLACE - 60%

2ND PLACE - 25%

3RD PLACE - 15%

REGISTRATION ON SITE

11:00AM - 1:00PM

*** YOU MUST REGISTER IN PERSON
(NO EXCEPTIONS)**

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

OPEN TO EVERYONE !

Fishing licenses
available at Pronature
Temiscaming

*** PARTICIPATION PRIZES!**

*** 50/50!**

*** RAFFLE FOR GENERATOR!
(TICKETS WILL BE SOLD ON SITE)**

A Message from the Director of Health and Social Services

Kwe to all Members of Kebaowek First Nation,

Several important modifications are coming down the pipe in regard to the Jordan's Principal program. Parameters pertaining to eligibility requirements are shifting. We will have more solid information to share with you next month after we meet with ISC mid March.

We will also be looking for part time volunteers to help with our Food Security Program starting April 1st, 2025. So, if you have time on your hands and would like to contribute to helping others, give your name to the Child & Family Services department (formally First Line Services).

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

Meetings Attended in February:

- FNQLHSSC Board of Directors
- CISSSAT Board of Directors & Governance Committee
- CISSSAT - Anishenabe Health Director's Network
- Indigenous Services Canada (ISC) Programs Manager
- Quebec First Nations Health Directors
- CISSAT-TK Opioid Planning Group

Onimiki Renewable Energy:

- Board of Directors on Onimiki Renewable Energy LLP
- Onimiki Inc Partners Meeting
- Meeting with Hydro Quebec Liason
- News releases, radio & TV interviews
- Dev Pak Planning for Public Consultations

We will be holding public information meetings at the Dome in Kebaowek on March 19th at 6:30 pm. We kindly encourage you to attend these meetings to share your thoughts, comments and concerns with us. This will be a

great opportunity to receive accurate information about the project and to bring forward your thoughts and concerns, which will help guide us throughout this entire process. To accommodate our out of town members that can't be with us physically, you can join the meeting. Details are on: onimiki.ca/en/meetings.

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

The warmer weather is showing up more and more, giving us a sign that spring is just around the corner. Get out on the land a take advantage of our beautiful territory. Be safe on the ice and when riding your sleds.

Quotes on Sustainable Development

"Sustainable development is the pathway to the future we want for all. It offers a framework to generate economic growth, achieve social justice, exercise environmental stewardship and strengthen governance."

~ Ban ki-Moon ~

"Sustainable development is the development that meets the needs of the present without compromising the ability of future generations to meet their own needs."

~ Gro Harlem Brundtland ~

David McLaren
Director of Health & Social Services

Help is available for mental health and suicide prevention

9-1-1

Call 911 or your local emergency line if you are in immediate danger

9-8-8

Suicide Crisis Helpline

Call or text 9-8-8 (24/7) for suicide prevention support

HOPE FOR WELLNESS

For all Indigenous people across Canada, call **1-855-242-3310** or visit hopeforwellness.ca (24/7)

KIDS HELP PHONE

Call 1-800-668-6868, text **CONNECT** to **686868** or visit KidsHelpPhone.ca

CANADA.CA/MENTAL-HEALTH

Canada

Mental Health

STIGMA SURROUNDING MENTAL HEALTH

More than half of people with mental illness don't receive help for their disorders. Often, people avoid or delay seeking treatment due to concerns about being treated differently or fears of losing their jobs and livelihood. That's because stigma, prejudice and discrimination against people with mental illness are still very much a problem.

Stigma, prejudice and discrimination against people with mental illness can be subtle or obvious—but no matter the magnitude, they can lead to harm. People with mental illness are marginalized and discriminated against in various ways, but understanding what that looks like and how to address and eradicate it can help.

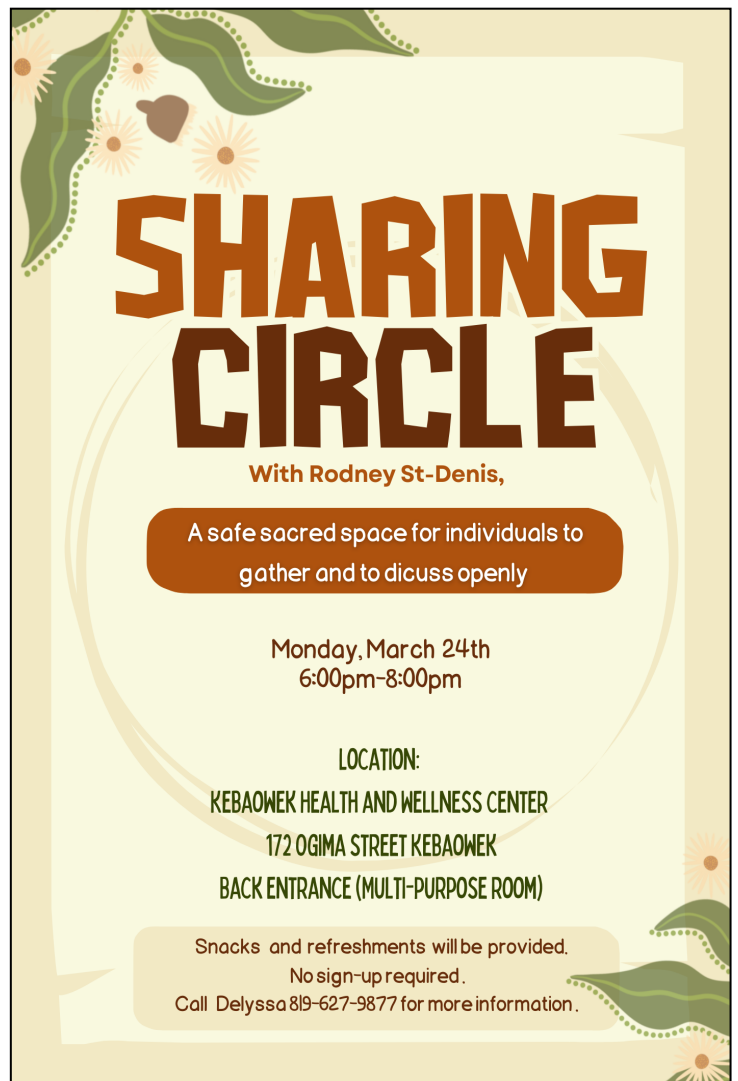
Individual Actions to Reduce Stigma

The National Alliance on Mental Illness (NAMI) offers some suggestions about what we can do as individuals to help reduce the stigma of mental illness:

- **Talk openly** about mental health, such as sharing on social media.
- **Educate yourself and others** – respond to misperceptions or negative comments by sharing facts and experiences.
- **Be conscious of language** – remind people that words matter.
- **Encourage equality** between physical and mental illness – draw comparisons to how they would treat someone with cancer or diabetes.
- **Show compassion** for those with mental illness.
- **Be honest about treatment** – normalize mental health treatment, just like other health care treatment.
- **Let the media know** when they are using stigmatizing language presenting stories of mental illness in a stigmatizing way.
- **Choose empowerment** over shame – "I fight stigma by choosing to live an empowered life. To me, that means owning my life and my story and refusing to allow others to dictate how I view myself or how I feel about myself."
– Val Fletcher.

Author: Nikhita Singhal

HEALTHY COPING SKILLS



How Alcohol Affects the Body

What does it mean to drink in moderation?

Current guidelines from the Centers for Disease Control and Prevention (CDC) Trusted Source define moderate drinking as:

- 1 or fewer drinks each day for women
- 2 or fewer drinks each day for men

Past guidance around alcohol use generally suggests a daily drink poses little risk of negative health effects — and might even offer a few health benefits.

But more recent research suggests there's really no "safe" amount of alcohol since even moderate drinking can negatively impact brain health.

Short-term effects of alcohol

Temporary effects you might notice while drinking alcohol (or shortly after) can include:

- feelings of relaxation or drowsiness
- a sense of euphoria or giddiness
- changes in mood
- lowered inhibitions
- impulsive behavior
- slowed or slurred speech
- nausea and vomiting
- diarrhea
- head pain
- changes in hearing, vision, and perception
- loss of coordination
- trouble focusing or making decisions
- loss of consciousness or gaps in memory (often called a blackout)

Some of these effects, like a relaxed mood or lowered inhibitions, might show up quickly after just one drink. Others, like loss of consciousness or slurred speech, may develop after a few drinks.

Dehydration-related effects, like nausea, headache, and dizziness, might not appear for a few hours, and they can also depend on what you drink, how much you drink, and if you also drink water.

These effects might not last very long, but that doesn't make them insignificant. Impulsiveness, loss of coordination, and changes in mood can affect your judgment and behavior and

contribute to more far-reaching effects, including accidents, injuries, and decisions you later regret.

Long-term effects of alcohol

Alcohol use can also lead to more lasting concerns that extend beyond your own mood and health.

Some long-term effects of frequently drinking alcohol can include:

- persistent changes in mood, including anxiety and irritability
- insomnia and other sleep concerns
- a weakened immune system, meaning you might get sick more often
- changes in libido and sexual function
- changes in appetite and weight
- problems with memory and concentration
- difficulty focusing on tasks
- increased tension and conflict in romantic and family relationships

Alcohol safety tips

There's no entirely safe way to consume alcohol, but if you choose to drink, these tips can help reduce some risks:

- **Make sure you eat.** Avoid drinking on an empty stomach to avoid becoming intoxicated too fast.
- **Drink plenty of water.** For every standard drink you consume, aim to have a glass of water.
- **Don't go too fast.** Drink slowly to give your body plenty of time to process the alcohol. Your liver can process about 1 ounce of alcohol every hour.
- **Don't mix with other substances.** Mixing alcohol with caffeine can hide the depressant effects of alcohol, making you drink more than you might otherwise. Drinking coffee to "sober up" may make you feel more awake, but it may also make you more inclined to make the mistake of trying to drive while under the influence. Combining alcohol with other drugs can also have adverse effects.
- **Don't drink and drive.** Never drive while intoxicated. Even if you feel like you've sobered up, you may still have alcohol in your system that can affect your reaction time.

Dealing With Grief

What is grief?

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness.

The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to loss—and the more significant the loss, the more intense your grief will be.

Coping with the loss of someone or something you love is one of life's biggest challenges. You may associate grieving with bereavement, the death of a loved one—which is often the cause of the most intense type of grief—but any loss can cause grief.

The most common sources of grief are:

1. Bereavement (the death of a loved one).
2. Divorce or relationship breakup.
3. Loss of health.
4. Losing a job.
5. Loss of financial stability.
6. A miscarriage.
7. Retirement.
8. A loved one's serious illness.
9. Loss of a friendship.
10. Loss of safety after a trauma.

Even subtle losses in life can trigger a sense of grief. For example, you might grieve after moving away from home, graduating from college, or changing jobs.

Whatever your loss, it's personal to you, so don't feel ashamed about how you feel, or believe that it's somehow only appropriate to grieve for certain things. If the person, animal, relationship, or situation was significant to you, it's normal to grieve the loss you're experiencing. Whatever the cause of your grief, though, there are healthy ways to cope with the pain that, in time, can ease your sadness and help you come to terms with your loss, find new meaning, and eventually move on with your life.

The grief of losing a loved one

Whether it's a close friend, spouse, partner, parent, child, or

other relative, few things are as painful as losing someone you love. After such a significant loss, life may never seem quite the same again. But in time, you can ease your sorrow, start to look to the future, and eventually come to terms with your loss.

Myths and facts about grief and grieving

Myth: The pain will go away faster if you ignore it.

Fact: Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing, it is necessary to face your grief and actively deal with it.

Myth: It's important to "be strong" in the face of loss.

Fact: Feeling sad, frightened, or lonely is a normal reaction to loss. Crying doesn't mean you are weak. You don't need to "protect" your family or friends by putting on a brave front. Showing your true feelings can help them and you.

Myth: If you don't cry, it means you aren't sorry about the loss.

Fact: Crying is a normal response to sadness, but it's not the only one. Those who don't cry may feel the pain just as deeply as others. They may simply have other ways of showing it.

Myth: Grieving should last about a year.

Fact: There is no specific time frame for grieving. How long it takes differs from person to person.

Myth: Moving on with your life means forgetting about your loss.

Fact: Moving on means you've accepted your loss—but that's not the same as forgetting. You can move on with your life and keep the memory of someone or something you lost as an important part of you. In fact, as we move through life, these memories can become more and more integral to defining the people we are.

The grieving process

Grieving is a highly individual experience; there's no right or wrong way to grieve. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and how significant the loss was to you.

Dealing With Grief

Inevitably, the grieving process takes time. Healing happens gradually; it can't be forced or hurried—and there is no “normal” timetable for grieving. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experiences, it's important to be patient with yourself and allow the process to naturally unfold.

How to deal with the grieving process

While grieving a loss is an inevitable part of life, there are ways to help cope with the pain, come to terms with your grief, and eventually, find a way to pick up the pieces and move on with your life.

1. Acknowledge your pain.
2. Accept that grief can trigger many different and unexpected emotions.
3. Understand that your grieving process will be unique to you.
4. Seek out face-to-face support from people who care about you.
5. Support yourself emotionally by taking care of yourself physically.
6. Recognize the difference between grief and depression.

Authors:

Melinda Smith, Lawrence Robinson, and Jeanne Segal

Focus on Fruit

What foods are in the Fruit Group?

The Fruit Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. Fruits can be eaten whole, cut up, puréed (mashed), or cooked. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.

How much fruit should I eat each day?

Your fruit needs depend on your age, sex, height, weight, and physical activity. This amount can also depend on whether you are pregnant or breastfeeding.

Why is it important to eat fruit?

Eating fruit has many health benefits. People who eat fruits and vegetables as part of an overall diet may lower their risk for certain diseases. Fruits provide nutrients needed to maintain your health and body.

Health Benefits

All food and beverage choices matter. Focus on variety, amount, and nutrition.

- Eating foods such as fruits that are lower in calories per cup, instead of other higher calorie foods, may help lower overall calorie intake.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce the risk for heart disease, including heart attack and stroke.

- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain types of cancers.
- Adding fruit can help increase the amount of fiber and potassium we eat. These are important nutrients that many people do not get enough of.

Nutrients

Most fruits are low in fat, sodium, and calories. Fruits do not have cholesterol.

Fruits have many essential nutrients that many people don't get enough of. Some examples include potassium, fiber, vitamin C and folate.

Diets rich in potassium may help maintain healthy blood pressure. Fruit sources of potassium include, bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honey dew, oranges, sapote, jackfruit, guava and kiwifruit.

Dietary fiber from fruits as part of an overall healthy diet, helps reduce blood cholesterol levels and lower the risk of heart disease. Fiber is important for proper bowel function. Whole or cut up fruits are sources of dietary fiber.

Vitamin C is important for the growth and repair of all body tissues. It helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C helps your body absorb iron more easily.

Family Nutrition Challenge

Parent's/Caregivers with children 0-17.

Starts March 3rd, ends March 31st.

Nutrition Month is celebrated each March to remind us all of how essential good nutrition is to our health and well-being. Healthy eating matters and is important at every age. It can help us feel good, provides energy to power our bodies and minds.

Goals for the month:

1. Get everyone involved!

Your kids will feel proud and important when they help prepare food. Helping with chores in the kitchen is another way they can be part of the family, and it can encourage them to make healthier choices.

Cooking together is fun family time. Pick a task that matches your child's abilities.

2. Create a meal plan!

Taking time to plan healthy meals can help you stick to a healthy eating style. Get each member of the family to help come up with some ideas.

3. Try out a new recipe!

Sometimes we get tired of eating the same thing each day or week. Pinterest and google have tons of healthy and budget friendly recipes to try. And introducing a new food as a family can be a fun experience. Healthy eating doesn't have to be boring!

Send your photos in by March 31st to be entered into a draw! Photos can be send to Kebaowek Child & Family Facebook page or to darmclaren@kebaowek.ca. The draw will take place the first week of April.

If ever you need support, tips or more information please reach out!

To sign up call Darlene @ 819-627-9877.



Kebaowek Health and Wellness Center Activities

COMING TO KEBAOWEK COMMUNITY
AGES 9 AND UP....

SUNDAY MARCH 30TH
11 AM TO 2 PM
KEBAOWEK HEALTH CENTRE

HOME ALONE COURSE

TO REGISTER:
CONTACT LYNN GRANDLOUIS
lgrandouis@kebaowek

WITH FIRST AID...



BABY FOOD MAKING CLASSES

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

FRIDAY MARCH 21ST, 2025
ON THE MENU... MEAT SAUCE

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

FRIDAY MAY 2ND, 2025
ON THE MENU... CHICKEN & BROCCOLI

FRIDAY MAY 16TH, 2025
ON THE MENU... FROZEN YOGURT

If you have a baby between the ages of 5 months to 24 months come join Lynn to make your own baby food.

All materials needed will be provided including the food!

For more information or to RSVP with Lynn Grandlouis
819-627-9060
lgrandouis@kebaowek.ca



Alcohol and Drug Abuse Prevention

Thursday
March 13, 2025
@ 11:00am
at the Dome

Come join us for a presentation on Alcohol and Drug Abuse

Hosted by:
Officer Pierre Gagnon

Lunch will be served after the presentation!



BABY & ME

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

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

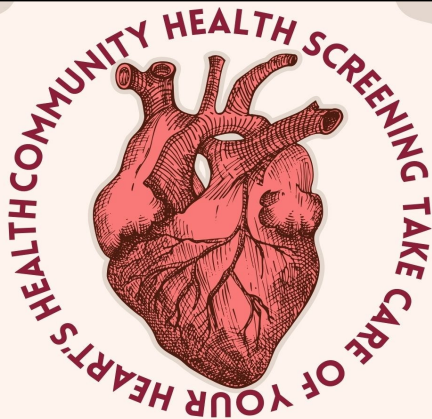
March Dates:
Mar. 3rd, 17th, 24th & 31st

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

Coffee/tea & snacks provided.

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

Kebaowek Health and Wellness Center Activities



For the month of March!
Take 10 minutes to ensure your health is in check.

☐ Blood Pressure Monitoring

☐ Blood Sugar Monitoring

☐ Weight Monitoring

Participation
Prize to be
Won!

Please call 819-627- 9060 to book an appointment.

Women's Paint Night

with Michelle St-Denis

MONDAY, MARCH 3RD & 31ST

FROM 6:00 PM - 8:30 PM

@ THE HEALTH CENTER
(BACK ENTRANCE)

COFFEE/TEA & LIGHT SNACK PROVIDED.

REGISTER WITH DARLENE
@ 819-627-9877.



MEDITATION

With Anabelle Lefebvre

Thursday, March 27th
6:30pm to 7:30pm

At The Health & Wellness Center
(Back Entrance)

Wear comfortable clothing, and bring
a small pillow and blanket.

To sign up call 819-627-9877.



Community Breakfast

Thursday, March 27th

6:45am-9:00am
@ Community Hall

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

Kebaowek Health and Wellness Center 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.

March Week - Sunday 2nd to Saturday 8th
April Week - Sunday 6th to Saturday 12th

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

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

Good luck to all participants!!

2025 Medicine Cabinet Clean Up Contest

Don't forget to drop off your expired medications or medications you no longer use to the Health Center and have a chance to win a prize.

This includes any prescription drugs and/or over-the-counter medication that you may have such as pills, cough syrup, cold remedies and blister packs.

If you need help or if you have any questions please do not hesitate to call the Kebaowek Health and Wellness Center for help.

For each bottle of medication brought in for disposal, you will have your name entered in a draw for a chance to win a \$100 Gift Card.

Drugs that are thrown in the garbage can be retrieved by others and sold, while flushing medications can potentially contaminate the water supply. By safely disposing, you will help prevent poisoning, misuse and overdose in our community.

All medications must be dropped off before 4:30 pm on Thursday December 11th, 2025 to be eligible for the draw.
THIS CONTEST WILL RUN ALL YEAR !!

MORNING *Walking Group*

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



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

EVERYONE WELCOME

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

Please bring appropriate footwear and a refillable water container.

YOUTH NIGHTS

Ages 12 to 17

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

Dates:

Tuesday March 18, 2025
Tuesday April 8, 2025
Tuesday April 22, 2025

Supper will be provided!

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

Kebaowek Health and Wellness Center Activities



KEBAOWEK

Meals on Wheels

Upcoming Dates for Meals on Wheels
March 5th - 19th, 2025
April 2nd - 16th - 30th, 2025

Delivery between 2:00 pm and 3:00 pm

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



**Meal Cost
\$7.00 each**

A SPECIAL PROJECT WITH
ENTRAINMENT INTELLIGENT TRAINING

Let's Get Fit!

MIND ~ BODY ~ SPIRIT



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

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



For more information call Darlene @ 819-627-9877.

SENIOR SOCIAL

ELDERS 55+



DATES:
MARCH 13TH - 20TH - 27TH, 2025
APRIL 3RD - 10TH - 24TH, 2025

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



Snacks, Tea & Coffee will be provided !

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



Community Kitchen

ON THE MENU:
Chicken with Ginger Rice



Wednesday March 12th, 2025
Deadline to register:
Thursday March 6th, 2025

Afternoon Session: 1:30 pm to 3:30 pm @ Dome
Evening Session: 4:30 pm to 6:30 pm @ Dome

Limited Spaces available for both sessions!

To register call Sheila @ 819-627-9877

Community Shopping in North Bay



Pick Up Time: 9:00 am
Return to Kebaowek: 3:00 pm

Shopping at:
Giant Tiger - Dollarama
Walmart - Northgate Mall - Freshco

Dates:

Saturday March 1st, 2025

Saturday April 5th, 2025

Saturday May 3rd, 2025

Contact Shelly @ 819-627-9877
the Wednesday before the trip to save
your seat as spaces are limited.

Reminder to bring your own Grocery Bags!

Kebaowek First Nation



Food Bank Schedule

Please call Monday to register for a
pick up on Tuesday
Please call Wednesday to register for
pick up for Thursday

For more information contact
Sheila @ 819-627-9877.

Counselling SERVICES

It's ok to reach out for help. You don't have to fight your battles alone. Get help to overcome the barriers to a happier life.

► Arlene Laliberte

LICENSED Psychologist



To book an appointment call
Darlene @ 819-627-9877 or by
email darmclaren@kebaowek.ca

*In community or phone
appointments available.

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

Kebaowek First Nation Community Calendars

Manadjitaganian	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Niki Kizis March 2025						1 Community Shopping
2 Get Walking and Win Challenge Week →	3 Quebec March Break → Baby & Me Women's Paint Night	4	5 Meals on Wheels Drumbeat Radio Bingo	6 Women's Day Celebration RECYCLING	7	8 Kebaowek 1st Annual Fishing Derby
9  SPRING FORWARD	10 Ontario March Break →	11	12 Community Kitchen	13 Senior Social Full Moon Ceremony GARBAGE	14	15
16	17 Baby & Me St. Patrick's Day	18 Youth Activity	19 Meals on Wheels Drumbeat Radio Bingo	20 Senior Social RECYCLING COMPOST	21	22
23 30 Home Alone Course	24 Baby & Me 31 Women's Paint Night	25	26	27 Community Breakfast Senior Social Meditation Session GARBAGE	28	29

Manadjitaganian	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
		1	2 Meals on Wheels Drumbeat Radio Bingo	3 Senior Social RECYCLING	4	5 Community Shopping
6 Get Walking and Win Challenge Week →	7 Baby & Me	8 Youth Activity	9	10 Senior Social GARBAGE COMPOST	11	12
13	14 Baby & Me	15	16 Meals on Wheels Drumbeat Radio Bingo	17 RECYCLING	18 Good Friday	19
20	21 Easter Monday	22 Youth Activity	23	24 Community Breakfast Senior Social GARBAGE	25 Nomination Night	26
27	28 Baby & Me	29	30 Meals on Wheels Drumbeat Radio Bingo			