



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Wabigwan Kizis / May 2025

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Kebaowek Health and Wellness Center

Spring Fair

Thursday May 15th, 2025

2:00 pm - 7:00 pm

at our new location in Kebaowek

Please join us for an afternoon of information sharing, as well this is an opportunity to provide us with your suggestions, thoughts and feedback.

✿ BP/Glucose Screening Clinic

✿ Meet Resources that we work with

✿ Giveaways and prizes to be won

✿ BBQ Supper Beverages/Dessert

The Food Bank will be accepting donations of non-perishable foods that are not expired.

Everyone Welcome

CONTACT US



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



Kebaowek Health and Wellness Center
172 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9060
Fax: (819) 627-1885



Kebaowek Police Department
104 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9624/8229
Fax: (819) 627-3277



Kebaowek Elections

Candidates for Chief

Patrick Gatz/Meness
Lance Haymond
Helen McKenzie

Candidates for 3 Councilors

Gerald (Yogi) Chaput
Kevin Chevrier
Matthew Chevrier
Tina Chevrier
Wanda (Buffy) Hunter
Tori McGregor Barrer
Rosanne (Rogie) Mongrain
Laura Moore
Dennis (Jungo) Perrier
Verna Polson
Chris Presseault
Justn Roy
Lois Tepiscum

Elections will be Friday June 6th at the
Kebaowek Community Hall 9:00 am - 8:00 pm

Off-Reserve Voting Packages
have been mailed.



WE ARE
HIRING

KEBAOWEK BAND MEMBERS

SUMMER STUDENTS

POSITIONS AVAILABLE

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

**PART-TIME / FULL-TIME
HOURS WILL VARY.**

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

FOR MORE INFORMATION:

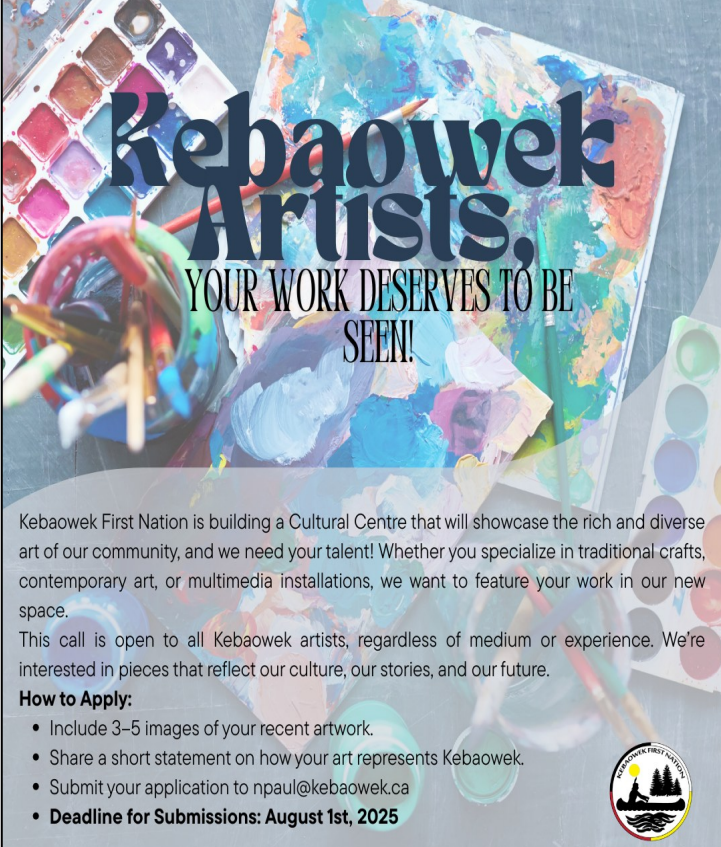
Tammy Chevrier
819-627-3455

BRING YOUR RESUME TO:
Kebaowek Band Office

OR EMAIL TO:
tamchevrier@kebaowek.ca

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

Community Notices



Kebaowek Artists,

YOUR WORK DESERVES TO BE SEEN!

Kebaowek First Nation is building a Cultural Centre that will showcase the rich and diverse art of our community, and we need your talent! Whether you specialize in traditional crafts, contemporary art, or multimedia installations, we want to feature your work in our new space.

This call is open to all Kebaowek artists, regardless of medium or experience. We're interested in pieces that reflect our culture, our stories, and our future.

How to Apply:

- Include 3-5 images of your recent artwork.
- Share a short statement on how your art represents Kebaowek.
- Submit your application to npaul@kebaowek.ca
- **Deadline for Submissions: August 1st, 2025**



SHARE YOUR
Story

THE TRAIN STATION MUSEUM IS RENEWING
IT'S PERMANENT EXHIBITION AND WE ARE
LOOKING FOR PERSONAL STORIES RELATING
TO TAKING THE TRAIN IN TEMISCAMING OR
KIPAWA OR THE TRAIN STATION ITSELF.

IF YOU ARE INTERESTED IN SHARING YOUR STORY,
PLEASE CONTACT US AT:

INFO@MUSEEDELAGARE.COM
819-627-6050
OR ON OUR FACEBOOK PAGE

DEADLINE: MAY 19TH! THANK YOU!



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) 627-3309





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!

📅 **Opening Day: May 15th 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) 627-3309 Ext. 225

30-TON LOAD CAPACITY
CAPACITÉ DE CHARGE DE 30 TONNES

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



Kebaowek Culture and Language Program

SAVE THE DATE

GRAND OPENING OF OUR CULTURE & LANGUAGE BUILDING

**Thursday June 5th, 2025
10:00AM to 4:00PM**

I am pleased to announce that we have officially relocated to our new facility, which is situated between the Band Office and the Community Hall. I would like to extend my sincere appreciation to the Housing Crew for their outstanding renovation work.

Being actively engaged within the community is a top priority for us and as our team continues to grow, additional space is essential to support our efforts. We look forward to connecting with you and hearing your insights. Collaborating together will help strengthen our community. We are excited to welcome you to our Grand Opening. Mark your calendars !

Verna Polson
Culture & Language Manager

Kwe Kebaowek Members!

My name is Justine Chevrier and I am a "new" team member within the Kebaowek Culture & Language Department. I have previously worked with this Department in the summer of 2024 as well as during my college placement from February-April 2025. I have recently completed college and will be graduating from the Indigenous Wellness and Addiction prevention course at Canadore College at the end of May as well as previously obtaining my Addiction and Mental Health diploma. I look forward to working with my community to help restore our traditional culture and language and to bring my education and experience to the Kebaowek Culture & Language Department. I am excited to work with the team as well as work with the community to restore our beautiful and healing traditions.



Traditional Full Moon Ceremony

**Monday May 12th, 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.

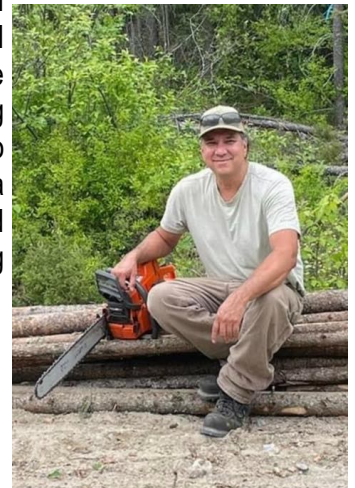
To RSVP for supper please contact:
Verna Polson - Cultural & Language Manager
Phone: 819-627-3309 Email: vpolson@kebaowek.ca

Kwey Kinawa, An etian? (Hello everybody, How are you?)

My name is Rodney St Denis, my spirit name is Kiwednoog, from the Ogishkimanisi (King Fisher Clan). I recently applied for the Language/Culture position in Kebaowek's Cultural Department and was hired to be a part of the team. Throughout the years I have worked with many cultural organizations gaining work experience, as well, sharing bush skill knowledge and many cultural workshops within the community and surrounding areas. I Look forward to reconnecting and being a part of the community and from time to time, venturing out on our territory.

Looking forward to meeting
you !

Rod St Denis



Kebaowek Culture and Language Program

Summer Solstice Indigenous Festival

COMPETITION POW WOW

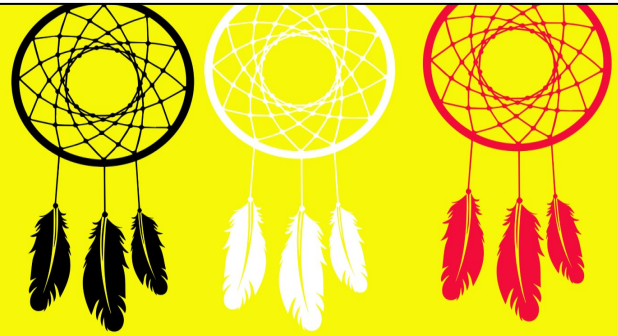
**Wesley Clove Parks
Ottawa, Ontario**

June 21-22, 2025

The Culture Department is pleased to announce the organization of a weekend Pow Wow trip. Accommodations will be provided at no cost for two nights per participating family, and a gas card will be included.

The registration deadline is June 5th, 2025, at 4:30 PM. Limited rooms available.

For additional information or to register, please contact Verna Polson at 819-627-3455 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**

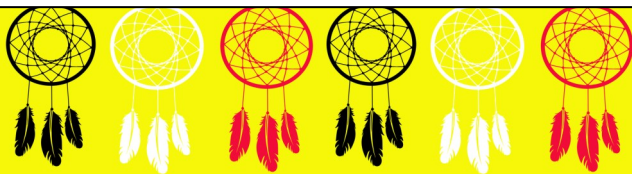
10:00 PM

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



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**

Manadjiton Aki - Algonquin Nation Unity Agreement Progress Report

Objective

- Establish a governance framework for evaluating development projects on Algonquin lands.
- Decide on community consent and create a revenue-sharing model with developers.
- Preserve sovereignty and traditional rights without prejudicing land claims.

Key Features

- Grassroots-driven process, guided by elected leadership.
- Inclusive but flexible participation from all 11 Algonquin communities.
- Engagement across multiple industries: mining, forestry, energy, real estate, tourism, etc.
- Not an Impact Benefit Agreement clone; built on Algonquin values (Seven Grandfather Teachings).

Governance Team

- Core Team: Project Lead (Steeve Mathias), Grand Chief (Savanna McGregor), Director General (Norm Odjick), Nation Coordinator (Lynn Whiteduck), Traditional Knowledge Carrier (Jimmy Hunter), and two Financial Advisors.
- Meetings occur weekly or bi-weekly.

Funding

- Initial \$500,000 from Agnico Eagle Mines (AEM) with future milestone payments.
- Process acknowledged as underfunded; search for additional funding is ongoing.

Community Engagement

- **Presentations** delivered to multiple Chiefs' meetings (North Bay and Ottawa, 2024) and to several individual communities.
- **Nation Coordinator** and **Traditional Knowledge Carrier** hired (mid-2024).

- **Community Coordinators** hired in several communities (including Rose Mongrain for Kebaowek in March 2025).
- Ongoing presentations and workshops to educate, gather feedback, and build grassroots support.

Communications Strategy

- A detailed communication plan proposed (Nov 2024) to raise awareness, incentivize participation, and prepare for a signing ceremony.
- Funding for full implementation still being sought.

Workshops and Orientation

- Workshops held with representatives from Elders, Women, Youth, and Land-Users.
- First major orientation conducted with Long Point First Nation in January 2025.
- Community Coordinators meeting held in March 2025 in Val-d'Or to align efforts.

Next Steps

- Continue Chief and Council outreach.
- Implement the communication strategy.
- Develop a Declaration of Unity, draft the formal Unity Agreement, and prepare Letters of Intent.

**Please contact Rose Mongrain
if you have any questions
rmongrain@kebaowek.ca
or call the band office
and they will transfer you.**



LOGO SELECTION PROCESS FOR AN ALGONQUIN NATION UNITY AGREEMENT

INTRODUCTION:

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

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

THE LOGO SELECTION PROCESS:

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

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

These are the steps involved:

1. Artists from the status Algonquin communities will submit via email relevant samples of their work for us to consider. At this point they are NOT submitting a draft logo, they are submitting works that they have already completed in the past. Deadline to submit your work samples is April 18, 2025. **This deadline has been extended to MAY 14, 2025.**
2. A selection committee will choose up to 5 Algonquin artists who will be paid \$300 each to create a draft logo.
3. One draft logo will be selected. That artist shall receive \$500 to do any final touches, or suggested alterations.

FOR ANY QUESTIONS OR TO SEND SAMPLE SUBMISSIONS CONTACT:

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

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**

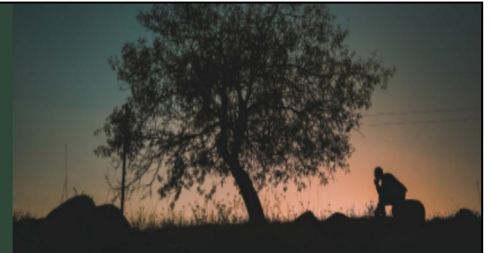
110 Ogima Street, Kebaowek Quebec J0Z 3R1

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.

**** NEW APPOINTMENTS ****

Sophie will be in the Community

Wednesday May 14th and Wednesday June 11th

to help you with your Will & Protection Mandate (POA).

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

Put the Indian Back in the Child

A Call for Language Revival

Kwe, Ân e shinikázonyin? Jesse ni dishinikaz. Nidishá niwigwamig, ndodose Kebaowek. Gin dash?

A future scenario of a student travelling back to school or a young adult on a project for our community. Communicating with each other in our own distinct language. There are many aspects that people hold in common with each other. But the one treasure that truly makes one people unique from another is language. You could say distinct! Dialects further separate and distinguish one region from another in a given territory.

A mere two and sometimes three generations ago, our grandparents and parents, as children were the first to suffer a great loss. They heard almost daily, “you don’t need to speak that language!” And this under the pain of some sort of punishment. **Let us never say this to one and other!** This was a calculated plan—a very deliberate scheme designed with the intention to, **“remove the Indian in the child”**.

You see! The whole world knows that the true essence of a person is their own distinct language. As we trade with our neighbors’ valuables, let us trade for, that is bring back the most precious of all substances, Anishinábemowin! We have been fortunate to have a few who still speak our language—we do still have a heartbeat—faint as it is. Yet we have been sent a defibrillator of sorts, in the form of, **The 4 Pillars initiative**. But if we are to give new life—to revive or to restore from an inactive or unused state.

We must do so with purposeful determination, yes with the same calculated and deliberate intention that was used to silence us. **For if we do not do it who will?** We can call on our institutions to help, but what must be done, we must do ourselves, individually and collectively! We need alliances and coalitions, but the initiative and the urgency must be ours.

As we begin this journey with the same creativity that has always been ours. Let us band together with humility, take courage and out of respect for one another, let us allow wisdom to lead us. The future, that is the very life of the Anishinábemowan and it depends on us! Let us,” put the Indian back in the child”.

Opportunity is knocking, pounding even! Let us recognize this and answer with the same enthusiasm and joy as we would if an old friend stood at the door and knocked.

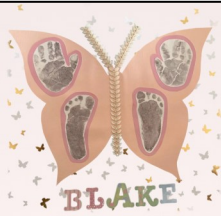
Miiqwich Shomas

Anonymous



*“For if we
don’t do it
—who
will?”*





Sunrise ~ Sunset April 7th 2025

As we navigate through this challenging time, we wanted to take a moment to express our deepest gratitude for the overwhelming support we've received following the loss of our precious baby Blake. The kindness and compassion from the community has been a source of strength and comfort for us.

Extra special thanks to the Kebaowek Health & Wellness Center, the Fire Keepers, the Women's drum group and Noella Robinson who provided us the with guidance and care to help Blake on her journey.

Thank you for being there for us. Your support means more than words can express



*Farah Hunter & Jeremy Pharand
The Hunter, Mongrain & Pharand Families*



Community Wishes



Happy Birthday Gail

Wishing you an extra special day to celebrate !!

Love Corena & Katie



Happy Birthday Bocephus

Wishing you a wonderful birthday on May 5th

From the Joly's



Happy Anniversary to my two besties Patsy & Tuppy

Love ya, Corena

First Peoples Law

© ⓘ @firstpeopleslaw

**\$10,000
INDIGENOUS
LAW STUDENT
SCHOLARSHIP
APPLY NOW**

DEADLINE:

JULY 31

Open to Indigenous law students committed to serving and advancing the interests of Indigenous Peoples.

View the full application at
firstpeopleslaw.com



For your weekly news update on Indigenous rights from First Peoples Law, subscribe to our email list at firstpeopleslaw.com

firstpeopleslaw.com
Advocacy Integrity Commitment



Happy Sweet 16 Danika

She celebrated her birthday on April 16th ... It's your lucky year !!

From the Joly Family



Happiest of birthdays to Corena

Hope you have an amazing day on May 26 to celebrate !!

Love from Gail & Katie



Happy Birthday to Doug Chevrier on May 15th !

From the Joly Family

Just Married

Congratulations
to Renee (Joly) & Ben Terrell
who celebrated their marriage
on March 14th

Love from your Family



Happy Birthday Wishes to ...

Jakob McKenzie
on May 14th

From your Fire Department Team

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

CRIBBAGE TOURNAMENT MAY 24TH, 2025

Community Hall

Registration 11am 100% Payout
Start at 12pm A & B Class

\$40 Per Team- No single players

Double Elimination Tournament

DOOR PRIZE !



No Age restriction
must have cribbage
knowledge to participate

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

**RADIO**
BINGO

Last bingo of the season!

MAY 14, 2025

PRIX / PRICE: \$20.00

LIVE ON 104.1 FM



\$2000 JACKPOT

ALL PRIZES DOUBLED!

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

b i n g o

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 !!

A Message from the Director of Health and Social Services

Kwe to all Members of Kebaowek First Nation,

Since September, we have had the time to get settled in and appreciate our new workplace. Now, we have an opportunity to take another look on how we can improve on our prevention programs and service delivery. As of May and for the next few months, your Health & Wellness Center will be in reflection mode in the spirit of continuous improvement.

During our May 15th Spring Health Fair, you may be asked to participate in one way or another to help shape or refine the programs we can offer. Please take the time to participate as the benefits are for you and our community as a whole.

Meetings Attended in April:

- FNQLHSSC Board of Directors
- CISSSAT - Anishenabe Health Director's Network
- FNHMA Board of Directors
- Regional Mobilization Group (New)

Onimiki Renewable Energy:

- Board of Directors on Onimiki Renewable Energy LLP
- Public & Thematic Information Meetings
- Meeting with Hydro Quebec Liason
- News Releases, Radio & TV Interviews

We held another public information meeting at the Center in Temiscaming on April 22nd for English speaking people who either attended in person or on-line. The following day, we held a Thematic meeting to dive a little deeper into the area of study, to make sure we are not missing anything to consider. The results of the meetings will be on our website in the weeks that follow.

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

The lake will be opened soon for us to travel and harvest a fresh snack. Make sure your vessel is in good shape, and that you have the necessary safety equipment on board. Personal flotation devices (life jackets) work well...when they are worn!

Quotes on Community Coming Together

"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it." ~ Marianne Williamson ~

"The greatness of a community is most accurately measured by the compassionate actions of its members."
~ Coretta Scott King ~

David McLaren
Director of Health & Social Services



TIPS FOR A HEALTHY SPRING



**GET ENOUGH
PHYSICAL ACTIVITY**



**EAT A
HEALTHY DIET**



**QUIT
SMOKING**



**GET
ENOUGH SLEEP**



**STAY UP-TO-DATE
ON SCREENINGS**



**LIMIT
ALCOHOLIC DRINKS**



**DRINK
MORE WATER**



**USE SUNSCREEN
+ INSECT REPELLENT**

COLORECTAL CANCER SCREENING

WHAT IS IT?

Colon and Rectum

THE COLON AND RECTUM ARE PART OF THE INTESTINE. THEY HELP DIGEST FOOD AND EXPEL SOLID WASTE AND EXCESS FLUID.

Colorectal Cancer

SMALL GROWTHS, CALLED POLYPS, CAN FORM ON THE INNER LINING OF THE COLON OR RECTUM.



ELIGIBILITY FOR SCREENING

BETWEEN 50 AND 74 YEARS OF AGE

NO PERSONAL OR FAMILY HISTORY OF COLORECTAL CANCER, POLYPS OR INFLAMMATORY BOWEL DISEASE

NO SYMPTOMS OF COLORECTAL CANCER



SCREENING TEST

Fecal immunochemical test (FIT)

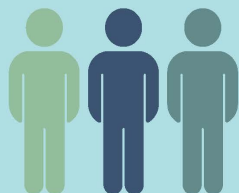
COLORECTAL CANCER AND SOME POLYPS MAY CAUSE BLEEDING, WHICH CANNOT BE SEEN WITH THE NAKED EYE. THE FIT AIMS TO DETECT THESE TRACES OF BLOOD IN YOUR STOOL.



STATISTICS

ABOUT 1 IN 14 MEN AND 1 IN 18 WOMEN GET COLORECTAL CANCER OVER THEIR LIFETIME.

ABOUT 95% OF CASES OCCUR IN PEOPLE WHO ARE 50 YEARS OR OLDER.



DO A FIT

IF YOU HAVE A FAMILY DOCTOR, YOU CAN GET A PRESCRIPTION FROM THEM.

IF YOU DO NOT HAVE A FAMILY DOCTOR, YOU CAN EITHER MAKE AN APPOINTMENT BY GOING TO THE CLIC SANTÉ SITE OR BY CALLING 1-877-644-4545

OR

YOU CAN MAKE AN APPOINTMENT AT THE KEBAOWEK HEALTH AND WELLNESS CENTER WITH A NURSE AT 819-627-9060.



WOMEN'S HEALTH MATTERS



THE KEBAOWEK HEALTH AND WELLNESS CENTER IS ORGANIZING 2 CLINICS TO ADDRESS WOMEN'S HEALTH!

What is a PAP test?

A PAP test is a quick and simple test that involves getting a sample of cells from the cervix, then looking at them under a microscope for abnormalities.

It is important to have the test done if you are sexually active every 1-3 years depending on your situation.

STATISTICS

It is estimated that 1,600 Canadian women will be diagnosed with cervical cancer in 2024. And estimated 400 will die from it.

When and Where

Josee Carrier and Marie-eve Berube, Nurse Practitioners from the CISSAT-TK will be at our Health Center for appointments during the afternoons on Tuesday June 10th and Monday June 16th, 2025.



Vaccine recommendation

Gardasil 9 vaccination



Eligibility for screening

- Between 25 to 65 years old
- Have been sexually active

RISK FACTORS



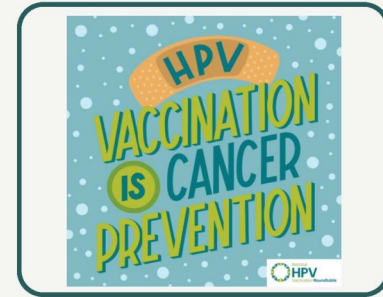
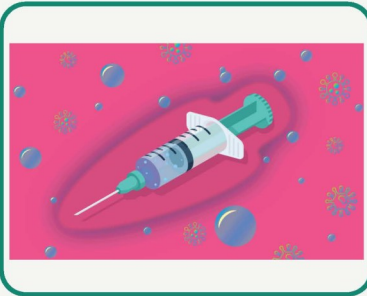
A 5 MINUTE PAP TEST CAN SAVE YOUR LIFE!
CONTACT THE KEBAOWEK HEALTH AND WELLNESS CENTER AT 819-627-9060 TO BOOK YOUR APPOINTMENT!

Human Papillomavirus

Quebec is currently offering the HPV free of charge to those
21-45 years old.

WHAT is HPV?

Human Papillomavirus (HPV) infections are the most common sexually transmitted infections (STIs) in the world. It is estimated that around 75% of sexually active Canadians who have not been immunized against HPV will have an HPV infection at some point in their lives.



HOW is it spread?

HPV is mainly spread through sexual activity. HPV can spread from one partner to another, even if the person with HPV has no visible symptoms such as warts. HPV is also spread when someone comes into contact with warts caused by HPV.

WHO is affected?

- All ages
- All genders
- Any sexual orientation

The incidence of HPV is higher in individuals with a history of STIs or weakened immune systems, such as those with HIV.



HOW does it present?

Most HPV infections will have no symptoms, and your body will fight the virus itself. However, HPV can remain in the body and can lead to genital or anal warts as well as a variety of cancers, such as cervical, penile, head, and neck cancers.

If you would like to see if you are adequately protected or learn more about the HPV,
please contact us at 819-627-9060 and ask to speak to a nurse.

Measles

IT ISN'T
JUST A
LITTLE
RASH



Measles can be dangerous, especially for babies and young children.



MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



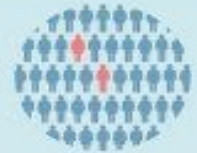
Measles Can Be Serious



About 1 out of 4 people who get measles will be hospitalized.



1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.



1 or 2 out of 1,000 people with measles will die, even with the best care.



You have the power to protect your child.

Provide your children with **safe** and **long-lasting protection** against measles by making sure they get the **measles-mumps-rubella (MMR) vaccine** according to CDC's recommended immunization schedule.

There have been recent cases of measles reported in the North Bay area as of March 19. No known cases have been found in the Abitibi area. However, if you or your loved ones have traveled to North Bay recently and would like an update on the known location, please click on the link. (<https://www.myhealthunit.ca/en/health-topics/measles.aspx>)

Vaccine recommendations: 2 doses of MMR is required to be protected, 1st dose at 12 months and a 2nd dose at 18 months.

If you would like to know if you or your loved ones are up to date on your MMR (Measles, Mumps and Rubella) vaccine please call the Kebaowek Health and Wellness Center at 819-627-9060 and ask to speak with a nurse.

Sunscreen 101 - Tips on How to Use It

Use an SPF of 30 or higher



Sunscreens are rated by the strength of their SPF. SPF stands for sun protection factor. A sunscreen's SPF tells you its ability to screen or block out the sun's UVB rays. SPF 15 sunscreen blocks 93% of UVB rays. Sunscreen with SPF 30 blocks 97% of UVB rays.

Use sunscreen on any skin that clothing doesn't cover

Put sunscreen on your ears, chin and neck even when you're wearing a hat. Don't forget your nose, any bald spots, the backs of your hands and the tops of your feet. Check to see how clothing moves when you move – and put sunscreen on the skin that gets exposed.

If you forget to put it on before going outside, it's not too late

Put it on as soon as you can and reapply often.

Apply sunscreen on cloudy days and during the winter months

Whatever the weather or season, UV rays are always there! Even if you can't see the sun, UV rays can pass through the clouds. And in the winter, the sun's rays reflect off the bright surface of the snow.

Check the expiry date

Sunscreens contain chemicals, and they should not be used after the expiry date because they may not work as well. Sunscreens can be affected by extreme changes in temperature. If it has been frozen or overheated or has changed colour or smell, it's best to throw it out.

Look for broad spectrum and water-resistant on the label

Broad spectrum offers both UVA and UVB protection. Water-resistant means that the product stays on better in water.

Put sunscreen on first, before any makeup or insect repellent

Sunscreen should always be your first layer of protection.

Reapply sunscreen at least every 2 hours

A higher SPF doesn't mean that you can wait before reapplying. Reapply sunscreen throughout the day, especially after swimming, sweating or toweling off – water-resistant sunscreen only works for 40 or 80 minutes, depending on the label. And remember – sunscreens are designed to help protect you when you have to be outside. You still need to protect yourself in other ways too!

Try different sunscreens until you find the one you like

Talk to your pharmacist if you need help choosing a sunscreen. Choose one that feels good to you and that you find easy to apply thoroughly.

Apply a generous amount

Spread evenly. The average adult needs about 2 or 3 tablespoons of sunscreen to cover their body and a teaspoon to cover their face and neck. This is about the size of a golf ball to cover your body every time.

Don't spray aerosol or pump sunscreen products directly onto your face

Spray the product on your hands and then rub it carefully over your face, avoiding your eyes and mouth.

Use a lip balm with SPF and reapply when needed

Your lips need to be protected too. Be sure to put more on after eating or drinking.

Take care with products that combine sunscreen with makeup or moisturizer

Always check that the sunscreen is broad spectrum and follow the directions for how much to apply and how often. If you're not sure that the makeup or moisturizer protects you from both UVA and UVB rays or the packaging doesn't include directions, you may want to use a broad-spectrum sunscreen along with it.

Does sunscreen cause cancer?

None of the chemicals in the sunscreens reviewed by the Canadian Cancer Society have been classified as a cancer-causing substance.

The Emotional Benefits of Exercise

Research shows the benefits of exercise go beyond just physical well-being. Physical activities—like walking, biking, dancing, yoga, or tai chi—can help:



Reduce feelings of depression and stress

Enhance your mood and overall emotional well-being



Increase your energy level



Improve sleep

So, the next time you're feeling down, anxious, or stressed, start moving!

Get exercise ideas, motivational tips, and more from the National Institute on Aging at NIH.



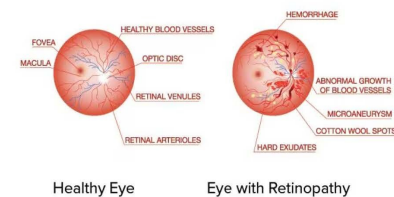
DIABETIC RETINOPATHY CLINIC

WHAT IS DIABETIC RETINOPATHY

A serious eye condition caused by prolonged high blood sugar levels, leading to damage of the tiny blood vessels in the retina that can lead to vision loss.

Retinopathy often has no symptoms until the disease is advanced. Regular eye exams are crucial for early detection and treatment.

RETINOPATHY



Healthy Eye

Eye with Retinopathy

COMPLICATIONS

Vision loss
macular edema (swelling in the eye)
Vitreous hemorrhage (bleeding into the eye)
Glaucoma
Retinal detachment

Diabetic Retinopathy Symptoms



BOOK YOUR APPOINTMENT TODAY!

Call the Kebaowek Health and Wellness Center at 819-627-9060 and ask to speak with a nurse to see if you fit the criteria to be screened at the retinopathy clinic.

Summer Employment Opportunities

SUMMER CAMP SUPERVISOR

Duration: 11 Weeks **Starting:** June 17, 2025 **Ending:** August 29, 2025

Salary: \$20.75/ hour

Hours per week: Monday to Thursday 8:00 am to 4:30 pm and Friday 8:00 am – 12:00 pm. (Extended hours a possibility)

Summary:

The Centre is currently seeking a **Summer Camp Supervisor (SCS)**. This role's primary function is to lead in promoting, planning, and delivering Kebaowek First Nation's summer camps for children aged 6-12. The SCS will supervise a team of up to four Camp Counsellors to successfully deliver our Summer Camp programs by incorporating the Kebaowek Health Center team. This position requires strong administrative, artistic, hands-on instruction, and leadership skills. This is an ideal position for arts, education, or arts administration students at the college or university level who have experience working with children and are enthusiastic about working with young people and the arts. The camp educator will provide participants with quality outdoor educational and recreational experiences, focusing on the Summer Camp's core values of caring, honesty, respect, and responsibility.

Responsibilities:

- Curriculum development of camp themes, development, and supervision of key team members
- Provide daily direction and support to camp counsellors
- Oversee daily activities across the camp(s), ensuring programming is effective and adapted to camper needs
- Accurately prepare and maintain required administrative records, including registration information, attendance records, sign-in and sign-out procedures, arrival/dismissal forms
- Prioritize camper well-being, safety, and protection throughout the camp(s); evaluate situations for potential risks; resolve problems and conflicts effectively as they arise; report all incidents promptly and thoroughly to the First Line Services Manager
- Every week, sending out information to campers before they arrive
- Conducting Team Meetings with staff, submitting schedules and verification of timesheets
- Working with Health Center Team to offer relevant culturally based programs and support to children and families.
- Effectively and efficiently communicate to all stakeholders including parents, campers, counsellors, volunteers, and special guests as well as managing phone and e-mail inquiries in a timely manner, this includes camp newsletters and notes
- Serve as a liaison with parents, and inclusion (of special needs/exceptionalities, culture, socio-economic backgrounds)

Requirements:

- Standard First Aid and CPR
- Ongoing Post-Secondary Education
- Experience working with children
- Police Background Check
- Excellent leadership and management skills to build and develop an inspiring atmosphere for members and the team
- Excellent behavior management

Summer Employment Opportunities

- High energy with the ability to be active all day
- Ability to motivate and encourage
- Goal-oriented, and the desire to earn a professional wage is a must
- Must be fluent in English and have excellent written and verbal communication skills
- Must have proficient computer skills and familiar with using several Social Media platforms

Key Competencies:

- Problem Solving
- Ability to work as a team and exercise initiative
- Adaptability
- Appreciation of Diversity
- Leadership Skills
- Dependable and punctual
- Patient
- Strong organizational and communication skills

****Priority will be given to KFN band members****

To Apply:

Please submit your Cover Letter, resume and references to Meggan Levesque-Herbert, mlevesque@kebaowek.ca by May 30, 2025, before noon. Only successful applicants will be contacted.

SUMMER CAMP COUNSELOR - 4 POSITIONS

Duration: 10 weeks **Starting:** June 25, 2025 **Ending:** August 26, 2025

Salary: \$17.75/hr

Hours per week: Monday to Thursday 7:45am to 4:45pm, and Friday 7:45am – 12:15pm. (Extended hours a possibility)

Summary:

Working with children ages 6 – 12 for the summer, the Summer Camp Counselor role is to create, implement and supervise activities, and ensure the care and safety of summer camp participants. Camp educators will be responsible for the general safety and development, growth, and skill achievement of the participants in a group setting. The camp educator will provide participants with high-quality indoor/outdoor educational and recreational experiences that focus on the Summer Camp core values of caring, honesty, respect, and responsibility.

Responsibilities:

- Plans, leads, and implements camp programs for children.
- Provides high-quality educational and recreational opportunities and enjoyable experiences for camp participants.
- Supervises campers and ensures their safety, development, growth, skills achievement, and general well-being.

Summer Employment Opportunities

- Maintains a schedule for camp participants.
- Facilitates and creates lesson plans for daily activities.
- Organizes and leads various small and large group activities.
- Ensures the cleanliness of the site.
- Assists in maintaining accurate program records, including incident reports, logbook, documentation, and daily attendance.
- Knows and understands all emergency procedures associated with the camp program.
- Records and tracks camper's dietary restrictions/allergies and ensures that the meals/snacks are distributed to them.
- Mediates any campers' disputes.
- Knows, enforces, and follows all safety guidelines associated with the camp programs, including knowing the whereabouts of your charges at all times.
- Maintains constant surveillance of the pool/body of water areas.
- Participates in weekly meetings and reports to Summer Camp Supervisor.
- Must respect and adhere to all safety policies and procedures under the guidelines of Kebaowek First Nation.

Requirements:

- Enjoys being in the company of children
- Leadership
- Alertness
- Communication skills
- Patience
- Problem-solving skills
- Stamina
- Caring personality
- Organization skills
- Mediation skills
- Must be able to carry heavy loads and travel hilly and uneven terrain
- Ability to perform a variety of tasks outside in various climates

Education and Experience Requirements:

- Education and experience in camp, youth programs, recreation, working with children, or in a related field
- Post-secondary students or previous educator experience
- Valid First Aid & CPR Certification or Willingness to take
- Successful completion of Criminal Record Check

****Priority will be given to KFN band members****

To Apply:

Please submit your Cover Letter, resume and 2 references to Meggan Levesque-Hebert at mlevesque@kebaowek.ca by May 27, 2025, at Noon. Only successful applicants will be contacted.

Kebaowek Health and Wellness Center Programs and Activities



AGES 5-11

REGISTRATION DATES:
MAY 27TH 10AM-4PM
MAY 28TH 10AM-6PM

REGISTRATION PACKAGES CAN BE EMAILED

LOCATION OF REGISTRATION:
KEBAOWEK HEALTH AND WELLNESS CENTER
172 OGIMA STREET

FIRST PRIORITY:
KFN EMPLOYEES AND
KEBAOWEK WORKING FAMILYS

CONTACT DELYSSA
819-627-9877

JUNE 25TH TO AUGUST 26TH



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

**MAY IS
MENTAL HEALTH
AWARENESS MONTH**



#BREAKTHESTIGMA

**5 TIPS FOR
Taking Care of Your
Mental Health**

Practice Mindfulness	Take daily moments for mindfulness, like meditation, to find inner calm.
Stay Active	Do regular exercise, as it can boost your mood and reduce stress.
Get Enough Sleep	Prioritize quality sleep with a healthy bedtime routine.
Practice Gratitude	Cultivate a positive mindset by counting your blessings daily.
Seek Support When Needed	Reach out to family, friends or mental health professionals when necessary.

#MentalHealthMatters

Contact Child & Family Services for mental health support
819-627-9877

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

SHARING CIRCLE

With Rodney St-Denis,

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

Wednesday May 21st
6pm-8pm

Participants will have their name
entered in a door prize.

Location:

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

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

MAY 31ST



World
**NO TOBACCO
DAY**

Your health, your choice:
say No to tobacco!

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

Kebaowek Health and Wellness Center Programs and Activities

BABY & ME

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

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

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

June Dates:
June 2nd, 9th, 16th & 30th

Coffee/tea & snacks provided.



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



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

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

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

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

All materials needed
will be provided
including the food!

For more information or to RSVP with Lynn Grandlouis
819-627-9060

lgrandlouis@kebaowek.ca



BABYSITTING COURSE

Safety Training Plus:

BABYSITTING COURSE WITH FIRST AID/CPR....
Ages 11 and up!!!! (Must be turning 12 by December)

SUNDAY JUNE 1ST, 2025

LOCATION: Kebaowek Health and Wellness Center

Course includes: BBS Work Booklet, First Aid and CPR
Babysitting Certificate

To register contact: Darlene McLaren
(819) 627-9877

EMAIL: darmclaren@kebaowek.ca

SEATS ARE LIMITED AND PRE-REGISTRATION IS REQUIRED!!!

Monday June 9th, 2025

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

La Bricoleuse Workshop

with Nancy Gagnon

Tuesday, May 20th

6:00pm to 9:00pm

At the Health & Wellness Center
(Back Entrance)

Come get your craft on!

All supplies are provided.

Max 15 participants.

*Deadline to register
May 12th.*

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



Community Kitchen

ON THE MENU:

**Teriyaki Pineapple Chicken & Rice
Stuffed Peppers**



Monday May 12 2025

Deadline to register:

Thursday May 8, 2025 by Noon

Afternoon Session: 1:30 pm to 3:30 pm @ Dome

Evening Session: 4:30 pm to 6:30 pm @ Dome

Limited Spaces available for both sessions!

To register call Sheila @ 819-627-9877

SENIOR SOCIAL

ELDERS 55+

DATES:

MAY 1ST - 8TH - 22ND - 29TH, 2025

JUNE 5TH - 12TH, 2025

Place: Dome

Time: 1:00 pm to 3:00 pm

Doors open @ 12:45 pm

Snacks, Tea & Coffee will be provided !

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



PALS FAMILY ACTIVITY: MENTAL HEALTH AWARENESS WALK

Let's Walk for a Healthier Future!

Tuesday, May 13th

6:00pm - Meet @ the Hall

6:15pm to 6:45pm - Walk (around the track)

**6:45pm - 7:15pm - Stretch & Meditation with
Anabelle Lefebvre**

**Please bring a mat or a blanket if you have
one! As we only have a few mats available.**

Family Participation prize to be won!



**To sign up and/or for more
information call Darlene @
819-627-9877.**

Kebaowek Health and Wellness Center Programs and Activities

Meals on wheels



Upcoming Dates for Meals on Wheels

May 14th - 28th, 2025

June 11, 2025 will be the last one until September

\$7.00

Community

May 22nd 2025



6:45 - 9:00am
@ Community Hall

Bus pick-up times
Phelps bus - 7:30am
Temis 1st bus - 7:40am
Temis 2nd bus - 8:40am

BREAKFAST

YOUTH NIGHTS

Ages 12 to 17

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

Dates:
Tuesday May 6, 2025
Tuesday May 13, 2025
Tuesday June 3, 2025

Supper will be provided!

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



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.

May Week - Sunday 4th to Saturday 10th
June Week - Sunday 1st to Saturday 7th

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.

MORNING *Walking Group*

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



EVERYONE WELCOME

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

Please bring appropriate footwear and a refillable water container.

Hope to see you there !!

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.

May 3rd, 2025
June 7th, 2025
July 5th, 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

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

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
1 Get Walking and Win Challenge Week →	2	3 Youth Night	4	5 Senior Social GARBAGE	6 Kebaowek Offices/Health Center are closed for Elections	7 Community Shopping
8	9	10	11 Meals on Wheels	12 Senior Social RECYCLE COMPOST	13	14
15	16	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	30	31	Oteimin Kizis June 2025			