



# Kebaowek First Nation

## Mizi-dibàdjimowini-eshkwemag

Kawasakotdj Kizis / April 2026

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CONTACT US



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172 Ogima Street  
Kebaowek, QC J0Z 3R1  
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104 Ogima Street  
Kebaowek, QC J0Z 3R1  
Tel: (819) 627-9624/8229  
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## Rights and Responsibilities Identification Report

Join the KFN Assessment Committee on April 7th, 2026 at 5 PM at the Community Hall for a presentation and review of KFN's Rights & Responsibilities Identification Report on the Near Surface Disposal Facility (NSDF) project at Chalk River.

The Assessment Committee wants to hear your questions and concerns about the NSDF and your feedback **on the Report**, to inform KFN's evaluation of the NSDF project and the Free, Prior & Informed Consent (FPIC) process under the Rights & Responsibilities Assessment Law.

Continued on Page 2

# Rights and Responsibilities Identification Report

## What is this meeting about?

On April 7<sup>th</sup> Council and the Assessment Committee will be holding the first community meeting to present the Rights & Responsibilities Identification Report. The purpose of this report is to:

1. Share project information about the NSDF;
2. Summarize, on an initial basis, the potential impacts to KFN's Rights & Responsibilities through the lens of Algonquin Law;
3. Describe the outstanding issues and remaining gaps that should be addressed in the FPIC process under the Law; and
4. Set out the Assessment Committee's workplan, which will be used to address issues, fill gaps, and evaluate the significance of the NSDF's potential impacts to KFN Rights & Responsibilities, with the ultimate goal of determining whether KFN should grant its FPIC for the project.

## How did we get here?

On November 27, 2025, KFN formally ratified its Rights and Responsibilities Assessment Law. The Law sets out a process, grounded in Algonquin laws and knowledge, to assess projects which may impact KFN Territory and to determine whether KFN gives or withholds its Free, Prior, and Informed Consent (FPIC).

The Law will first be applied to Canadian Nuclear Laboratories' (CNL) proposed NSDF project. KFN has been involved in consultation processes about the NSDF with the Canadian Nuclear Safety Commission (CNSC)—the Crown regulator responsible for licencing the Project—since 2016. The CNSC approved the construction of the NSDF in January 2024. KFN challenged this decision in Federal Court on the basis that it violated our right to FPIC. KFN was successful, and the Court ordered CNL, CNSC, and KFN to resume the consultation process to implement the FPIC standard, by adapting the process to address Indigenous laws and knowledge, and to develop a process aimed at reaching mutual agreement.

In response to the Federal Court's decision, Council developed the Rights & Responsibilities Assessment Law—informed by member engagement—to provide an internal, community-based process that allows us to assess projects according to Algonquin laws and knowledge. Under the law, an Assessment Committee, composed of 7

members and including at least one elder, land of water use, and woman, youth, administers the Law and coordinates the review of projects.

## What are the next steps for the FPIC process?

If you cannot make the community meeting, there will be ongoing opportunities to give your feedback and participate in the FPIC process between now and August. These may include surveys, focus groups, and site visits to the NSDF and nearby sacred sites, among other avenues!

The Assessment Committee will continue its work over the coming months. The evaluation of the NSDF project will be summarized in a second report – the Rights & Responsibilities Assessment Report – which will be presented to members for feedback in the summer.

More information will be shared in upcoming newsletters! If you have any questions about the Report, the NSDF project, or the FPIC process, including future opportunities to participate, please reach out to Kacie McLaren at: [kcmlaren@kebaowek.ca](mailto:kcmlaren@kebaowek.ca) or 819-627-3309/6786



**WE ARE  
HIRING**

**KEBAOWEK BAND MEMBERS**

**SUMMER STUDENTS**

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

You must be at least 15  
years & older and 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](mailto:tamchevrier@kebaowek.ca)

**DEADLINE TO APPLY: MAY 29, 2025 - 12:00PM**

# Registration and Membership Information



## SECURE CERTIFICATE OF INDIAN STATUS

telephone at [1-800-567-9604](tel:1-800-567-9604) or by email at [infopubs@sac-isc.gc.ca](mailto: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: [Imoore@kebaowek.ca](mailto:Imoore@kebaowek.ca)

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](http://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

**\*\* NEW \*\***

**I can now assist Kebaowek Band Members to do Will and/or Power of Attorney Searches with Chambre des notaires du Quebec and Bureau du Quebec (limited funding available)**

**KEBAOWEK  
EARTH DAY EVENT**

**Date and Activities will be announced soon!!**

In collaboration with: Land Management, Child & Family Services, and Waste Management!



## Kebaowek Members:

### Share a Piece of Our History!

We are currently looking for **old trapping gear, birchbark baskets, hunting gear, and railroad finds** to include in the **Anicinabe Mikana Cultural Centre (AMCC)**.

If you have any of these items and would like to share them, *we would greatly appreciate it!*

Please contact **[npaul@kebaowek.ca](mailto:npaul@kebaowek.ca)** with any questions.

**Help us preserve our heritage for future generations!**



# DOCK SLIPS

**DUE DATE:**  
**APRIL 24TH, 2026**

**MEMBER FEE \$350**

**DON'T FORGET:**  
If you were a previous renter, your spot is being held, but you must confirm and pay in full by April 24, 2026.

- Payment can be made by e-transfer, cash, credit, or debit at the Band Office.
- Once payment is complete, please come in to sign your contract.
- You'll be able to pick up your parking pass and key fob once they are ready.

**Note:** Larger boats will be placed on outside slips. If your boat size has changed, please let us know as soon as possible and we will try to accommodate.

**NEED MORE INFO. CONTACT NIKA: [NPAUL@KEBAOWEK.CA](mailto:NPAUL@KEBAOWEK.CA) OR (819)-627-3455 EXT. 225**



**KEBAOWEK POWWOW**

## Call for Craft Vendors

**Date: July 25-26th 2026**

If interested contact:  
[migizygas@kebaowek.ca](mailto:migizygas@kebaowek.ca)



**KEBAOWEK POWWOW**

## Call for Food Vendors

**Date: July 25-26th 2026**

If interested contact:  
[migizygas@kebaowek.ca](mailto:migizygas@kebaowek.ca)

# Kebaowek Police Department

Door prizes to be won!



## BANNICK & A BADGE

JOIN US FOR A WARM AND FRIENDLY GATHERING  
WITH THE KEBAOWEK POLICE SERVICE!

**Monday May 11th - 10am to 2pm**

**WHERE: KEBAOWEK DOME**

Come enjoy a good coffee and some bannock alongside your local police officers. It's a great opportunity to connect, ask questions, and build relationships in a welcoming atmosphere.

**Information :**

Brianna Perrault – 819-627-8229, ext. 600  
Agent Yvon Paiement – 819-627-8229, ext. 608



### Statistics for the Month of January 2026

- \* 4x R.I.D.E Operation
- \* 9x Public Assistance
- \* 5x Assistance to Sûreté Du Québec
- \* 1x Assistance to Others
- \* 1x Accident Property Damage +\$1000
- \* 1x Alarm Non-Criminal Incident

### Statistics for the Month of February 2026

- \* 5x Public Assistance
- \* 1x Assist to Others
- \* 1x By Law Ticket
- \* 1x R.I.D.E Operation
- \* 2x Assistance to Sûreté Du Québec

## IMPORTANT

Currently, when an individual requests a background check, a fee of \$89.91 is required. The RCMP will invoice us for this amount.

If the background check is for employment related reasons, the fee must be paid.

The only exception is when the background check is for volunteer purposes, in such cases, it will be provided free of charge.



## Fun Family Friendly Ways to Celebrate Earth Day

**Plant Trees and Gardens:** Trees are highly encouraged to fight climate change; planting trees can absorb carbon dioxide and provide us with the essential oxygen we need. Planting flowers, starting a vegetable garden, or creating a pollinator garden helps local ecosystems and biodiversity.

**Reduce, Reuse, Recycle** – reducing your consumption of single use, reuse everything you can, recycle as a final step.

**Conserve energy and water-** small changes in daily life can lead to significant environmental benefits this includes but not limited to; turning off lights, unplugging electronics when not in use, switch to energy efficient LED bulbs, conserve water by taking shorter showers, fixing any leaks.

**Community Clean up-** Joining or organizing a cleanup event in local parks, outside buildings, or around lakes is a primary way to pick up litter.

**Composting-** Starting a compost pile to reduce food waste and create nutrient-rich soil.

**DIY Upcycling:** Repurposing items that would otherwise be thrown away, such as making bird feeders from plastic bottles or art from old materials

# Community Wishes and Recreation Department

THE FAMILY OF LEO CHEVRIER WOULD LIKE TO INVITE YOU TO CELEBRATE HIS

# SURPRISE 80TH BIRTHDAY

**Bar Will Be Open**

COME HELP US CELEBRATE  
**Saturday April 11th, 2026**  
 7:00PM – CLOSING  
**AT THE DOME**



Happy Birthday Dad  
 Wishing you a great day  
 and year ahead !

We love you ♥



Happy Birthday to Jen Chevrier  
 She celebrates her special day  
 on April 23rd !

Love Doug & Lee ♥



# UPCOMING EVENTS

|                        |   |
|------------------------|---|
| <b>APRIL 5TH</b>       | <b>Easter Brunch</b>                                  |
| <b>APRIL 18TH</b>      | <b>Danny Raymond's Texas Hold'em Tournament</b>       |
| <b>APRIL 19TH</b>      | <b>Adult / Child Cornhole Tournament</b>              |
| <b>MAY 2ND</b>         | <b>Spring Vendors Show</b>                            |
| <b>MAY 8TH</b>         | <b>Evening Crib Tournament (advance registration)</b> |
| <b>JULY 18TH</b>       | <b>30th Annual Boat Rally</b>                         |
| <b>AUGUST 14-15-16</b> | <b>Kipawa Countryfest</b>                             |

**Elders Christmas Dinner  
November 28th**

**Breakfast with Santa  
December 20th**



## KEBAOWEK ICE FISHING DERBY

# THANK YOU!



**Winner**  
 Jacques Beaudry  
 Fish: Ling (Lush)  
 Time: 3:57pm

Despite the wet weather, we had an amazing turnout and a great day on the ice. Thank you to everyone who came out and made the 2026 Kebaowek Ice Fishing Derby such a success!

A big thank you to Keith Benard for capturing the day with some great photos — especially in the rain!

And thank you to all of the volunteers who helped throughout the day. Events like this only happen because of people willing to lend a hand. We are always happy to welcome more volunteers, they are always needed.

As with any event, we know there were a few small glitches along the way, and the weather didn't help. We appreciate everyone's patience and we are already taking notes and look forward to making improvements for next year.

Thank you again to everyone who came out and supported the derby.

Special thank you to the Fishing Derby Committee for all your hard work: Lorena Duguay, Gerry Whissell, Lynda Chevrier, Stephane Goulet, Jennifer Chevrier & Tina Chevrier!

See you March 6th, 2027!



Thank you to our Sponsors!



# EASTER BRUNCH

**SUNDAY, APRIL 5th 2026**  
**11:00am - 2:00pm**  
 Kebaowek Community Hall

**Entry Fee:**  
 10 years + - \$15.00  
 4-9 years - \$10.00  
 Ages 3 & Under: Free

**The Easter Bunny will be Hopping by for crafts & photos!**

**Activities**  
 Buffet Style Brunch  
 Crafts  
 Colouring Contest  
 Treat Giveaway  
 Chocolate Fountain



## EASTER COLOURING CONTEST

FOR ALL AGES!



0-2 years      3-6 years      7-12 years

13-17 Years      \*Prize for every age category!      18-99+ Years

Pick up & Return colouring pages : Migizy Gas or Bring to Easter Brunch at the Community Hall on April 5th!

Draws will take place at Easter Brunch - Winners will be notified!



# DEEP STACK TEXAS HOLD'EM POKER TOURNAMENT

samedi le 18 avril, 2026 / Saturday, April 18th, 2026  
 Salle Communautaire de Kebaowek  
 Kebaowek Community Hall  
 116 Ogima St., Kebaowek, Quebec

**INSCRIPTION / REGISTRATION**  
 12 h 30 – 13 h 00 / 12:30PM - 1:00PM  
**\*\* début : 13:15h précises / Start : 1:15pm Sharp \*\***  
 Aucune inscription tardive / No late entries

|  |   |
|--|---|
| <b>TOURNOI</b><br>INSCRIPTION: 110\$<br>100\$ pour les prix<br>10\$ dépt de récréation KFN | <b>TOURNAMENT</b><br>BUY IN: 110\$<br>100\$ for prizes<br>10\$ KFN Recreation Dept. |
|--|---|

**\* No Rebuys \***  
 Le bar sera ouvert et de la nourriture sera disponible  
 The Bar will be open and food available

Information  
 Jungo 705-845-6850  
 for information



# ADULT/CHILD CORNHOLE TOURNAMENT

DISTANCE TO BOARD WILL BE ADJUSTED BY AGE

**AGES 6 +**

LIMITED SPOTS AVAILABLE  
 FIRST COME, FIRST IN

RANDOM DRAW PRIZES!

**\$10.00 PER TEAM!**  
 1ST PLACE  
 2ND PLACE  
 3RD PLACE

DATE: APRIL 19TH, 2026  
 LOCATION: COMMUNITY HALL  
 REGISTRATION: 12:00PM  
 BAGS FLY: 1:00PM

PIZZA LUNCH SERVED AT 12:00PM \$5.00



# An Update from the Director of Health & Social Services

Kwe to all Members of Kebaowek First Nation

I was recently at a meeting that was comprised of health leaders from other communities and from other provinces. Although we often share many common issues and challenges, many of them I can say, Kebaowek have overcome.

The one that often catches the attention of my colleagues from elsewhere is that they are surprised when we don't see errant dogs in our community photos or when they have come to visit our place. They relate horrible stories of how the dog population are preventing their elders and youth from circulating on foot within their community. Where legitimate dog owners cannot take their small furry friend for a stroll for fear that a pack will show up to destroy it right in front of them. It may sound trivial to our folks in the cities or big towns where bylaws have existed for decades, but trust me, it's a big deal for many first nation communities. And sadly, we sometimes here about a totally avoidable human tragedy caused by an out-of-control dog population.

So kitchi-meegwetch for the members of leadership at the time, who demonstrated the bravery to make some tough decisions to enact both a dog and noise by-law and to stick with them ever since. This was pivotal to improve on the quality of our lives in Kebaowek.

It also warms my heart to see that our members of all ages can safely walk our streets without the fear of facing free-roaming packs of dogs that are left to fend for themselves. I often see our seniors out walking their small companion and I, and I'm sure you as well, understand the importance of what that relationship and activity means for the overall well-being of our people.

## Ontario Corridor of services

Meetings to look at a more permanent solution to access services in Ontario will start at the end of March between elected municipal officials, the CISSAT and the First Nations communities of Kebaowek & Wolf Lake. We will keep you informed as the file evolves. In the meantime, please give our medical transportation coordinator as much advance notice as possible when our services are required to get you to your appointment. This allows us to better coordinate our resources to get you there.

## **Meetings Attended in March:**

- Indigenous Health Navigators Course Development

- First Nations Health Managers Association BOD
- FNQLHSSC BOD
- Regional Strategic Committee on Homelessness

## **Onimiki Renewable Energy File:**

- Board of Directors on Onimiki renewable Energy LLP.
- Communications committee meetings
- Radio chronicles with CKVM & Drumbeat

(Recap) Committees to maximize the potential economic boom of a huge project like Onimiki will need to be formed if our studies permit our partners to move forward with the project. Local entrepreneurs and businesses would need to start reflecting on how they can be involved to increase local impact benefits.

Our Band will also have to start thinking on how the potential own source revenues could be used should the Onimiki hydro project become a reality. In other similar cases, committees were tasked to canvas the population for their input and then a Trust is formed to manage the funds according to the rules or scenario decided upon.

But there is still lots of work to be done and results from the site studies to be analyzed and shared with our members and population. Please take the time to visit our new up-to-date website at [onimiki.ca](http://onimiki.ca) You will be surprised on the amount of information you will find. You can also reach out to me directly at the office from Monday to Friday.

To our members harvesting maple syrup, I wish you all a good season. To everyone who are out on the land, please be safe especially on the ice as it slowly transforms to open waters.

## Quotes on Pets

The greatness of a nation and its moral progress can be judged by the way its animals are treated."

~ Mahatma Gandhi ~

"Pets are humanizing. They remind us we have an obligation and responsibility to preserve and nurture and care for all life."

~ James Cromwell ~

David McLaren

Director of Health & Social Services

# Medical Transportation

Welcome to the new season.

Hopefully Spring weather will be coming soon, nicer weather comes for nicer travels to your appointments.

I will be doing a Lunch and Learn before Senior Social this month. I will be talking about the Medical Transportation program and services that are offered and covered. I am excited to meet with this group and to answer your questions you may have concerning Medical Transportation. More info to come on the date, keep an eye out for this.

Please remember to book your appointments as soon as you get them if you know you will need Medical Transportation, the sooner the better. There is no such thing as too early to book. If you call to book the day of your appointment or just days before it may result in no availability.

We are getting a higher volume of calls, and this is resulting in having to have shared rides with clients who are going to the same locations. You may have to leave a bit earlier or stay a bit longer after your appointment to wait on the other client to attend or finish their appointment.

Reminder, you do have the option of taking a private vehicle and getting an attestation paper signed and stamped while at your appointment which you may then hand in for a mileage reimbursement for your travels.

If you have any questions or concerns, please contact me at the Kebaowek Health Center. I always look forward to helping you, our members.

Have a healthy and safe month of April.

Kim Constant  
Medical Transportation Coordinator (Interim)



## INVITATION TO THE POPULATION OF TÉMISCAMING-KEBAOWEK-KIPAWA-WOLF LAKE

Musée de la Gare, Témiscaming

April 15 4:30 pm

**Do you want to be a Foster family  
or simply curious to learn more?  
Join us!**

- 4:30 to 6:30 Social with free appetizers
- Door prizes for participants.
- Welcome to everyone, Bring a friend!
- Children welcome, free on site babysitters

**Confirm your presence to gain additional entry into  
the draw by contacting**

**Tess Presseault, Maison Des Jeunes**

(438) 458-4147 Annie Mation MDJ

mdjtemiscaming@gmail.com

**An invitation from your local coordination committee,  
Ma Famille Ma Communauté Témiscaming-Kipawa-  
Kebaowek-Wolf Lake First Nation**

# DID YOU KNOW!

The Kebaowek Health & Wellness Center now has a

## CHRONIC DISEASE NURSE!

.....

### Here to Support you with:

- Diabetes
  - High Blood Pressure
  - Heart Disease
  - Chronic Respiratory Conditions
  - Cancer Diagnosis
  - And More .....
- .....

### How can the Nurse Help?

- Personalized Education and Support
  - Medication and lifestyle Guidance
  - Monitoring and Follow-up
  - Help with preventing Complications
- .....

You're not alone in managing your Health  
Support is here for you!

Call the Kebaowek Health Center to book  
an appointment with Jocelyn Heffern, RN  
@ 819-627-9060!

# NATIONAL IMMUNIZATION AWARENESS WEEK

 APRIL 26<sup>TH</sup> – MAY 2<sup>ND</sup>, 2026

NATIONAL IMMUNIZATION WEEK IS A GREAT TIME TO MAKE SURE YOU AND YOUR FAMILY ARE UP TO DATE ON ALL RECOMMENDED VACCINES.

IF YOU OR YOUR CHILD NEED ANY VACCINATIONS OR HAVE QUESTIONS ABOUT IMMUNIZATION, PLEASE CONTACT THE COMMUNITY HEALTH NURSE KARLEIGH MINNESS. SHE IS AVAILABLE TO PROVIDE INFORMATION AND ADMINISTER ALL VACCINATIONS REQUIRED BY THE PROVINCE.

#### COMMON VACCINATIONS INCLUDE:

- ROUTINE CHILDHOOD AND SCHOOL-AGE VACCINES
- ADULT AND SENIOR VACCINES
- 60+ VACCINES SUCH AS SHINGLES
- 65+ VACCINES SUCH AS PNEUMOCOCCAL
- IMMUNOCOMPROMISED VACCINATIONS

STAY PROTECTED—REACH OUT TODAY AT **819-627-9060** TO BOOK AN APPOINTMENT OR GET MORE INFORMATION!



**National Immunization Awareness Week**

April 26-May 2, 2026

**#TheTimesNow #GetImmunized**



### English language

Do you speak English and need to visit one of the CISSS de l'Abitibi-Témiscamingue facilities soon?

Employees and volunteers wearing **yellow card** holder can guide you and answer short questions in English, such as:

Where is the exit?

Where is the restrooms?

Where should I go?

This simple and thoughtful initiative aims to reduce language barriers and make your visits easier and more comfortable.

Centre intégré de santé et de services sociaux de l'Abitibi-Témiscamingue



# Diabetes and Oral Health Care Month

April is **National Oral Health Month in Canada**, a time dedicated to raising awareness about the importance of good oral hygiene and how it contributes to overall health and well-being. Oral health is about more than just having a bright smile—it plays a key role in preventing infections, supporting proper nutrition, and maintaining overall body health. While everyone benefits from good oral care habits such as brushing, flossing, and regular dental checkups, some individuals need to take extra precautions to protect their oral health.

One group that should pay particular attention to oral care is people living with diabetes. While many people know diabetes can impact the heart, kidneys, and eyes, fewer people realize that it can also significantly affect oral health. Diabetes can increase the risk of several oral health problems, including gum disease, dry mouth, and slower healing of oral tissues. Because oral health and diabetes are closely connected, maintaining healthy teeth and gums can also support better blood sugar management and overall health. During National Oral Health Month, it's a great opportunity to learn more about how proper oral care can make a meaningful difference—especially for those managing diabetes.

One of the most common oral health issues linked to diabetes is **gum disease**, also known as periodontal disease. When blood sugar levels are high, the body becomes more vulnerable to infection, including infections in the gums. Gum disease begins with inflammation and redness of the gums (gingivitis), but if left untreated it can progress to more serious forms that damage the bone and tissues supporting the teeth. People with diabetes are not only more likely to develop gum disease, but it can also be more severe and harder to treat.

Another concern for people with diabetes is **dry mouth**. High blood sugar and certain medications can reduce saliva production, leading to a dry mouth. Saliva plays an important role in protecting teeth by washing away food particles and bacteria. When there is less saliva, harmful bacteria can grow more easily, increasing the risk of cavities, mouth sores, and infections.

Diabetes can also slow the body's ability to heal. This means that mouth sores, gum infections, or dental procedures may take longer to recover from. Because of this, maintaining good blood sugar control is an important part of protecting oral health. When diabetes is well managed, the risk of dental complications can be reduced.

Fortunately, there are several simple steps people with diabetes can take to protect their oral health. Brushing teeth at least **twice a day with fluoride toothpaste**, flossing daily, and visiting the dentist regularly are key habits. Dentists often recommend checkups every six months, or sometimes more frequently for people with diabetes. It is also important to let your dentist know if you have diabetes so they can monitor your oral health closely and provide personalized advice.

In addition, managing blood sugar levels, drinking plenty of water, and avoiding tobacco products can help keep both the body and mouth healthier. Watch for warning signs such as:

- swollen gums,
- bleeding when brushing
- persistent bad breath
- loose teeth

Diabetes and oral health are closely connected and caring for one helps support the other. By practicing good daily oral hygiene and keeping diabetes well controlled, individuals can reduce their risk of dental problems and maintain a healthy smile for years to come.



As the new **Clinical Team Support Worker**, Jennifer King is available to assist you with the following:

- Support with your RAMQ card, including renewal, completing forms, or contacting RAMQ.
- Connecting you with a family physician if you do not already have one.
- Helping you register for an online Express Scripts account for the NIHB program. This website serves as the portal to the Non-Insured Health Benefits (NIHB) program, providing information about benefits such as dental, pharmacy, medical supplies and equipment, vision care, and mental health counseling.

Please feel free to visit her at the KHWC or call her at 819-627-9060 to schedule an appointment.

### Diabetes and your feet

Diabetes can cause nerve damage (known as diabetes peripheral neuropathy) and poor blood flow or circulation to the legs and feet (known as peripheral arterial disease).

As a result, people with diabetes are less likely to feel a foot injury, such as a blister or cut. Diabetes can make these injuries more difficult to heal. Unnoticed and untreated, even small foot injuries can quickly become infected, potentially leading to serious complications.

### A good daily footcare routine can help keep your feet healthy:

- ✓ Examine your feet and legs daily
- ✓ Care for your nails regularly
- ✓ Apply moisturizing lotion if your feet are dry (but not between the toes)
- ✓ Wear properly fitting footwear
- ✓ Test your bath water with your hand before you step in, to make sure the water is not too hot

Foot problems are very common in people with diabetes and can lead to serious complications. A daily foot-care routine and good blood sugar control will help keep your feet healthy.

### Daily foot care

Gather foot care supplies like nail clippers, a nail file, lotion, and a plastic hand mirror and keep them together. Having everything you need in one place makes it easier to follow this care routine every day.

- **WASH** your feet in warm (not hot) water, using gentle soap.
- **DRY** your feet carefully, especially between your toes.
- **ASSESS** your feet and between your toes for cuts, blisters or changes.
- **LOOK** in a hand mirror to see the bottom of your feet (or ask for help).
- **CLEAN** cuts or scratches with gentle soap and water, cover with bandage for sensitive skin.
- **TRIM** your toenails straight across, file sharp edges. Don't cut the nails too short.
- **APPLY** lotion to your heels and soles (not between toes). Wipe off excess lotion.
- **WEAR** clean socks and well-fitting shoes every day.



## When to see your doctor

Have your bare feet checked by your doctor or a foot-care specialist (podiatrist, chiropodist or foot-care nurse) at least once a year or more often if you've been told you are high risk.

In addition, ask your doctor to screen you for nerve damage and poor blood flow in your feet at least once a year.

If you have any of the following, see your doctor or a foot-care specialist right away:

- swelling
- warmth, redness or pain in feet or legs
- corns (thick or hard skin on toes)
- calluses (thick skin on bottom) of feet,
- ingrown toenails
- warts
- slivers

## Do not try to treat them yourself.



## Best advice

| DO   | DON'T  |
|--|--|
| Wear supportive, well-fitting shoes. They should have low heels (<5 cm high) and should not rub or pinch. Try to have a knowledgeable staff member measure you for the proper fit. | Don't go barefoot, even indoors. Consider buying a pair of well-fitting shoes that are just for indoors. |
| Buy shoes in the late afternoon (since your feet swell slightly by then).  | Don't wear over-the-counter insoles. They can cause blisters if not fit properly.                        |
| Wear loose socks at night if your feet get cold.   | Don't wear anything tight around your legs, such as tight socks or knee-highs.                           |
| Keep your feet clean and dry.  | Don't overly soak feet or put lotion between your toes. Too much moisture can cause infection.           |
| Elevate your feet when you are sitting.  | Don't put hot water bottles or heating pads on your feet.  |
| Wiggle your toes and move your ankles throughout the day to improve blood flow.  | Don't sit or cross your legs for long periods of time.   |
| Exercise regularly to improve circulation.   | Don't smoke. It decreases circulation and healing and greatly increases the risks of amputation.         |
| Inspect your feet daily and feel for skin temperature differences between your feet.   | Don't use over-the-counter treatments for corns and warts. They are dangerous for people with diabetes.  |

For more information visit [diabetes.ca](https://diabetes.ca)

**DIABETES  
CANADA**

[diabetes.ca](https://diabetes.ca) | 1-800 BANTING (226-8464) | [info@diabetes.ca](mailto:info@diabetes.ca)

This document reflects the Diabetes Canada Clinical Practice Guidelines ©2023 The Canadian Diabetes Association. The Canadian Diabetes Association is the registered owner of the name Diabetes Canada. 112030 08/25

## An update from our 10-week weight loss challenge:

The Winners:

- 1<sup>st</sup> place Rosalina – 9.60%
- 2<sup>nd</sup> place Slim Possible – 6.57%
- 3<sup>rd</sup> place Princess Peach – 5.74%

Honorable Mentions:

- 2 Tired 4 This – 4.83% and Shy Guy – 4.46%

Good job by everyone that participated! We are looking to get more participation next year, so give it a try!

Mitchell McMartin

## Exercise and stress: Get moving to manage stress

Exercise in almost any form can act as a stress reliever. Being active can boost your feel-good endorphins and distract you from daily worries.

You know that exercise does your body good. But you're too busy and stressed to fit it into your daily plan. There's good news when it comes to exercise and stress.

Almost any form of exercise, from aerobics to yoga, can act as a stress reliever. If you're not an athlete or you're out of shape, you can still use exercise to help manage your stress.

Find the connection between exercise and stress relief, and learn why exercise should be part of your stress management plan.

### Exercise and stress relief

Exercise improves your health and sense of well-being, which gives you more energy every day. Exercise also has some clear benefits to relieve your stress.

- **It pumps up your endorphins.** Physical activity may help pump up the production of endorphins, the brain's feel-good neurotransmitters. Specifically, physical activity increases a brain chemical called beta-endorphin. This can increase feelings of happiness and reduce feelings of pain. It is often called a runner's high. Any aerobic activity, such as a fun game of tennis or pickleball, or a nature hike, can create this happy feeling. Research has found that exercise also increases other brain chemicals that help lessen pain.

- **It cuts down on the negative effects of stress.** Exercise can offer relief while the body is reacting to stress, such as the flight-or-fight response. It can help the body's systems practice working together when dealing with stress.

This can have positive effects on the body — including the heart and blood vessels, digestive, and immune systems — helping protect against harmful results of stress. For example, it can lower resting heart rate and blood pressure, and help improve the immune system. It can even lessen the effects of aging.

- **It's meditation in motion.** After a game of racquetball, or a long walk, run or swim, you may find that you've forgotten the day's irritations. You also may find that you focus only on your body's movements and breathing during exercise.

As you start to regularly shed your daily tensions through movement and physical activity, you may find that this focus on a single task helps you stay calm. It can increase your energy and optimism. It can help you focus and think clearly, and it even can help you use your imagination and improve problem-solving skills.

- **It improves your mood.** Exercising a few times a week can increase your self-confidence, improve your mood, help you relax, and lower symptoms of mild depression and anxiety. Exercise also can improve your sleep, which is often disturbed by stress, depression and anxiety. All these exercise benefits can ease your stress levels and help you better manage your body and life.

**Talk with your healthcare professional.** If you haven't exercised for some time or have health concerns, talk to your healthcare professional before starting a new exercise plan.

**Walk before you run.** Start slowly and build up your activity level gradually. Excitement about a new exercise plan can lead to overdoing it and possibly even injury.

What's most important is making physical activity part of your lifestyle every week. Don't think of exercise as one more thing on your to-do list. Find an activity you enjoy and make it part of your weekly and daily plan. Maybe you enjoy an active tennis or pickleball match, or maybe you like a meditative walk down the street. Any form of physical activity can help you unwind and become an important part of your approach to easing stress.



## How often do you experience stress? Daily? Weekly?

According to Statistics Canada, 23% of Canadians over 15 find most days 'quite a bit' or 'extremely' stressful. It's important we know the factors and the effects in order to help ourselves and each other reduce stress and the associated risks.

Stress can be good and bad. Winning a game, going on a vacation, even preparing for a presentation at work can give us a natural high and quick boost of energy. On the other hand, greater worries like financial problems, job loss or illness can lead to more negative lasting effects.

Stress is known to cause stomach aches, insomnia and depression, and contributes to unhealthy behaviours such as smoking, over-consumption of alcohol, and poor eating habits. But did you know it carries risks of long-term health consequences like heart disease, stroke, high blood pressure, or even immune and circulatory complications?

There are many ways of dealing with stress that can lower your risk.

## Minimize your risks

- Identify the problem. What is causing your stress? Is it your job, a relationship or another source altogether? Once you know your stress triggers, you can work on a solution.
- Take control. Depending on the source of your stress, this might mean talking with your manager, a health professional or a financial counsellor. Once you've identified and start to deal with the factors contributing to your stress, you will ease the pressure on yourself.

- Connect with others. Having another person for support is always better than facing problems on your own. Letting a family member, friend or work colleague know you are having a difficult time may help you in two ways. First, simply by expressing your feelings, you will relieve stress. Second, they may offer solutions to your problem.
- Exercise. Physical activity is a great way to reduce tension. Whether you're a jogger, cyclist or just like to take long walks, be sure to get some fresh air and exercise and stick to a daily routine of fitness — along with good food and fun.
- Pause. Breathe. Reflect. Tension meditation and progressive relaxation are techniques that encourage deep breathing and stretching your whole body can help silence the mind and take the pressure off.
- Disconnect. Even though we live in a highly wired, 24/7 news cycle world, you don't have to always "be on". Unplug and unwind at least an hour a day. Instead of staring at a screen, watch a sunset.
- Take a mental holiday. By reading, taking up a hobby or becoming involved in sports, you can take your mind off of stress. It will also give you distance from your problems and a different perspective, helping them feel easier to solve.
- Go easy. Stress can contribute to negative thinking. Stay positive, be flexible, be kind to yourself and be realistic. There are some things you cannot change. Look for practical solutions.
- Practice self-care. Make time for activities that bring you joy and relaxation.

April is Stress Awareness Month in Canada. We invite you to mark this month by taking the initiative to reduce your stress or help someone reduce their own.

Remember: You may be apart from loved ones, but you are not alone. If you are overwhelmed by stress, don't be afraid or embarrassed to ask for professional help.

Source: Medavie Blue Cross

## Spring Cleaning

Spring has (nearly) sprung! As the days get longer and the sunshine starts streaming through the windows, many of us feel the urge to open the doors, let in some fresh air, and give our homes a good spring cleaning. While it may seem like just another seasonal chore, spring cleaning isn't just about tidying up—it can also have a powerful impact on your mental and physical well-being.

A clean and organized space can do wonders for your **mental health**. Cluttered environments can make our brains feel overwhelmed, distracted, and stressed. Clearing out clutter and organizing your space can help reduce those feelings. When your environment feels clean and orderly, your brain doesn't have to work as hard to process distractions, which can help reduce stress, improve focus and create a sense of calm. Even small tasks—like wiping down counters or sorting through a drawer—can give you a sense of accomplishment that boosts your mood. Many people find that once their surroundings are in order, their thoughts feel clearer and more manageable too.

There are physical health benefits too. Dusting, vacuuming, and washing bedding can reduce allergens such as dust mites, pet dander, and pollen that may build up over the winter months. This can be especially helpful for people who struggle with allergies or asthma. Plus, spring cleaning often involves plenty of movement—bending, stretching, lifting, and walking around—which adds a little extra physical activity to your day. A cleaner home can support easier breathing and a healthier indoor environment, especially important as allergy season is among us.

Another great benefit of spring cleaning is the opportunity to **refresh your environment**. Opening windows, letting in fresh air, and switching out heavier winter items for lighter spring décor can make your home feel brighter and more inviting. A refreshed space can inspire new routines, healthier habits, and a more positive mindset as the season changes. Think of spring cleaning as a chance for a reset. You don't have to tackle everything at once—start small by opening a window for fresh air, donating items you no longer use, or deep-cleaning one area of your home.

This spring, think of cleaning not just as tidying your home, but as **resetting your space and your mind**. A little effort can leave you feeling lighter and more motivated. This spring, grab a playlist, open the windows embrace the fresh start that spring brings.



Every year on **April 2**, people around the world come together to recognize **World Autism Awareness Day**, a time to increase understanding, and show support for individuals on the autism spectrum and their families. This important day encourages communities to learn more about autism and promote acceptance and inclusion for everyone.

**Autism Spectrum Disorder (ASD)** is a complex developmental disorder affects how a person communicates, interacts, and processes information. In Canada, it's estimated that **1 in 50 children and youth** are on the autism spectrum. That means autism touches families, schools, and communities across the country - from big cities to small northern towns. World Autism Awareness Day is an international day dedicated to increasing awareness and understanding of autism. This day is celebrated on April 2nd each year, and it aims to promote acceptance and support for individuals with autism and their families. Many individuals with autism also have unique strengths, talents, and perspectives that enrich our communities.

In Canada and around the world, Autism Awareness Day is often marked by **wearing blue, lighting buildings in blue, and hosting educational events** that help people better understand autism. Schools, workplaces, and community groups may organize activities, share resources, or encourage conversations about how we can make our communities more inclusive.

Awareness is the first step, but many also emphasize on **autism acceptance and inclusion**. This means moving beyond simply recognizing autism to actively supporting people on the spectrum—whether that's creating sensory-friendly spaces, practicing patience and understanding, or advocating for accessible education, employment, and healthcare.

Small actions can make a big difference. Taking time to **learn about autism** helps create a more welcoming world for everyone. When we celebrate different ways of thinking, communicating, and experiencing life, we build stronger, more compassionate communities.

# Pine Cone Bird Feeder Activity

## What you will need:

- string
- peanut butter
- pinecones
- bird seed (any type)

This feeder is simple to make, inexpensive, and easily reused or composted when the seed on it is gone. You can find pine cones outside or might purchase them in craft stores.

Take a pine cone and gently brush off any lingering dirt.

Tie a string in a secure loop around the top of the pine cone, leaving enough to tie it to a tree or pole. Alternatively, use a pipe cleaner or twist tie.

Carefully spread a generous layer of peanut butter on the pine cone, making sure that the outside is coated well.

Roll your pine cone in bird seed until it is covered well.

Using smaller seeds will ensure that seeds stick well, but mixed seed or black-oil sunflower seed will work too if you press the seed in well.

Hang your feeder on a tree branch or pole and watch the birds enjoy!



# Kebaowek Health and Wellness Center Programs and Activities

**SAVE THE DATE**

Annual  
*Spring Health Fair*

Thursday, May 14th 2026  
1:00pm - 7:00pm  
Kebaowek Health & Wellness Center  
More Info to Follow

**YOUTH HUNTERS POINT CAMPING TRIP**

**SAVE THE DATE**

**JULY 19-24, 2026**

**MORE INFO TO FOLLOW**

**25TH YEAR ANNIVERSARY**

WE ARE THRILLED TO BE ANNOUNCING OUR 25TH ANNIVERSARY OF THE YOUTH HUNTERS POINT CAMPING TRIP!! WE WILL BE LEAVING JULY 19TH AND RETURNING JULY 24TH 2026

**JOIN US FOR A WEEK OF OUTDOOR FUN!!**

**STAY TUNED FOR MORE DETAILS**

## Community Shopping

9am - 3pm

April 4th, 2026  
May 2nd, 2026  
June 6th, 2026

**FRESH CO**  
Lowering food prices

**Walmart**

**GIANT TIGER**

Contact Shelly @ 819-627-9060  
the Wednesday before the trip to save your seat  
as spaces are limited.

Reminder to bring your own Grocery Bags!

## 9 WEEK WALKING CHALLENGE

Monday April 13th, 2026 – Sunday June 14th, 2026

Our walking challenge will have weekly prizes for 2 categories (5km or 10km). If you walked under 5km in a given week, you will not be included in the draw for a weekly prize however your distance will be accumulated towards the final draw. You can win more than one weekly draw.

I will accept the distance walked on Monday to Sunday.  
Example Monday April 13th to Sunday, April 19th.

All participants must send in their distance every Tuesday by midnight to be included into the weekly draw which gives the participant 2 days to send in their distances.

I will accept distances from a screenshot from your walking app. You will need to download an app that shows the distance and time for your walk.

There will be 7 main prizes at the end of the walking program to be won. (You can only win one of the 7 main prizes).

To have your name put into the final draw, 1 ballot will be put in for every 10km walked.

If you would like to sign up or if you have any questions, please just send me an email [mmcmartin@kebaowek.ca](mailto:mmcmartin@kebaowek.ca) or call (819) 627-9060.

### YOU GOT THIS



## Healthy Egg Shaped Rice Krispy Treats



Ingredients

- 3/4 cup brown rice syrup
- 1/4 cup coconut oil
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt
- 4 cups crispy brown rice cereal
- 1/4 cup peanut butter or almond butter (optional, omit for nut-free)

These festive CRISPY RICE EGGS ARE ALWAYS A HUGE HIT WITH THE KIDS (AND THE ADULTS TOO!)



Instructions

To make this healthy spin on Rice Krispies, place the brown rice syrup, coconut oil and peanut butter in a saucepan and melt over medium heat until it reaches a simmer. Simmer for 1-2 minutes then remove it from the heat. Add the vanilla and salt, then mix to combine. Add the crispy rice cereal and stir until everything is evenly mixed together.

Lightly grease a plastic egg. Using oiled hands, fill the eggs with the crispy rice mixture. It will be sticky and seem like it's falling apart, but pack it in as tightly as you can. It will stay together once it cools. Place the eggs in the freezer (20-30 minutes). Remove the eggs from the molds.



## Let's GROW Fresh Vegetables GARDEN-IN-A-BAG KITS



To register please call Trysta  
819-627-9060

DEADLINE TO REGISTER  
Friday April 17th 2026

Limited Quantities – 1 per Household

GARDENING KITS WILL BE AVAILABLE TO KEBAOWEK MEMBERS  
KITS WILL INCLUDE: SEEDS, SOIL, STARTER TRAYS

YOU WILL BE ABLE TO PICK UP YOUR KITS AT THE  
HEALTH & WELLNESS CENTER  
WEDNESDAY APRIL 22ND 2026 BETWEEN 1PM TO 4:30PM

**MCH/PALS PRESENT**



**The MAGIC of Christophe**

Community members and their families with children 0-11yrs

Light snacks and refreshments will be available



Come Join Us For Some Magical Fun

**Friday, April 17 @ 6:00pm**

RSVP by April 10

Contact Cassandra or Lynn @ 819-627-9877

JOIN PALS/MCH FOR

## EARTH DAY CLEAN UP

**APRIL 22ND, 2026**



CFS will provide:  
Gloves      Available for pick up April 20th, 2026  
Garbage Bags

**Rules:**

1. Clean Up An Area In Our Community
2. Post Your Before & After Photos By Email To: cclarke@kebaowek.ca



Families who submit photos will be added to a draw for a stater kit garden for the entire family



Deadline to Submit Photos: April 30th, 2026

If you have any questions please contact Cassandra or Lynn @819-627-9877

## BABY & ME


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

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

April 2026 Dates:  
13th, 20th & 27th

May 2026 Dates:  
5th, 11th & 25th

Coffee/tea & snacks provided.



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

## Community Breakfast

**THURSDAY APRIL 23RD**



**REMINDER: WE NO LONGER DO TAKE OUT**

**6:45AM - 9:00AM**  
**@ THE COMMUNITY HALL**

Phelps Bus Pick-up @ 7:30

Temis Bus Pick-up @ 7:40 (1st run)

Temis Bus Pick-UP @ 8:40 (2nd run)



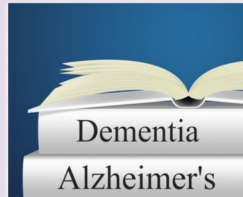
## Medical Transportation Information

Thursday  
April 16, 2026  
@ 11:00am  
at the Dome

Come join us for  
Medical  
Transportation  
update  
information  
session!

Presented by  
Kimberly  
Contstant

Lunch  
will be  
served after  
the  
presentation!



## Dementia & Alzheimer's Information

Thursday  
April 30, 2026  
@ 11:00am  
at the Dome

Come join us for  
a Dementia &  
Alzheimer's  
information  
session!

Presented by  
Nurse Erica  
Miness

Lunch  
will be  
served after  
the  
presentation!

## SENIOR SOCIAL

ELDERS 55+

DATES:

THURSDAY APRIL 9, 2026  
THURSDAY APRIL 16, 2026  
THURSDAY APRIL 23, 2026  
THURSDAY APRIL 30, 2026

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 @ 819-627-9060

## Meals on Wheels

Upcoming Dates for  
Meals on Wheels

April 15, 2026

April 29, 2026

May 13, 2026

May 27, 2026

Cost per meal \$7.00

If you are not home please  
leave a cooler outside

# Kebaowek Health and Wellness Center Programs and Activities



## 2026 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 10th, 2026 to be eligible for the draw. THIS CONTEST WILL RUN ALL YEAR !!



## 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](http://fnchildclaims.ca).

Contact Delyssa or Darlene at 819-627-9877 to book an appointment to submit a claim

## Addiction? We can help!

### Are you living with addiction?

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

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

- Judgement free
- Confidential
- Person-centered care

Call Delyssa Down  
819-627-9877

## BEYOND THE SMOKE: A New Life Awaits



Did you know...  
quitting smoking is the best thing you can do for your health.

For more information or interest in the smoking cessation program.

Please call Kebaowek Health and Wellness Center  
819-627-9060  
Ask to speak with

Jocelyn Heffern  
Community Health Nurse

or

Delyssa Down  
Mental Health & Addictions

# Kebaowek Health and Wellness Center Programs and Activities



## FreshStart Prep

### Freezer Meal Workshop

Come Chat, Cook & Create!

# Chicken Pot Pie


April 20th 2026  
5pm at The Dome  
To register please call Trysta  
(819) 627-9060 ext 524



**Limited Spaces Available**

# Counseling Services


Nurturing Minds, Healing Hearts



**Services Offered**

- Psychotherapy
- Consulting
- Family Therapy
- Community Psychology

**Arlene Laberte**  
Licensed Psychologist



**Biweekly Sessions**  
In Community every other Tuesday, by Phone or Zoom

To book an appointment call Child & Family Services @ 819-627-9877

Kebaowek Band and Community Members

Monday April 13, 2026  
6:30pm-8:30pm

## Woman's PAINT Night

With Michelle St-Denis

Get creative and paint your own unique potted pots, perfect your home or to gift. It's the perfect way to relax and have some fun. No experience needed! All Materials supplied!




At the Health Center Back Entrance

Tea/ Coffee & Light Snacks provided

**To Register**

Contact Cassandra

819-627-9877

**Limited spaces available**



# FOOD BANK

**Registration:**  
Monday & Tuesday  
8:00am - 4:30pm

**Pick-up Days:**  
Wednesday & Thursday  
10:00am - 4:00pm



**Food bank Reminders**

- In order to access Food Bank services, a completed registration form is required.
- Delivery services are no longer available.
- Clients must call monthly to register with Jessica @ 819-627-9877

**Location**  
172 Ogima Street  
Kebaowek


Child & Family Services Doors

# PUBLIC SWIMMING

LE CENTRE TEMISCAMING

Kebaowek Band & Community Members

FUN / FITNESS / SOCIAL / STAY HEALTHY




For Families with children 0-17 years  
**CHILD & FAMILY SERVICES WILL REIMBURSE SWIMMING FROM LE CENTRE TEMISCAMING - SUBMIT ALL RECEIPTS TO ALYSSA**

FOR MORE DETAILS // PH: 819-627-9877  
**DISCLAIMER\* DOES NOT INCLUDE POOL RENTALS**

# Public Skating

Kebaowek Band & Community Members - For families with children 0 -17



Monthly dates will be advertised on the Le Centre Facebook page

Le Centre Temiscaming  
 20 Rue Humphrey,  
 Temiscaming

Please bring in the monthly receipt to Alyssa at Kebaowek Child & Family Services to be reimbursed.

819-627-9877  
 172 Ogima Street, Kebaowek  
 Child & Family Services

**Disclaimer \* Does not include Ice rentals**



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.

JOIN OUR PHYSICAL ACTIVITY CHALLENGE EVERY FIRST FULL WEEK OF EVERY MONTH WE ARE ASKING EVERYONE TO GET ACTIVE TO WIN !!

**STARTS JANUARY 4TH, 2026**

**GET ACTIVE AND WIN**



All you have to do is send in a picture of yourself participating in some form of physical activity and you will be entered into a draw to win a \$50 Visa Gift Card. You are allowed 1 entry per month and this challenge is open to all Kebaowek members.

Sunday April 5th - Saturday April 11th  
 Sunday May 3rd - Saturday May 9th

Send pictures to: [mmcmartin@kebaowek.ca](mailto:mmcmartin@kebaowek.ca) or private message the Kebaowek Health Center Facebook Page.

When sending in a picture, please attach all names that are in the photo. Example: family is playing hockey

# Kebaowek First Nation Community Calendars

| Manadjitaganiwan   | Metisowini-kijjigan   | Anjeni-kijjigan   | Sozep-kijjigan        | Ishpiniganiwan                             | Chibayatigo-kijjigan  | Mani-kijjigan                     |
|--|---|-------------------|-----------------------|--|---|-----------------------------------|
| <b>Kawasakotodj Kizis<br/>April 2026</b>                                 |   |                   | 1                     | 2  | 3<br>Kebaowek<br>Offices/Health Center<br>are closed for<br>Good Friday | 4<br>Community Shopping           |
| 5<br>Easter Brunch<br>Community Hall<br><br>Get Active and<br>Win Week → | 6<br>Kebaowek<br>Offices/Health Center<br>are closed for<br>Easter Monday | 7<br>FPIC Meeting | 8                     | 9<br>Senior Social                         | 10  | 11                                |
| 12   | 13<br>Baby & Me<br>Women's Paint Night<br>Walking Challenge<br>Starts     | 14                | 15<br>Meals on Wheels | 16<br>Lunch & Learn<br>Senior Social       | 17<br>The Magic<br>of Christophe  | 18<br>Texas Hold'em<br>Tournament |
| 19<br>Adult / Child<br>Cornhole<br>Tournament                            | 20<br>Baby & Me<br>Freezer Meal<br>Workshop                               | 21                | 22<br>Earth Day       | 23<br>Community Breakfast<br>Senior Social | 24  | 25                                |
| 26   | 27<br>Baby & Me   | 28                | 29<br>Meals on Wheels | 30<br>Lunch & Learn<br>Senior Social       |   |                                   |

|                                   | Metisowini-kijjigan   | Anjeni-kijjigan | Sozep-kijjigan        | Ishpiniganiwan  | Chibayatigo-kijjigan                  | Mani-kijjigan           |
|-----------------------------------|---|-----------------|-----------------------|---|---------------------------------------|-------------------------|
| <b>Wabigon Kizis<br/>May 2026</b> |   |                 |                       |   | 1                                     | 2<br>Community Shopping |
| 3<br>Get Active and<br>Win Week → | 4<br>Baby & Me  | 5               | 6                     | 7<br>Senior Social  | 8<br>Evening Adult<br>Crib Tournament | 9                       |
| 10                                | 11<br>Baby & Me<br>Bannock & A Badge                                      | 12              | 13<br>Meals on Wheels | 14<br>Kebaowek Health<br>& Wellness Center<br>Spring Fair | 15                                    | 16                      |
| 17                                | 18<br>Kebaowek<br>Offices/Health Center<br>are closed for<br>Victoria Day | 19              | 20                    | 21<br>Senior Social                                       | 22                                    | 23                      |
| 24                                | 25<br>Baby & Me   | 26              | 27<br>Meals on Wheels | 28<br>Community Breakfast<br>Senior Social                | 29                                    | 30                      |