



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Wabigon Kizis / May 2026

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Spring — INTO — WELLNESS

Your Health is our Priority

PREVENT |
 EDUCATE |
 EMPOWER

Please join us for our Annual
Spring Health Fair

THURSDAY MAY 14TH, 2026
Kebaowek Health & Wellness Center
1:00 PM – 7:00 PM
BBQ SUPPER - 5:00 PM

WAYS TO WIN BALLOTS FOR PRIZES

- Participating in Screening Clinic
- Show your valid RAMQ Card
- Bring a donation for the Food Bank
(Hygiene Products, Rice & Pasta, Soups & Sauces, Cereal & Oats, Kids School Snacks)
- Ask Questions
- Provide Suggestions

GREAT PRIZES TO BE WON!

A Healthier You, A Stronger Community

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 Eco-Centre Update

Community Clean-Up Week is scheduled from **Monday, May 4 to Friday, May 8, 2026**. Refer to the attached page for detailed information on acceptable materials and collection procedures. With spring arriving, the community clean-up efforts are in progress. We thank you for your patience, as urgent operational tasks may occasionally lead to delays. Rest assured, any remaining winter waste will be collected and cleaned up.

Reminder: **GREEN** bin collection has switched to **WEEKLY**. To schedule a pickup on a different day, contact the Band Office at 819-627-3455 to arrange collection and disposal.

Congratulations to our Draw Winners! Brenda St-Denis

and Ellise Mongrain won the Blackstone Griddle and Yeti Cooler at the Earth Day Information Session and Community Breakfast. We appreciate everyone who visited, asked questions, and supported these initiatives — we are committed to helping and supporting community members.

This week, new **2026–2027 Collection Calendars** will be handed out door-to-door, along with more details about the Community Clean-Up.

Stay connected by joining the **Kebaowek Waste Management & Eco-Centre** on Facebook. A QR code link is attached, or visit:

www.facebook.com/kebaowekecocentre

GARBAGE
Migwaman Webinasin

Food waste is COMPOST!
Styrofoam & Oily Pizza Boxes are WASTE!

Household Waste

Styrofoam

Sanitary Waste

RECYCLABLE MATERIALS
Kegonan kiyabitc ke abidik

Styrofoam & Plastic Bags are WASTE!

Containers

- Food & Beverage Containers
- Plastic Containers
- Item Containers

Printed Paper

Packaging

COMPOSTABLE MATERIALS
Webinasin kid akiwak

Cardboard & Packaging are RECYCLING!

Food Scraps

Yard Waste

Paper Fibres

KEBAOWEK
ECO-CENTRE

KEBAOWEK FIRST NATION
ECO-CENTRE

ACCEPTED MATERIALS / MATIÈRES ACCEPTÉES / KEGON KAOTAPINIKATEK

- Wood / Bois / Nabagasak
- Metal / Métal / Piwabikon
- Construction, renovation and demolition waste / Résidus de construction, rénovation et démolition / Miskwasinan
- Bulky items / Encombrants / Ka kibitegan
- Refrigerating appliances / Appareils réfrigérants / Takisidjiganan
- Tires (without rims) / Pneus (sans jantes) / Toweganan (kawin ka iji napiset)
- Propane bottles / Bouteilles de propane / Gas akik
- Reusable materials / Réemploi
- Household hazardous waste / Résidus Domestiques Dangereux / Ka pitciboniwak kegonan :
 - Paint, dye, varnish, aerosol
 - Oil, filters and antifreeze
 - Chemical products
 - Electronics
 - Mercury containing light bulbs
 - Batteries

INSTRUCTIONS

1. Register at the reception desk.
2. Identify what materials and quantities you are bringing.
3. Dispose of your material in the designated areas according to the instructions of the attendant.

SAFETY RECOMMENDATIONS

- No material is to be left outside when the Eco-centre is closed.
- 5 km/h speed limit at all times.
- No smoking on site
- Wait for an attendant at the site entrance before disposing of your materials.
- Unload your materials and clean the area around your vehicle before leaving the Eco-centre.
- Getting inside the containers is prohibited.

Refused Materials | Ki Ocjigo
These items are not **COMPOST!**

Dairy Products	Pet Waste & Litter
Compostable & Biodegradable Plastic Bag (BPI ONLY)	Breads & Pasta
Meat, Bones & Animal Waste	Liquids, Oils & Grease
Cigarettes	Used Tissue Paper



KEBAOWEK COMMUNITY CLEAN-UP

WORKING TOGETHER FOR A CLEANER, HEALTHIER AND BEAUTIFUL KEBAOWEK!



**MONDAY, MAY 4TH, 2026
TO FRIDAY, MAY 8TH, 2026**

Kebaowek First Nation residents are invited to participate in our Community Clean-Up. Please place accepted materials **CURBSIDE** for collection and transport to the Eco-Centre.



IF IT'S TOO LARGE TO FIT INTO YOUR BLACK, BLUE OR GREEN BINS—WE'LL TAKE IT!

! IMPORTANT INFORMATION

- Crews will circulate throughout the community all week.
- Please have your items out early as routes may only be serviced once.
- Place items at the roadside in an orderly manner and do not block roads, driveways, mailboxes, fire hydrants or drains.

PLEASE SORT MATERIALS BY CATEGORY AND PLACE IN SEPARATE PILES CURBSIDE

<p>1 METAL & SCRAP</p> <ul style="list-style-type: none"> • Stoves • Washers and dryers • BBQs • Lawn mowers • Pots and pans • Microwaves • Scrap metal 	<p>2 BULKY HOUSEHOLD ITEMS</p> <ul style="list-style-type: none"> • Furniture • Mattresses and box springs • Carpet • Mirrors 	<p>3 WOOD</p> <ul style="list-style-type: none"> • Pallets • Lumber • Untreated and treated wood 	<p>4 ELECTRONICS (E-WASTE)</p> <ul style="list-style-type: none"> • Computers and laptops • TVs • Stereos and speakers • Video game systems • Printers • Cables • Satellite dishes 	
<p>5 RECYCLABLES</p> <ul style="list-style-type: none"> • Cardboard • Paper • Glass jars • Plastic bottles • Aluminum cans 	<p>6 CONSTRUCTION MATERIALS</p> <ul style="list-style-type: none"> • Shingles • Bricks • Stone • Cinder blocks • Aggregates 	<p>7 APPLIANCES WITH REFRIGERANTS</p> <ul style="list-style-type: none"> • Refrigerators • Freezers • Air conditioners • Dehumidifiers 	<p>8 TIRES</p> <ul style="list-style-type: none"> • Stack tires together in one pile 	
<p>9 BATTERIES (PLEASE BAG SEPARATELY)</p> <ul style="list-style-type: none"> • Household batteries • Automotive batteries • Rechargeables 	<p>10 OILS, FILTERS & AUTOMOTIVE FLUIDS</p> <ul style="list-style-type: none"> • Motor oil • Oil filters • Transmission fluid • Antifreeze 	<p>11 PAINTS & CHEMICALS</p> <ul style="list-style-type: none"> • Paints • Aerosol cans • Other garage chemicals 	<p>12 PROPANE & GAS CYLINDERS</p> <ul style="list-style-type: none"> • Propane tanks • Butane cylinders • Other gas cylinders 	<p>13 LIGHTS</p> <ul style="list-style-type: none"> • Light bulbs of all kinds

✗ NOT ACCEPTED

- | | |
|--|---------------------------------------|
| Regular household garbage / bagged garbage | Biomedical waste / sharps |
| Food waste / organics | Animal carcasses |
| Explosives or ammunition | Uncontained loose hazardous materials |

This is a special clean-up collection for large items and Eco-Centre accepted materials—**NOT** regular household waste collection.

If you are unsure about an item, please contact the Kebaowek Eco-Centre before placing it out.

For more information, contact the **Kebaowek Eco-Centre**



REDUCE. REUSE. RECYCLE.
Together we make a difference!

Registration and Membership Information



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](tel:1-800-567-9604) or by email at infopubs@sac-isc.gc.ca Your TCRD will be sent to you by mail.

For an appointment, assistance or more information:

Laura Moore

IRA & Social Development Coordinator

Kebaowek First Nation

110 Ogima Street, Kebaowek Quebec J0Z 3R1

Phone: 819-627-3455 Ext 228

Email: lmoore@kebaowek.ca

**** 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)



**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**

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

Kebaowek Childcare Centre



GREAT NEWS FOR KEBAOWEK CHILDCARE CENTRE

We're excited to announce that construction on our daycare expansion will officially begin on Monday, May 4! This is an important step forward for us, and we look forward to creating an even better space for the children and families we serve.

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** with any questions.

Help us preserve our heritage for future generations!

Renew your Canadian Dental Care Plan Coverage

Renew your Canadian Dental Care Plan (CDCP) coverage between **April 15 and June 1, 2026**

Who needs to renew

- All CDCP members, including those who recently applied for this benefit year, need to renew for the next benefit year to avoid a gap in their coverage.

How to renew

Before renewing, you and your spouse or common-law partner (if applicable) must have:

- filed your 2025 tax return
- received your 2025 Notice of Assessment

You can renew:

- Online: Canada.ca/MSCA (your My Service Canada account) or Canada.ca/dental
- By phone: 1-833-537-4342 or 1-833-677-6262 (teletypewriter)

You can renew for yourself and any dependents under 18 years old.

If you don't renew, your coverage will end on June 30, 2026

You will have to pay for the services you receive after your coverage ends. You will not be reimbursed for these services even if your coverage is renewed at a later date.


For more information, visit Canada.ca/dental

Pub. 250499

Government of Canada / Gouvernement du Canada

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



Cop For A Day!


KFN Members Aged 7-14 Invited to Participate in Coloring Contest.

Prize: A ride along in KPD's police cruiser to visit to first responder facilities in KFN and surrounding areas, including a day with a Kebaowek Police Department uniform and participation in a police simulation. Participants may choose to be accompanied by a parent or friend.

Drawing pick-up locations include the Health and Wellness Centre, the Band Office, the Kebaowek Police Department, and our local stores.

Submission Deadline: May 14th
Event Date: May 23rd

For additional information, please contact KPD Administrative Assistant Brianna Perrault at 819-627-8229, ext. 600, or Officer Yvon Paiement at 819-627-8229, ext. 608.



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.



KEBAOWEK POWWOW

Call for Food Vendors

Date: July 25-26th 2026

If interested contact:
migizygas@kebaowek.ca



KEBAOWEK POWWOW

Call for Craft Vendors

Date: July 25-26th 2026

If interested contact:
migizygas@kebaowek.ca

*Missing & Murdered Indigenous
Women, Girls & Two-Spirit*
In support of MMIWG2S please wear
red on May 5th.

Kebaowek members: Send in a photo of you
wearing red on May 5th for a chance to win 1
of 3 prizes (\$25, \$50, \$100)

Photos can be submitted via email or on our facebook page.
email: Cultural@kebaowek.ca

Red Dress Earring Workshop

Drop-in at the cultural building
Tuesday April 28th
1:00pm or 5:30pm

SWEAT LODGE GATHERING

MAY 11 – 13

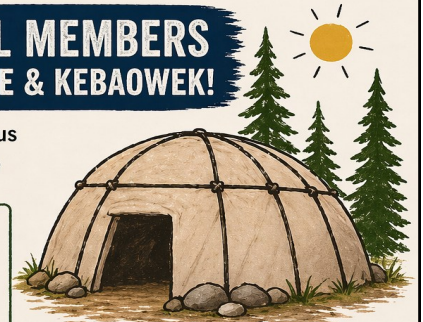
WOLF LAKE FIRST NATION & KEBAOWEK FIRST NATION

**CALLING ALL MEMBERS
FROM WOLF LAKE & KEBAOWEK!**

You are invited to join us
in ceremony, healing,
and community.



**ALL SWEATS
ARE OPEN TO
MEMBERS OF
WOLF LAKE &
KEBAOWEK**



WHAT TO EXPECT



CEREMONY



HEALING



COMMUNITY

PLEASE SIGN UP!

To sign up or for more information, please contact:



WOLF LAKE FIRST NATION
culturalco@wolflakefirstnation.com
or call 819-627-3628



RODNEY ST DENIS – KEBAOWEK FIRST NATION
rstdenis@kebaowek.ca

Together in ceremony. Together in healing. Together in community.



Happiest of Birthdays
Adam and Randi ♥
We love you and hope
you had fantastic days !
Love your Family xo



Happy Birthday Uncle Adam
I love you so much my
captain crumbbum xo
Nylah ♥

Happy 54th Birthday
to Doug on May 15th

Love Lee ♥



KEBAOWEK ECO-CENTRE



SCAN ME



JOIN THE KEBAOWEK
WASTE MANAGEMENT &
ECO-CENTRE FACEBOOK
PAGE!



MARCHÉ DE VENDEURS
SALLE COMMUNAUTAIRE DE KEBAOWEK

SAMEDI 2 MAI 2026
10H00 À 16H00

NOURRITURE DISPONIBLE
SUR PLACE OU À EMPORTER

SPRING VENDOR'S SHOW
KEBAOWEK COMMUNITY HALL

SATURDAY MAY 2ND, 2026
10:00 AM - 4:00 PM

FOOD AVAILABLE
EAT IN OR TAKEOUT

PRIX DE PRÉSENCE DE 100 \$ OU PLUS!

SOUTENEZ LES VENDEURS LOCAUX

DOOR PRIZE WORTH \$100 OR MORE!

SUPPORT LOCAL VENDORS

Evening

CRIBBAGE TOURNAMENT

Kebaowek Community Hall

MAY 8TH, 2026

6:00PM

Pre-Registration : Messenger or Call Band Office
819-627-3455

*Minimum of 12 Teams needed to confirm tournament

No Age restriction
must have cribbage knowledge to participate

\$40 Per Team
No single players

100% Payout - A & B Class

SAVE THE DATE!

30TH ANNUAL

KEBAOWEK BOAT RALLY

POKER RUN

GATHER YOUR CREW. COLLECT YOUR CARDS.
WIN GREAT PRIZES!

HAPPENING

JULY 18TH, 2026!

BOATING FUN MEMORIES

UPCOMING EVENTS

MAY 2ND	Spring Vendors Show
MAY 8TH	Evening Crib Tournament (advance registration)
JULY 17TH	Boat Rally Pre-Registration
JULY 18TH	30th Annual Boat Rally
AUGUST 14-15-16	Kipawa Countryfest
SEPT 13TH	Jigsaw Puzzle Race Grab a partner & Be the first team to finish!
OCTOBER 25TH	Kids Halloween Party
Elders Christmas Dinner November 28th	Breakfast with Santa December 20th



19^e ÉDITION
MUSIQUE COUNTRY. TOUT LE WEEKEND.

19TH ANNUAL
LIVE COUNTRY. ALL WEEKEND.

14-15-16 AOÛT | AUGUST 14-15-16, 2026 | KEBAOWEK [KIPAWA], QUÉBEC

TÊTE D'AFFICHE | HEADLINER
DEAN BRODY



TÊTE D'AFFICHE | HEADLINER
TIM & THE GLORY BOYS



INVITÉ SPÉCIAL | SPECIAL GUESTS
THE GIRLS



INVITÉ SPÉCIAL | SPECIAL GUEST
GORD BAMFORD

AUTRES PERFORMANCES DE | OTHER PERFORMANCES BY

Larry Berrio • The Plowboys • Khloe B • Eclectic Vinyl Outlaws • The County Open Road • Quick Pick • Eastbound of Bytown • The Countryfest Crew

Musique | Bar | Vendeur Alimentaire
Navette | Brunch [Samedi et Dimanche]
Marché des artisans | Prix et Tirages 50/50
Zone Enfants : Gonflable pour enfants / Activités / Jeux

Music | Bar | Food Vendors
Shuttle Bus | Brunch [Saturday & Sunday]
Food & Artisan Vendors | Prizes & 50/50 Draws
Kid's Zone: Kids Inflatables / Activities / Games

Camping RV disponible. Appelez pour réserver. | 705-499-7076 | RV camping available. Call to reserve.



Achetez votre bracelet en ligne!
Buy your wristband online!
www.kipawacountryfest.ca

Sound and Lighting By:



MC: Sam Harvey



POSTER COURTESY OF:



INFORMATION:

☎ 873-997-0482

🌐 www.kipawacountryfest.ca

📌 Kipawa Countryfest

An Update from the Director of Health & Social Services

Kwe to all Members of Kebaowek First Nation

Your Health & Wellness Center will be hosting our annual Spring Health Fair in our building on May 14th. The basis for doing this started with the need to offer screening test for chronic illness like hypertension and glucose levels. With early detection we can minimize the long-term effects of these conditions could have if gone non-detected for years. This also permits us to create a relationship of trust with our team members, the trust that is so important in your journey of a healthier lifestyle.

So even though you may already be followed by our clinical staff, you can still pay us a visit on the 14th to see what else is going on. Better yet, bring along your spouse, partner, son or daughter who might think they are too young to get screened. We will be happy to establish a baseline with them for future references if needed.

For all you parents with children under 17, we will be introducing a brand-new initiative to help support you and your child's health. Stop by on the 14th to get more information on this new collaboration with KixCare.

Ontario Corridor of services

A second meeting took place on April 9th, chaired by the deputy minister of health Mr. Daniel Paré. Mr. Paré reached out his counterpart for Ontario, who was not aware of the current situation and why a population just 45 minutes away could not receive services. She was made aware of the distances in play and seemed very sympathetic. However, she asked that she be given some time to get familiar with the situation and would be reaching out to Mr. Paré before our next meeting.

In the meantime as things hopefully get worked out, I put in a request to the CISSSAT's Chief medical officer Dr. Francois Aumond and to PDG Caroline Roy, that they make a conscious effort to advise their people to do their best when they schedule our people who require to see a specialist in Amos, Rouyn and Val d'Or. The request is that they schedule us at a time when we don't have to leave at 5 in the morning or must stay overnight. Also, if it's a follow up that can be done via telemedicine/videoconferencing, then they should accommodate our members to avoid a long day on the road for a 15 minutes appointment that can be done remotely. Both our Health Center and the Temiscaming hospital can provide telemedicine services. They both

seemed very receptive and will see what they can do for future appointments.

Meetings Attended in March:

- Migizy Odenaw Daycare Expansion
- Regional Health Directors with CISSSAT
- FNQLHSSC BOD
- Regional Strategic Committee on Homelessness
- ISC CHRT proposal follow up
- KixCare / FNQLHSSC Start Up

Onimiki Renewable Energy File:

- Board of Directors
- Meeting with Partners
- Communications committee meetings

We are revising our public consultations meeting schedule in light of a few project modifications which require further studies in those specific areas. Other important studies like integration to the distribution network is currently underway.

Like many of you who haven't had an opportunity to get out on the ice, it won't be long now where we can get our boats out to get a fresh snack of pickerel. Be safe on the waters as they are frigid and will cause hypothermia very rapidly. Stay safe!

Indigenous Guide

"The Elders were wise. They knew that man's heart, away from nature, becomes hard; they knew that lack of respect for growing, living things, soon led to the lack of respect for humans too". ~ Chief Luther Standing Bear, Sicangu & Ogalala Lakota Chief

David McLaren
Director of Health & Social Services



Medical Transportation

Let's hopefully welcome some beautiful Spring weather this month.

Firstly, I would like to mention that the deadline has come for handing in last year's attestation sheets. The deadline was on April.22, 2026. So unfortunately, anything before April.1st, 2026, I will no longer be accepting for reimbursement. Please pay attention to these dates as they are written on the back of your attestation slip as well as on the top of the reimbursement form.

The Health Center will be hosting another Spring Fair this month, on May 14th, 2026. Be sure to stop by my office to get some info or to ask your questions concerning Medical Transportation. I always love interacting with our clients and

answering questions. Hope to see you there.

Please remember to call me as soon as possible about your appointments, clients are booking months in advance with their appointments. The earlier the better. It helps to coordinate our very busy schedule. It would be greatly appreciated.

If ever you have any questions or concerns about Medical Transportation, please feel free to contact me at the Health Center.

Have a safe and healthy month in May.

Kim Constant
Medical Transportation Coordinator (Interim)

Clinical Support Worker

I am 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.
- Help with translation services when you need to speak with a medical provider regarding appointments and they speak French. This can include cancelling or changing your appointment time

- 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.

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

Jennifer King
Clinical Support Worker

TIPS for a HEALTHY SPRING



PROTECT YOUR SKIN
Use SPF 30
sunscreen when
going outside



RETHINK YOUR DRINK
Substituting sugary
drinks with water is
better for hydration



EAT HEALTHY FOODS
Eat more fruits &
veggies!



EXERCISE OFTEN
Get at least
30mins of
activity 5 times
a week!

Naloxone

Naloxone is a medication that can temporarily reverse the effects of an opioid overdose and allow time for medical help to arrive.

Overview

Naloxone is a medication that can temporarily reverse the effects of an opioid overdose and allow time for medical help to arrive.

Since June 2016, naloxone has been available for free through pharmacies, community organizations and provincial correctional facilities. This was in response to the opioid crisis, and in particular, the increase in overdose deaths. Fentanyl has been linked to many of these overdose deaths.

Fentanyl is an opioid that is prescribed as a skin patch. It is 100 times more powerful than morphine and used to treat severe pain. Most street fentanyl in Canada is produced illegally as a powder. It is increasingly found in street drugs, such as heroin and cocaine, and used to make tablets that look like prescription medications. Many overdoses have occurred because people did not know that what they were taking was contaminated with fentanyl.

If you or someone you know uses opioids or other street drugs, it is a good idea to have a naloxone kit.

Do I need this treatment?

A person may have overdosed if:

- they can't be woken and/or don't respond to pain (e.g., pinching)
- they are not breathing at all or are breathing very slowly
- their lips and fingertips are turning blue or purple (in people with darker skin, their gums may be blue or purple)
- they are making an unusual gurgling or loud snoring sound
- their pupils are very tiny.

If someone is overdosing, call 911 right away! You can then use your naloxone kit while you wait for medical help.

What does Naloxone do?

Naloxone is an opioid antagonist. This means it blocks the effects of opioids, such as heroin, fentanyl, oxycodone and hydrocodone. It can restore normal breathing to a person whose breathing has shallowed or stopped as a result of an overdose.

Side effects of Naloxone

Naloxone is a relatively safe drug. Giving naloxone to a person that is unconscious because of a non-opioid overdose is unlikely to cause harm. However, naloxone will not reverse overdoses that are caused by non-opioid drugs (e.g., overdoses caused by alcohol or cocaine).

Source : CAMH.ca

What is Mental Health

What Is Mental Health?

Mental health is your psychological and emotional well-being. It affects how you think, feel, and act in everyday life.

Mental health is an important part of overall health and well-being. It is not the same as mental illness, but poor mental health can contribute to mental and physical health concerns.

Why Mental Health Matters

Good mental health helps you:

- Enjoy life
- Cope with stress and challenges
- Build and maintain healthy relationships

- Make decisions and solve problems
- Adapt to change

Factors That Can Affect Mental Health

Mental health can be influenced by many things, including:

- Life Experiences
- Family situation
- Death of a loved one
- Financial stress
- Employment status
- Relationships
- Friends
- Family members

What is Mental Health

- Co-workers
- Schoolmates
- Environment
- Work or school environment
- Community support and connectedness
- Physical Health
- Long-term illness
- Problematic substance use

Remember

- Mental health can change over time and may be impacted by life circumstances, support systems, and overall wellness.
- Taking care of your mental health is just as important as taking care of your physical health.

Caring for Your Mental Health

Taking care of your mental health is just as important as caring for your physical health.

Ways to Support Your Mental Health

- Accept that life can be challenging

- Recognize your strengths and set realistic goals
- Practice self-acceptance
- Try new hobbies or activities
- Build healthy, supportive relationships
- Stay connected to your community

Benefits of Good Mental Health

Good mental health can help you:

- Cope with stress
- Build confidence and self-esteem
- Recover from challenges
- Maintain healthy relationships
- Improve overall well-being

Remember:

Small daily actions can make a big difference in your mental wellness.

If you, find yourself needing any additional help or support, come see us at Child & Family Services or call 819-627-9877

National Indian Residential Schools Crisis Line
1-866-925-4419
www.fnha.ca

National Indian Residential School Crisis Line is a national service for anyone experiencing pain or distress as a result of their residential school experience

First Nations & Inuit Hope for Wellness Help Line
1-855-242-3310
www.hopeforwellness.ca

Hope for Wellness is available 24/7 to all Indigenous people across Canada. Whether you prefer to talk to someone on the phone or online

Talk Suicide Canada
1-833-456-4566
www.talksuicide.ca

Talk Suicide Canada provides free, confidential support to anyone who is thinking about suicide or is worried about someone they know

Kids Help Phone
1-800-668-6868
www.kidshelpphone.ca

Kids Help Phone is Canada's only 24/7 national support service. They offer professional counselling, info, referrals & text based support to young people

Helplines

LGBTQ+ National Health Center
1-888-843-4564

LGBTQ National Hotline offers free & confidential support by phone & online chat for youth, adults & seniors who struggle with coming-out, bullying, relationships, & more

Domestic Violence Help Line
1-800-363-9010
www.sosviolenceconjugale.ca

SOS Violence Conjugale's mission is to ensure the safety of victims of intimate partner violence & their children throughout Quebec by offering free, bilingual & confidential services

Wellness Together Canada
1-866-585-0445
www.wellnesstogether.ca

Wellness Together Canada provides free resources for mental health & substance use support

24 Hour Problem Gambling Helpline
1-800-463-1554

24hr Problem Gambling Helpline offers free and confidential support over the phone

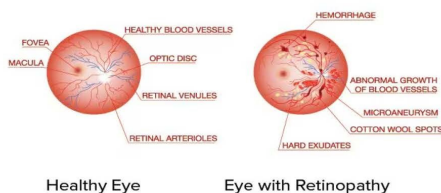
DIABETIC RETINOPATHY CLINIC

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



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.

Healthy Snacks Ideas



- Pistachios
- Fresh Fruit Popsicle
- Veggies & Guacamole Dip
- Bowl of Fresh Berries
- Sliced Watermelon
- Mixed Nuts
- Veggies with Hummus
- Fruit Skewers
- Fruit Smoothies
- Apple Slices
- Mandarin Oranges
- Fruit Salad
- Chocolate Covered Bananas
- Yogurt Fruit Clusters



- Cashews
- Rice Cake
- Almonds
- Fruit Salsa with Pita Chips
- Pineapple Chunks
- Banana with Peanut Butter
- Carrot Sticks
- Homemade Energy Balls



- Celery Sticks
- Trail Mix
- Peaches
- Cucumber Slices
- Juicy Ripe Pear
- Sugar Snap Peas & Hummus
- Homemade Granola Bars
- Cherry Tomatoes
- Grapes



- Fresh Cantaloupe
- Turkey & Cheese Roll-Up
- Edamame
- Blackberries
- Yogurt Parfait
- Popcorn (no salt or butter)
- Sliced Peppers
- Hard Boiled Eggs
- Cherries



- Unsweetened Apple Sauce
- Pumpkin Seeds
- Dark Chocolate
- Kiwis
- Sunflower Seeds
- Bean Dip & Veggies
- Banana Chips

Hypertension Awareness Month



May is recognized as Hypertension Awareness Month, a time dedicated to raising awareness about high blood pressure and encouraging people to take control of their heart health. Often called the “silent killer,” Hypertension affects millions of people worldwide, many of whom don’t even know they have it.

Hypertension occurs when the force of blood against the walls of your arteries is consistently too high. Over time, this added pressure can damage blood vessels and lead to serious health complications, including heart disease, stroke, kidney damage, and vision loss. Because it often has no noticeable symptoms, regular blood pressure checks are essential for early detection.

Blood pressure is measured using two numbers: systolic (the pressure when your heart beats) over diastolic (the pressure when your heart rests between beats). A normal reading is typically around 120/80 mmHg. Consistently elevated readings above this range may indicate hypertension and should be discussed with a healthcare provider.

The good news is that hypertension is both preventable and manageable with healthy lifestyle choices. Maintaining a balanced diet rich in fruits, vegetables, whole grains, and lean proteins can significantly improve heart health. Reducing sodium (salt) intake is especially important, as high sodium levels are linked to increased blood pressure. The DASH Diet (Dietary Approaches to Stop Hypertension) is often recommended for those looking to lower or control their blood pressure.

Regular physical activity is another key factor. Aim for at least 150 minutes of moderate exercise per week, such as walking, cycling, or swimming. Managing stress, limiting alcohol consumption, and avoiding smoking also play a critical role in keeping blood pressure within a healthy range.

Hypertension Awareness Month serves as an important reminder to take proactive steps toward better health. By staying informed, getting regular screenings, and making heart-healthy choices, you can reduce your risk and protect your long-term well-being.

Skin Cancer Awareness Month

May is recognized as Skin Cancer Awareness Month, a time dedicated to educating the public about the risks of Skin Cancer and the importance of early detection. As the most common form of cancer worldwide, skin cancer affects millions of people each year—but it is also one of the most preventable and treatable when caught early.



A key date within this month is **Check Your Skin Day, observed on May 3rd**. This day serves as a reminder to take a few minutes to examine your skin from head to toe. Regular self-checks can help you notice new or changing spots, moles, or lesions that may require medical attention. Early detection significantly increases the chances of successful treatment, especially for more serious forms like melanoma. By staying vigilant, practicing sun safety, and participating in Check Your Skin Day, you can take control of your skin health and reduce your risk.

When performing a skin check, follow the ABCDE rule for moles: **Asymmetry**, **Border irregularity**, **Color variation**, **Diameter larger than 6mm**, and **Evolving** size, shape, or color. If you notice anything unusual, it’s important to consult a healthcare professional promptly.

Prevention is equally crucial in reducing your risk of skin cancer. One of the most effective measures is protecting your skin from harmful ultraviolet (UV) radiation. This includes applying a broad-spectrum sunscreen with SPF 30 or higher every day—even on cloudy days—and reapplying every two hours when outdoors. Wearing protective clothing such as wide-brimmed hats, sunglasses, and long sleeves can further shield your skin from UV exposure.

Seeking shade during peak sun hours, typically between 10 a.m. and 4 p.m., is another simple yet effective habit. It’s also important to avoid indoor tanning beds, which significantly increase the risk of developing skin cancer, particularly in younger individuals.

Your skin is your body’s largest organ—protecting it should be a priority not just in May, but all year long.

Summer Employment Opportunity

3 - SUMMER CAMP EDUCATORS

(11 Week Summer Contract)

Title: Summer Camp Educators

Starting: June 15, 2026

Ending: August 28, 2026

Salary: Range: \$18.15-\$21.00

Hours per week: 35 hours/week (possible extended hours)

Duration: 11 weeks

Summary:

The Summer Camp Educators are responsible for planning, implementing, and supervising a diverse range of activities for children ages 5–11. Working as a cohesive team, Educators ensure the safety, growth, and skill achievement of all participants in a group setting. You will provide high-quality indoor and outdoor educational and recreational experiences rooted in our core values: caring, honesty, respect, and responsibility.

Responsibilities:

- **Program Development:** Create, facilitate, and implement daily lesson plans and engaging camp programs.
- **Safety & Supervision:** Maintain constant awareness of the whereabouts of all participants; always ensure their well-being and general safety.
- **Water Activities:** Maintain constant surveillance of pool and waterfront areas, including entering the water with campers to provide direct supervision.
- **Health & Nutrition:** Track dietary restrictions and allergies, ensuring meals and snacks are distributed safely and accurately.
- **Administrative Duties:** Maintain accurate records, including daily attendance, incident reports, and logbook documentation.
- **Site Management:** Ensure the cleanliness and organization of the camp site and activity areas.
- **Conflict Resolution:** Mediate camper disputes using positive behavior management techniques.

- **Compliance:** Participate in weekly team meetings and adhere to all safety policies under the guidelines of Kebaowek First Nation.

Requirements & Qualifications:

- **Language:** Proficiency in both English and French is highly recommended to effectively communicate with all campers, families, and staff.
- **Interpersonal:** A patient, caring personality with a genuine enjoyment of working with youth.
- **Physical:** High stamina; ability to navigate hilly or uneven terrain and carry heavy loads (e.g., camp gear).
- **Certifications:** Valid First Aid & CPR Certification (or willingness to obtain) and a successful Criminal Record Check.

Education & 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 obtain)
- Successful completion of Criminal Record Check

How to Apply:

Please submit your **cover letter, resume, and two references** to:
Meggan Levesque-Hebert
mlevesque@kebaowek.ca

Deadline: May 29, 2026,
at 12:00 PM (Noon).

Only successful applicants will be contacted for an interview.



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 !!

Community Shopping

9am - 3pm

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!

Frozen Strawberry Yogurt Clusters



PREPARATION

- 1) Line a plate with parchment paper. In a bowl, mix together the strawberries and yogurt until fruit is covered. Dollop the mixture into 5 equal-sized clusters on the parchment. Freeze until solid, about 30 minutes.
- 2) Melt chocolate chips and coconut oil in 30-second increments, stirring after each, until the mixture is smooth and easily pours off spoon
- 3) Dip the frozen clusters in the chocolate to completely cover them. Return to the freezer for 10 minutes. Once the chocolate is hardened, place the clusters in a freezer container until ready to enjoy.

INGREDIENTS

- 1 cup chopped strawberries
- 1/4 cup vanilla yogurt
- 1/2 cup semi-sweet chocolate chips
- 2 tablespoons coconut oil



FreshStart Prep

Freezer Meal Workshop

Come Chat, Cook & Create!

Shish Kabobs

May 19th 2026
5pm at The Dome
To register please call Trysta
(819) 627-9060 ext 524



Limited Spaces Available

Kebaowek Health and Wellness Center Programs and Activities

JOIN CHILD AND FAMILY SERVICES FOR OUR MENTAL HEALTH WEEK ACTIVITY

Participants who complete the mental wellness bingo will be entered to win a self-Care basket!

Prize Categories: youth, men and women

Bingo rules and instructions will be posted on our Facebook page. Good luck to all participants!

COME TOGETHER, CANADA.

Stronger connections, better mental health.

Kebaowek Child & Family Services

Adult Self-Care Bingo

Shower or take a bath	Drink a glass of water	Laugh out loud	Help someone
Light a candle	Stretch	Write a gratitude list	Go to bed early
Go outside	Eat a delicious meal	Listen to cozy music	Dance to your favourite song
Reach out to a supportive person	Try something new	Slow, deep breaths	Give yourself a compliment

Rules: send a photo to cclarke@kebaowek.ca with a photo of your completed card and one photo of you completing an activity - 1 entry per adult age 18+

Kebaowek Child & Family Services

Youth Self-Care Bingo

Shower or take a bath	Drink a glass of water	Laugh out loud	Help someone
Spend time with friends	Stretch	Compliment another person	Go to bed early
Go for a walk	Eat a healthy snack	Sing a happy song	Dance to your favourite song
Tell someone you love them	Play a board game	Slow, deep breaths	No electronics for an hour

Rules: send a photo to cclarke@kebaowek.ca with a photo of your completed card and one photo of you completing an activity - 1 entry per youth ages 0-17

Kebaowek Band and Community Members

Monday May 4th, 2026
6:30pm - 8:30pm

Woman's PAINT Night

With Michelle St-Denis

Get creative and paint your own unique wooden plaque, 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

KEBAOWEK FIRST NATION

SUMMER CAMP

> JULY 2ND TO AUG 26TH
> FOR SCHOOL AGE 5-11

<DAILY ACTIVITIES>
FIELD TRIPS, CRAFTS, SWIMMING,
FREE PLAY AND MORE

TO REGISTER OR MORE INFORMATION
PLEASE CONTACT LYNN GRANDLOUIS 819-627-9877

BEFORE JUNE 19TH, 2026

PRIORITY & LIMITED SPOTS AVAILABLE

Community Breakfast

THURSDAY MAY 21ST



**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)


BABY & ME

A playgroup for parents & caregivers
with children aged 0-5.
9:30 am – 11:30 am
at the Health Center

May 2026 Dates:
4th, 11th, 25th

June 2026 Dates:
1st, 8th, 15th & 29th

Coffee/tea & snacks provided.



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

BABY FOOD MAKING CLASSES



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

FRIDAY May 1ST, 2026
ON THE MENU...
Garrots

FRIDAY May 15th, 2026
ON THE MENU...
Apples sauce

FRIDAY May 29TH, 2026
ON THE MENU...
Peas

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



Information on Strokes

Thursday
May 28, 2026
@ 11:00am
at the Dome

Come join us for
a information
session on
Strokes!

Presented by
Nurse Joceyln
Heffern & Karleigh
Miness

Lunch
will be
served after
the
presentation!

Suspect an OVERDOSE? Stay and

CALL 911

or your local emergency number

The Good Samaritan law can
protect you from simple drug
possession charges.

Together we can **#StopOverdoses**

**KNOW
MORE**
DRUGS: GET THE FACTS.
KNOW THE RISKS.

Learn more at Canada.ca/Opioids



Government
of Canada

Gouvernement
du Canada

Canada

SENIOR SOCIAL

ELDERS 55+

DATES:

THURSDAY MAY 7, 2026

THURSDAY MAY 21, 2026

THURSDAY MAY 28, 2026

THURSDAY JUNE 4, 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

May 13, 2026

May 27, 2026

June 10, 2026

**THIS WILL BE THE LAST
MEALS ON WHEELS UNTIL
SEPTEMBER**

Cost per meal \$7.00

If you are not home please
leave a cooler outside

MAY 31ST



World
**NO TOBACCO
DAY**

*Your health, your choice:
say No to tobacco!*



**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 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




Pins are available at Kebaowek child & Family Services



MOOSE HIDE CAMPAIGN DAY

LEARN MORE



HELP END VIOLENCE AGAINST WOMEN AND CHILDREN


On **May 14, 2026** join Indigenous and non-Indigenous Canadians from across Canada to support reconciliation and help end violence against all women and children.

Moose Hide Campaign Day is a day for connecting, learning and sharing, where you can hear from inspiring speakers, share experiences and join workshops. It's a day of ceremony where we invite you to fast with us from sunrise to sunset in our **#FastToEndViolence**. Tune into the livestream or join us for our in-person Workshops and **#WalkToEndViolence** in Victoria, BC.

Supporters are encouraged to wear and share the moose hide pins on the day (and every day!) and organize events with their organizations, schools or communities. Fasters will be supported on their fasting journey throughout the day. Events are free for anyone to attend.

Learn more at moosehidecampaign.ca

info@moosehidecampaign.ca
778-400-5780




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

STARTS JANUARY 4TH, 2026

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

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 May 3rd - Saturday May 9th
Sunday June 7th - Saturday June 13th

Send pictures to: 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



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.

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

Counseling Services

Nurturing Minds, Healing Hearts




Services Offered

- Psychotherapy
- Consulting
- Family Therapy
- Community Psychology



Arlene Laliberte
 Licensed Psychologist

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



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

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

Kebaowek First Nation Community Calendars

		Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibatigo-kijigan	Mani-kijigan
Wabigon Kizis May 2026						1	2 Community Shopping Spring Vendor Show
3 Get Active and Win Week →	4 Baby & Me Kebaowek Community Clean Up Week →	5 MMIWG2S Please Wear Red	6	7 Compost & Garbage	8 Evening Adult Crib Tournament	9	
10 Mother's Day	11 Baby & Me Bannock & A Badge	12 Sweat Lodge Gathering (May 11th - 13th)	13 Meals on Wheels	14 Kebaowek Health & Wellness Center Spring Fair Compost & Recycling	15	16	
17	18 Kebaowek Offices/Health Center are closed for Victoria Day	19	20	21 Senior Social Compost & Garbage	22	23	
24 31	25 Baby & Me	26	27 Meals on Wheels	28 Community Breakfast Lunch & Learn Senior Social Compost & Recycling	29	30	

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibatigo-kijigan	Mani-kijigan
	1 Baby & Me	2	3	4 Senior Social Compost & Garbage	5	6 Community Shopping
7 Get Active and Win Week →	8 Baby & Me	9	10 Meals on Wheels	11 Lunch & Learn Senior Social Compost & Recycling	12	13
14	15 Baby & Me	16	17	18 Senior Social Compost & Garbage	19	20
21 Father's Day	22 Kebaowek Offices/Health Center are closed for Indigenous People's Day	23 Kebaowek Offices/Health Center are closed for St Jean Baptiste	24	25 Compost & Recycling	26	27
28	29 Baby & Me	30	Ode'imín Kizis June 2026			