

Kebaowek First Nation

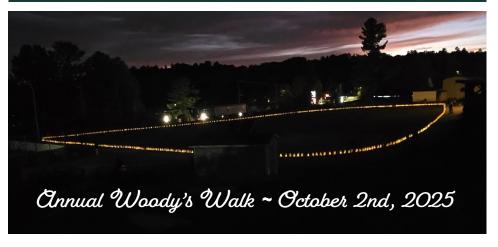
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Namekos-kizis / October 2025

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Kebaowek Economic Development Department



ECONOMIC DEVELOPMENT DEPARTMENT



Kwe Kebaowek,

The Economic Development Department is excited to share several important updates on projects that are shaping the future of Kebaowek First Nation.

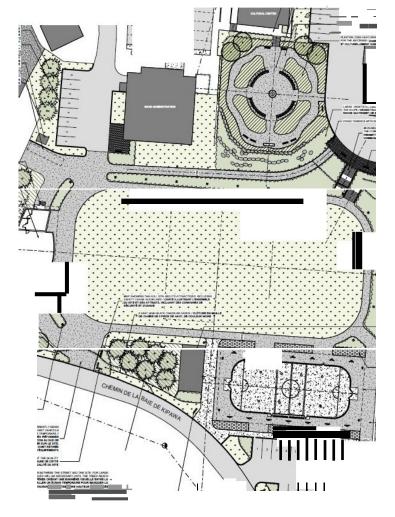
Anicinabe Mikana Cultural Centre: Construction of the Anicinabe Mikana Cultural Centre is officially underway! This project represents years of planning and collaboration, and we are excited to see it becoming a reality.

As part of the construction, please note that the gravel parking lot near the marina kiosks will be closed as of the evening of September 28, 2025. The area will become a construction zone for the duration of the project. We kindly ask everyone to use the new parking lot located in front of Linda and Stéphane's house. Miigwetch for your understanding and cooperation as we move this important project forward.

Green Space Plan – First Look: Working closely with our Cultural Team, Recreation Department, and Public Works, we are thrilled to share the first look at our Green Space Plan! This plan is a direct reflection of the priorities and ideas shared by community members through the CDWAI community planning process. Your feedback guided the layout you see today, and it will continue to shape the next steps as we move forward. The full plan is expected to be finalized by early 2026, and construction will take place in phases as funding and partnerships are secured. Right now, a major focus is on working with a range of partners to secure the resources needed to bring this vision to life. Your input remains essential—if you have questions, comments, or ideas, please reach out to Kayla to share your thoughts.

Contact information:

klafrance@kebaowek.ca or 819-627-3455



- ★ Ice Cream Shop- Season Closed: The Ice Cream Shop is now officially closed for the season. A big thank you to all our loyal customers—your continued support means so much. We look forward to welcoming you back next year!
- → Dock Slip Holders- End of Season Reminder: To all our dock slip holders, the end of the boating season is approaching quickly. Please ensure all boats are removed

Economic Development

by October 26, 2026. Key fobs must be returned by October 31, 2026. Milgwetch for helping us wrap up the season smoothly.

Sugar Bush Project: The Sugar Bush Project is also moving forward! We are excited to announce that construction is scheduled to start soon in partnership with Jeko Construction Inc. This project will create new opportunities for cultural activities and education in the years to come.

We'll keep sharing updates as projects move ahead. If you have ideas or want to get involved in economic development opportunities, don't hesitate to connect with us.

Miigwetch,
Your Economic Development Team



Education Department





Registration and Membership Information

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

SECURE CERTIFICATE OF INDIAN STATUS



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

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

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

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

Get, renew or replace a status card → Application Forms

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

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

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

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

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

For an appointment, assistance or more information:

Laura Moore
IRA & Social Development Coordinator
Kebaowek First Nation
110 Ogima Street, Kebaowek Quebec J0Z 3R1

Phone: 819-627-3455 Ext 228 Email: Imoore@kebaowek.ca



WILLS & PROTECTION MANDATES SOPHIE GAGNON, NOTARY

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

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

** SCHEDULE **

Sophie will be in Kebaowek regularly on Wednesdays starting Wednesday September 10th !! Set up an appointment by calling Roxane at 819-627-3455

Kebaowek Recreation Department ... Upcoming Events









Community News, Info and Events



KEBAOWEK HOMEOWNERS

If you are looking to sell your home in the near future we have a buyer and financing has been secured.

For additional information, call 819-627-6896

Happy 95th Birthday



We would like to wish our Mom, Margaret Drouin a very special happy birthday on October 27th

Love Denise, Cathy, Linda & Lorraine ♥

Kebaowek Cultural Department



Join us for a Ribbon Skirt Making Workshop First Priority to Kebaowek members Limit of 10 spots.

October
28-29, 2025
at the
Kebaowek
Cultural Building
6:00 pm - 8:30 pm
both evenings

To Register Contact Justine Chevrier at 819-627-3309 or justine.chevrier @kebaowek.ca







October is Breast Cancer Awareness Month

Every October, Breast Cancer Awareness Month serves as a crucial reminder of the importance of early detection. education, and support for those affected by breast cancer. In Canada, breast cancer remains one of the most common cancers among women, making awareness efforts vital for saving lives.

Breast cancer occurs when a normal cell in the breast becomes abnormal and begins to grow out of control. The cancer can grow into a lump in the breast and can eventually spread to other places in the body such as the bones, lungs, liver, or brain. Breast cancer most often affects women yet can also be diagnosed in men.

To raise awareness for breast cancer, you can participate in the globally known "Breast Cancer Awareness Month" campaign by fundraising, spreading information, supporting those who are fighting their breast cancer battle, and by wearing pink ribbons. You can also educate yourself and others about early detection methods like monthly self-exams and regular mammograms, and by getting involved in your community's events.

Early Detection & Screening

Early detection through regular screening is crucial for improving survival rates. Screening is a process used to look for cancer people who have no symptoms. The earlier breast cancer is found, the better the chances for successful treatment. Regular screening – such as mammograms- can identify cancer at an early stage when it is most treatable, significantly improving survival rates. Early detection through screening can lead to less aggressive treatments and better outcomes. It is recommended that women aged 50 to 74 undergo regular mammography screening every two to three years. For women with higher risk factors, such as family history or genetic predisposition, personalized screening plans should be discussed with healthcare providers.

Risk Factors

Some risk factors for breast cancer that you cannot change include..

Gender: Being born female is one of the strongest risk factors for breast cancer. Males can also get breast cancer, but it is much more common in females.

Age: As a person gets older, their risk of breast cancer goes up. Most breast cancers are found in women 55 or older.

Starting Menstruation Early or Having Late Menopause: There may be a higher risk due to longer exposure to the hormones estrogen and progesterone.

Personal or Family History: Someone who has had breast cancer in the past or has a parent, sibling, or child with breast cancer has a higher risk of getting it. Having more than one close relative increases the risk even more.

It's important to note that having one or more of these risk factors does not guarantee a diagnosis, and many women with breast cancer have no obvious risk factors

Breast Cancer Awareness Month serves as a reminder of the importance of early detection, education, and support for those affected by breast cancer. By staying informed and proactive, we can contribute to reducing the impact of this disease in our communities.



INGREDIENTS

- 1 (9 inch) pie shell
- 1 large egg
- 6 packets granulated artificial sweetener
- ₹1 teaspoon pumpkin pie spice
- 1 cup pumpkin puree
- 1 cup evaporated milk



DIRECTIONS

Step 1: Preheat oven to 350 degrees F Step 2; Whisk egg, sugar substitute, & pumpkin pie spice in medium bowl until well blended. Add pumpkin & milk to eqq mixture: stir until smooth. Pour mixture into prepared pie shell.

Step 3; Place pie on a baking sheet & bake in the preheated oven until set in center, about 30 minutes.

Pregnancy and Infant Loss Awareness Day

Every year on October 15, communities around the world come together to recognize Pregnancy and Infant Loss Awareness Day. This day provides families, friends, and communities with an opportunity to honor the little ones lost too soon and to support the parents and loved ones who carry their memory every day.

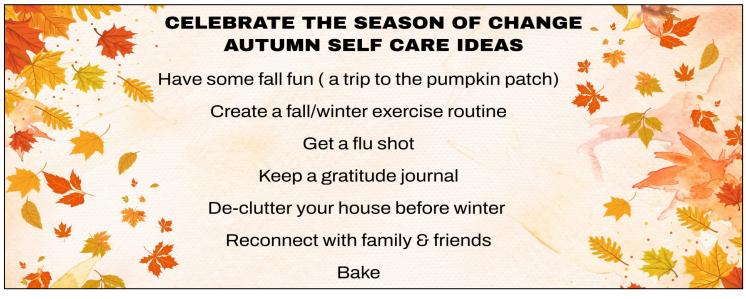
Pregnancy and infant loss affects far more families than many realize. Miscarriage, stillbirth, and infant death are often experiences that remain unspoken, leaving parents to grieve silently. Awareness Day is about breaking that silence, offering compassion, and creating space for healing through shared understanding.

At 7 p.m. local time, people across the globe participate in the Wave of Light-lighting candles in memory of babies gone too soon. As candles are lit in each time zone, they create a continuous wave of light that encircles the earth, symbolizing remembrance, love, and unity.

By observing Pregnancy and Infant Loss Awareness Day, we acknowledge the grief of so many families while reminding them they are not alone. It is a chance to share support, increase awareness, and help reduce the stigma surrounding this heartbreaking but very real experience.

Whether you light a candle, attend a remembrance event, or simply reach out to someone who has experienced a loss, your gesture of kindness and remembrance can bring comfort and healing. Together, we can shine a light on this important day and ensure that every baby is remembered, and every family is supported.





INFLUENZA

VACCINATION

Flu Season is Here

The Kebaowek Health and Wellness Center will be

hosting flu shot clinics:

October 22, 2025 10:30 - 3:30pm

October 23, 2025 1:00 pm - 4:00 pm

October 29, 2025 1:00 pm - 4:00 pm

November 5, 2025 4:30 pm - 6:30 pm



THE FLU SHOT IS RECOMMENDED FOR...

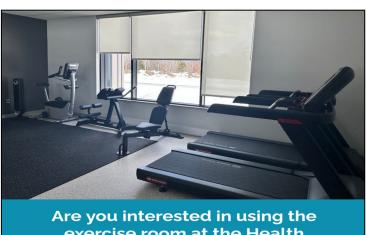
- PEOPLE AGED 75 AND OVER WITH HIGH RISK OF COMPLICATIONS
- PEOPLE AGED 6 MONTHS TO 74 YEARS WITH CHRONIC CONDITIONS
- MEDICAL CONDITIONS RESULTING IN DECREASED CLEARANCE OF RESPIRATORY SECRETIONS OR RISK OF ASPIRATION
- RESIDENTS OF ALL AGES IN RESIDENTIAL AND LONG TERM CARE CENTERS
- PEOPLE WHO LIVE WITH THE GROUPS MENTIONED ABOVE
- HEALTHCARE/ESSENTIAL SERVICE WORKERS
- PREGNANT WOMEN WHO ARE IN THE 2ND OR 3RD TRIMESTER OF PREGNANCY (13 WEEKS+)
- HEALTHY TRAVELLERS LEAVING CANADA
- PEOPLE AGED 65-74 WHO DO NOT FALL IN ANY OF THE ABOVE CATEGORIES

Please call the Health Center and ask to speak with Jenn King to schedule an appointment 819-627-9060

Medical transportation is available for KFN Members







exercise room at the Health Center???

We are opening the exercise room to select individuals.

Please call Mitchell McMartin at the Health Center (819) 627-9060 to discuss whether you fall within the parameters to use the exercise room and what is needed.



A heartfelt thank you/miigwetch to everyone who took in part in this years annual Woody's Walk.

Huge thank you to Stephanie Monette-Millette for her inspiring presentation!



BABY FOOD MAKING CLASSES

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

FRIDAY OCTOBER 10TH, 2025 On the Menu...Apple & Pear Sauce

FRIDAY OCTOBER 24TH, 2025 On the Menu....Pasta sauce 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

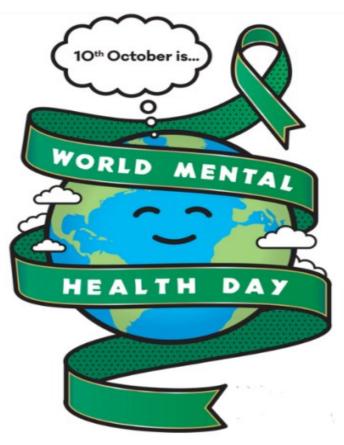
Igrandlouis@kebaowek.ca



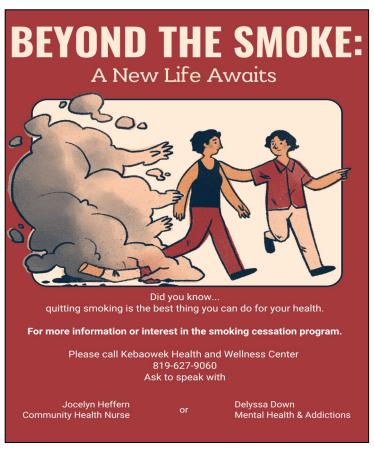














2025 Medicine Cabinet **Clean Up Contest**

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

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

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

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

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

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

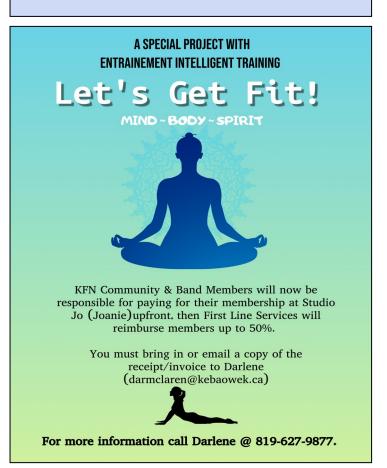






When sending in a picture, please attach a photo from your walking app showing the distance, time and day.

Good luck to all participants!!





BANK

Kebaowek First Nation

Food Bank Schedule

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

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

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!

Counselling SERVICES

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





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

*In community (Bi-Weekly on Tuesdays) or phone appointments available.

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



Kebaowek First Nation Community Calendars

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Namekos-kizis October 2025		Meals on Wheels	Senior Social Woody's Wak RECYCLE COMPOST	3	4 Community Shopping	
5 Get Walking and Win Challenge Week →	6 Baby & Me Women's Paint Nigh Full Moon Ceremony	7	8 Kebaowek Outreach Clinic	9 Kebaowek Outreach Clinic GARBAGE COMPOST	10 Baby Food Making	11
12	13 Kebaowek Offices/Health Center are closed for Thanksgiving	14	15 Meals on Wheels	Pow-Wow Bingo Senior Social RECYCLE COMPOST	17	18
Men and Boys Drumming Hand Drum Practice	20 Baby & Me	21	Flu Shot Clinic October 22nd & 23rd	23 Community Breakfast Lunch & Learn Senior Social GARBAGE COMPOST	24 Baby Food Making	25
26 Kid's Halloween Dance Party	27 Baby & Me	28 Ribbon Skirt Workshop	29 Meals on Wheels Flu Shot Clinic Ribbon Skirt Workshop	Senior Social RECYCLE COMPOST	31 HALLOWEEN	

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Atikamek-kizis November 2025						
2 Get Walking and Win Challenge Week →	3	4	5 Flu Shot Clinic Full Moon Ceremony	6 Lunch & Learn Senior Social GARBAGE COMPOST	7	8
9	10	11 Kebaowek Offices/Health Center are closed for Remembrance Day	12 Meals on Wheels	Senior Social RECYCLE ONLY	14	15 Cribbage Tournament
16	17	18	19	20 Senior Social GARBAGE ONLY	21	22 Christmas Vendos Show
23 30	24	25	26 Meals on Wheels	27 RECYCLE COMPOST	28	29 Elders Christmas Dinerr