



# Kebaowek First Nation

## Mizi-dibàdjimowini-eshkwemag

Pidji pibon kizis / December 2024

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The Kebaowek Health and Wellness Center would like to send a big Miigwetch to everyone who participated in our 5th Annual Christmas Parade. Parade participants included the Kebaowek Police Department, Kebaowek Fire Department Kebaowek Childcare Center, Drumbeat Radio, Education Department, Migizy Gas, Cultural and Land Management Department, Public Works and the team from the Kebaowek Health and the Wellness Center which includes our Food Bank. Special thanks to Councillor Doris Hunter for joining the the Fire Department team, riding in one of their vehicles. Last but not least we could not have hosted our parade without Santa and Mrs. Clause along with the help of the Kebaowek Youth Group - Kyran Polson, Carter Hunter, Owen Polson, Jacob Cunningham, Jessica Cunningham, Emma-Lee McLeod, Rylen McLeod, Aubree McLeod & Amber Grandlouis.

Please save the date for our 6th Annual Community Christmas Parade on Thursday November 27th , 2025. Merry Christmas and Happy New Year!!

Christmas Parade Organizer  
*Shelly Grandlouis*

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







## Public Works Department



Winter weather can be a challenge for collection of recyclables and garbage. Garbage and recycling bins must be placed five to six feet (1.5 to 1.8 metres) from curb or roadside (in driveway, not on sidewalk or snow bank). Clear out a place for your containers when you shovel snow. If your bins are on the roadway (as shown in the picture) they may be upset or damaged during snow removal. KFN is not responsible for upset or damaged bins left on roadway.

Although KFN does not have a winter parking by-law please keep your vehicles off of the road until the plow has passed. When clearing your driveway push the snow to the side or back and **not** onto the roadway. Pushing your snow onto the road creates a hazard which could cause an accident.

Thank you for your consideration.  
KFN Public Works Department.

## COMMUNITY RINK HOURS

### ICE CONDITION PERMITTING

### MONDAY - FRIDAY

(Rink is open at 3:00 p.m.—Closed at 9:00 p.m.)

**FREE SKATE:** 3:00 p.m. - 6:00 p.m.

**HOCKEY:** 6:00 p.m. - 9:00 p.m.

### SATURDAY AND SUNDAY

(Rink is open at 12:00 p.m. - Closed at 9:00 p.m.)

**FREE SKATE:** 12:00 p.m. - 2:00 p.m.

**HOCKEY:** 2:00 p.m. - 4:00 p.m.

**FREE SKATE:** 4:00 p.m. - 6:00 p.m.

**HOCKEY:** 6:00 p.m. - 9:00 p.m.

### HOLIDAYS AND PD DAYS

(Hours will be same as Saturday and Sunday)

**Please Respect the Hours!**



## Migizy Gas Holiday Hours

The restaurant will close at 5:00 pm on December 13th for our Annual Staff Party, the Gas Bar remains open.

**Christmas Eve** - Monday, December 24th  
7:00 am - 7:00 pm ... Kitchen is closed.

**Christmas Day** - Tuesday, December 25th  
7:00 am - 1:00 pm ... Kitchen is closed.

**Boxing Day** - Wednesday, December 26th  
7:00 am - 7:00 pm ... Kitchen is closed.

**New Years Eve** - Monday, December 31st  
7:00 am - 7:00 pm ... Kitchen is closed.

**New Years Day** - Tuesday, January 1st  
7:00 am - 7:00 pm ... Full service



# WE WANT YOU

## **“LOOKING FOR THIRTY PARTICIPANTS for a study on “Dignity through Work and Environmental Justice among Anishinaabe Algonquins on the Kichi Zibi Territory”**

This is an opportunity to share your views in a one-time 90 minutes recorded interview conducted on the phone or on zoom at a time that is convenient to you this December or January.

Your name will be kept confidential, and you will receive a Mastercard/Tango gift card (\$250) via email after having completed a 90 minute interview.

The interviews will be conducted by Kelsea McKenzie (Wolf Lake FN). Please reach out to her at 819-627-6057 or [kelsea\\_mckenzie@hotmail.com](mailto:kelsea_mckenzie@hotmail.com) if you want to be considered and to see if you qualify. Also mention what time/week would work best for you. We want to involve a range of people (based on age, gender, place of residence, etc.) Only status band members are eligible.

The interviews will contribute to a study on dignity among First Nations, which is co-led by Chief Lance Haymond for the Kebaowek Nation and by sociologist Michèle Lamont, who grew up in Gatineau and teaches at Harvard University.”







**KWE Productions, a specialized live production company dedicated to delivering top-tier sound and lighting for events of all sizes. Officially launched in April of 2023, we've hit the ground running, proudly collaborating with various organizations, including Indigenous communities.**

Our services go beyond live event production - we also offer professional installations and personalized solutions tailored to your needs. Equipped with brand-new, state-of-the-art, eco-friendly equipment, we are committed to providing exceptional quality while minimizing our environmental impact.

As a proudly Native-owned company, KWE Productions is excited to continue traveling across Quebec and Ontario, bringing outstanding live production experiences to your events.

Let's create something unforgettable together. Book today!

KWE Productions Inc. – Where Every Event Comes to Life.

Email: [catherine@kweproductions.ca](mailto:catherine@kweproductions.ca)

Phone #: 819 627-6221 (Neil) 514 268-9287 (Catherine)

# Tips for HOLIDAY FIRE SAFETY

<div style="background-color: #191970; color: white; width: 30px; height: 30px; line-height: 30px; margin: 0 auto; font-weight: bold;">1</div> <p style="margin-top: 10px;">If under the influence of alcohol, avoid cooking or smoking</p>	<div style="background-color: #191970; color: white; width: 30px; height: 30px; line-height: 30px; margin: 0 auto; font-weight: bold;">2</div> <p style="margin-top: 10px;">Avoid using real candles; go flameless instead!</p>	<div style="background-color: #191970; color: white; width: 30px; height: 30px; line-height: 30px; margin: 0 auto; font-weight: bold;">3</div> <p style="margin-top: 10px;">Water fresh trees daily</p>	<div style="background-color: #191970; color: white; width: 30px; height: 30px; line-height: 30px; margin: 0 auto; font-weight: bold;">4</div> <p style="margin-top: 10px;">Check all lights before decorating</p>
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# 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**

## SECURE CERTIFICATE OF INDIAN STATUS (SCIS)



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

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

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

[www.canada.ca/en/indigenous-services-canada](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 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**

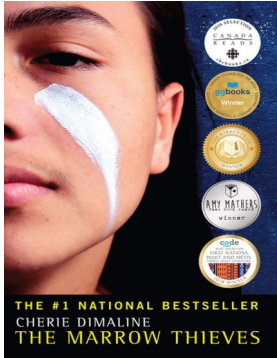
**Email: [Imoore@kebaowek.ca](mailto:Imoore@kebaowek.ca)**



**Happy Holidays from all the  
Children and Staff at  
Kebaowek Childcare Centre**

## Indigenous Content Books are now available to borrow from the Education Department

If you are interested in reading any of these books for yourself or if your children are interested in any of these books, please call Rose at 819-627-3455 to make arrangements to borrow them for your reading pleasure. Every month 3 books available to borrow will be highlighted.



### ADVANCED READERS / ADULT

Winner of the 2017 Governor General's Literary Award (Young People's Literature - Text)

Winner of the 2017 Kirkus Prize

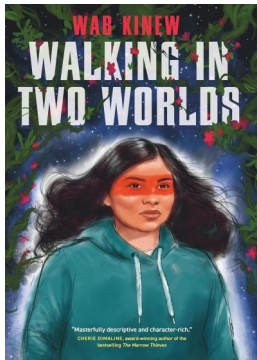
Winner of the 2018 Sunburst Award

Winner of the 2018 Amy Mathers Teen Book Award

Winner of the 2018 Burt Award for First Nations, Inuit and Métis Young Adult Literature

Just when you think you have nothing left to lose, they come for your dreams

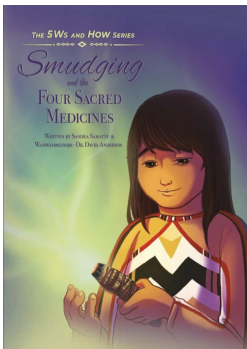
Humanity has nearly destroyed its world through global warming, but now an even greater evil lurks. The Indigenous people of North America are being hunted and harvested for their bone marrow, which carries the key to recovering something the rest of the population has lost: the ability to dream. In this dark world, Frenchie and his companions struggle to survive as they make their way up north to the old lands. For now, survival means staying hidden - but what they don't know is that one of them holds the secret to defeating the marrow thieves.



### INTERMEDIATE READERS / YOUTH

In the real world, Bugz is a shy and self-conscious Indigenous teen who faces the stresses of teenage angst and reserve life. But in the virtual world, her alter ego is not just confident but dominant in a massively multiplayer video game universe. Feng is a teen boy who has been sent from China to live with his aunt, a doctor on the reserve, after his online activity suggests he may be developing extremist sympathies. Meeting each other in real life, as well as in the virtual world, Bugz and Feng immediately relate to each other as outsiders and as avid gamers. And as their connection is strengthened through their virtual adventures, they find that they have much in common in the real world, too: both must decide what to do in the face of temptations and pitfalls, and both must grapple with the impact of family

and community trauma. But betrayal threatens everything Bugz has built in the virtual world, as well as her relationships in the real world, and it will take all her newfound strength to restore her friendship with Feng and reconcile the parallel aspects of her life: the traditional and the mainstream, the east and the west, the real and the virtual.



### BEGINNER READERS / CHILDREN

The 5 Ws and How Series has been created to help All of Us learn and understand who we are, as Indigenous Peoples across Turtle Island. The first book in this series, Smudging and the Four Sacred Medicines, will guide you as you learn about Sacred Medicines and Smudging. Learn how Smudging helps us stay strong and connected to All of Creation. Indigenous Peoples have always Smudged and use Sacred Medicines in Ceremony, for Healing, and in daily life. This book shows which Medicines to use in a Smudge, how to Respect the Spirit of the Medicines when Smudging, and reminds us that Smudging is for Everyone!





# Every Child Matters

THE KEBAOWEK EDUCATION DEPARTMENT INVITES ALL  
KEBAOWEK BAND MEMBERS  
TO WEAR THEIR ORANGE EVERY CHILD MATTERS SHIRTS  
ON THE 30TH OF EVERY MONTH

*There will be no draw for December 30th, 2024  
Send your pictures on January 30th, 2025*

- \* A NEW PICTURE MUST BE SUBMITTED ON THE 30TH OF EVERY MONTH \*
- \* THERE WILL BE A MONTHLY DRAW FOR ADULTS AND A DRAW FOR CHILDREN \*
- \* MUST BE A KFN BAND MEMBER TO BE ELIGIBLE FOR THE DRAW \*

YOU CAN SEND YOUR PICTURE BY ONE OF THE FOLLOWING OPTIONS:  
Private Message to Kebaowek Health and Wellness page on Facebook.  
By email to [tchevrier@kebaowek.ca](mailto:tchevrier@kebaowek.ca) or [rjawbone@kebaowek.ca](mailto:rjawbone@kebaowek.ca)  
Text to 819-627-6888

## KEBAOWEK

## ECO-CENTRE



### HOURS OF OPERATION

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

## Kebaowek Eco-Center

Thank you, everyone, for your commitment to recycling and composting. Your effort helps reduce waste, conserve | resources, and protect the environment. Each item you recycle and compost moves us closer to a sustainable future. Together, we're impacting and creating a cleaner, greener future for everyone. Keep up the fantastic work, and let's continue to make every choice count.

We've heard your feedback that our current calendar can be tough to read, so we're making it easier. Soon, we'll offer a new version with brighter colours, larger text, and a simpler layout. Thanks for helping us improve!

The holiday season causes a surge in waste and recycling due to events and celebrations. This means a lot of waste piles up. Think wrapping paper, cardboard boxes, food scraps, and packaging. Please sort recyclables like cardboard, paper, and plastics. Compost food waste where possible. Recycling and composting help keep our community clean.

To meet holiday demand, the Eco-Centre  
will be open on:

Monday, December 23, 2024, 10:00 AM – 2:00 PM

Friday, December 27, 2024, 10:00 AM – 2:00 PM

Saturday, December 28, 2024, 10:00 AM – 2:00 PM

Thursday, January 2, 2025, 10:00 AM – 2:00 PM

Friday, January 3, 2025, 10:00 AM – 2:00 PM

Be aware of the changes to garbage, recycling, and compost pick-up during Christmas. The team adjusted the schedule to ensure better management of holiday waste.

→ Recycling and compost pick-up on Thursday, December 26th, 2024, will be on Friday, December 27th, 2024.

→ Due to the holidays, garbage pick-up on Thursday, January 2nd, 2025, will be on Friday, January 3rd, 2025.

Thank you for helping us manage holiday waste and keeping our community clean and green! On behalf of the Kebaowek Eco-Centre, have a safe and happy holiday.



**TWINKLING TASTE OF CHRISTMAS**

**FRIDAY, DEC 20TH @ 4PM-6PM**  
**KEBAOWEK COMMUNITY HALL**

**TRACTOR RIDES      BEAVERTAILS**  
**FUNNEL CAKES      STREET HOCKEY**  
**BONFIRE              CHILI**

**open to everyone**

As this event is offered free of charge, we encourage you to bring a non-perishable food item for donation to the food bank, if able.

**KEBAOWEK**  
 RECREATION'S  
 INDOOR  
**CORNHOLE TOURNAMENT!**

**SAVE THE DATE !**

**SATURDAY, JANUARY 25TH, 2025**  
**COMMUNITY HALL**

**MORE INFO TO COME!**  
**100% PAYOUT**

**CASH PRIZES | RAFFLE DRAWING | DRINK SPECIALS**

**KEBAOWEK FIRST NATION**  
**SKI-DOO RALLY**  
**POKER RUN**  
 Getty Stock

**SATURDAY**  
**FEBRUARY 22ND, 2025**

**ICE CONDITIONS AND WEATHER PERMITTING!**

KEBAOWEK RECREATION

**LOOKING FOR**  
**VOLUNTEERS!**

TO FORM A COMMITTEE  
 FOR THE CREATION OF AN  
 ANNUAL

**KEBAOWEK ICE FISHING DERBY**

**HOW YOU CAN HELP**  
 To make this event a reality, we are recruiting individuals to assist with event planning. If interested, kindly send me a message  
 ~Erin~

EVENT TO BE HELD ON  
**MARCH**  
**1**  
 2025  
 EVERYONE WELCOME !



## Community Wishes



Happy Birthday Wishes to ...  
 Noah Savard - Dec. 6th  
 Matt (Chevy) Chevrier - Dec. 13th  
 Pascal Bibeau - Dec 13th  
 Clifford McKenzie - January 13th  
 Daniel Joly - Jan. 14th  
 From your Fire Department Team



Happy Birthday to the  
 worlds greatest Uncle Nono  
 I love you so much hope your day  
 is as rockin as you !!  
 Love Nylah ❤️



Happy 26th Birthday Noah  
 on December 6th !!  
 Have a fantastic day hope all your  
 wishes come true we love you to  
 the moon and back always xo  
 Love your Family xo



Merry Christmas  
 & Happy New Year  
 from the  
 Economic Development Department!





# RADIO BINGO



**CHRISTMAS SPECIAL**

**DECEMBER 11, 2024**

**JANUARY 29, 2024**

**PRIX / PRICE: \$20.00**

**LIVE ON 104.1 FM**



**\$1000 JACKPOT**

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

Le paquet comprend plusieurs jeux.  
 Package includes multiple games.

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

819-627-9595  
[www.drumbeatradio.ca](http://www.drumbeatradio.ca)

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# ANISHINABEMOWIN LANGUAGE CLASSES

WITH SHANNON CHIEF

STARTING DECEMBER 4TH  
2024 AT 6:00 – 8:00 PM

## VIRTUAL CLASSES

ACCOMMODATIONS CAN BE MADE FOR THOSE  
WHO ARE UNABLE TO ATTEND VIRTUALLY

AGES 13 AND UP

### Dates

Dec. 4th, Dec. 11th, Dec. 18th, Jan. 8th, Jan. 15th, Jan. 22nd, Jan. 29th

FOR REGISTRATION AND INFORMATION  
CONTACT JAYA SHEN

Jshen@kebaowek.ca | 819-627-3309

## Traditional Full Moon Ceremonies



**\*\* MONDAY DECEMBER 16TH, 2024 \*\***

**\*\* MONDAY JANUARY 13TH, 2025 \*\***

Supper starting at 5:00 pm

*Catered by Carolyn Pariseau*

Ceremony starting at 6:00 pm

*At the Arbour*

*Open to all women and girls. Please wear your skirt.*

To RSVP for supper please contact:

Verna Polson - Cultural Coordinator

Phone: 819-627-3309 Email: vpolson@kebaowek.ca

# RIBBON SKIRT WORKSHOP with JACKIE HONEN

Join us for a  
Ribbon Skirt  
Making Workshop

February  
3rd & 4th, 2025  
at the  
Kebaowek  
Community Hall

6:00 pm - 8:30 pm  
both evenings

Contact  
Cultural Program  
to register  
819-627-3309

# MITT MAKING WORKSHOP with LYNDA CHEVRIER

Join us for a  
Mitt  
Making Workshop

January  
27th & 28th, 2025  
at the  
Kebaowek  
Community Hall

6:00 pm - 8:30 pm  
both evenings

Contact  
Cultural Program  
to register  
819-627-3309





What a year it has been ♥

The Management and Staff at your  
Kebaowek Health and Wellness Center  
wish you and your loved ones a  
wonderful holiday season.

Merry Christmas and  
all the best for the new year.

We look forward to serving you in 2025

## A Message from the Director of Health and Social Services

Kwe to all Members of Kebaowek First Nation,

I would like to give you a brief update since we moved into our new Health & Wellness Center. We now have Dr. Brock, Dre. Roxanne St. Pierre-Alain, Dre. Zivkovic and the nurse practitioners M. Berube & J. Carriere on a rotating schedule, seeing our members in our community. Starting in the new year, we will be filling 3 positions that like always, start off as term positions then often turn in to permanent ones. The audiologist also followed us to our new place to provide his services. Please keep an eye out on our Facebook page for more information.

### Meetings Attended in November:

- New Health Center Project Management Group, final stretch for full acceptance.
- FNQLHSSC Board of Directors
- CISSSAT Board of Directors & Governance Committee
- CISSSAT - Anishenabe Health Director's Network
- FNHMA AGA & Board of Directors

### Onimiki Renewable Energy:

- Board of Directors on Onimiki Renewable Energy LLP
- Meeting with the town of Temiscaming

- Meeting with McMartin Point Residents

Please stay tuned, for in the upcoming weeks, we will hold public information meetings in and around the communities. We kindly invite you to participate and share your thoughts, comments and concerns with us. This is a great opportunity to voice your concerns which will help guide us throughout this entire process. Please visit our new up-to-date website at [onimiki.ca](http://onimiki.ca)

May the Seven teaching be always on your heart during the upcoming holiday season. Enjoy your time with family and friends and take advantage of the beauty our territory has to offer. Merry Christmas and Happy New Year on behalf of all of us here at your Kebaowek Health & Wellness Center.

### Quotes on Family

"Families are like fudge – mostly sweet with a few nuts."

"The bond that links your true family is not one of blood, but of respect and joy in each other's life" ~ Richard Bach.

David McLaren

Director of Health & Social Services

# Medical Transportation

## Christmas Holiday Schedule

Please check below for available Medical Transportation hours during the Christmas Holidays.  
If you have a scheduled appointment please call to book your car before 4:30 pm on Thursday December 19th.

HOLIDAY MEDICAL TRANSPORTATION SCHEDULE						
SUNDAY DECEMBER 15TH	MONDAY DECEMBER 16TH	TUESDAY DECEMBER 17TH	WEDNESDAY DECEMBER 18TH	THURSDAY DECEMBER 19TH	FRIDAY DECEMBER 20TH	SATURDAY DECEMBER 21ST
<b>OFFICE CLOSED</b>	OFFICE OPEN 819-627-9060	OFFICE OPEN 819-627-9060	OFFICE OPEN 819-627-9060	OFFICE OPEN 819-627-9060	8:00 AM to 12:00 pm 819-627-6887	<b>OFFICE CLOSED</b>
SUNDAY DECEMBER 22ND	MONDAY DECEMBER 23RD	TUESDAY DECEMBER 24TH	WEDNESDAY DECEMBER 25TH	THURSDAY DECEMBER 26TH	FRIDAY DECEMBER 27TH	SATURDAY DECEMBER 28TH
<b>OFFICE CLOSED</b>	8:00 am to 4:30 pm 819-627-6887	8:00 AM to 12:00 pm 819-627-6887	<b>OFFICE CLOSED</b>	<b>OFFICE CLOSED</b>	8:00 am to 12:00 pm 819-627-6887	<b>OFFICE CLOSED</b>
SUNDAY DECEMBER 29TH	MONDAY DECEMBER 30TH	TUESDAY DECEMBER 31ST	WEDNESDAY JANUARY 1ST	THURSDAY JANUARY 2ND	FRIDAY JANUARY 3RD	SATURDAY JANUARY 4TH
<b>OFFICE CLOSED</b>	8:00 am to 4:30 pm 819-627-6887	8:00 AM to 4:30 pm 819-627-6887	<b>OFFICE CLOSED</b>	8:00 AM to 4:30 pm 819-627-6887	8:00 AM to 12:00 pm 819-627-6887	<b>OFFICE CLOSED</b>

## Christmas Holiday - Prescription Delivery

Prescriptions will be delivered **Monday December 23rd** and **Monday December 30th**.  
Please call Erica Miness before 4:30 pm on December 19th if you would like to have your name added to the list.  
If you have any issues with your delivery on December 23rd or 30th, please call 819-627-6887.

**LESS THAN 4 INCHES  
STAY OFF!**

**4 INCHES**  
On Foot

**5-7 INCHES**  
Snowmobile

**7-8 INCHES**  
Side-by-side  
ATV

**9-12 INCHES**  
Car

**13-17 INCHES**  
Truck

**20+ INCHES**  
Heavy duty truck  
with wheeled  
fish house

### Ice Safety Tips

- Avoid alcoholic beverages.
- Don't drive on the ice at night.
- Check the thickness of the ice every 150 feet.
- Carry two large nails to use as ice picks if you fall through.
- Double the thickness guidelines for white or snow-covered ice.
- Avoid pressure ridges, areas with current, and areas around aerators.



## UPCOMING CLINICS AT THE KEBAOWEK HEALTH & WELLNESS CENTER

**Dre. St.Pierre Alain Clinic is on  
December 10th, 2024  
January 7th, 2024**

Dre. St.Perre Alain is available to see her clients and those without a family doctor.

**For all doctor appointments with any of the above doctors at the Kebaowek Health Center, please call Jennifer King - Reception (819-627-9060) to book your appointment.**

## CLIENT REIMBURSEMENT NON-INSURED HEALTH BENEFITS/NIHB EXPRESS SCRIPTS

NIHB Benefits include;  
Vision Care, Mental Health Counselling, Pharmacy Benefits, Medical Supplies and Equipment, Dental and Orthodontic Benefits.

Claims for these benefits are processed by Express Scripts Canada. Submit your client reimbursement request by mail, fax, or online.

### Submitting Online

### Submitting via Mail or Fax

#### How to submit?

1) Visit the Express Scripts Canada website at <https://nihb.express-scripts.ca>

2) Select 'I am a client' and follow the links to "NIHB Client Reimbursement" to find instructions and forms.

3) Include all the supporting documents required for each type of benefit and submit.

4) Require additional assistance? Coordinate appt. with J. King.

5) Obtain reimbursement via Direct Deposit or Mail.

#### How to submit?

1) Coordinate Appt. with J. King to obtain Reimbursement Form and overview supporting documents for each benefit with E. Miness.

2) Complete Reimbursement Form.

3) KHWK will mail or fax your completed forms and supporting documents at your request.

4) Obtain Reimbursement via Mail. Please take note, Post Canada's Strike will result in delays.

FOR APPOINTMENTS WITH ERICA,

PLEASE COORDINATE WITH JENNIFER KING 819-627-9060

## Would you like to update your vaccination profile?

1 Consult with a nurse if you have questions regarding the necessary measures for adequate protection for communicable diseases.

2 If you were unable to attend our clinic dates, please schedule your appointment with Jennifer King.

**Covid-19 (Moderna)  
Influenza A&B  
RSV  
Pneumococcal (Pneumovax-23)  
Shingles (Shingrix)  
All childrens vaccine**

For inquiries, call 819-627-9060

## Why Activity Is So Important for People With Diabetes

Almost everyone, whether or not they have diabetes, benefits from regular exercise. Well-known health benefits include weight loss, stronger bones, improved blood pressure control, lower rates of heart disease and cancer as well as increased energy levels. Regular exercise also has special advantages if you have type 2 diabetes. Regular physical activity improves your body's sensitivity to insulin and helps manage your blood sugar levels.

### Safety first

- If you have been inactive for some time, talk to your doctor before starting any exercise program that is more strenuous than brisk walking.
- Make sure you wear comfortable, proper-fitting shoes.
- Wear your MedicAlert® bracelet or necklace.
- Listen to your body. Speak to your doctor if you are very short of breath or have chest pain.
- If you take insulin or medications that increase insulin levels, monitor your blood sugar before, during and many hours after your activity to see how it affects your blood sugar levels.
- Carry some form of fast-acting carbohydrate with you in case you need to treat low blood sugar (hypoglycemia), for example, glucose tablets or Life Savers®.
- If you live with type 1 diabetes, speak to your health-care provider about additional strategies to reduce the risk of hypoglycemia during and after exercise.

### What kind of activity is best?

Both aerobic and resistance exercise are important for people living with diabetes.

#### **Aerobic exercise**

Aerobic exercise is continuous exercise such as walking, bicycling or jogging that elevates breathing and heart rate.

#### **Resistance exercise**

Resistance exercise involves brief repetitive exercises with weights, weight machines, resistance bands or one's own body weight to build muscle strength. If you decide to begin resistance exercise, you should first get some instruction from a qualified exercise specialist, a diabetes educator or exercise resource (such as a video or brochure) and start slowly.

#### **Interval training**

Interval training involves short periods of vigorous exercise such as running or cycling, alternating with 30 second to 3 minute recovery periods at low-to-moderate intensity or, rest.

### How much is enough?

Your goal should be to complete **at least 150 minutes of moderate- to vigorous-intensity aerobic exercise each week**, (e.g. 30 minutes, 5 days a week).

You may have to start slowly, with as little as 5 to 10 minutes of exercise per day, gradually building up to your goal. The good news, though, is that multiple, shorter exercise sessions of at least 10 minutes, adding up to 90-140 minutes per week, can have some benefits for people with diabetes. As you begin your exercise program and continue to build on it, be sure that you have no more than 2 consecutive days without exercise.

If you are able and when you are ready, try adding **resistance exercises like lifting weights 2-3 times a week**.

When you add resistance exercise, you should get some help from a qualified exercise specialist.

**Note:** You may consider **interval training** to increase improvements in fitness levels for type 2 diabetes, and to lower the risk of hypoglycemia in type 1 diabetes. Speak with your healthcare provider or qualified exercise specialist if you plan to start interval training.

### Keep going!

Habits can be hard to change, so be prepared with a plan in case your motivation starts to fade:

- Do something you like! It is hard to stick to an activity that is not fun. It may take you a few tries before you find the activity that is right for you.



## Healthy Living

- Have a support network. Ask your family, friends and co-workers to help you stay motivated by joining you for a walk or a workout at the gym.
- Set small, attainable goals and celebrate when you reach them. Reward yourself in healthy ways. • Add physical activity to your daily routine. While you are working or watching TV, get up every 20-30 minutes.
- Seek professional help from a personal trainer, or someone knowledgeable who can help you find a fitness regimen that will work for you.

- Using a step monitor (pedometer or accelerometer) can be helpful to track your activity.

Physical activity and diabetes can be a complex issue. For more information, talk to your health-care team or visit [diabetes.ca](http://diabetes.ca).

Regardless of your age, making the decision to become more physically active is one of the greatest gifts you can give yourself and the people who love you. Take that first step today!

**“STATISTICS CANADA STATES THAT IT CAN TAKE UP TO 5 ATTEMPTS BEFORE A PERSON QUILTS SMOKING!”**

**SO IF YOU TRIED BEFORE AND FAILED DO NOT GIVE UP, YOU WILL EVENTUALLY SUCCEED.**

**DID YOU KNOW?**

## DONT GIVE UP BE A QUITTER !!

### 5 TIPS TO HELP YOU QUIT

1. PICK A DATE, NOT TOMORROW OR DAY AFTER GIVE YOURSELF TIME TO PREPARE
2. USE NICOTINE PATCHES: IF YOU NEED THAT EXTRA HELP
3. STAY BUSY: FIND A HOBBY, KEEPING BUSY HELPS YOU FORGET CRAVINGS
4. AVOID ALCOHOL: IF YOU SMOKED WHEN HAVING A DRINK AVOID IT FOR A WHILE
5. QUIT TOGETHER: WITH A PARTNER OR FRIEND, YOU CAN SUPPORT EACH OTHER



## SAFE SHOVELING

Shoveling snow can be dangerous for individuals with underlying health conditions or those who don't normally perform strenuous duties.

- If you have any heart attack symptoms, like pain in your chest or shortness of breath, stop shoveling and call 9-1-1.
- Shovel in shifts instead of all at once.
- Take breaks and drink water to prevent dehydration.
- Push snow instead of lifting it - if you must lift, bend your legs and not your back.
- Avoid twisting motions that can stress your back.
- If using a snow blower, follow all safety instructions and stay aware of others who may be nearby.



# Harm Reduction Holiday Tips

## Reduce Stress

- **Be realistic:** Set realistic expectations about what you can accomplish over the holiday season. Try to establish some balance between what you do for others and what you do for yourself.
- **Family limits:** If spending time with family is stressful for you, set limits on the amount of time you spend with them.
- **Connect with others:** Holidays can bring up feelings of loss and a sense of being alone and disconnected. If you have a friend or family member you can talk to, try to spend some time with them or connect with them on the telephone.
- **Free help:** If you experience distress during the holidays, please do not hesitate to contact your family doctor or visit your local hospital emergency room. There are also provincial services that offer emergency support. For example, ConnexOntario operates three help lines that provide health services information for people experiencing problems with gambling, drugs or alcohol, and mental illness. [www.connexontario.ca](http://www.connexontario.ca)

## Reduce Risk

- **Eat and hydrate well** – Food in your stomach will prevent rapid intoxication that may leave you feeling out of control. Staying well hydrated will ensure that you stay safer and feel better—both while you're out and while you're recovering the next day.
- **Have a plan** – set a limit to how many drinks you're planning to have, know how/when you are planning to leave and plan to have substance free days. Spacing drinks out helps to stick to a plan of moderation.
- **Pick One-** Mixing alcohol with other drugs can trouble. Drug/alcohol combos that are particularly dangerous, as rates of ER visits and overdose can attest, include opioids, benzos and cocaine—but that's by no means an exhaustive list. Even excessive amounts of something as innocuous-seeming as caffeine can be risky, by encouraging you to keep drinking for much longer than you normally would.
- **Leave your car keys at home** – A DUI is very easy to get during the Holiday season. **Don't Drink and Drive.**

## Holiday Tips for Friends and Family of a Person in Recovery

- **Have a heart-to-heart talk.** To avoid any awkwardness, have a direct conversation with the family member or friend in recovery before the holiday celebration. Tell them you are proud of them and ask if there is anything you can do to make them feel more comfortable at the party. **Prepare as a family.** Understand that families cannot cure addiction, nor can they control it or cause a relapse during the holidays. It's up to the recovering person to be responsible for their own recovery. However, families can be supportive of loved ones in recovery—especially during the holidays. **Show your support.** "At age 30, I experienced my first sober holiday since I was 16," recalls William C. Moyers, vice president of Public Affairs and Community Relations for the Hazelden Betty Ford Foundation. "To this day, I distinctly remember feeling out of place and how everyone else was walking on eggshells around me. No one talked about how comfortable or uncomfortable I was, or that I had been in treatment and was now in recovery."
- **Approach a friend or family member who is in addiction treatment the same way you'd approach them if they were battling any other chronic illness.** You can't ignore it, but you don't need to base the whole experience of your holiday around that person's situation. Acknowledge his or her recovery in a low-key way. It may be very affirming to say: "We're really glad you're here and that you're sober." And it is often healing to talk openly about the change in family dynamics. **Offer alternatives.** There should be holiday activities that aren't completely focused on alcohol. Provide alternative drinks and watch out for certain foods. Even though dishes made with wine, beer or hard liquor have no traceable alcohol content, just the flavor of the alcohol could trigger a relapse for someone in recovery.

**Everyone Online 24/7**  
**SMART Recovery**  
[www.smartrecovery.org](http://www.smartrecovery.org)



# 10 Tips for Raising Grateful Kids

Saying thank you is one of the first social rules many parents teach their children, and for good reason. We want our kids to be appreciative and not take things for granted, and learning to be grateful can improve kids' relationships, ability to empathize, and overall happiness. If you are looking for ways to reinforce the importance of gratitude or would like to find other meaningful ways your kids can show appreciation, here are some tips:

## 1. Set an example:

Kids learn a lot from watching their parents. Show them what it means to be grateful by offering a genuine "thank you!" to a waitress who serves your food, a helpful neighbor, someone who holds the door open for you. But don't stop there — include your kids, too. Thanking children for doing things that are helpful, even when they are chores like putting away toys, reinforces the behavior and lets them know they're appreciated.

## 2. Point out generosity:

Call attention to it when people (including your kids!) do things that go beyond what's expected — helping without being asked, being especially thoughtful, or taking extra time to do something because it's important to someone else. Send the message that you will notice if they knock themselves out for you, or for someone else.

## 3. Have a talk:

For some kids, especially young children or those who have trouble understanding emotions, it can help to have a talk about how showing appreciation makes other people feel. Try asking your child how they feel when people say thank you to them for doing something nice, and then how they feel when they don't. Going over his own feelings will help them understand how his behavior affects others and make it easier for them to understand the emotional benefits of being grateful.

## 4. Find ways to say thanks:

There are lots of ways to show gratitude. If your child isn't comfortable talking to strangers or has a hard time expressing themselves in writing, work together to come up with a different way for them to show their appreciation. They could try giving a smile or a thumbs up if someone holds the door, or show grandma how much they love their new coat by drawing a thank you picture (or taking a smiling selfie!) instead of writing a card.

## 5. Share the love:

Encourage kids to think of people who help them, from coaches to neighbors to the local firemen, and say thanks with cookies or cupcakes. Making them and giving them are fun, and they help kids see how connected we all are.

## 6. Put things in perspective:

Talk to your kids about those who are less fortunate. Don't scare them, but don't keep them in the dark either. Understanding that not everyone has the same advantages will help them develop compassion for others and gratitude for their own privileges.

## 7. Let kids choose:

Encourage kids to turn their interests into action. Whether it's a fundraising drive at school, a bake sale, or a run for charity, expressing their interests and using their skills for a good cause is a great way to boost their confidence and give them a chance to give back at the same time.

## 8. Get involved:

If kids are too young to go alone or aren't comfortable dealing with strangers solo, make giving back a family affair. Find places where you can volunteer together or let your child choose a charity to donate to. Giving and gratitude go hand in hand, and doing it as a family will bring everyone closer and help you make some great memories.

## 9. Make gratitude part of bedtime:

When you tuck them in at night, ask your child to tell you three things they're grateful for. Even if they've had a bad day it will help them — and you — end each day on a positive note.

## 10. Give kids credit:

Be mindful of the fact that your child may have their own way of expressing gratitude, even if it doesn't fit your expectations. Different kids communicate in different ways. For example, your child may be more comfortable giving a hug than a verbal thank you, or might show their appreciation by helping out around the house or drawing you a picture. Tuning in to your child's unique way of being thankful will let them know that even as they're learning new ways to give back, you see and appreciate the thoughtful person they already are.

# Kebaowek Health and Wellness Center Activities

## GET WALKING AND WIN

### THE FIRST WEEK OF EVERY MONTH



For the first full week of every month, we are asking everyone to walk 2km for a chance to win !! All you have to do is send in a picture to [mmcmartin@kebaowek.ca](mailto:mmcmartin@kebaowek.ca) showing you walked 2km or over and you will be entered into a draw to win a \$50 Visa gift card.

January Week - Sunday 5th to Saturday 11th  
February Week - Sunday 2nd to Saturday 8th

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

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

Good luck to all participants!!

## HEAD START PROGRAM

**Ages 3 & 4 Year Olds**

**Registration for next semester  
January 9th, 2024**



**Register with Lynn Grandlouis at the  
Health Center and for more  
information please call 819-627-9060**

## HOW TO MAKE FAKE SNOW INDOORS

**Mix your fake snow in a bowl and transfer it to a tray afterward. The recipe calls for a 1:1 ratio of baking soda to cornstarch.**

**STEP 1:** Start by pouring equal amounts of cornstarch and baking soda onto the tray or a bowl. You can also measure if that works best for you. Choose whatever amount you want, such as 1 cup or the whole box. It's up to you.

**STEP 2:** Mix the baking soda and cornstarch with your fingers.

**STEP 3:** Next, add enough water to form a ball when you squeeze some of the mixtures in your hands!



## BABY FOOD MAKING CLASSES

All classes will be held in the kitchen at the Kebaowek Health and Wellness Center from 10:00 am - 12:00 pm

**FRIDAY DEC 6TH, 2024**  
ON THE MENU ... CHICKEN AND BROCCOLI

**FRIDAY JAN 10TH, 2025**  
ON THE MENU ... PEARS

**FRIDAY JAN 24TH, 2025**  
ON THE MENU... CARROTS

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

All materials needed will be provided including the food!

For more information or to RSVP with Lynn Grandlouis  
819-627-9060  
[lgrandlouis@kebaowek.ca](mailto:lgrandlouis@kebaowek.ca)



# Kebaowek Health and Wellness Center Activities




**PALS**  
Parents/Caregivers with children aged 0-11

## Holiday Baking

You will receive 2 different recipes with all the ingredients you need to make them.  
A great way to make baking apart of your family Christmas traditions!

**Pick up will be on December 12th from 1:00-4:00 at the Health Center.**

Limited Kits Available  
Deadline to register is Friday, Dec 6th by noon.  
To sign up, contact  
Darlene @ 819-627-9877 or Lynn 819-627-9060




## BABY & ME

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


December Dates:  
Dec.2nd

January Dates:  
Jan. 6th-13th-20th-27th

Coffee/tea & snacks provided.



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



# PALS

For parents/caregivers with children aged 0-11

## Family Vision Board Workshop

**Thursday, January 9th**  
5:00pm – 6:30pm  
@ the Health Center  
(Multi-purpose room entrance)  
Supper will be served!

Call Darlene (819-627-9877) or  
Lynn (819-627-9060) to sign up!  
Please RSVP by January.7th

Exercise

Learn

Work

Eat Healthy

Adventure

Read more

Be Me

Travel

Stay Healthy



## Kebaowek Health and Wellness Center Activities



### Community Breakfast

**THURSDAY, JANUARY 30TH  
AT THE COMMUNITY HALL  
6:45 AM TO 9:00 AM**

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

## YOUTH NIGHTS

**Ages 12 to 17**

**Meet @ the back door of  
Kebaowek Health & Wellness Center**

**5:00 pm**

**Dates:**

**Tuesday January 14, 2025  
Wednesday January 29, 2025**

**Supper will be provided!**

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

## Women's Paint Night

**with Michelle St-Denis**

**WEDNESDAY, DECEMBER 4TH &  
WEDNESDAY, JANUARY 15TH**

**FROM 6:00 PM - 8:30 PM**

**@ THE NEW HEALTH CENTER  
(BACK ENTRANCE)**

**COFFEE/TEA & LIGHT SNACK PROVIDED.**

**REGISTER WITH DARLENE  
@ 819-627-9877.**



## Community Kitchen

**ON THE MENU:  
Honey Garlic Sausages & Broccoli**



**Monday January 27, 2025**

**Deadline to register:**

**Tuesday January 21, 2025**

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

**Limited Spaces available for both sessions!**

**To register call Sheila @ 819-627-9877**





## Dementia Awareness

Come join us for a presentation on Dementia by: Emma Burgess

Thursday January 16, 2025  
@ 11:00am  
at the Dome

Lunch will be served after the presentation!

## Elder's (55+) Craft Time

### Homemade Mix in a Jar

Date of Activity: Monday January 20, 2025

Time: 1:00 pm to 3:00 pm

Place: Health Center

Sign Up Date: Thursday January 16, 2025

Limited Spaces Available

To sign up please call Shelly @ 819-627-9877 or message our Facebook page. Thank you!



## MORNING Walking Group

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



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

**EVERYONE WELCOME**

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

Please bring appropriate footwear and a refillable water container.

## Holiday Self-Care Tips



Make space for messy feelings like grief.



Learn to say no without feeling guilty.

Create your own holiday traditions.



Keep your stress levels in check. It's okay to step back or delegate.



Set realistic expectations for yourself and the holiday.



Make a plan and try to stick to it. Organization is key.

Keep your self-care routine or begin a new one.



Give yourself permission to let it be a normal day.



# Kebaowek Health and Wellness Center Activities

A SPECIAL PROJECT WITH  
ENTRAINMENT INTELLIGENT TRAINING

## Let's Get Fit!

MIND ~ BODY ~ SPIRIT

\*There have  
been changes  
to the  
program\*



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

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



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



## 2024 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 12th, 2024 to be eligible for the draw. THIS CONTEST WILL RUN ALL YEAR !!

## SENIOR SOCIAL ELDERS 55+

DATES:

THURSDAY JANUARY 16TH, 2025

THURSDAY JANUARY 21ST, 2025

THURSDAY JANUARY 30TH, 2025

Place: Dome

Time: 1:00 pm to 3:00 pm

Doors open @ 12:45 pm



Snacks, Tea & Coffee will be provided !

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



KEBAOWEK

## Meals on Wheels

Upcoming Dates for Meals on Wheels

Wednesday, January 8th, 2025

Wednesday, January 22nd, 2025

Delivery between 2:00 pm and 3:00 pm

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



Meal Cost  
\$7.00 each





## Community Shopping in North Bay



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

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

### **Dates:**

**Saturday December 7th, 2024**

**Saturday December 21st, 2024**

**Saturday January 4th, 2025**

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

**Reminder to bring your own Grocery Bags!**

## Kebaowek First Nation



### Food Bank Schedule

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

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

## Counselling SERVICES

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

### ► Arlene Laliberte

LICENSED Psychologist



To book an appointment call  
Darlene @ 819-627-9877 or by  
email [darmclaren@kebaowek.ca](mailto:darmclaren@kebaowek.ca)

\*In community or phone  
appointments available.

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



# Kebaowek First Nation Community Calendars

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
1 <b>Get Active and Win Challenge Week →</b>  Elder's Christmas Luncheon	2 Baby & Me	3 Meditation with Anabelle Lefebvre	4 Senior Social Crib & Yahtzee Tournament  Women's Paint Night	5  <b>GARBAGE - COMPOST</b>	6 Baby Food Making	7 Community Shopping
8	9	10	11 Radio Bingo	12  <b>RECYCLE</b>	13	14
15	16 Full Moon Ceremony	17	18	19  <b>GARBAGE</b>	20 Twinkling Taste of Christmas  KFN Offices are closed for the	21 Community Shopping
22	23 KFN Offices are closed for the Christmas Holidays	24 KFN Offices are closed for the Christmas Holidays	25 KFN Offices are closed for the Christmas Holidays	26 KFN Offices are closed for the Christmas Holidays	27 KFN Offices are closed for the Christmas Holidays  <b>RECYCLE - COMPOST</b>	28
29	30 KFN Offices are closed for the Christmas Holidays	31 KFN Offices are closed for the Christmas Holidays	<b>Pidji pibon kisis</b> <b>December 2024</b>			

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
<b>Kenozitc kisis</b> <b>January 2024</b>			1 KFN Offices are closed for the Christmas Holidays	2 KFN Offices are closed for the Christmas Holidays	3 KFN Offices are closed for the Christmas Holidays  <b>GARBAGE</b>	4 Community Shopping
5 <b>Get Walking and Win Week →</b>	6 Baby & Me	7	8 Meals on Wheels	9  <b>RECYCLE</b>	10 Baby Food Making	11
12	13 Baby & Me  Full Moon Ceremony	14 Youth Night	15 Women's Paint Night	16 Dementia Awareness Info Session  Senior Social  <b>GARBAGE - COMPOST</b>	17	18
19	20 Baby & Me  Elder's Craft Time	21	22 Meals on Wheels	23 Senior Social  <b>RECYCLE</b>	24 Baby Food Making	25
26	27 Baby & Me  Community Kitchen  Mitt Making Workshop	28 Mitt Making Workshop	29 Youth Night  Radio Bingo	30 Community Breakfast  Senior Social  <b>GARBAGE</b>	31	