



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Oதாகაკომინ கிசிஸ் / August 2025

Inside this issue

Kebaowek Land Management Department	2
Kebaowek Economic Development Department	3
Registration and Membership Information	4
Registration and Membership Information	5
Kebaowek Notes and Information	6
Kebaowek Notes and Information	7
Kipawa Countryfest Information	8
Director of Health & Social Services Update	9
Naloxone ... Save a Life	10
Back to School Routine	11
Kebaowek Health & Wellness Center Activities	12
Kebaowek Health & Wellness Center Activities	13
Kebaowek Health & Wellness Center Activities	14
Kebaowek Health & Wellness Center Activities	15
Calendars for the Months of August & September	16

18ÈME ÉDITION | 18TH ANNUAL
KIPAWA COUNTRYFEST
 15-16-17 AOÛT | AUGUST 15-16-17, 2025
 KÉBAOWEK [KIPAWA], QUÉBEC

High Valley

Dallas Smith

The Great Canadian Road Trip

Confederate Railroad

avec / featuring

Quick Pick | Eastbound Of Bytown | Wheelhouse | Buckwild |
 Wendy Lynn Snider | Julie Duguay & Northwest Country Band |
 Ghost Ryder [Claude Lecuyer] | Grindstone Cowboy | J.A.M Band |

Musique | Bar | Vendeur Alimentaire | Navette
 Brunch [Samedi et Dimanche] | Souper Barbecue [Samedi]
 Marché des artisans | Prix et Tirages 50/50

Music | Bar | Food Vendors | Shuttle Bus
 Brunch [Saturday & Sunday] | BBQ Supper [Saturday]
 Food & Artisans Vendors | Prizes & 50/50 Draws

PRIX DE BILLETS | TICKET PRICES

Passes Week-End | Weekend Passes

18 ANS ET PLUS | AGES 18+

\$100 Prix À L'Avance: Avant le 10 août 2025
 Advanced Price: Before August 10, 2025

\$140 Prix Régulier: Août 11-17 2025
 Regular Price: August 11-17, 2025

Prix Pour Les Jeunes | YOUTH PRICING

12-17 ANS AGES 12-17 **\$25**

0-11 ANS AGES 0-11 **GRATUIT FREE**

Billet D'Une Journée | Single Day Pass

VENDREDI FRIDAY **\$80**

SAMEDI SATURDAY **\$100**

DIMANCHE SUNDAY **\$25**

NOUVEAU Achetez votre bracelet en ligne!

NEW Buy your wristband online!

<https://simpli.events/e/kipawacountryfest>

INFORMATION

TELEPHONE: 819-827-9518
 WEBSITE: www.kipawacountryfest.ca
 FACEBOOK: (KIPAWA COUNTRYFEST)

Camping sauvage disponible / Rough Camping Available
 Appelez pour réserver / Call to Reserve
 705-490-7076

ZONE ENFANTS | KID'S ZONE

* Gonflables pour enfants / Activités / Jeux *
 * Kids Inflatables / Activities / Games *

Round and Lighting by: New Productions Inc.

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 Land Management Department

Kwey KFN!

Land Management and Resources is inviting you to complete a short **Community Questionnaire** to help shape Kebaoweks approach to **Free, Prior and Informed Consent (FPIC)** under **UNDRIP**.

This is your chance to help guide how our Nation makes decisions about our lands, waters, and future.

It only takes a few minutes, and your input is essential!

Complete it by Monday, August 11 at 4:30 p.m. for a chance to win 1 of 3 \$150 gift cards!

Go to : <https://forms.gle/vGW7ifhWbPbHSA5A>

Prefer a paper copy? Contact the LMR Office at 819-627-3455 and we'll make sure you get one.



COMMUNITY QUESTIONNAIRE
FOR ALL KEBAOWEK FIRST NATION MEMBERS
FPIC-UNDRIP
1 OF 3 \$250 GIFT CARDS
DEADLINE:
MONDAY, AUGUST 11TH
If you would like a paper copy reach out to the LMR office at 819-627-3455

ATTENTION!

LOOKING FOR 13 PARTICIPANTS for a study on:

“Dignity through Work and Environmental Justice among Anishinaabe Algonquins on the Kitchi Zibi Territory”

Are you a Kebaowek First Nation band member? If so, you may be eligible to participate in a 90-minute recorded interview conducted by Chelsea King of Harvard University.

Participants will receive a \$250 Visa or Mastercard gift card as a thank-you for their time.

All names and personal information will be kept strictly confidential.

Contact Chelsea King at cking@g.harvard.edu

Or reach out to Kacie McLaren at the Kebaowek Land Management office: 819-627-3455 OR kmclaren@kebaowek.ca

This study has been authorized by the KFN Band Council and will contribute to ongoing research on dignity and environmental justice in Indigenous communities.

**DEADLINE
TO PARTICIPATE:
FRIDAY,
AUGUST 25TH
2023**

Notice for members with unregistered cottages, we are in the process of updating our logs so please call or email us to give your locations and band number.



To whom it may concern, Kebaowek Land Management is conducting the survey of all camps on unceded Algonquin territory. This endeavor is being conducted to combat the number of illegal cottages in the area and to protect our waters and forests from over development.

Please tolerate any visits to your cottages soon.

To register or for more questions.

Kebaowek phone: 819-627-3455

Email: riley.chevrier@kebaowek.ca



Rentals

Kayak & Paddle Board Rentals
Available at the Kebaowek Marina!

Ready for an adventure? Whether you're gliding through calm waters or soaking up the sun with friends, we've got everything you need for a perfect day on the lake.

- Hourly or full-day rentals
- Located at Kebaowek Marina

No experience? No problem! Life jackets provided and all skill levels welcome. Come explore the beauty of the water—one paddle at a time.

Book your rental today and make the most of lake life!



Marina Kiosk for Rent
Share Your Creations!

Do you create crafts, beading, or make homemade goods? This summer, showcase and sell your work right by the water! Our marina kiosk is available for rent — a perfect space for local artisans looking to connect with the community and visitors alike.

- Prime location at the marina
- Seasonal availability
- Great visibility for handmade products

Interested? Contact us to reserve your spot! ☎ (819) 627-3392



KATAKAG
ADAWEWIGAMIG
• KEBAOWEK FIRST NATION •

COME BY FOR A SWEET TREAT AND ENJOY BEAUTIFUL VIEWS BY THE WATER!

WE'LL BE SERVING UP ALL YOUR FAVORITE CLASSICS AND NEW FLAVORS—PERFECT FOR A SUNNY DAY AT THE MARINA.

WHETHER YOU'RE WALKING THE DOCKS, OUT FOR A BOAT RIDE, OR JUST IN THE MOOD FOR A COOL SNACK, WE'VE GOT YOU COVERED.

WE CAN'T WAIT TO SEE YOU THERE!

🕒 **Hours:** Everyday from 1-9pm
📍 **Location:** Kebaowek Marina



BARGE SERVICES

On Lake Kipawa/Sur le Lac Kipawa



Book now or get a quote:
Réservez maintenant ou demandez une soumission :

☎ (819) 627-3455 Ext. 225

15-TON LOAD CAPACITY
CAPACITÉ DE CHARGE DE 15 TONNES

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



Registration and Membership Information

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

SECURE CERTIFICATE OF INDIAN STATUS



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

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

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

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



Get, renew or replace a status card → Application Forms

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

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

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

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

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

For an appointment, assistance or more information:

Laura Moore

**IRA & Social Development Coordinator
Kebaowek First Nation**

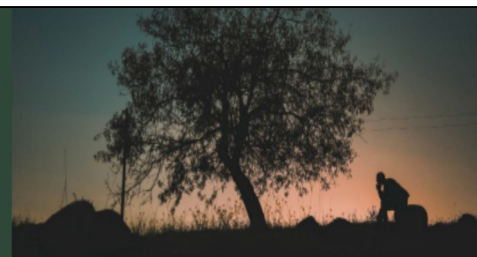
110 Ogima Street, Kebaowek Quebec J0Z 3R1

Phone: 819-627-3455 Ext 228

Email: lmoores@kebaowek.ca



**Kebaowek
Band
Members**



WILLS & PROTECTION MANDATES **SOPHIE GAGNON, NOTARY**

A protection mandate helps you plan ahead for your future. No one is immune to an illness, accident or mental health problem that could render them incapable of taking care of themselves and managing their property.

This is why drawing up a protection mandate is so important.

It lets people decide in advance who will take care of them and their property, and how.

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

**** IMPORTANT NOTICE ****

**Sophie will be in Kebaowek for appointments on
Wednesday September 10th !!**

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

Registration and Membership Information



KEBAOWEK FIRST NATION
110 OGIMA STREET
KEBAOWEK, QUEBEC
J0Z 3R1

TEL: (819) 627-3455

FAX: (819) 627-9428

www.kebaowek.ca

July 24, 2025

Dear Band Member

As part of our ongoing commitment to community well-being and individual preparedness, we are pleased to offer access to **notarial services for the drafting of wills and protection mandates**, with the goal of encouraging as many members as possible to have their personal affairs in order. These legal documents are essential tools that provide peace of mind and ensure that your wishes are respected in the event of illness, an accident, or cognitive decline.

We are collaborating with **Notary Sophie Gagnon**, whose services fully cover the preparation of:

- **Wills**
- **Powers of Attorney/Protection Mandates** (which allow you to choose in advance who will care for you and manage your property if you become incapacitated)

For Members Living Off-Reserve or Outside the Catchment Area

If you are currently residing off-reserve or outside the designated catchment area, you may still access similar services where you live. You will be eligible for **reimbursement up to the amount that is covered here in the community**.

For Non-Indigenous Spouses

Should surplus funds remain before the end of the fiscal year, it may be possible to **reimburse the remaining balance** for services rendered to non-Indigenous spouses.

In closing, please note that **this project will conclude on January 15, 2026**. We encourage all members to take advantage of this opportunity to ensure that your affairs are properly documented and legally protected. Notary Sophie Gagnon will resume services on a Wednesday's, starting September 10th. If you have any questions or would like to be put on a waiting list to access the service, please contact me at 819-627-3455.

Regards

Laura Moore
Social Development Coordinator

Sacred Fire

in honour of

Michael "Mikey" Moore

The Sacred Fire will begin
Sunday August 17th,
at 2:00 pm at the Arbour
and will end Thursday,
August 21st, at 2:00 pm

*After the closing of the
Sacred Fire a service will take
place in the Community Hall, and
an interment in Jawbone's Bay.
There will be a luncheon to follow.*

KEBAOWEK COMMUNITY HALL

THANK YOU



OVER 1000 BOTTLES SAVED!

"Since the installation of our Bottle Filling Station at the community hall, we've saved over 1,000 plastic water bottles!

Congratulations and thank you to everyone who has contributed to this success. Let's keep up the momentum and continue making a positive impact—one refill at a time!"

KEBAOWEK CHILDCARE CENTER

we are looking for

EARLY CHILDHOOD EDUCATORS

Full-time Supply List

Send your resume now! mlevesque@kebaowek.ca
Deadline: August 15th 2025

Traditional Full Moon Ceremony



Thursday July 7th, 2025
Supper starting at 5:00 pm

Catered by Carolyn Pariseau

Ceremony starting at 6:00 pm

At the Arbour

Open to all women and girls.

Please wear your skirt.

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

CARPENTER DIPLOMA



ADMISSION REQUIREMENTS

PRE-REQUISITES

- Sec IV English, Math, and second language French credits
OR
- Have passed the GDT along with the required specific prerequisites (secondary 3 French or Secondary 2 French from adult education)

AND have been out of school for 12 months or attended an adult education center during this period.

TRAINING IN TEMISCAMING, QC



DEADLINE TO APPLY IS AUGUST 16th, 2025
SIGN UP NOW! LIMITED SPOTS!

DOCUMENTS TO SUBMIT

SEND TO: tamchevrier@kebaowek.ca

- Birth Certificate
- Most recent report card
- Valid Photo ID
- Letter of motivation (reason for applying)

DURATION

- 1350 hours

FINANCIAL SUPPORT

- Potential funding support through Service Quebec

**** Applicants will be reviewed upon receipt of all required documents ****

FOR MORE INFORMATION CONTACT TAMMY CHEVRIER
Phone: 819-627-3455 or Email: tamchevrier@kebaowek.ca

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

KEBAOWEK FIRST NATION

READY TO BUILD

NEW LOTS AVAILABLE

START YOUR NEW BUILD AUGUST 2025

FINANCING OPTIONS:
PRIVATE LOANS
RBC
ABORIGINAL SAVINGS CORPORATION OF CANADA

SELECT A LOT

SUBMIT PLANS
PROVIDE YOUR HOME PLANS AND SPECIFICATIONS

BUILDING OPTIONS
PRIVATE BUILD
PREFAB
KFN CONSTRUCTIONS

FOR MORE INFORMATION CALL OR EMAIL
819-627-3455
mlevesque@kebaowek.ca
www.kebaowek.ca

RADIO BINGO

WELCOME BACK SPECIAL SEPTEMBER 17, 2025

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

Le paquet comprend plusieurs jeux.
Package includes multiple games

Prix/price: \$20

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

\$1000 JACKPOT!! & 2ND CHANCE JACKPOT!

Live on 104.1 FM

819-627-9595
www.drumbeatradio.ca

Drumbeat
THE HEART OF KEBAOWEK
CKFF 104.1

KIPAWA COUNTRYFEST WEEKEND LINEUP



Friday, August 15, 2025

5:45pm - 6:00pm	Opening Remarks
6:00pm - 7:30pm	Quick Pick
8:00pm - 9:30pm	* GREAT CANADIAN ROAD TRIP
10:00pm - 11:30pm	* HIGH VALLEY
11:30pm - 1:30am	Eastbound of Bytown

Saturday, August 16, 2025

12:00pm - 1:15pm	Wheelhouse
1:30pm - 2:45pm	Buckwild
3:00pm - 4:15pm	Wendy Lynn Snider

Dinner / Soundcheck Break

6:15pm - 7:30pm	Julie Duguay & Northwest Country Band
8:00pm - 9:30pm	* CONFEDERATE RAILROAD
10:00pm - 11:30pm	* DALLAS SMITH
11:30pm - 1:30am	Eastbound of Bytown

Sunday, August 17, 2025

12:00pm - 1:15pm	Ghost Rider (Claude Lecuyer)
1:30pm - 2:45pm	Grindstone Cowboy
3:00pm - 4:30pm	J.A.M Band

Festival Emcee : Sam Harvey
Sound & Lighting : KWE Productions
* Music Acts & Times are Subject to change

NEW THIS YEAR!

BUY YOUR WRISTBANDS ONLINE!

Upon entering the festival, you will receive your wristband after proof of purchase is scanned



www.simpli.events/e/kipawacountryfest

ALL SALE ARE FINAL. RAIN OR SHINE EVENT

KIPAWA COUNTRYFEST



SHUTTLE

AUGUST 15-17



\$5 PER RIDE / CASH ONLY

PICK UP TIMES

- FRIDAY: 5PM
- SATURDAY: 11AM / 5:30PM / 7PM
- SUNDAY: 11AM

DEPARTURE TIMES

- FRIDAY: 12AM / 2AM
- SATURDAY: 12AM / 2AM
- SUNDAY: 5PM

LOCATION

ELDEE STORE (FRIDAY ONLY)
THORNE AVE ON MAIN RD (STUDIO JO CORNER)
BRASSETTE TEM-ROSE
BERCAIL
AUBERGE CANADIENNE
MIKAN TRANSPORT (TEE-LAKE)

THANK YOU TO LOUISE MALO!



\$100 WEEKEND PASSES

WRISTBANDS ON SALE AT THE FOLLOWING LOCATIONS!

In Person Cash / Debit / Credit

KEBAOWEK BAND OFFICE, Kebaowek, Qc.
MIGIZY GAS STATION, Kebaowek, Qc.

In Person - Cash Only

DÉPANNEUR STOP 102, Temiscaming, QC
DÉPANNEUR DANDY'S, Temiscaming, QC
MARYANN BABIN, Notre Dame Du Nord, QC
SHEAR OASIS HAIR DESIGN, North Bay, ON
LAKEVIEW STORE, Kebaowek, QC

ALL SALE ARE FINAL. RAIN OR SHINE EVENT

Update from the Director

Kwe to all Members of Kebaowek First Nation

The summer period corresponds to the vacation period. Employees are entitled to this well-deserved vacation, which means fewer employees will be on the job at any one time from July to the end of August. This context requires adjusting the range of certain services considering the capacity to provide them. This adjustment makes it possible to not increase the workload and pressure within the departments, limit the risks of unplanned service interruptions and ensure the delivery of safe and quality services to the population.

Please note that there will be a few job postings coming out mid August. We will be replacing a full-time Medical Transportation Driver as our veteran driver Mr. Roger Mitchell will be retiring at the end of August. We will also be posting for a full-time Secretary-Receptionist and for a Community Services Worker for the Health Center. Please visit our Facebook page from time to time to receive updates and important messages. We will also add this information on the Kebaowek.ca website

Meetings Attended in July:

- FNQLHSSC Board of Directors and AGA
- FNHMA Board of Directors
- Regional Mobilization Group headed by the CISSSAT

Onimiki Renewable Energy File:

- Board of Directors on Onimiki renewable Energy LLP.
- Ongoing inventory and studies throughout the summer
- Hydro Quebec energy group distribution

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

Have a great summer everyone. Get out on the land and make some new memories. Be safe and be kind.

Quotes on Summer Time

"Some of the best memories are made in flip-flops"
~ Kellie Elmore ~

"Nothing lasts forever, except the day before you start your vacation" ~ Gayland Anderson ~

David McLaren
Director of Health & Social Services

Medical Transportation

This month I would like to emphasize on the "**Rate Allowance for Hotels**" and how it works.

Currently we have been given "Base Rates" allowed to be reimbursed in different areas of Quebec, when attending medical appointments from home. The Hotel rates differ from each area within the province.

Maximum Rates to be Reimbursed are as follows (taxes are included in the price listed):

- Amos- \$186.60
- Pikogan- \$172.06
- Rouyn Noranda- \$207.20
- Val d'Or- \$198.71
- Gatineau/Ottawa/Montreal- \$316.49

How it works: When you book your own room, you will be reimbursed for the full amount if you are UNDER/EQUAL to the rate allowed and for an amount OVER the allowed rate you will not be reimbursed for the difference.

EXAMPLE

**You go to Rouyn Noranda and you pay
\$247.25 for your room.**

**The framework of the budget will only allow
\$207.20 to be reimbursed back to you**

To avoid having to pay "out of pocket", book with hotels within the base rate allowance allowed. I can also book your hotel room for you if needed.

I also participated in a group discussion last month discussing issues we are having with staying within the set budget allowance from Indigenous Service Canada (ISC). Many communities are having the same problems. Hopefully we will get fair resolution on the issues in the near future.

Please do not hesitate to reach out with Hotel Bookings or questions you may have concerning Medical Transportation. Our goal is to keep you healthy and able to make those important appointments without the challenges of a financial burden.

Thank you,
Kim Constant
Medical Transportation Co-Ordinator (Interim)

Naloxone: Save a Life



What is naloxone?

Naloxone (pronounced na-LOX-own) is a fast-acting medication used to **temporarily reverse the effects of an opioid overdose, also called an opioid poisoning. Naloxone can begin to take effect within 2 minutes. If a response to an initial dose is not seen within 2-3 minutes, subsequent doses can safely be given.**

Why does naloxone work only temporarily?

Naloxone is active in the body for only **30 to 120 minutes**, but the effects of most opioids can last longer. This means that the **effects of naloxone are likely to wear off before the opioids are gone from the body**, which could cause breathing to stop again. Naloxone may need to be used again, depending on the amount, type or method of consumption of the opioids (e.g., oral, injection).

An **overdose is always an emergency**. Even if naloxone has been administered, **always call for help**.

TIP: If you or someone you know is using opioids, make sure to carry naloxone with you. It's available without a prescription and can be picked up at most pharmacies or local health authorities.

Is naloxone safe for everyone?

Yes, naloxone is **safe for all ages**. It works **only if you have opioids in your system**. It is safe to keep on-hand because it cannot be improperly used and does not create dependence.

How is naloxone helping to address Canada's overdose crisis?

Naloxone has been used to successfully reverse thousands

of opioid overdoses across Canada. It is used by first-responders such as paramedics and firefighters. Take-home naloxone kits are also available to anyone who may be at risk of an overdose or who is likely to encounter one. Take-home naloxone kits are **available without a prescription** and can be picked up at **most pharmacies or local health authorities**.

In Canada, two types of take-home naloxone kits are available:

- **Naloxone Nasal Spray** is sprayed directly into the nose where it is absorbed.
- **Injectable Naloxone** is injected into a muscle in your body: the upper arm, thigh or buttocks are best.

Naloxone Saves Lives. Get a Kit.

- Naloxone temporarily reverses the effects of an opioid overdose to help restore breathing
- If you think someone is experiencing an opioid overdose, call 9-1-1 or your local emergency help line, then give naloxone by following the directions on the kit
- Take-home kits are available at most pharmacies or local health authorities; no prescription is needed
- Kits expire and should be replaced before the expiration date

Source: Canada.ca

Help is available for **mental health** and **suicide prevention**

9-1-1

Call 911 or your local emergency line if you are in immediate danger

9-8-8

Suicide Crisis Helpline

Call or text 9-8-8 (24/7) for suicide prevention support

HOPE FOR WELLNESS

For all Indigenous people across Canada, call **1-855-242-3310** or visit hopeforwellness.ca (24/7)

KIDS HELP PHONE

Call 1-800-668-6868, text **CONNECT** to **686868** or visit KidsHelpPhone.ca

[CANADA.CA/MENTAL-HEALTH](https://Canada.ca/Mental-Health)

Canada

Helping Kids Back Into the School Routine

With praise, understanding, and some structure you can smooth out back-to-school jitters.

As the summer comes to a close and school is getting back into session, here are a couple quick reminders to help make the transition from the beach to the classroom easier for you and your child.

Validation: Let your child know that his nervous or apprehensive feelings about the start of school are normal. All kids (and adults!) have a hard time getting back into the routine of the school year. The knowledge that he is not alone in this experience will help your child feel he's being heard and understood.

Morning Routines: A common change that occurs as we begin the school year is a new morning routine. To help your child be successful, discuss what her morning routine will look like during the school year. This way, your child knows what will be happening and has clear expectations that are valuable to her under the time pressure of getting ready for school. Provide your child with simple, well-defined, and easy steps for her routine so that she has a clear idea of what you expect and so that it's easy to follow along with you! Having an easy-to-reference schedule, maybe with pictures, can engage your child and provide a wonderful visual guide for what she needs to do next. Giving specific praise when she completes each lets her know that you love what you're seeing. This will increase your child's chances of success in the future, and helps build her self-esteem.

Homework: Another transition that can be rough after a summer break is homework completion. Like the morning routine, providing your child with a structured schedule can help him stay focused and motivated. Completing homework as soon as school is over and with continuous parental support will take advantage of the daylight hours and provide encouragement,

motivation, and assistance when needed. Snacks are a great way to keep your child's energy up while he works through those tough math problems. Of course, some children have active schedules, with team sports, music classes, or afterschool clubs, which can make engaging in homework more difficult. Letting your child know that you understand the hard work he is putting in and being ready with frequent positive feedback for his effort can help motivate him to get homework done.

Bedtime: Bedtime is one of the hardest transitions. Children may be accustomed to going to sleep later and/or waking up later during the summer, so the new school schedule can be difficult to get acclimated to. As with the morning routine, having a nighttime schedule can assist in creating a structure for your child. Set your child up for success with clear expectations, simple step-by-step instructions, and praise at the completion of each step. Additionally, visual reminders can help your child have something to refer to as she goes about her routine. Most kids want more time watching their favorite TV show or finishing that last level of a videogame, and setting time limits can be a great way to put a boundary around the winding down time that they need each evening.

And if you find that these transitions are harder than expected or find yourself needing any additional help or support, come see us at Child & Family Services or call 819-627-9877.



What is Nicotine Replacement Therapy (NRT)



BABYSITTING COURSE



BABYSITTING COURSE WITH FIRST AID/CPR.
Ages 11 and up!! (MUST BE TURNING 12 BY DECEMBER)

Tues, Aug 12th
10:30AM TO 3:30PM

LOCATION: Kebaowek Health and Wellness Center

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

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

EMAIL: darmclaren@kebaowek.ca

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

BABY & ME

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

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

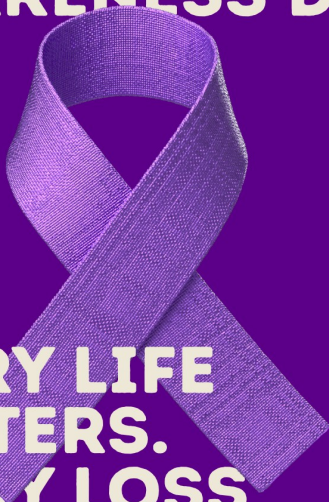
August Dates:
August 11th & 18th

Coffee/tea & snacks provided.



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

INTERNATIONAL OVERDOSE AUGUST 31 AWARENESS DAY



**EVERY LIFE
MATTERS.
EVERY LOSS
COUNTS.**

Women's Paint Night

with Michelle St-Denis

MONDAY, AUGUST 11TH

FROM 6:00 PM – 8:30 PM

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

COFFEE/TEA & LIGHT SNACK PROVIDED.

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



Addiction? We can help!

Are you living with addiction?

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

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

- Judgement free
- Confidential
- Person-centered care

Call Delyssa Down
819-627-9877

SOBER FUN IN THE SUN

- Beach day
- Paddleboarding or kayaking
- Hiking adventure with scenic views
- Nature photography scavenger hunt
- Sunrise or sunset picnic
- Trail biking
- Yoga
- Volleyball
- Sidewalk chalk art
- Outdoor painting or journaling
- Crafting nature art from found objects
- Read a book under a tree
- Sober BBQ with mocktails & games
- Backyard games: cornhole & horseshoes



First Nations Child and Family Services and Jordan's Principle Settlement

The following classes are able to submit claims:
The Removed Child Class
The Removed Child Family Class

Check eligibility criteria at fnchildclaims.ca.

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

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



HEALTH SCREENING CLINIC

SCREENING FOR:

- ✓ Blood Pressure monitoring
- ✓ Blood Glucose monitoring
- ✓ Weight monitoring



SCREENING TIMES:

Tuesday September 2nd, 2025
1:00 pm – 4:00 pm
Wednesday September 3rd, 2025
8:00 am – 4:00 pm

TO BOOK YOUR SCREENING

Please call the Kebaowek Health Center receptionist to book your screening clinic appointment.
Should you require medical transportation for your appointment please inform the receptionist when you call
819-627-9060

Chance to win a prize for participating in the screening !!



2025 Medicine Cabinet Clean Up Contest

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

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

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

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

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

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

GET WALKING AND WIN

THE FIRST WEEK OF EVERY MONTH



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

August Week - Sunday 3rd to Saturday 9th
September Week - Sunday 7th to Saturday 13th

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!!

A SPECIAL PROJECT WITH
ENTRAINMENT INTELLIGENT TRAINING

Let's Get Fit!

MIND ~ BODY ~ SPIRIT



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

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



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

August 1st
September 6th
October 4th

9am -
3pm

Community Shopping

FRESH CO
Lowering food prices

Walmart

GIANT TIGER

Contact Shelly @ 819-627-9877
the Wednesday before the trip to save
your seat as spaces are limited.
Reminder to bring your own Grocery Bags!



Kebaowek First Nation

FOOD BANK

Food Bank Schedule

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

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

Counselling SERVICES

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

► **Arlene Laliberte**

LICENSED Psychologist



To book an appointment call
Darlene @ 819-627-9877 or by
email darmclaren@kebaowek.ca

*In community or phone
appointments available.

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

Kebaowek First Nation Community Calendars

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Otatakakomin August 2025					1 Community Shopping	2
3 Get Walking and Win Challenge Week →	4 Kebaowek Offices/Health Center are closed for Civic Holiday	5	6	7 Full Moon Ceremony RECYCLE COMPOST	8	9
10	11 Baby & Me Women's Paint Night	12	13	14 GARBAGE COMPOST	15 18th Annual Kipawa Countryfest	16 18th Annual Kipawa Countryfest
17 18th Annual Kipawa Countryfest	18 Baby & Me	19	20	21 RECYCLE COMPOST	22	23
24 31	25	26	27	28 GARBAGE COMPOST	29	30

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
	1 Kebaowek Offices/Health Center are closed for Labour DayHoliday	2 Health Screening Clinic	3 Health Screening Clinic Meals on Wheels	4 Senior Social RECYCLE COMPOST	5	6
7 Get Walking and Win Challenge Week →	8	9	10	11 Senior Social GARBAGE COMPOST	12	13
14	15	16	17 Meals on Wheels Radio Bingo	18 Senior Social RECYCLE COMPOST	19	20
21	22	23	24	25 Senior Social GARBAGE COMPOST	26	27
28	29	30 Kebaowek Offices/Health Center are closed for National Day of Truth and Reconciliation	Kakone Kizis September 2025			