



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Atikamek-kizis / November 2025

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KEBAOWEK FIRST NATION PRESENTS

THE 6TH ANNUAL

Christmas PARADE

Thursday November 27th, 2025
Starts at 6:00 pm

**WE WILL BE COLLECTING
DRY/CANNED GOODS OR CASH
DONATIONS FOR OUR FOOD BANK,
ANY HELP WOULD BE GREATLY
APPRECIATED !!**

**ALL CHILDREN AND YOUTH SHOULD
BRING A SMALL BAG TO COLLECT
CHRISTMAS TREATS !!**

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

The Algonquin Anishnabeg Nation Tribal Council wishes to inform members of its seven communities that elections will be held December 3, 2025, to elect representatives who will sit with Chiefs on the Political Council. Registered members of the seven communities will elect the position of Grand Chief, as well as the Elders' and Women's Representatives.

Grand Chief

Savanna McGregor
Incumbent (Kitigan Zibi)
Verna Polson (Kebaowek)

Women's Representative

Shirley Tolley
Incumbent (Kitigan Zibi)
Robin Decontie (Kitigan Zibi)

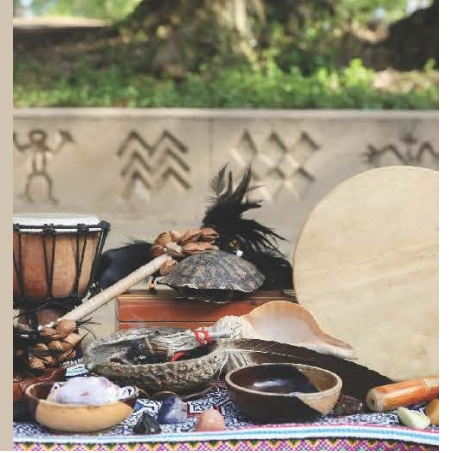
Elders' Representative

Jimmy Hunter (Long Point)
Oscar Kistabish (Abitibiwinni)
Gilbert Whiteduck (Kitigan Zibi)

PLEASE SEE PAGE 8 FOR INFORMATION ON HOW TO VOTE



ECONOMIC DEVELOPMENT DEPARTMENT



Community Growth in Motion

Cultural Centre & Community Projects Update

Exciting things are happening in Kebaowek! We're thrilled to share that construction has officially begun on the new Anicinabe Mikana Cultural Centre! Many of you may have already noticed the activity on-site — it's wonderful to finally see this long-awaited project taking shape. We're still waiting on the final construction timelines, but we'll be sure to share a detailed update next month. In the meantime, keep an eye out for the Groundbreaking Ceremony announcement — it's going to be a moment worth celebrating together!

Earlier this month, our team also hosted a pilot tour as part of planning for the future AMCC high season. Using our beautiful Cultural Centre Van, we shuttled visitors from Parc Opémican to the community for a sneak peek experience. This marks the first step in building a strong partnership with Parc Opémican, and an exciting move toward increasing tourism and economic growth in our community during the summer months.

Behind the scenes, a lot of work is also starting up again — especially around the exhibit space and content development for the Cultural Centre. We'll be reaching out soon for community input and help, including select contract opportunities, so stay tuned for ways to get involved!

✦ SugarBush

A huge thank-you to everyone who helped move the Sugar Bush materials! Your teamwork made everything go smoothly and helped us prepare for the next phase.

At the same time, our Housing Department has officially started construction on the new pump house, which will support the Sugar Bush site and ensure a reliable system for future operations. These combined efforts are a big step forward for this important community project!

✦ Marina

As the season comes to a close, please remember to return your fobs and remove your boats. Thank you for helping us wrap up another great season on the water!

We're so grateful for everyone's continued support and enthusiasm as we move through this exciting chapter of growth and community development. More updates — and celebrations — are just around the corner!

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**

FINAL PRESENTATION

Member meeting at the Kebaowek Community Center

Monday, November 24th

**FREE
PRIOR AND
INFORMED
CONSENT**

This session will share
what we heard during the
sessions and surveys

SEE THE
RESULTS

Kebaowek's **FPIC** protocol

Dinner @ 5:30, Presentation, Q and A, and awards to follow

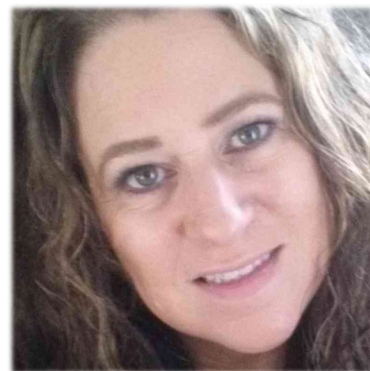
United Nations Declaration on the Rights of Indigenous Peoples

Hello everyone,

I am pleased to share that I have recently accepted the position of Land Management Administrator with Land Management. I am currently in training with Rosanne and hope to be as efficient and capable as she has been in this role. My goal is to continue serving both the Land Management Department and our Community members with dedication and care.

I look forward to becoming more involved in community activities and getting to know everyone better.

Thank you for your support,
Jackie Drouin



Kwe Kebaowek Members,

My name is Logan Haymond. My spirit name is Standing Tree Man. The reasoning behind that name is that I stand tall with roots that run deep in the community. Connecting us and holding us together just as the roots of a tree do. I come from the Bear Clan. I am the newest member of the Land Management Department hired as a Land Technician. I bring with me many years of practice, and cultural knowledge of the land and territory with a mandate to protect it. Throughout the years I have worked with both local communities. Passing on traditional hunting and fishing knowledge to the next generation.

I grew up in the community. A large part of my family remains here in Kebaowek and other communities on the territory. I care deeply about the land and animals. I am going to bring the passion for conservation I have to this position and hope that we can protect our territory for many future generations to come. Even though most of you know me. I just want to say thank you and I look forward to working with the community!

Logan Haymond

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.

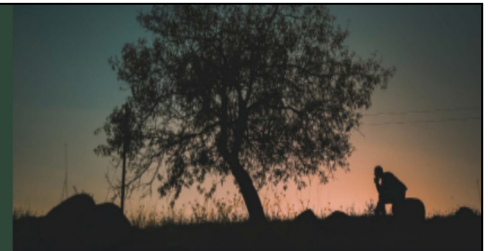
For an appointment, assistance or more information:

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

Phone: 819-627-3455 Ext 228
Email: lmoore@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.

**** SCHEDULE ****

Sophie will be in Kebaowek on the following dates:
November 12th - November 19th - December 17th
Set up an appointment by calling Roxane at 819-627-3455

Education Department

HANDICRAFT SEWING CLASS

AT THE ELDER'S BUILDING

Youth that are 8 - 11 yrs old can attend but must be accompanied by a responsible parent/guardian

Youth that are 12 yrs + are welcome to attend on their own.

The materials are free of charge for youth.

Adults, the costs vary depending on materials needed for projects.
Handicraft supplies can be purchased from us.

Instructor - Lynda Chevrier

PLEASE CALL ROSE JAWBONE AT
819-627-3455

IF YOU ARE INTERESTED IN
PARTICIPATING IN THIS CLASS



SEWING CLASSES

AT THE ELDER'S BUILDING

PLEASE CALL ROSE JAWBONE

AT 819-627-3455

IF YOU ARE INTERESTED IN TAKING THIS CLASS

Congratulations to Kebaowek Band Member,
Julie Harris

Julie is a Diabetes Navigator for the Anishinabek Nation,
and has recently been the recipient of 2 awards.

Grand Council Chief Award for her work as a Diabetes Navigator
and

2025 Ontario Tech Alumni Award for Ethical Tech Advocate

We are so very proud,
Mom & Family



Happy 15th Birthday Jess! You've grown into such a beautiful, kind, and talented young lady who fills our lives with laughter, love, and pride.
Love: Mom, Dad, Jacob, Kiley, Tonka, Diesel and Buster

Organised by KFN Powwow

Sunday November 23, 2025

MINI MONSTER BINGO

\$7500+ in prizes

Cantine

Game: 1:30 PM

TICKETS AVAILABLE
AT MIGZY GAS!!!

150 PRESALE
TICKETS AVAILABLE!!!



Huge Prizes

HERE IS WHAT YOU NEED TO KNOW!!!

- LOCATION: KEBAOWEK COMMUNITY HALL (DOME)
- DOORS OPEN: 12:00 PM
- GAMES BEGIN: 1:30 PM
- CANTINE WILL BE OPEN
- ENTRY FEE: \$65
- TOTAL PAYOUT: \$7,500+
- JACKPOT: \$3,500
- AND MORE!

Everyone
welcome
18+

QUESTIONS? CONTACT:

DEBBIE MINESS AT 705-499-7076/MINESS1973@HOTMAIL.COM
VERNA POLSON AT VPOLSON@KEBAOWEK.CA

**CRIBBAGE
TOURNAMENT**
NOVEMBER 15TH, 2025
Community Hall
Registration 11am 100% Payout
Start at 12pm A & B Class
\$40 Per Team- No single players
Double Elimination Tournament



No Age restriction
must have cribbage
knowledge to participate

*Kitchen will be open
for the day @ 11:00am
*Soup, Wings, Poutine, etc...
Cash or Debit*

**CHRISTMAS
VENDORS SHOW**
Kebaowek Community Hall
**SATURDAY
NOVEMBER 22, 2025**
HOW TO BOOK A SPOT?
**Contact Sandra Woodbury
on Facebook!**



**BAKING
Spirits
BRIGHT**
JOIN US FOR A HOLIDAY
BAKING PARTY
DEC 05 2025
6:00pm
\$20.00 per person
(includes baking ingredients, free
Christmas cocktail/mocktail and container
to bring home goodies!)

18+ event

REGISTER NOW

**Limited Spots
Call Roxane
to Register
819-627-3455**

**Sign up for an evening of
Games, Dancing, Laughs
& Baking!**
Door Prize
Everyone Welcome!
DD Available



 **SAVE THE
DATES**

NOV 7TH	INDOOR CORNHOLE TOURNAMENT
NOV 8TH	INDIGENOUS VETERANS DAY (LEGION)
NOV 15TH	CRIB TOURNAMENT & KITCHEN OPEN AT HALL
NOV 22ND	CHRISTMAS VENDORS FAIR
NOV 29TH	ELDERS CHRISTMAS DINNER (By invitation only)
DEC 5TH	HOLIDAY BAKING PARTY (Registration Required) *18+
DEC 14TH	BRUNCH WITH SANTA (By invitation only)

Ski-Doo Rally 2026 February 14th	Fishing Derby 2026 March 7th
Boat Rally 2026 July 18th	

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

Our Lady of the Lake - Kipawa

Vendredi le 21 nov. 2025

*Une soirée récréative
avec la chorale*

Les portes ouvriront à 18h15 – Début à 19h

Pause: rafraîchissements disponibles durant la pause

Venez écouter de la musique Country, Gospel et de Noël!



Come enjoy Country, Gospel and Christmas music!

Friday Nov. 21st, 2025

A musical evening with the choir

Doors open at 6:15 p.m. / Starting at 7:00 p.m.

Intermission: refreshments available at break

ATTENTION

**NOMBRE DE BILLETS LIMITÉS
LIMITED NUMBER OF TICKETS**

ATTENTION

Adulte - 20\$ - Adult

13-17: \$15

Église de Kipawa – Kipawa Church

Pour billets / For tickets : Janet : 819-627-6367
Patty : 819-627-6687 or Verna : 705-477-9907

Traditional Full Moon Ceremonies



Thursday December 4th, 2025

Supper starting at 5:00 pm

At the Cultural Building

Ceremony begins 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 - Culture & Language Manager
Phone: 819-627-3309 Email: vpolson@kebaowek.ca

HoHoHo

YOU ARE INVITED TO

**K.C.L.A.
CANDY CHRISTMAS
AT THE KIPAWA COMMUNITY HALL**

COME VISIT SANTA &
MRS. CLAUS
MUST REGISTER TO
RECEIVE A GIFT

SATURDAY
29
NOVEMBER
FROM 12-3 PM

COME ENJOY A
HOTDOG,
HOT CHOCOLATE &
COOKIE

HORSE DRAWN
SLEIGH RIDES
BONFIRE
FACE PAINTING
GAMES OF CHANCE (\$)



WHILE SUPPLIES LAST

FUN FOR THE WHOLE FAMILY
AND GIFTS FROM SANTA FOR CHILDREN 0-12 YRS OF AGE
REGISTRATION AT 12:00

BRING YOUR LETTER
FOR SANTA
THE EVENT IS FREE BUT WE
ARE ACCEPTING
NON-PERISHABLE FOOD ITEM

EVERYONE
WELCOME



SPONSORED BY THE
MUNICIPALITY
OF KIPAWA

INDOOR & OUTDOOR
ACTIVITIES

he ho ho

VENEZ CÉLÉBRER LE

**NOËL SUCRÉ
DE K.C.L.A.
AU CENTRE COMMUNAUTAIRE DE KIPAWA**

SAMEDI LE
29
NOVEMBRE
DE MIDI À 15 H00

VISITE AVEC LE
PÈRE NOËL
APPORTEZ VOTRE LETTRE
POUR LE PÈRE NOËL
VOUS DEVEZ VOUS INSCRIRE
POUR RECEVOIR UN CADEAU

VENEZ DÉGUSTER UN
HOT-DOG,
CHOCOLAT CHAUD
ET UN BISCUIT

PROMENADE EN
CALÈCHE
MAQUILLAGE DE VISAGE
FEU DE CAMP
JEUX DE HASARD (\$)



JUSQU'À ÉPUISEMENT DES STOCKS

AMUSEMENT POUR TOUTE LA FAMILLE ET CADEAUX
DU PÈRE NOËL POUR LES ENFANTS DE 0 À 12 ANS
INSCRIPTION À 12 H

L'ÉVÉNEMENT EST GRATUIT,
MAIS NOUS ACCEPTONS LES
DONS D'ALIMENTS NON
PÉRISSABLES. CEUX-CI
SERONT REMIS AU CLUB DES
LIONS

DES ACTIVITÉS
INTÉRIEURES ET
EXTÉRIEURES



COMMANDITÉ PAR LA
MUNICIPALITÉ DE
KIPAWA

BIENVENUE À
TOUS



To learn all about the elections, visit this site



AANTC ELECTION

On December 3, 2025

FROM 9am TO 6pm



<https://aantc-elections-ctnaa.ca/>

To allow for greater participation from community members, the Algonquin Anishinabeg Nation Tribal Council has chosen to hold the vote for your representatives online. Whether on your computer or smartphone, it's easy to vote.

Voting in safety...



...at home

HOW?

To vote from your computer or phone on December 3, 2025, you must register in advance, no later than November 26.

1— Take a picture of your Indian status card.



2- Send it to the AANTC's Chief Electoral Officer, Ms. Adrienne Jerome, with your personal email address BEFORE November 26 at the following address: elections@aantc-ctnaa.ca or by text message at 819-860-9937.

3- An email will be sent to you after November 26, 2025, with a PIN (Personal Identification Number) that will allow you to vote on December 3 on the following website: <https://anishinabeg.simplyvoting.com/> or by toll-free telephone at 1-866-272-2333.



Procedure for members that do not pre-register, and members requiring assistance

Those who cannot pre-register or who need assistance can visit their community polling station on December 3, 2025 from 9 am to 6 pm. The Community Electoral Officer will provide you with a PIN so you can vote there on location. A computer or phone will be provided only for those who need assistance. There will be no paper ballots. Whenever possible, we encourage members eligible for this election to pre-register and vote on their own device. For members who live outside their community, please ensure you pre-register by November 26, 2025.

Winter Preparation

From December 1 to March 15, your vehicle must be equipped with four winter tires that meet established standards and are in good condition. Depending on where you live in Québec, it might be preferable to have your winter tires installed before December 1 and keep them on your vehicle after March 15. While you're having your tires changed, why not give your vehicle a proper tune-up before the cold weather hits.

WINTER TUNE-UP

To drive safely during the winter months, the Ministère des Transports et de la Mobilité durable recommends that you do a proper tune-up before the cold hits.

IMPORTANT THINGS TO CHECK INCLUDE:

- Windshield wipers and the heating and defrosting system
- Washer fluid
- Brake and power steering fluids
- Antifreeze
- Motor oil and transmission oil
- Tires, including the spare tire
- Electrical and ignition systems
- Headlights, turn-signal lights, hazard lights and the horn
- Drive belts, brakes, the battery and the alternator

WINTER TIRES: MANDATORY FROM DECEMBER 1 TO MARCH 15 INCLUSIVE

From December 1 to March 15 inclusive, all motorized road vehicles registered in Québec (other than heavy vehicles, tool vehicles and farm machinery) must be equipped with winter tires.

This requirement also applies to rental passenger vehicles in Québec, as well as mopeds, motorized scooters and motorcycles.

IF YOUR VEHICLE IS NOT EQUIPPED WITH WINTER
TIRES BETWEEN
DECEMBER 1 AND MARCH 15 INCLUSIVE ...

The fine varies from \$200 to \$300, plus costs.

WHY ARE WINTER TIRES MANDATORY?

To provide better traction and grip

As soon as the temperature drops below 7°C, or when there is ice or snow on the road, the rubber compound of summer and all-season tires hardens and loses its grip. Moreover, the treads on summer and all-season tires are not designed to hold snow like those on winter tires. The snow held in the treads of winter tires helps improve their traction and grip.

Since we can generally expect such weather conditions before December 1, it is highly recommended that you equip your vehicle with winter tires before this mandatory deadline.

The rubber compound of winter tires is designed to grip the road

The rubber compound of winter tires is specially designed to meet certain flexibility criteria in temperatures as low as -40 °C, which means better grip on the road surface.



**Since December 15, 2014,
only tires on which this
pictogram is found and studded
tires are considered winter tires
under the Highway Safety Code.**

CHECK THE TREAD DEPTH OF USED WINTER TIRES

For better traction, the tread depth of your tires should be at least 4.8 mm (6/32 in) across the entire width of the tire when they are installed. Such a tread depth generally allows you to use your tires safely if you need to drive on a snowy roadway. However, if you use your tires over long distances during the winter months, pay particular attention to their condition—vehicle traction can decrease quickly once treads get worn down to that point.

CHECK THE DATE THE TIRES WERE MADE!

Be sure to check the date the tires were made, especially when you are buying them.

The tread on older tires is harder and less effective on snow and ice.

How to find the date a tire was made ... On the tire wall, find the DOT identification number that ends with a 4-digit number. For example, 3613 means that the tire was made in the 36th week of 2013.

Update from the Director of Health & Social Services

Kwe to all Members of Kebaowek First Nation

We recently had to fill a few positions at our Health & Wellness Center. I would like to introduce the new members of our team and wish them success in their positions. Also, few more new faces will appear in the coming weeks as our expecting moms will take their leave to be with their babies.

Food Bank Worker: Jessica Crawford
Health Center Reception: Pheobe Lavergne
Medical Transportation Driver: Jesse Dandy
First Line Services Maternity Replacement: Cassandra Clark

We are also working on a project to present to Sante Quebec on all the important elements to have the Kipawa-Temiscaming health establishment as a recognized bilingual place. This is important not only for the services we receive and the recruitment strategies but for all publications destined for the population of our community and surrounding area. Don't be surprised if you are asked in which language you would like to receive services today when you show up at the hospital in Temiscaming. The more English they hear (even if bilingual), the better for our project and the chance for a bilingual designation.

Please report to us at the Health Center should you run into any difficulties within our Quebec health system. We will do our best to support you and help make things as optimum as possible.

Meetings Attended in September & October:

- FNHMA Board of Directors
- Youth Protection with TFN & FNQLHSSC
- Emergency Management Canada
- RBA financial group with employees.
- QC First Nations Health Directors Network
- CISSS A-T Establishment Board
- FNQLHSSC B.O.D
- CISSSAT English designation for Temiscaming-Kipawa health establishment
- Chief & Council on behalf of our clients.

Onimiki Renewable Energy File:

- Board of Directors on Onimiki renewable Energy LLP.
- Laniel Land Owners Association
- Communications Committee Meetings

- New BOD Members Introductions
- Radio chronicles with CKVM & Drumbeat
- Update for Municipal Council Member

Please visit our new up-to-date website at onimiki.ca You will be surprised on the amount of information you will find. You can also reach out to me directly at the office from Monday to Friday.

Hope your fall harvest is going or went well this year. Trapping season is on our doorstep and may have already begun for a few of our members. Be safe out there and don't be shy to share your knowledge with others.

Quotes on Support & Responsibility

"From time-to-time people need to be pushed from behind or pulled from the front! Not everyone can do everything themselves! Don't refuse help when you need help!"

~ Mehmet Murat ildan ~

"There's more to doing good than hating evil."

~ Anonymous ~

"Everybody is responsible for their own actions. It's easy to point the finger at somebody else, but a real man, a real woman, a real person knows when it's time to take the blame and when to take responsibility for their own actions."

~ Marcus Smart ~

David McLaren

Director of Health & Social Services

Hi everyone! My name is Phoebe Lavergne and I am thrilled to be the new receptionist here at the Kebaowek Health and Wellness Center! I look forward to seeing both old and new faces and getting to know our community members!



Pheobe Lavergne



MOVEMBER

Every November, moustaches become more than just facial hair across Canada — they become symbols of a movement.

Movember, a global initiative that started in Australia in 2003, has found a powerful in Canada, where thousands of men and their supporters participate each year to raise awareness and funds for men's health issues.

Movember focuses on three major health concerns: **prostate cancer**, **testicular cancer**, and **men's mental health and suicide prevention**. By encouraging men to grow moustaches and take part in fundraising challenges, the campaign aims to spark conversations and break the stigma surrounding men's health.

Prostate cancer is the most diagnosed cancer among Canadian men (excluding non-melanoma skin cancers). Prostate cancer is cancer that develops in the prostate, a small, walnut-shaped gland located below the bladder and in front of the rectum in males. In 2024, it was estimated that about 27,900 Canadian were newly diagnosed with prostate cancer. This represents roughly 22% of all new cancer diagnoses among men. Over the lifetime of a man in Canada, the probability of being diagnosed with prostate cancer is about 1 in 8. Prostate cancer is the third leading cause of cancer death in Canadian men. In 2024, prostate cancer was responsible for 11% of all cancer deaths. On average, 76 Canadian men will be diagnosed with prostate cancer every day and 14 Canadian men will lose their battle to prostate cancer every day. Prostate cancer is a central focus of Movember, as it is one of the most commonly diagnosed cancers in men. The campaign funds research into early detection, better treatment options, and support services for those affected. By promoting education and encouraging regular screening, Movember aims to reduce prostate cancer deaths and improve quality of life for men worldwide.

Causes & Risk Factors

While the exact cause of prostate cancer is not fully understood, several risk factors have been identified;

- Age: The strongest risk factor, with the risk of being

diagnosed rises sharply after age 50.

- Family History: Having a father or brother with prostate cancer doubles a man's risk.
- Genetics: Certain inherited gene mutations may increase risk.

Screening & Early Detection:

Screening for prostate cancer primarily involves the prostate-specific antigen (PSA) blood test, sometimes combined with a digital rectal exam (DRE). A Prostate-Specific Antigen (PSA) blood test measures the level of PSA in the blood. PSA is a substance made by the prostate. The levels of PSA in the blood can be higher in men who have prostate cancer. The PSA level may also be elevated for other reasons. A Digital Rectal Exam (DRE) is a physical exam that is done to estimate the size of the prostate and feel for lumps or other abnormalities. If either test is abnormal, further tests like a prostate biopsy may be recommended to determine if cancer is present.

Symptoms & Diagnosis

Prostate cancer may not cause any signs or symptoms in its early stages. Signs and symptoms often appear as the tumour grows and causes changes in the body such as changes in bladder habits. Other health conditions can cause the same symptoms as prostate cancer. In early stages, prostate cancer often presents no symptoms. As the disease progresses, symptoms may include:

- Frequent urination, especially at night
- Difficulty starting or stopping urination
- Weak urine flow
- Blood in urine
- Pain in the hips, back, or pelvis

Diagnosis typically involves a combination of PSA testing, DRE, biopsy, and advanced imaging such as MRI or CT scans to determine the stage and aggressiveness of the cancer.

Prostate cancer remains a significant public health concern in Canada, with thousands of new cases each year. This November, we take the time to learn and raise awareness and discuss the burden of prostate cancer and acknowledge those who are struggling.

Medical Transportation

This month I would like to emphasize the importance of booking your Medical Transportation as soon as possible. As soon as you have an appointment date, please call to book a driver. I have been receiving calls the day of or day before, which I have not always had a vehicle/driver available. When that happens, you may have to find your own driver or reschedule your appointment to another date.

If you use a personal driver, please remember to get your attestation form signed at your appointment to have your driver reimbursed for mileage.

I do my best to co-ordinate every client's appointment, but I also need some scheduling in advance to make it happen. My priority is to get everyone to and from their appointments in a safe, timely matter. I understand how Health Care is crucial to everyone. With the days being colder, our drivers must be more cautious on the roads. So, I ask you to be understanding and prompt with our pickup times when you book a driver.

Clients, please remember this is a service for you, our people, to be able to attend important appointments that keep you in good health, both physically and mentally. Our drivers are hired strictly to take you "to" and "from" your appointments. They are not allowed to make stops for personal reasons such as groceries, picking up take out, stopping at mall, etc. We have a very busy schedule, and our drivers must come back as soon as their client's appointment has finished, as there may be more clients that have to be driven to their appointment. There is a community shopping day once a month that you can sign up for. You can contact Shelly Grandlouis at the Health Center for more information, this may interest you for your personal shopping needs.



I would also like to welcome our newest driver to our team, Jesse Dandy who started on October.27, 2025. I know you will be a great asset to our team and look forward to working with you. I would also like to thank all candidates who took the time to apply. It's nice to see all the people who are interested in serving our community.

Wishing everyone a safe and healthy November.
Kim Constant
Medical Transportation Co-Ordinator (Interim)

Nursing Note

Changes to the Pharmacy Pickup and Delivery Service

Please note that beginning November 1, 2025, there will be important changes to our Pharmacy Pickup Service.

These updates are being made to ensure safe, timely and well-organized prescription deliveries for everyone in our community.

New Delivery Schedule and Process

- All prescription deliveries will now take place on Thursdays only.
- If you need prescription pickup and delivery, please call the Health Center before Tuesday at 12:00 PM to request arrangements with Nurse Erica.
- The patient must also inform the pharmacy to prepare the requested prescription.
- If your request is received after Tuesday at noon, your name will be added to the next scheduled delivery date.

Delivery Timeframe

- Deliveries will be completed between 11:00 AM and 4:30 PM.
- Please note that exact delivery times cannot be guaranteed. If you require your prescription by a specific time, we recommend arranging an alternative pickup method.
- If a delivery cannot be completed (for example, due to the patient not being home or time constraints), the prescription will be returned to the Health Center and stored in the pharmacy with the pickup form.
- Patients will be asked to sign the delivery form upon receiving their medication, confirming successful delivery.

Important Safety Reminder

For the safety of our drivers and staff, we kindly ask that all pets and animals be tied or secured during deliveries.

We appreciate your understanding and cooperation as we implement these changes. By working together, we can ensure that prescription deliveries remains afe, efficient, and reliable for all community members.

If you have any questions, please contact Nurse Erica at the Health Center for assistance.

Diabetes Awareness Month

Each November, you will find Canadians coming together to raise awareness about diabetes and its impact. This month we also urge others to take the time to recognize the importance of early diagnosis, management, and support for those who are affected. Raising awareness is vital because many people live with undiagnosed diabetes or are unaware they are at risk. Promoting healthy lifestyles, regular check-ups, and early intervention can save lives and reduce the burden of diabetes on families.

What Is Diabetes?

Diabetes is a chronic medical condition that affects how the body turns food into energy. Normally, the body breaks down most of the food we eat into sugar (glucose), which enters the bloodstream. When blood sugar levels rise, the pancreas releases insulin—a hormone that helps glucose enter cells to be used for energy. In people with diabetes, the body either does not make enough insulin or cannot use it properly. As a result, too much glucose stays in the blood, which can lead to serious health problems over time, including heart disease, kidney failure, vision loss, and nerve damage. Diabetes is one of the most common chronic diseases worldwide. More than 400 million people live with diabetes globally. Early detection, healthy lifestyle habits, and proper medical care can help people with diabetes lead long and healthy lives.

Types of Diabetes

There are three main types of diabetes: Type 1, Type 2, and Gestational Diabetes.

Type 1: Type 1 diabetes is an autoimmune condition. The body's immune system attacks and destroys the insulin-producing cells in the pancreas. Because of this, people with Type 1 diabetes require daily management using insulin every day. This type often develops in childhood or adolescence but can occur at any age. The exact cause is unknown, though genetics and environmental factors, such as viral infections, may play a role.

Type 2: Type 2 diabetes is the most common form, accounting for around 90–95% of all diabetes cases. It occurs when the body becomes resistant to insulin or when the pancreas cannot produce enough insulin to maintain normal blood sugar levels. Type 2 diabetes often develops in adults but increasing numbers of children and teenagers are being diagnosed due to rising obesity rates. It is strongly

linked to lifestyle factors such as poor diet, lack of physical activity, and excess body weight. Unlike Type 1, Type 2 diabetes can often be managed—or even prevented—through healthy habits.

Gestational Diabetes: This type develops during pregnancy when the body cannot make enough insulin to meet the increased needs. Although it usually goes away after childbirth, it raises the risk of developing Type 2 diabetes later in life for both mother and child. Managing blood sugar during pregnancy is crucial to ensure a healthy pregnancy and baby.

Managing diabetes requires daily attention and care. The main goal of diabetes management is to keep blood sugar levels within a healthy range. This can be achieved through a combination of lifestyle changes, regular monitoring, and medical treatment. Below are some ways to manage and control a diabetes diagnosis.

Health Screening Clinic

YOUR HEALTH, OUR PRIORITY !

- ✓ Blood Pressure
- ✓ Blood Glucose
- ✓ Weight

Kebaowek Health Center

TUESDAY, NOVEMBER 25, 2025 1PM - 4PM
WEDNESDAY, NOVEMBER 26, 2025 8AM - 4PM

Please call Jennifer King at the Health Center to book your Screening Clinic appointment.
Should you require Medical Transportation for your appointment please inform Jennifer when booking.
819-627-9060

Microwave Cinnamon Apple Crisp *recipe*



diabetes-friendly

INGREDIENTS

BASE

- 3tbsp oat flour
- 1/2 tsp baking powder
- 1/2tsp cinnamon
- 1 pinch of salt
- 1tbsp Greek yogurt
- 1 egg white
- 1tbsp milk
- 1/2 tsp vanilla extract
- 1tsp maple syrup

CINNAMON SWIRL

- 1/2tsp cinnamon
- 1/4tsp butter
- 1/2tsp maple syrup

OPTIONAL GLAZE

- 1tbsp Greek yogurt
- 1/4tsp vanilla extract

INSTRUCTIONS

- 1 Mix all base ingredients in a mug until smooth
- 2 In a small bowl, combine swirl ingredients. Drop the swirl into the batter and create a marbled pattern
- 3 Microwave 60-75 seconds
- 4 Stir together glaze and drizzle over top while warm



Baked Feta Soup

INGREDIENTS

- 2pt. cherry tomatoes
- 2 shallots, roughly chopped
- 3 cloves garlic, smashes
- 1/2cup extra-virgin olive oil
- kosher salt
- black pepper
- pinch of crushed red pepper flakes
- 1 (6oz) block feta, divided
- 2 slices cubed white bread, crust removed
- 1 1/2cups low-sodium chicken broth
- fresh dill for garnish

STEP 1

Preheat oven to 400. In a medium baking dish, combine tomatoes, shallots, garlic and all but 2 teaspoons of oil. Season with salt, pepper and flakes then toss to coat.

STEP 2

Place 2/3 of the feta into the center of the tomato mixture and drizzle with oil that collected in baking dish. Bake for 40-45 minutes or until tomatoes are bursting and feta is golden on top.

STEP 3

Meanwhile, on a small baking sheet toss bread cubes, 1/4tsp salt and remaining oil. Set aside.

STEP 4

Transfer tomato and feta mixture, along with chicken stock into a blender and blend until smooth. Transfer mix to a saucepan.

STEP 5

Bring soup mixture up to a simmer over medium low and let cook for 10 minutes.

STEP 6

While the soup cooks, transfer bread to oven and bake until croutons are golden brown, tossing halfway through.

STEP 7

Serve by ladling soup in bowls and garnishing with some bread crumbs, remaining feta, fresh dill and a drizzle of olive oil.

Bon Appetit



Hi everyone!

My name is Cassandra Clarke, and I'm so excited to be joining the Child and Family Services team as a Family Support Worker, covering for Darlene while she's on maternity leave. I'm really looking forward to getting to know all of you and working together to support our families and community.

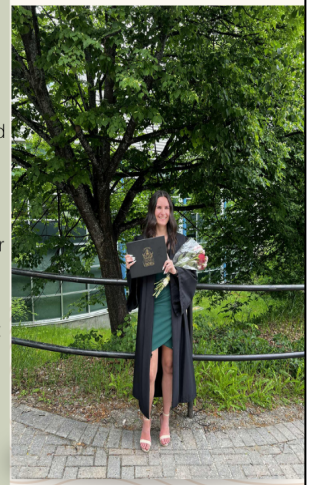
A little bit about me — I'm a wife and a proud mom of three, and I've spent many years working with children and families. It's something I'm truly passionate about, and I'm excited to bring that experience into this new role. I'm really happy to be here and can't wait to start this journey with you all! If you have any questions please feel free to contact me through email at cclarke@kebaowek.ca or by phone (819) 627-9877.

MEET OUR NEW FOOD BANK COORDINATOR

My name is Jessica Crawford, and I'm a proud member of Kebaowek First Nation. In 2024, I obtained a Social Services Worker Diploma at Collège Boréal and I am currently completing my bilingual bachelors degree in psychology at Laurentian University.

I previously worked as a summer student with the Kebaowek Food Bank, and I'm incredibly grateful for the opportunity to return in a full-time role. Supporting community members and improving food security is something I'm deeply passionate about.

In my role, I'm here to provide support however I can, whether that's through one-on-one meetings, advocating for resources, or collaborating with other professionals to meet the needs of individuals and families in our community. I am looking forward to working alongside everyone and contributing to the well-being of Kebaowek First Nation.



Counseling Services

Nurturing Minds, Healing Hearts



Services Offered

- Psychotherapy
- Consulting
- Family Therapy
- Community Psychology

Arlene Laliberte

Licensed Psychologist



Biweekly Sessions

In Community every other Tuesday, by Phone or Zoom



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

FOOD BANK

Registration:

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

Pick-up Days:

Wednesday & Thursday
10:00am - 4:00pm



Food bank Reminders



Location

172 Ogima Street
Kebaowek

Child & Family
Services Doors

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

EMPOWER YOUR FINANCES LITERACY

18+



1. INFORMATION ON BUDGETING
2. UNDERSTANDING CREDIT & DEBT
3. DAILY BUDGETING SKILLS

Open to community members 18+

Register Now

CONTACT CHILD & FAMILY SERVICES 819-627-9877

Deadline to register Monday November 17th

OFFICIAL DATE TO FOLLOW

FIRST NATIONS CHILD AND FAMILY SERVICES AND
JORDAN'S PRINCIPLE SETTLEMENT

THE CLAIMS HELPER IS COMING TO KEBAOWEK

TIME TO SUBMIT YOUR CLAIM
MONDAY DECEMBER 8TH

GET HELP COMPLETING YOUR CLAIM AND GET ANSWERS TO
YOUR QUESTIONS

INFORMATION SESSION 11AM-12PM
ONE-ON-ONE SUPPORT 12PM-2PM

LOCATION:
KEBAOWEK HEALTH AND WELLNESS CENTER
BACK ENTRANCE (MULTI-PURPOSE ROOM)

CALL 819-627-9877 TO REGISTER

SNACKS AND REFRESHMENTS PROVIDED

Kebaowek Health and Wellness Center Programs and Activities

ALL ACTIVITIES ARE FOR CHILDREN AGED 0-5 YEARS FOR
KEBAOWEK BAND & COMMUNITY MEMBERS,
KEBAOWEK CHILDCARE CENTER



Early Childhood Week

Nov. 17th – 21st

* Activities may be subject to change *

Monday, Nov. 17th – 10:00 am – Annual Walk
(We will start at Kebaowek Childcare Center and will end at the Arbour)

Thursday, Nov. 20th – Community Breakfast

Friday, Nov. 21st – 9:30am – S'mores Fun – PJ PARTY!

For more information about Early Childhood Week
please contact Patty @ 819-627-1000.



STOP BULLYING

STAND UP AGAINST BULLYING

JOIN US!

KEBAOWEK POLICE DEPARTMENT & CHILD & FAMILY SERVICES

WHAT: ANTI-BULLYING & CYBERBULLYING WORKSHOP
WHO: CHILDREN AGED 11 & UNDER AND THEIR PARENTS
WHEN: Thursday NOVEMBER 20th 2025
WHERE: HEALTH & WELLNESS CENTER FROM 5:00-6:30PM

SUPPER WILL BE PROVIDED.
RSVP WITH DARLENE @ 819-627-9877 BY
FRIDAY, NOVEMBER 14TH



BABY & ME

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

November Dates:
3rd, 10th, 17th, 24th

December Dates
Dec. 1st – Last group until January

Coffee/tea & snacks provided.

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



LAST ONE
UNTIL THE NEW
YEAR

Community Breakfast

THURSDAY, NOVEMBER 20TH

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

PHELPS BUS PICK-UP @ 7:30
TEMIS BUS PICK-UP @ 7:40 (1ST RUN)
TEMIS BUS 2ND @ 8:40

Kebaowek Health and Wellness Center Programs and Activities

Women's Paint Night

with Michelle St-Denis

MONDAY, NOVEMBER 3RD &
DECEMBER 1ST

FROM 6:00 PM - 8:30 PM

@ THE HEALTH CENTER
(BACK ENTRANCE)

COFFEE/TEA & LIGHT SNACK PROVIDED.

REGISTER WITH DARLENE
@ 819-627-9877.

Community Shopping

9am -
3pm

December 6th
December 20th

FRESH CO
Lowering food prices

Walmart

GIANT TIGER

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

Reminder to bring your own Grocery Bags!

Addiction? We can help!

Are you living with addiction?

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

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

- Judgement free
- Confidential
- Person-centered care

Call Delyssa Down
819-627-9877

BEYOND THE SMOKE:

A New Life Awaits



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

For more information or interest in the smoking cessation program.

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

Jocelyn Heffern
Community Health Nurse

or

Delyssa Down
Mental Health & Addictions

Kebaowek Health and Wellness Center Programs and Activities



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 !!

SENIOR SOCIAL ELDERS 55+



DATES:

THURSDAY NOVEMBER 6, 2025
THURSDAY NOVEMBER 13, 2025
THURSDAY NOVEMBER 20, 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 @ 819-627-9060

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.

November Week - Sunday 2nd to Saturday 8th
December 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 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!!

SENIOR SOCIAL CRIB TOURNAMENT & YAHTZEE



ELDERS 55+

SAVE THE DATE:

THURSDAY DECEMBER 4, 2025

Activity: Crib Tournament & Yahtzee

Time: 10:00 am to 2:00 pm

Place: Dome

Snacks, Tea, Coffee and Lunch will be provided !!

If you have any questions or you need a ride please call Shelly @ 819-627-9060.

Prizes to be won !! We hope to see you there !!

Kebaowek Health and Wellness Center Programs and Activities

PUBLIC SWIMMING

LE CENTRE TEMISCAMING

Kebaowek Band & Community Members

FUN / FITNESS / SOCIAL / STAY HEALTHY



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

FOR MORE DETAILS // PH: 819-627-9877

DISCLAIMER* DOES NOT INCLUDE POOL RENTALS

Public Skating

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



Monthly dates will be advertised on the Le Centre Facebook page



Le Centre Temiscaming
20 Rue Humphrey,
Temiscaming



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



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

Disclaimer * Does not include Ice rentals



Are you interested in using the exercise room at the Health Center???

We are opening the exercise room to select individuals.

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

MORNING Walking Group

Monday-Wednesday-Friday
at 10:00 am at the Community Hall
Starts Wednesday October 1st, 2025



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.

Hope to see you there !!

Kebaowek First Nation Community Calendars

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Atikamek-kizis November 2025						1 Community Shopping
2 Get Walking and Win Challenge Week →	3 Baby & Me Women's Paint Night	4	5 Flu Shot Clinic Full Moon Ceremony	6 Lunch & Learn Senior Social GARBAGE COMPOST	7 Cornhole Tournament	8 Indigenous Veteran's Day
9	10 Baby & Me	11 Kebaowek Offices/Health Center are closed for Remembrance Day	12 Meals on Wheels	13 Senior Social RECYCLE ONLY	14	15 Cribbage Tournament
16	17 Baby & Me Early Childhood Week Annual Walk	18	19	20 Community Breakfast Senior Social Stop Bullying Workshop GARBAGE ONLY	21	22 Christmas Vendors Show
23 Mini Monster Bingo 30	24 Baby & Me FPIC Final Presentation	25 Health Screening Clinic	26 Health Screening Clinic Meals on Wheels	27 Christmas Parade RECYCLE COMPOST	28	29 Elder's Christmas Dinner (Invitation Only)

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
	1 Baby & Me Women's Paint Night	2	3	4 Senior Social Crib Tournament Full Moon ceremony	5 Baking Spirits Bright	6 Community Shopping
7 Get Walking and Win Challenge Week →	8	9	10 Meals on Wheels	11 Youth Christmas Dinner (Invitation Only)	12	13
14 Brunch with Santa .(Invitation Only)	15	16	17	18 Medicine Clean Up Contest Ends	19	20 Community Shopping
21	22 Kebaowek Offices/Health Center are closed for Christmas Holidays	23 Kebaowek Offices/Health Center are closed for Christmas Holidays	24 Kebaowek Offices/Health Center are closed for Christmas Holidays	25 Kebaowek Offices/Health Center are closed for Christmas Holidays	26 Kebaowek Offices/Health Center are closed for Christmas Holidays	27
28	29 Kebaowek Offices/Health Center are closed for Christmas Holidays	30 Kebaowek Offices/Health Center are closed for Christmas Holidays	31 Kebaowek Offices/Health Center are closed for Christmas Holidays	Atikamek-kizis December 2025		