



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Kakone Kizis / September 2025

Inside this issue

Economic Development Department Update	2
Economic Development Department Update	3
Registration & Membership Information	4
Community News, Information & Events	5
Community News, Information & Events	6
Kebaowek Cultural Department	7
Community News, Information & Events	8
Director of Health & Social Services Update	9
Medical Transportation	10
Sports & Mentorship Info	11
Back to School Health Tip ... Healthy Eating	12
Back to School Health Tip ... Head Lice	13
16th Annual Woody's Walk Announcement	14
16th Annual Woody's Walk Info Session	15
Health Center Programming & Activities	16
Health Center Programming & Activities	17
Health Center Programming & Activities	18
Health Center Programming & Activities	19
Community Calendar for September & October	20



INDIGENOUS OUTREACH CLINIC AT KEBAOWEK

Get support with essential services
All in one place!



Kebaowek First Nation in collaboration with **Service Canada, Canada Revenue Agency, Services Québec, Revenu Québec** and **First Nations Human Resources Development Commission of Quebec**



Get assistance with:

- A birth certificate (fees apply - cash only - \$37.75)* until 4:30PM
- A secured Status Card
- A Quebec Health Insurance Card* until 4:30PM
- A Social Insurance Number
- Your job search (with the First Nations Human Resources Development Commission of Quebec)
- Personal tax returns (T4, RL-1, ... slips available)
- The Canada Child Benefit - GST Credit
- The Provincial Family Allowance
- Solidarity Tax Credit
- Old Age Security
- Guaranteed Income Supplement
- The Quebec Pension Plan
- A Gas card (Attestation d'inscription)
- A passport (fees apply - credit cards only)

Bring your IDs and all the documents you have



Wednesday, October 8th, 2025

From 10:00 AM to 8:00 PM

Thursday, October 9th, 2025

From 9:00 AM to 3:00 PM

Kebaowek Community Hall

110 Ogima Street, Kebaowek, QC, J0Z 3R1

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



ECONOMIC DEVELOPMENT DEPARTMENT



ECONOMIC DEVELOPMENT DEPARTMENT UPDATE

Kwe Kebaowek,

Our department has been busy over the past few months working on projects that support local businesses, create opportunities, and celebrate our culture. Here are a few highlights we'd like to share with you:

✦ **Tourism Partnership Trial Run**

We're getting ready to welcome partners for a trial visit to Kebaowek through the Tourism Partnership Fund. This is the first step towards developing a long-term partnership with Parc Opémican and the Anicinabe Mikana Cultural Centre. The goal of this collaboration is to encourage park visitors to come discover our community, explore our culture and history, and increase visits to the Cultural Centre. This trial will allow us to showcase our community, test out cultural tourism materials (and even the new van!), and prepare for bigger opportunities in the future.



ANICINABE CULTURAL CENTRE VAN
HAS BEEN DELIVERED

✦ **Community Events**

Planning is well underway for upcoming cultural activities, including the Powwow and other gatherings. These events are an important way to bring visitors to our community and to share our traditions with pride.

✦ **Supporting Local Entrepreneurs**

We continue to work with community members who are starting or growing their businesses. If you're a crafter, artist, or entrepreneur looking for support or advice, please reach out—we're here to help!

✦ **Sugar Bush Project**

Exciting progress is being made! The road and site have been prepared, workers are hired and on-site, equipment has been ordered, and a contractor is about to be chosen to construct the building. We are also happy to welcome our new employees, Zachary Pariseau and Riley Chevrier, who have been working hard this summer on the Sugar Bush project. We are grateful for their dedication as our sugar bush operators and can't wait to see the project come to life.



Kebaowek Economic Development Department

✦ Anicinabe Mikana Cultural Centre

Tendering for the construction has been completed, and bids are currently being reviewed. We hope to select a contractor shortly so that we can officially break ground on this long-awaited project. This will be a major milestone for our community!

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

Miigwetch,

Your Economic Development Team



**KATAKAG
ADAWEWIGAMIG**
• KEBAOWEK FIRST NATION •

★ SCOOP IT UP WHILE YOU CAN! ★

STARTING SEPTEMBER 5TH
END OF SEASON HOURS

FRIDAYS, SATURDAYS & SUNDAYS
12:00 PM – 8:00 PM

! UNTIL SUPPLIES RUN OUT!

DON'T MISS YOUR LAST CHANCE TO
ENJOY YOUR FAVORITE TREATS BEFORE
THE SEASON ENDS!

📅 Hours: Weekends 12-8pm
📍 Location: Kebaowek Marina



Community News, Info and Events

What you said!

Member meeting at the Kebaowek Community Center
Monday, September 15th

**FREE
PRIOR AND
INFORMED
CONSENT**

This session will share
what you said during the
sessions and surveys
See the results,
ask questions and
help guide

Kebaowek's **FPIC** protocol

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

United Nations Declaration on the Rights of Indigenous Peoples

Kebaowek Police department

GRAND OPENING

Monday, 2pm, September 22,
2025.

We cordially invite you to visit and
tour our new police department
at 184 Ogima Street.

We are excited to welcome
members of the community to our
newly established building.

We look forward to your
attendance.

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

For an appointment, assistance or more information:

Laura Moore

IRA & Social Development Coordinator

Kebaowek First Nation

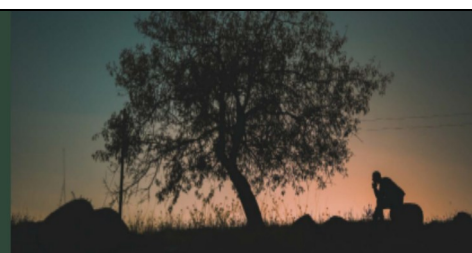
110 Ogima Street, Kebaowek Quebec J0Z 3R1

Phone: 819-627-3455 Ext 228

Email: Imoore@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 regularly on Wednesdays
starting Wednesday September 10th !!**

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

Thank You

THE MOORE FAMILY WOULD LIKE TO EXTEND OUR HEARTFELT GRATITUDE TO THE CULTURAL DEPARTMENT FOR HOSTING A SACRED FIRE IN HONOR OF MICHAEL MOORE, AND TO THE FIRE KEEPERS FOR THEIR DEDICATION IN TENDING THE FIRE. WE ALSO WISH TO THANK THE TEAM AT THE DOME FOR PREPARING THE MEAL FOLLOWING THE SERVICE.

A SPECIAL THANK YOU TO DANIEL JOLY FOR PREPARING THE SITE AND CREATING THE BEAUTIFUL BOX FOR MIKE'S ASHES, AND TO BOBBY JOLY FOR PROVIDING THE WOOD. THIS BOX WAS A MEANINGFUL AND DEEPLY APPRECIATED COMMUNITY EFFORT.

WE ARE ALSO GRATEFUL TO EVERYONE WHO JOINED US IN CELEBRATING MIKE'S LIFE, AND FOR THE GENEROUS DONATIONS FROM THE BAND OFFICE AND COMMUNITY MEMBERS. YOUR PRESENCE, SUPPORT, AND KINDNESS HELPED MAKE THIS DIFFICULT DAY A LITTLE EASIER AS WE CONTINUE OUR JOURNEY THROUGH GRIEF.

*With love &
gratitude,
The Moore Family*



Drumbeat
THE HEART OF KEBAOWEK

Is there something wrong with the radio signal?

Yes. We currently have a low radio signal, meaning the radio doesn't reach very far. Don't worry, it's not just your radio.

Why is there a low signal?

In early 2024, the antenna died, we were without radio for about a month until we were able to get a temporary fix. We are still broadcasting through that temporary fix. It was supposed to keep the broadcast going until we got a new antenna. It was never meant to be used for this long and is now starting to fail.

Why are you still using a temporary antenna?

We got a brand new antenna! And we were told we could put the new antenna on the new police tower. Which is taller and would help our range go further. Super exciting stuff! But sometimes things happen, and the tower project hit some bumps in the road, so it's been delayed a little bit.

When will the new antenna and tower be ready?

We have been told the new tower should be up by the end of September. Which means that the new antenna will follow shortly after that. We will update once we know more on this timeline.

Can we still listen to the radio?

Absolutely! If the signal still reaches you, you can still listen to the radio. Unfortunately, we don't know where that signal reaches or if it'll get worse. But the Drumbeat live stream is still working if you'd like to listen through there.

What about bingo?

Normally our first bingo of the season is in September, but we want everyone to be able to play! So we will wait till the signal is back and working perfectly before starting the new season of radio bingo. Watch for updates.



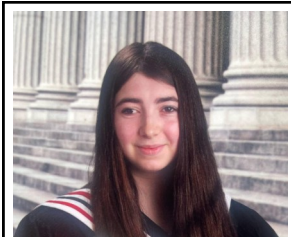
Happy Birthday George

Love
Farah, Jess & Jacob
xoxo



Happy 13th Anniversary
to my love
everyday is always
a new adventure with you

Love you forever ♥



Congratulations on all the hard work,
You did it !!

Good luck in high school !!

We are all very proud,
Love Mom, Dad & Jacob



Congratulations Noah for completing
and passing your heavy machinery
course we are so very proud of you !

Love Mom Jungo & Nylah



Happy Birthday Wishes
Mathieu McKenzie on August 20th
Shelly Grandlouis on September 3rd
Ronnie Raymond on September 25th
Dylan McKenzie on September 27th
From your Fire Department Team



Happy 8th Birthday to our little
chickadee Nylah,
we love you to the moon and back !
XOXO

Love Gramma and Poppa ♥



samedi, le 20 septembre 2025

salle communautaire de Kebaowek

Saturday, September 20th, 2025

Kebaowek Community Hall

116 Ogima St. Kebaowek, Quebec

TOURNOI

INSCRIPTION : 60 \$

50 \$ pour les prix

10 \$ pour le département de Récréation de KFN

HEURES D'INSCRIPTION

12 h 00 - 13 h 15

LE TOURNOI DEBUTE À

13 h 30

« RE-ACHATS » 50 \$

Pour les 3 premières rondes

Mains de poker de 5,00 \$ et billets 50/50 en vente pendant la journée (Passez nous voir pour courir la chance de gagner)

Le bar sera ouvert et de la nourriture sera disponible

TOURNAMENT

BUY-IN: \$60

\$50 towards prizes

\$10 to support KFN Recreation

REGISTRATION TIME

12:00 p.m. - 1:15 p.m.

TOURNAMENT STARTS

1:30 p.m.

“RE-BUYS” \$50

For first 3 rounds

\$5.00 poker hands and 50/50 tickets on sale during the day (Stop by for your chance to win)

Bar will be open and food will be available

Renseignements Jungo 705-845-6850 for information



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 CHILDCARE CENTER

we are looking for

**EARLY
CHILDHOOD
EDUCATORS**

Full-time Supply List

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

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

Kebaowek Cultural Department



You have lost track of a child after a medivac?

Awacak can help you

If the child received care at a health center in Quebec before December 1992

If you don't know how the child died

If you haven't received a death notice or don't know where the child was buried,

Awacak can help you thanks to Bill 79, which unlocks medical records and religious archives.

Awacak is an organization composed of Indigenous families of missing children.

So far, the families of more than 200 children have been able to obtain information and make a closure.

Any member of the extended family can submit a search request. It's free.

Wednesday September 24th

Light Supper at 5:00 pm Presentation at 6:00 pm

Two prizes of \$250 each will be drawn

**Visit our website: Awacak.ca
Or call (819) 218-4119**



NATIONAL DAY
for **Truth** and
Reconciliation

We invite you to join us on
Tuesday September 30th
as we have planned a
great day
National Day for
Truth and Reconciliation
~ Orange Shirt Day ~

Please don't forget
to wear an orange t-shirt or
ribbon skirt

For more information
please contact
Cultural & Language
Department at 819-627-3309
We hope you can join us

Agenda

6:30 am Sunrise Ceremony at the
Kebaowek Arbour

7:00 to 9:00 am Community Breakfast
9:30 - 10:30 am Parade walk at Kebaowek
ball field

11:00 - 12:00 pm Video at the Dome
12:00 pm Lunch
1:00 pm Speeches
Round Dance to end our day
Prizes to be won!

Kichi Meegwetch!
From Culture & Language Team

Orange Shirt Day

Every Child Matters

Traditional Full Moon Ceremony



Monday October 6th, 2025

Supper at 5:00 pm

Ceremony starting at 6:00 pm

At the Arbour

For more information please contact:
Verna Polson - Cultural Coordinator
Phone: 819-627-3309 Email: vpolson@kebaowek.ca

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

KEBAOWEK CULTURAL
BUILDING AND SACRED SITE

GRAND OPENING

Celebration

OCTOBER 16TH, 2025

MORE INFO TO COME

Alternating Bridge Lane Closures and Reduction to 3.03 metres on Timiskaming Quebec Dam

Public Services and Procurement Canada (PSPC) wishes to advise motorists that there will be alternating lane closures where the open lane will be reduced to 3.03 metres, along with short-term full bridge closures for asphalt work during the following period:

Monday, September 15 – Friday, September 19
7:00 AM – 7:00 PM

What to Expect:

- One lane open with alternating traffic directions.
- Short full closures of up to 15 minutes at a time may occur.
- Flag persons and road signage will be in place to guide traffic.
- Sidewalk will remain open for pedestrians.
- Expect delays!

Schedule may change depending on weather conditions. PSPC thanks motorists for their patience and encourages caution when travelling across the bridge!

BINGO

Everyone welcome 18+

THURSDAY | OCTOBER 16, 2025

JOIN US FOR A FUN-FILLED EVENING OF BINGO, FOOD, AND PRIZES
ALL IN SUPPORT OF THE UPCOMING KFN POWWOW 2026!

HERE IS WHAT YOU NEED TO KNOW!!!

- LOCATION: KEBAOWEK COMMUNITY HALL (DOME)
- DOORS OPEN: 5:00 PM
- GAMES BEGIN: 6:30 PM
- BBQ & CANTINE: SUPPER AVAILABLE FOR PURCHASE
- ENTRY FEE: \$45
- TOTAL PAYOUT: \$3,850!
- JACKPOT: \$1,200
- AND MORE!

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

WE ARE LOOKING FOR A SPARE SCHOOL BUS MONITOR



THE KEBAOWEK EDUCATION DEPARTMENT IS LOOKING FOR A PERSON TO BE TO WORK AS A REPLACEMENT SCHOOL BUS MONITOR (OCCASIONAL SHIFTS)

YOU MUST PROVIDE A CRIMINAL BACKGROUND CHECK

PLEASE CONTACT ROSE JAWBONE AT 819-627-3455
IF YOU ARE INTERESTED IN THIS POSITION

INDIAN BOARDING HOMES
Class Action

KEBAOWEK FIRST NATION
INFORMATION SESSION

LEARN MORE | PICK UP FORMS | ASK QUESTIONS

If you or someone you know was affected by the Indian Boarding Homes Program, please join us for information and support.

SEPTEMBER 23

KEBAOWEK FIRST NATION
COMMUNITY HALL

116 Ogima Street
Kebaowek First Nation, QC

2:00 PM - 4:00 PM
Snacks & Beverages Served

For More Information | outreach@boardinghomesclassaction.com
1-888-499-1144 | boardinghomesclassaction.com

Update from the Director of Health & Social Services

Kwe to all Members of Kebaowek First Nation

I am sure you are now aware that an administrative decision was made by Sante Quebec that resulted in several North Bay and surrounding area physicians giving up on their current Quebec resident patients as they are now obliged to take care of their own billing to RAMQ and they may not receive more money than what the RAMQ pays their own Quebec doctors. At the end of the day, it's their choice.

Healthcare is of a provincial jurisdiction and some of our Quebec Band Members will now need to continue being seen by health professionals in the Abitibi-Temiscamingue area as a result of the Ontario doctor's decision.

We have been working with the people from the CISSSAT to ensure that all our Members can receive medical care in a language they can understand (English). It's important to note that over the course of the last 5 years, we have seen a noticeable improvement in the overall access to English speaking services. We have been monitoring the situation and have physically sent workers out in the field to report back to us that English services are available. It's not perfect but it's heading in the right direction.

For us at the Health and Wellness Center, we have already noticed an increase in clients going deeper into the Quebec healthcare system and we will continue to adjust our service delivery to ensure that you have access to medical care through our Medical Transportation Program. We can also accompany our Elders to their appointments who may not have local family support readily available to them.

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

I would like to give a big shout out to the FNIHB health career students that spent their summer with us in different capacities. Best of luck with your studies: Anna Lefebvre, Jessica Crawford and Justine Lefebvre

Meetings Attended in August:

- FNHMA Board of Directors

Onimiki Renewable Energy File:

- Board of Directors on Onimiki renewable Energy LLP.

- Ongoing inventory and studies throughout the summer
- Meeting with Partners

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

Hope you all had a great summer and were able to make some awesome memories with family and friends.

For many of us, the fall is what we are waiting for! Whether it's harvesting activities for small or large game or just to be able to do more demanding work on the land, please be safe and kind.

I would like to take this opportunity on behalf of all our staff, to sincerely thank Mr. Roger Mitchell who recently started a new chapter in his life with his retirement this September. Roger, who started with us as a part time Medical Transportation driver in the fall of 2013 and became permanent a few years later, was already part of our landscape as he was appointed as a liaison to our community by Centre Jeunesse at the time.

Roger took his Med Trans driver role very seriously and always performed in a professional manner because that's just how he rolls! When it was necessary, Roger always stepped up when important emergency situations arose as he fully embraced the "Team Player" attitude that makes our organization unique amongst others in the province. Meegwetch to his spouse Cathy who held down the fort at home while Roger travelled frequently out of town driving our clients to the big medical centers in Montreal.

Happy retirement Roger and best of luck with your new endeavours.

Quotes on Autumn

"I hope I can be the autumn leaf, who looked at the sky and lived. And when it was time to leave, gracefully it knew life was a gift."

~ Dodinsky ~

"I cannot endure to waste anything so precious as autumnal sunshine by staying in the house."

~ Nathaniel Hawthorne ~

David McLaren

Director of Health & Social Services

Medical Transportation

Hope everyone had a great summer. It flew by ridiculously fast. With that being said and holidays being done, appointments should start picking up.

I am aware of the services being directed more to Quebec and not in Ontario. I am starting to notice the appointments shifting to Ville-Marie, Rouyn, La Sarre, Amos and Val d'Or in the most recent weeks. I presume it will only get busier. We only have 3 vehicles to commute clients to and from appointments, and with longer distances being traveled further from home, there will be an increase in clients travelling in the same vehicle to attend appointments within the same area. So please expect to have waiting times when using medical transportation. As you may have to leave earlier than usual and may have to wait for the other clients to finish their appointment. We are doing our best to provide a service for each client who may need transportation with the vehicles and drivers we have. Our goal is to get you safely to and from your appointments, and on time.

Other options are you may take your own vehicle or have someone else drive you, remember we do pay mileage for attending your appointments with having your attestation paper signed from your doctor's office.

When you have an appointment date, please call us as soon as possible to help with scheduling. If you call the day of or day before a medical transportation driver may not be available. So, to secure a ride, the earlier the better to make sure you are booked in for your appointment.

Any attestations handed in that are dated BEFORE April 1st, 2025 will not be processed. I can only accept attestations dated within this fiscal year which started April 1st, 2025. It is also written on top of your Reimbursement Form that you submit with your attestations. Please note that this form is updated yearly so if you are photocopying an old form from home, the dates do change, and new forms are available at my office and at the front desk with receptionist.

I would also like to wish Roger Mitchell a very Happy Retirement. I have worked with you for a short period of time, and I enjoyed our conversations, Your understanding, compassion and respect for our clients, definitely did not go unnoticed. Enjoy this well deserved new chapter in your life.

Meegwetch,
Kim Constant

Medical Transportation Co-Ordinator (Interim)



HEALTHY & HOMEMADE Chicken Noodle Soup

Ingredients

- 1tbs avocado oil or ghee
- 1lb boneless skinless chicken breast
- 1 yellow onion, diced
- 6 cloves garlic, minced
- 2 large carrots, peeled & thinly sliced
- 2 celery stalks
- 6 cups chicken broth, low sodium
- 2 dried bay leaves
- 1/2tsp turmeric powder
- 1 1/2tsp salt
- 2 sprigs fresh thyme
- 2tbs fresh chopped dill
- 1 tbs fresh lemon juice

Instructions

1. Heat the avocado oil or ghee in large pot
2. Season chicken with a generous sprinkle of salt & pepper on each side. Sear the chicken until browned on each side, 4-5 minutes per side, & then remove from pot & set aside.
3. Add diced onion, garlic, carrots, & celery to the pot & saute for 2-3 minutes until fragrant.
4. Add chicken, broth, bay leaves, turmeric powder, salt & thyme to pot. Bring soup to a boil then reduce heat to medium-low to simmer.
5. Let soup simmer for 20-25 minutes until chicken is cooked through. Once chicken is cooked, remove from soup and shred the meat.
6. Add the shredded chicken back to the pot and stir until everything is well combined. Turn the heat to low and stir in the dill and fresh lemon juice. Give the soup a taste and add more salt, pepper, or lemon juice to taste. Enjoy!



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 !!

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 !!

We had a fantastic week in Hunter's Point for our annual trip. We left as usual on Sunday afternoon and spent the day setting up camp, playing games and bringing the kids swimming.

On Monday, Rodney St-Denis from Land Management came up to do a cultural activity with the kids. They made birch bark berry containers so the kids can go out and pick berries. The kids enjoyed their time and some kids said they would bring it back and give it to their parent.

On Tuesday, the 12 year and older group along with Darlene went canoeing at Little Birch to Big Birch to go and check out the whirlpool. However, the bridge to cross was broken due to a tree so we couldn't cross. We had a shoreline lunch at the edge of Big Birch and then went back to the school. Once we got back, we put the canoes back in the lake and went for a little paddle to the Church.

On Wednesday, we had our biggest day as Santa was making a mid-year stop at Hunter's Point. Shelly Grandlouis asked our Elders if they would like to take part in our activity and many of them said yes. This year we had a total of 79 kids, parents and Elders that took part. That was the greatest number of people we've had for Christmas in July,

and we hope that this type of participation continues for years to come.

On Thursday, we had Trysta come up and she had the kids take part in a scavenger hunt and play some "Minute to Win It" style games. As our final night in Hunter's Point was coming to an end, we had a little dance party with the kids and ended it with fear factor.

It was a great week and we've heard many good reviews from the kids and Elders that took part. We hope that in the future we can see more kid's participating in the event as it is a great opportunity to meet new people, play games and making some great memories.

Mitchell McMartin



The Importance of Eating Healthy in School-Aged Kids



In today's fast-paced world, ensuring that children eat healthy has never been more important. For school-aged kids in Canada, nutrition plays a crucial role in their physical development, mental performance, emotional well-being, and lifelong health habits. Healthy eating is a cornerstone of childhood development, and the school years are a critical time to establish strong foundations. As the back to school season approaches, now is the time to encourage healthy eating habits. Below you can find some fun and effective ways to encourage school-aged children to enjoy healthy foods and how parents/guardians can make healthy back to school lunches delicious, nutritious, and fun!

Why Healthy Eating Matters

1 Supports Physical Growth & Development

Children grow rapidly during their school years. Nutrients such as calcium, protein, iron, and vitamins A, C, and D are essential for strong bones, muscle development, and immune function. Healthy meals provide the fuel their bodies need to develop properly and stay energized throughout the day.



2 Boosts Academic Performance

Good nutrition is closely linked to better cognitive function and academic success. Studies show that children who eat balanced breakfasts and lunches tend to perform better in school. They are more focused, have better memory, and are less likely to experience fatigue or mood swings that can interfere with learning.



3 Promotes Lifelong Healthy Habits

Eating habits formed during childhood often carry into adulthood. Teaching children how to make nutritious food choices sets them up for a lifetime of better health outcomes. It can also help reduce the risk of chronic diseases such as diabetes, heart disease, and certain cancers later in life.

4 Improves Mental and Emotional Well-Being

There is growing evidence linking diet with mental health. A diet high in processed foods, sugar, and unhealthy fats can increase the risk of anxiety and depression in children. On the other hand, nutrient-rich foods like fruits, vegetables, whole grains, and lean proteins help support emotional regulation and reduce behavioural issues.



Tips to Encourage Healthy Eating

Pack fun, colorful bento-box-style lunches with a variety of healthy foods
Involve children in grocery shopping & lunch preparation
Be a role model



Healthy Back to School Lunch Ideas

Healthy Homemade Muffins
Pinwheel Sandwiches
Fruit Salads
Baby Carrots & Dip
Yogurt
Sugar-Free Apple Sauce
Lactose-Free Cheese Strings



Size comparison



Lice



Sesame
seed

HEAD LICE



DID YOU KNOW!

- Head lice are often found in Children who go to school or daycares.
- They aren't treated by washing your hair with regular shampoo.
- They don't carry diseases.



HEAD LICE

- Are minute grey insects that live near the hair root
- They don't live on pets
- They don't jump or fly
- Females can lay an average of 5 eggs/day
- Adult lice live about 20 to 30 days.

NITS

- Nits stick to hair strands and are difficult to remove
- Live nits are greyish white color and a bit transparent, oily and swollen dandruff
- They are usually located within 6 mm of the scalp and take 7 to 12 days to hatch
- Dead nits are white in color and dry.

SYMPTOMS

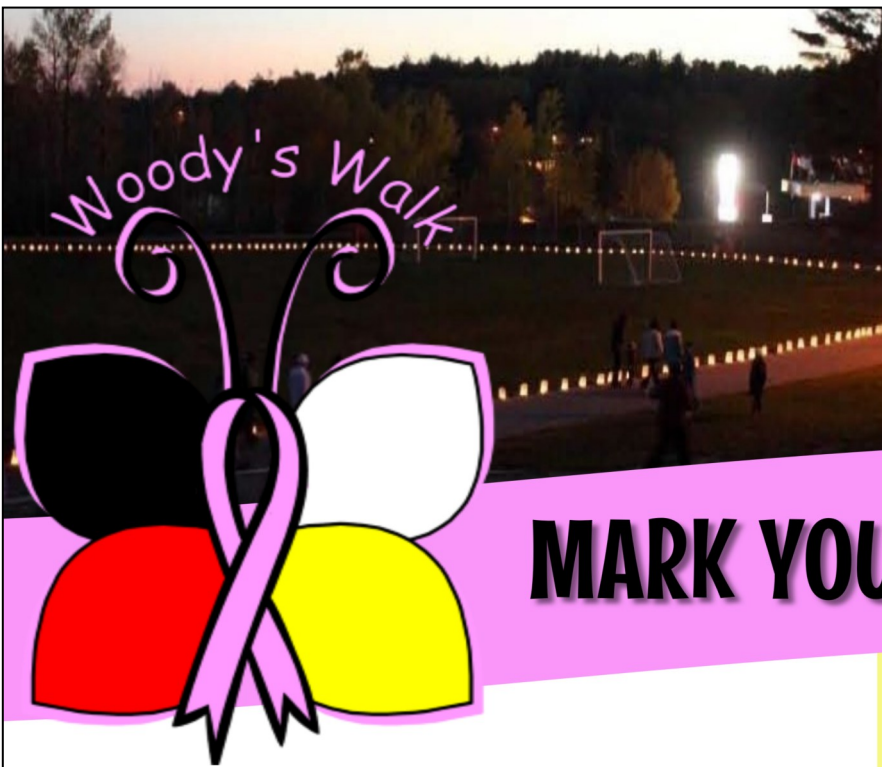
- An itchy scalp is the main symptom of lice
- The itchiness is caused by an allergic reaction to the saliva
- Some people with lice do not have itching
- An inspection of the head is the best way to find lice or nits
- it is extremely important to conduct a thorough inspection.

TREATMENT

- Over-the-counter medication is available, but, it is preferable to consult a pharmacist.
- Some treatments can be used by people who are pregnant or nursing.
- These products may cause itching or a mild burning sensation of the scalp.
- The dead nits can then be removed with fingernails or tweezers, by sliding them along the eyebrow.

WASHING PERSONAL BELONGINGS

- Soak belongings in undiluted head-lice medication or hot water for 5 to 10 minutes
- Put clothing in the dryer set at the warmest setting for 20 minutes
or
- Dry-clean clothing
or
- Store belongings in a sealed plastic bag for 10 days.



All proceeds from the event will be donated to our Community Cancer Care Package Initiative

MARK YOUR CALENDAR !!

**16th Annual Woody's Walk
Thursday October 2nd, 2025
Beginning at 7:00 pm**

Please come and show your support and walk with us at the Kebaowek walking track at the ball field, and/or purchase a luminary in memory or recognition of someone who survived, lost, or who is currently battling cancer.

Luminaries are \$2.00 each and will soon be on sale at the Kebaowek Health and Wellness Center, Kebaowek Band Office, Migizy Gas. They can also be purchased the evening of the walk as well. Refreshments, snacks & info packages will be offered to all participants

"I was very happy & grateful to have received a care package from the community.. made me feel like I was seen & cared for by community to know I was in the thoughts of others.. I still to this day use many of the items gifted to me from this package."

- Gail Jawbone, Care Package Recipient 2022



EVERYONE IS WELCOME

PRIZES TO BE WON !!



16th Annual Woody's Walk with Guest Speaker Stephanie Millette-Monette

Please join us at the Community Hall on October 2nd at 6:30pm
to kick off the 16th annual Woody's Walk with guest speaker
Stephanie Monette-Millette

**Luminaries will be on sale at the Community
Hall during this time**
**Speech attendees will receive a ballot for a
prize!**



DISCUSSION & INSIGHT

- ✓ HER story
- ✓ Keeping a Positive Mindset
- ✓ Importance of Family & Friends

HOPE TO SEE YOU THERE!



What is Nicotine Replacement Therapy (NRT)



BABY FOOD MAKING CLASSES

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

FRIDAY SEPTEMBER 5TH, 2025
ON THE MENU...MANGO'S

FRIDAY SEPTEMBER 19TH, 2025
ON THE MENU....SWEET POTATOES

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

BABY & ME

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

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

September & October Dates:
Sept. 8th, 15th, 22nd & 29th
Oct. 6th, 20th & 27th

Coffee/tea & snacks provided.



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

Women's Paint Night

with Michelle St-Denis

MONDAY, SEPTEMBER 8TH &
OCTOBER 6TH
FROM 6:00 PM - 8:30 PM

@ THE HEALTH CENTER
(BACK ENTRANCE)

COFFEE/TEA & LIGHT SNACK PROVIDED.

REGISTER WITH DARLENE
@ 819-627-9877.



Community Breakfast

Thursday, September 25th
6:45am - 9:00am

At the Community Hall

Bus Pick-Up Times:

Phelps Bus: 7:30am
Temis 1st Bus: 7:40am
Temis 2nd Bus: 8:40am

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

WORLD SUICIDE PREVENTION DAY

September 10



Today, we remind ourselves to look
out for one another.

Suicide Crisis Line 9-8-8
Hope for Wellness Help Line 1-855-242-3310



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

Meals on wheels

Upcoming Dates for Meals on Wheels

September 17, 2025

October 1, 2025

October 15, 2025

October 29, 2025

Cost per meal \$7.00

If not home please leave
a cooler outside

SENIOR SOCIAL

ELDERS 55+

DATES:

THURSDAY SEPTEMBER 11, 2025

THURSDAY SEPTEMBER 18, 2025

THURSDAY SEPTEMBER 25, 2025

THURSDAY OCTOBER 2, 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

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.

September Week - Sunday 7th to Saturday 13th
October Week - Sunday 5th to Saturday 15th

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!!

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.

Kebaowek Health and Wellness Center Programs and Activities

September 6th
October 4th
November 1st

9am -
3pm

Community Shopping

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!



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
	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 Baby Food Making	6 Community Shopping
7 Get Walking and Win Challenge Week →	8 Baby & Me Women's Paint Night	9	10 Full Moon Ceremony	11 Senior Social GARBAGE COMPOST	12	13
14	15 Baby & Me FPIC Meeting	16	17 Meals on Wheels	18 Senior Social RECYCLE COMPOST	19 Baby Food Making	20
21	22 Baby & Me Kebaowek Police Sta- tion Grand Opening	23	24	25 Community Breakfast Senior Social GARBAGE COMPOST	26	27
28	29 Baby & Me	30 Kebaowek Offices/Health Center are closed for National Day of Truth and Reconciliation	Kakone Kizis September 2025			

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Namekos Kizis October 2025			1 Meals on Wheels	2 Woody's Wak and Presentation RECYCLE	3	4 Community Shopping
5 Get Walking and Win Challenge Week →	6 Baby & Me Women's Paint Nigh Full Moon Ceremony	7	8 Kebaowek Outreach Clinic	9 Kebaowek Outreach Clinic	10	11
12	13 Kebaowek Offices/Health Center are closed for Thanksgiving	14	15 Meals on Wheels	16 Cultural Building and Sacred Site Grand Opening RECYCLE	17	18
19	20 Baby & Me	21	22	23 Community Breakfast GARBAGE COMPOST	24	25
26	27 Baby & Me	28	29 Meals on Wheels	30 RECYCLE COMPOST	31 HALLOWEEN	