



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Miskomin Kizis / July 2026

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Kebaowek Powwow



HONOURING OUR
SURVIVORS AND
REVITALIZING OUR
CULTURE



COMMUNITY GROUNDS
110 OGIMA ST, KEBAOWEK, QC, J0Z 3R1



JULY 25 & 26

OPEN TO EVERYONE!

- MC: Rodney Stanger
- Arena Director: Lindsay Cote
- Host Drum: Ironstone
- Co-host Drum: Indian Road Singers
- Invite Drums: Spiritwolf Singers, Young Warriors, Whirlwind Singers
- Head Female Dancer: Francine Chevrier
- Head Male Dancer: Nahum Diabo
- Head (F) Youth: Queen Poucachiche
- Head (M) Youth: Niibin Nakogee
- Junior Youth: Sadie Doxtator
- Exhibition Hoop: Kaleigh Simpson
- Elder-Female: Noella Robinson
- Elder-Male: Barry Sarazin
- Fire Keepers: Lori Tepiscum & Derek Beck

SPECIAL
APPEARANCE
BY:

LOGAN STAATS

CONTACT:

- [HTTPS://KEBAOWEK.CA/2026/03/21/KEBAOWEK-POWWOW/](https://kebaowek.ca/2026/03/21/kebaowek-powwow/)
- KEBAOWEK FIRST NATION POWWOW
- POWWOW@KEBAOWEK.CA

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

INAUGURATION CEREMONIE NEW POLICE STATION



STARTING AT 10 A.M.

JULY 22, 2026

- Cultural & Official Ceremony
- Guided visit of the station
- Community lunch
- Kebaowek Police Station



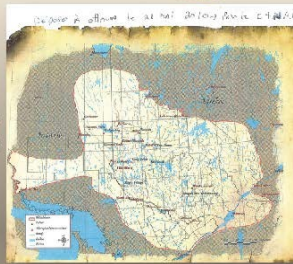
Notice to public

ENGAGEMENT SESSION

LET'S TALK ABOUT THE FUTURE!

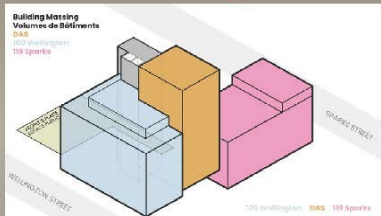
MINO PIJAK!

Come discuss the construction of the new building, a space dedicated to the Algonquin Anishinabe Nation, located on Wellington Street, across from the Parliament of Canada.



MEAL INCLUDED

RAFFLE!
ENTER TO WIN PRIZES



Kebaowek Community Hall (Dome)

July 07, 2026

Doors Open - 5 P.M.

Dinner - 5:30 P.M.

Session Start - 6 P.M.



This mandate was given to the Algonquin Anishinabe Nation Tribal Council.
Peggy Jerome, Consultation Manager
Norm Odjick, Executive Director

For more information:
(819) 856-0723
(819) 449-1225

MIIGWETCH!



ANICINABE MIKANA
• CULTURAL CENTRE •

SHARE YOUR STORY. HONOUR OUR HISTORY.

As part of the Anicinabe Mikana Cultural Centre exhibits, we hope to feature short video interviews with community members reflecting on residential schools, their impacts, and what their legacy means today.

We are looking for community members who would like to be interviewed about their experiences with residential schools, day schools and their legacy.



Are you a residential school survivor?
Do you have relatives who are or were?



Has the legacy of the residential schools or day schools affected you, your family, or your community?



Would you like to share your experience?



We recognize that these are deeply personal and sometimes difficult stories. You are welcome to share as much or as little as you feel comfortable.



Interviews will be conducted by **Rodney St. Denis** at a time and place that works for you. Participants will have the opportunity to review and approve how their interview is used.



If you are interested in participating, please reach out to
rjawbone@kebaowek.ca

*Your story.
Your voice.
Our future.*



ANICINABE MIKANA CULTURAL CENTRE WALL OF FAME

As part of the Anicinabe Mikana Cultural Centre exhibits, we would like to feature a digital "wall of fame" with photos and stories of people who have had an impact on the life of the community.

THIS IS AN OPPORTUNITY TO SHOWCASE ACCOMPLISHMENT OF ALL DIFFERENT KINDS:



People who have excelled at art, sports, school



People who have made their mark by advocating for rights, Anicinabe language, culture



People who practice Anicinabe traditions or who are creating modern versions of those traditions



People who have doing innovative things with their businesses



Events and milestones that the community is proud of: Country Fest, the Health Centre, community trips and camp outs



People who have contributed outstanding volunteer services, military service, community services;



Anyone else who is a standout member of the community and should have their accomplishments known.



PLEASE FEEL FREE TO NOMINATE YOURSELF OR SOMEONE ELSE FROM THE COMMUNITY.

We would like to arrange a brief interview and a portrait photograph of individuals.

CONTACT ROSE JAWBONE AT rjawbone@kebaowek.ca



Kebaowek Members: Share a Piece of Our History!

We are currently looking for **old trapping gear, birchbark baskets, hunting gear, and railroad finds** to include in the **Anicinabe Mikana Cultural Centre (AMCC).**

If you have any of these items and would like to share them, *we would greatly appreciate it!*

Please contact
npaul@kebaowek.ca
with any questions.

**Help us preserve our heritage
for future generations!**



Registration and Membership Information

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

**** NEW ****

Have you been appointed as the Executor of an Estate and need to do a Will search with the Chambre des Notaires des Quebec and Bureau du Quebec? Call me and I will be able to assist you with the search.

~ June 24, 2026 ~

Happy 70th Birthday Perry



An amazing husband and a wonderful father and grandfather. Hope your day is as great as you are. We all Love You Lots xo



Congratulations to Nathaniel McKenzie who graduated from Nbising Secondary School on June 16th

Love your Family ♥

Kebaowek Eco-Centre

Kebaowek First Nation Eco-Centre

HOLIDAY HOURS NOTICE

Kwe Kebaowek!

Please note that the **Eco-Centre will be closed on Wednesday, July 1st, 2026, for Canada Day**. It remains open on all other regular days. Below is our typical schedule for your reference. The Eco-Centre closes daily for lunch from 12:00 pm to 12:45 pm, so please plan your drop-offs accordingly.

KEBAOWEK ECO-CENTRE

HOURS OF OPERATION

Monday	8AM - 4:30PM
Tuesday	8AM - 4:30PM
Wednesday	8AM - 4:30PM
Thursday	8AM - 4:30PM
Friday	8AM - 4:30PM
Saturday	8AM - 12:00PM
Sunday	CLOSED

CLOSED FOR LUNCH

(12:00 PM - 12:45 PM)

Please use your phone's camera to aim at the QR Code located to the right. It will link you to the Kebaowek Eco-Centre Facebook page. You may also use the following website:

www.facebook.com/kebaowekecocentre

Meegwetch!



Kebaowek First Nation Eco-Centre

ECO-NATION AWARENESS AGENTS



EcoNation

The Kebaowek Eco-Centre is pleased to welcome two Eco-Nation Awareness Agents for the summer season. Both Justin McKenzie and Kyle McKenzie will assist the Eco-Centre with community awareness and education efforts on waste management, recycling, composting, and other Eco-Centre programs.

During summer, the agents will distribute informational materials within the community, support educational initiatives, interact with various groups and departments, and assist Eco-Centre staff with related tasks. Additionally, we have reached out to specific departments for summer planning.

If you're interested in arranging an engagement session or activity, please reach out to Matt at the Eco-Centre or call the Band Office at (819) 627-3455 ext. 232.



Education & Culture Dept

WE ARE LOOKING FOR AN OCCASIONAL BUS DRIVER



PERSON MUST HAVE A CLEAN
CRIMINAL REFERENCE CHECK
WITH A CLASS 4 B LICENSE.

PERSON WILL ALSO NEED TO BE
WILLING TO TAKE A COURSE THAT
IS 16 HOURS LONG, THE
EDUCATION DEPARTMENT WILL
PAY THE COURSE.

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



First Nations
Education Council

In association with
Indigenous Services
Canada

FOR KEBAOWEK MEMBERS ONLY

YOUTH EMPLOYMENT OPPORTUNITY IN TECHNOLOGY

30-week ICT work experience

ARE YOU BETWEEN THE AGES OF 18 AND 30?

ARE YOU UNEMPLOYED?

WANT TO DEVELOP NEW SKILLS IN TECHNOLOGIES?



APPLICATION DEADLINE:
July 15, 2026

In-person training in Quebec City

First session: August 11 to 13, 2026

Second session: December 8 to 10, 2026

Interested?

Please Contact Rose Jawbone, Director of Education by email
at rjawbone@kebaowek.ca or phone at 819-627-3455 (ex: 208)

Upcoming Recreation Events

KEBAOWEK 30TH ANNUAL BOAT RALLY

Saturday July 18th, 2026



PRE-REGISTRATION JULY 17TH 6:00PM - 9:00PM

REGISTRATION JULY 18TH 10:00 AM - 12:00 PM

AT THE COMMUNITY HALL

ENTRY \$10 PER HAND (18 YRS +)

You can purchase 3 hands (max) in your name.

**CRUISE LAKE KIPAWA AND
BUILD YOUR BEST HAND!**

BBQ & BAR WILL OPEN AT 5:00 PM
MUST RETURN BY 8:00PM

KEBAOWEK BOAT RALLY

(Poker Run)

—THEME 2026!—

COWBOYS & ROCKSTARS



Participation is encouraged,
not required!

July 18th, 2026

Prizes for
Best dressed cowboy/Girl
Best Dressed Rockstar
Best Decorated Boat

KIPAWA COUNTRYFEST BINGO

★ HOSTED BY THE POWWOW COMMITTEE ★

*All Proceeds Benefit the
Kebaowek 2027 Annual Pow Wow*

★ *Date: August 13, 2026* ★

LOCATION: Kebaowek Community Hall (Dome)

DOORS OPEN: 5:00 PM

GAMES BEGIN: 6:30 PM

SUPPER AVAILABLE FOR PURCHASE

ENTRY FEE: \$45

TOTAL PAYOUT: \$3,850!

JACKPOT: \$1,200

AND MORE!



KEBAOWEK RECREATION
PRESENTS



A COUNTRYFEST "BRUNCH"

—KEBAOWEK COMMUNITY HALL—



SATURDAY AUGUST 15TH &
SUNDAY AUGUST 16TH



9:00AM to 1:00PM

- EGGS & BACON
- PANCAKES
- COFFEE / JUICE
- & MORE

Buffet Style

★
CASH
ONLY
★

— NO WRISTBAND REQUIRED —

Adult 10+ - \$18.00

Child 4-9 - \$10.00

3 & under - Free

¥¥
EAT-IN
OR
TAKE-OUT



19^e ÉDITION
MUSIQUE COUNTRY. TOUT LE WEEKEND.
19TH ANNUAL
LIVE COUNTRY. ALL WEEKEND.

14-15-16 AOÛT | AUGUST 14-15-16, 2026 | KEBAOWEK [KIPAWA], QUÉBEC

TÊTE D'AFFICHE | HEADLINER
DEAN BRODY



TÊTE D'AFFICHE | HEADLINER
TIM & THE GLORY BOYS



PATRICIA CONROY



LISA BROKOP



BEVERLEY MAHOOD

INVITÉ SPÉCIAL | SPECIAL GUESTS
THE GIRLS



INVITÉ SPÉCIAL | SPECIAL GUEST
GORD BAMFORD

AUTRES PERFORMANCES DE | OTHER PERFORMANCES BY

Larry Berrio • The Plowboys • Khloe B • Eclectic Vinyl Outlaws • The County
Open Road • Quick Pick • Eastbound of Bytown • The Countryfest Crew

Musique | Bar | Vendeur Alimentaire
Navette | Brunch [Samedi et Dimanche]
Marché des artisans | Prix et Tirages 50/50
Zone Enfants : Gonflable pour enfants / Activités / Jeux

Music | Bar | Food Vendors
Shuttle Bus | Brunch [Saturday & Sunday]
Food & Artisan Vendors | Prizes & 50/50 Draws
Kid's Zone: Kids Inflatables / Activities / Games

Camping RV disponible. Appelez pour réserver. | 705-499-7076 | RV camping available. Call to reserve.



Achetez votre bracelet en ligne!
Buy your wristband online!
www.kipawacountryfest.ca

Sound and Lighting By:



MC: Sam Harvey



POSTER COURTESY OF:



INFORMATION:

☎ 873-997-0482

🌐 www.kipawacountryfest.ca

📌 Kipawa Countryfest

COMMUNITY HALL

Monthly Newsletter Report

June was another busy month at the Kebaowek Community Hall, filled with activity, celebration and community spirit. Thank you to everyone who participated, and supported programs and events throughout the month. Sincere appreciation goes out to volunteers, staff, Elders, Chief & Council, community members and everyone who helped make June a success!



JUNE HIGHLIGHTS



FACILITY IMPROVEMENTS

Completed installation of mirrors and other items in the washrooms to enhance comfort and accessibility for everyone.



STAFF DEVELOPMENT

Public Works team completed Working at Heights Training to support a safe and skilled workforce.



COMMUNITY PROGRAMS WRAP-UP

Senior Social concluded on June 11 and Meals on Wheels concluded on June 10 for the summer break.



COMMUNITY BREAKFAST

A well-attended community breakfast was served on June 18. Thank you to the volunteers and kitchen staff!



HEALTH & SAFETY

The Kebaowek Police Department delivered a Bicycle Safety Course, promoting safety and awareness among our youth.



CULTURAL CELEBRATION

The Cultural Department hosted activities and a community meal for Indigenous Peoples Day, honouring our traditions and heritage.



SPECIAL CELEBRATIONS

We celebrated love and achievement with one beautiful wedding, the high school graduation for G. Th  berge School, and the French graduation for   cole Gilbert Th  berge. Congratulations to all the graduates!



WASHROOM UPGRADES COMPLETED



INDIGENOUS PEOPLES DAY COMMUNITY MEAL



WEDDING CELEBRATION



BICYCLE SAFETY COURSE KEBAOWEK POLICE DEPT.



G.THEBERGE SCHOOL ENGLISH GRADUATION



  COLE GILBERT TH  BERGE FRENCH GRADUATION

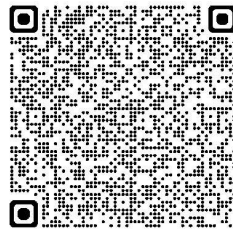
LOOKING AHEAD TO JULY...

- BOAT RALLY (POKER RUN)
- KEBAOWEK FIRST NATION POW WOW
- COUNTRYFEST PREPARATIONS
- CONSULTATION SESSIONS
- RECERTIFICATION TRAINING

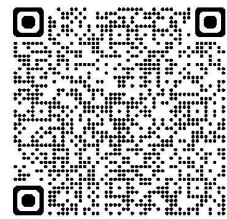
*Thank you for making the
Community Hall a place to gather
celebrate and connect*

Your next challenge starts here!

Scan to apply —————>



Advisory Agent, Member and
Client Experience



Financial Services Agent



Discover all
our job offers.

desjardins.com/careers



An Update from the Director of Health & Social Services

Kwe to all Members of Kebaowek First Nation

Ontario Corridor of Services

Following a meeting on June 5th with the working group concerning the Ontario corridor of services, Deputy Minister of Health and Social Services Mr. Daniel Paré announced that his team will be working on a directive that will allow the CISSSAT (now Santé Québec Abitibi-Temiscamingue) to return to the way it was before last August 1st 2025 when the Ontario professionals ceased seeing clients from our area due to an administrative procedure.. I'm hoping that most specialists will accept the return of the administrative procedure that is now deemed as a permanent solution as it was to their request. The Ontario counterpart of their Ministry noted that in no way is Ontario legally obligated to take on Quebec residents as they also struggle with capacity issues in the north.

This directive may take a bit of time to get done and with the summer holiday slowdown, perhaps we may be looking at the fall when most of it comes back to the normal, we once knew, here in the southern section of Temiscamingue. We should hear something from Santé Québec Abitibi-Temiscamingue in the weeks to come. Overall, it's the best outcome we could have hoped for.

Meetings Attended in March:

- HAWK communications pilot (App to communicate with members of KFN)
- Wolf Lake Health department update
- Regional Health Directors with CISSSAT
- FNQLHSSC B.O.D & Risk Management Committee
- FNHMA BOD & Fort Qu'Appelle Sask All Nations Healing Hospital visit
- KFN, TFN Child & Family Services collaboration
- CISSSAT (Santé Québec Abitibi-Témiscamingue) BOD
- Mino Obigiwasin Child & Family Services (exploratory)

Onimiki Renewable Energy File:

- Board of Directors Meeting
- AGA for the Partners
- Communications committee meetings
- Radio Interviews

For Onimiki, we have decided to postpone our public consultations to the fall as we need to gather more data and

information on a second site for the potential installation of the powerplant on the shores of Lake Temiscamingue. Even though we are moving over less than 2km away, we must ensure our studies are complete. This will also give our research team at CIMA + the time necessary to compile all the data accumulated over the past months, thus enabling us to share more detailed information this fall.

I want to wish you all a wonderful start to your summer season. Happy holidays to my staff who continue work very hard in providing you, the members, with the best support to your healthier journey. Be safe on our waters and enjoy our beautiful traditional territory.

Quotes About Summer

"It's a smile, it's a kiss, it's a sip of wine ...
it's summertime!" ~ Kenny Chesney

"A perfect summer day is when the sun is shining,
the breeze is blowing, the birds are singing,
and the lawn mower is broken." ~ James Dent

David McLaren
Director of Health & Social Services



Medical Transportation

Welcome to Summer! I hope everyone is enjoying this beautiful, warm sunny weather. This weather makes perfect driving conditions to and from your appointments. Lots of daylight time for your travels.

I cannot stress this enough, if you need to use medical transportation, please call me right away to schedule a driver for your appointment. Also remember when we have two scheduled appointments in the same location, I will be putting clients together to travel, and this may cause some earlier pickups or longer waiting periods to get home. Our goal is to make sure all clients make it to their scheduled appointments. Please be patient, I may have our drivers out doing another trip while you are at your appointment. Kindly give the driver a call on the number he/she provided you with at time of drop off and let them know you are ready and the driver will be there to pick you up to return you home as soon as possible.

I require proof of appointments for out-of-town trips. Please have the doctor's office or hospital forward you an email or text message confirming the date, time and location of your appointment. I will not proceed with any bookings until I receive all proper documents of confirmation.

Reminder, Medical Transportation is for Kebaowek members only. You must hold a certificate of Indian status card in order to access our program and registered to Kebaowek First Nation, you must have a Quebec address and hold a Quebec medical card (RAMQ) or in the process of obtaining one.

Hope you all have a great month in July and enjoy these bright, sunny days. Have fun and be safe.

Kim Constant
Medical Transportation (Interim)

819-627-9060 Ext. 506

medtrans@kebaowek.ca

KixCare



COMMISSION DE LA SANTÉ ET DES SERVICES SOCIAUX
DES PREMIÈRES NATIONS DU QUÉBEC ET DU LABRADOR
FIRST NATIONS OF QUEBEC AND LABRADOR
HEALTH AND SOCIAL SERVICES COMMISSION



Expert Virtual Healthcare for Kebaowek Kids and Teens

KixCare is honoured to partner with the FNQLHSSC and Kebaowek to bring expert virtual pediatric care to your family.

KixCare is a **Canadian pediatric healthcare company**, founded by physicians in Montreal, built to make sure every child gets the care they deserve, no matter where they live or what time of day it is. From tummy aches and sniffles to anxiety and behaviour challenges, we are here when you need us.

What's Included:

- 24/7 unlimited virtual care for your kids and teens
- Access pediatric experts via instant messaging and video calls
- Prescriptions, lab requisitions and more
- Mental health support
- Resources for families

Eligibility:

Children aged 0 to 17 who are First Nations members and are registered under the *Indian Act*. Proof of a status number issued under the *Indian Act* must be provided when creating the account.

Children under 2 years of age that have at least one parent who is registered under the *Indian Act*. Proof of a status number issued under the *Indian Act* must be provided on or before the child's second birthday.

Scan the QR code to get **24/7 care for your kids today.**



Scan this QR code for **step-by-step sign-up instructions.**



Important Notice

To ensure medications are ordered, processed, and delivered promptly, the following update is effective immediately:

Medication Delivery Requests

All names requiring Thursday medication delivery must be submitted **no later** than Monday at 12:00 p.m.

Please send all medication delivery requests to:

Jennifer King

Client & Clinical Support Worker

Phone: 819-627-9060 Fax: 819-627-9568

Requests received after Monday at 12:00 p.m. may not be processed for the upcoming Thursday delivery and may need to be scheduled for the next available delivery date.

Your cooperation is appreciated and will help ensure that community members receive their medications safely and on time.



JULY 28TH, 2026

World Hepatitis Day is an opportunity to raise awareness about viral hepatitis, encourage early testing and promote prevention.

Hepatitis C is a virus that affects the liver and is spread through contact with infected blood. Many people with Hepatitis C have no symptoms for years making testing an important part of protecting your health.

You may be at an increased risk for Hepatitis C if you:

- Have been exposed to blood through a needlestick injury.
- Have had unprotected sex where blood exposure may occur, particularly if you have multiple partners or certain sexually transmitted infections.
- Share personal items that may have blood on them, such as razors, nail clippers, or toothbrushes.
- Get tattoos or piercings using unsterile equipment.
- Share needles, syringes or other drug-use equipment.

The good news is that Hepatitis C can be diagnosed with a simple blood test and in most cases, cured with specific medications.

If you have questions about your risk or would like to learn more about Hepatitis C testing, contact the Kebaowek Health & Wellness Center. Community Health Nurse, Karleigh can provide education, discuss your risk factors, coordinate testing and follow up care and connect you with treatment and support services if needed.

Contact Karleigh Miness at the Health Center
819-627-9060 for additional information

Protect Your Liver

Hydration and Summer Safety

During hot summer months, dehydration can happen quickly. Be sure to drink water before, during, and after outdoor activities—even if you don't feel thirsty. Children, older adults, and people who work outdoors may be especially vulnerable to dehydration and should pay extra attention to their fluid intake.

So, How Much Water Do You Really Need?

You've probably heard the "8 glasses a day" rule, but hydration needs vary from person to person. Factors such as age, activity level, body size, health conditions, and weather can all affect how much water your body needs.

A general guideline is:

- **Women: About 2.7 litres (11 cups) of fluids per day**
- **Men: About 3.7 litres (15 cups) of fluids per day**

Keep in mind that fluids come from more than just water. Milk, tea, soups, and water-rich foods such as watermelon, cucumbers, oranges, and strawberries can also contribute to your daily hydration.

Signs You May Need More Water

Your body is good at letting you know when it's running low on fluids. Watch for these common signs of dehydration:

- Thirst
- Dry mouth or lips
- Dark yellow urine
- Headaches
- Fatigue or low energy
- Dizziness or light-headedness

If you're spending time outdoors, exercising, or working in hot conditions, you'll need to drink more water to replace fluids lost through sweat.

Easy Ways to Stay Hydrated

Making hydration a daily habit doesn't have to be difficult. Try these simple tips:

- Carry a reusable water bottle wherever you go.
- Drink a glass of water when you wake up.
- Have water with every meal and snack.
- Set reminders on your phone to take regular sips.
- Add slices of lemon, cucumber, or berries for extra flavour.
- Choose water instead of sugary drinks whenever possible.



LIVING WITH DIABETES?

LET THE ABORIGINAL DIABETES INITIATIVE (ADI) CLINIC SUPPORT YOU!

ARE YOU A DIABETIC AND WOULD LIKE HELP MANAGING YOUR DIABETES?

THE ADI CLINIC IS HERE TO SUPPORT YOU ON YOUR HEALTH JOURNEY. JOIN THE ADI PROGRAM AND RECEIVE ON GOING SUPPORT FROM A NURSE.

BENEFITS OF JOINING

REGULAR FOLLOW-UPS WITH A DIABETES EDUCATOR

BLOOD SUGAR MONITORING SUPPORT

HELP WITH UNDERSTANDING YOUR DIABETIC MEDICATION

REDUCE RISK OF DIABETIC COMPLICATIONS

FOOT CARE MONITORING

RETINOPATHY IMAGING

HELP WITH REFERRALS TO NUTRITIONIST OR OTHER HEALTH SERVICES IF NEEDED



IF YOU ARE A TYPE 2 DIABETIC AND WOULD LOVE TO JOIN THE ADI CLINIC
PLEASE CALL 819-627-9060 AND ASK TO SPEAK WITH JOCELYN HEFFERN, RN

Bite Back ... Protecting Yourself from Ticks and Mosquitos

Summer is the perfect time to enjoy the outdoors, but it's also peak season for mosquitoes and ticks. While these tiny pests may seem like just a nuisance, they can carry diseases that affect your health. The good news? A few simple precautions can help keep you protected.

Defend Against Mosquitos

- Mosquito bites can be itchy and uncomfortable. To reduce your risk:
- Apply an insect repellent containing DEET or icaridin when spending time outdoors.
- Wear light-coloured, loose-fitting clothing that covers your arms and legs.
- Avoid standing water around your home, such as in buckets, bird baths, and flowerpots, where mosquitoes breed.

Be Tick Smart

Ticks are commonly found in tall grass, wooded areas, and brush. To protect yourself:

- Stay on marked trails whenever possible.
- Wear long sleeves, long pants, and closed-toe shoes when hiking or working outdoors.
- Tuck your pants into your socks to prevent ticks from reaching your skin.
- Perform a full-body tick check after spending time outdoors, paying special attention to your scalp, underarms, waistline, and behind your knees.

After Outdoor Activities

When you return indoors, shower as soon as possible and inspect your clothing, gear, and pets for ticks. If you find a tick attached to your skin, remove it promptly with fine-tipped tweezers by pulling straight upward.

Mosquitoes and ticks shouldn't stop you from enjoying the outdoors. By taking a few preventive steps, you can spend more time exploring, relaxing, and making summer memories—without bringing unwanted bugs home with you!

Sober Summer ! Rethinking Alcohol Use When the Weather Heats Up

Summer is a season of sunshine, barbecues, lake days, and long weekends. For many, it's also a time when alcohol consumption spikes. Whether it's a cold beer after mowing the lawn, cocktails on the patio, or wine at a picnic, drinking tends to become more frequent, and more normalized, when the sun comes out to stay. But as the drinks flow more freely, so do the potential risks.

Whether you're in recovery, curious about sobriety, or simply wanting to be more intentional with your alcohol use, this is a perfect time to reflect on your relationship with drinking and explore what a balanced or alcohol-free summer could look like.

Summer and Alcohol: What the Stats Say

- According to a 2022 survey by the American Addiction Centers, alcohol consumption in the U.S. increases by nearly 27% during the summer months.
- Heat and Dehydration: Alcohol is a diuretic, which means it contributes to dehydration, a serious concern in hot weather and one that increases risk for heat stroke and impaired judgment.

The Risks of Summer Drinking

While summer may make drinking feel carefree, the consequences are real. These include:

- Impaired judgment and risky behavior (e.g., swimming under the influence, unsafe sex, or driving).
- Dehydration and heat-related illnesses, which alcohol can exacerbate.
- Relapse risk for those in recovery, especially when alcohol is tied to nostalgia or social norms.
- Sleep disruption, especially with late-night drinking outdoors.
- Increased alcohol dependency, especially when drinking becomes a daily routine during summer vacation or time off.

What About People in Recovery?

For those in recovery, summer can be a landmine of triggers: familiar parties, family gatherings, or simply the smell of a barbecue can reignite cravings. It's important to plan ahead:

- Bring your own beverages. Whether it's sparkling water, kombucha, or a favorite mocktail, having a non-alcoholic drink in hand reduces pressure.
- Have a script. If people ask why you're not drinking, practice a response that feels comfortable "I'm taking a break," "I'm staying hydrated," or "I just don't drink."
- Know your exit. Sometimes the best option is leaving early or skipping an event altogether.

For the Sober-Curious

If you're exploring a break from alcohol or considering a longer-term shift, summer can still be fun without the buzz. Try:

- Experimenting with alcohol-free alternatives. The sober beverage market has exploded, with everything from non-alcoholic beers and wines to adaptogenic mocktails (Beverage Daily, 2023).
- Hosting your own gatherings. Create inclusive spaces where alcohol isn't the focus.
- Noticing how you feel. Track your sleep, mood, and energy during alcohol-free weekends, you might be surprised at the benefits.

A More Intentional Summer

There's no one right way to approach alcohol. But summer can be a powerful time to reflect: Is drinking still serving you? What do you gain when you take a break, or drink less? Living intentionally with alcohol doesn't mean giving up fun. It means expanding your definition of it. Whether you're toasting with Topo Chico, sipping a cold beer, or saying no thanks to both, you deserve a summer that leaves you feeling connected, hydrated, and truly present.+

Source: Casatondemand.org



Summer Fun ... Water Safety

Children and Families

Children and families love to spend time around the water. To make sure everyone has fun, it's important to know how to stay safe and be Water Smart. Children under 12 have an increased drowning risk and need attentive supervision in and around the water. Drowning is the third-leading cause of injury-related death for Canadian children under 14 years of age.

Adults, especially men, sometimes take unnecessary risks, overestimate their abilities, or use alcohol while boating. Older adults may not realize that medications and age can change their abilities. Knowing the risks and understanding water safety can help ensure that everyone has fun.

Water safety facts:

- Children under five, young men and older adults have the highest drowning risk
- Teenage brains can encourage risk-taking behaviour
- Drowning can occur in as little as a few centimetres of water
- Drowning is fast and silent
- Bathtub drownings occur every year among young children and older adults

Water safety tips for children and families:

- Stay within arms' reach of children under five
- Stay On Guard! Supervision of children and non-swimmers is key
- Always swim with a buddy
- Alcohol and water don't mix. Don't drink and swim. Don't drink and drive your boat
- Always wear a lifejacket when you are in a boat
- Swim in lifeguarded areas
- Water safety tips specifically for older adults:
 - Always swim and boat with a buddy
 - Alcohol and water don't mix. Don't drink and swim. Don't drink and drive your boat
 - Always wear a lifejacket when you are in a boat
 - Check your medication for possible side effects that will affect your endurance or swimming ability

Know your limits - age and health can affect your swimming abilities

Boating Safety

With so many lakes and rivers, Canadians are avid boaters. Canoes, kayaks, motorboats, houseboats - there are so many ways to enjoy the water. But when approximately one fifth of drownings each year occur during boating activities, it's important to know the key things that keep you safe.

Boating safety facts:

- All power craft boaters are required by law to carry a Personal Craft Operator Card (PCO).
- Around nine in ten boating deaths involved boaters are not wearing lifejackets.
- Alcohol or drug consumption is a factor in most boating deaths and accidents.
- Impaired boating can result in losing your driver's licence.
- Key boating safety tips
- Cold water is deadlier than you think. Prepare for the shock of cold water by always wearing a life jacket.
- Impaired boating is illegal. Leave the alcohol onshore.
- Check the forecast before you go out. Return to shore immediately if bad weather approaches.
- Familiarize yourself with local bylaws before you go.
- Operate powerboats responsibly – don't speed close to shore and slow down when the water is choppy.
- Stay seated! You can easily fall out of a small powerboat, canoe or kayak.
- Properly load your boat. An unbalanced or overloaded boat could take on water or capsize.
- Be prepared. Ensure your vessel has the required safety gear on board, and sufficient fuel. We sell a boating essentials kit!
- Carry a VHF radio or cell phone in case you need to call for help.
- Consider wearing/bringing a personal locator beacon (PLB) as extra safety gear, especially if you're boating in a more remote area.
- Always tell someone where you are going, when you will return and who to call if you are overdue.
- Get trained. Boating is fun and easy if you know how.
- Wear a lifejacket! Most boating fatalities occur when not wearing lifejacket.

Summer Fun ... Water Safety

- Lifejackets aren't one size fits all - check for proper fit.
- Most drownings occur within 15 metres of shore; + wearing a lifejacket alone can save your life.

If you have any questions about water safety/ boat safety or would like additional information on keeping children safe around water this summer, please contact us at Child & Family Services at 819-627-9877.



Common Excuses for Not Wearing a Life Jacket



"I have life jackets on board."

Having life jackets on board the vessel is not enough. Accidents happen too fast to put on a stowed life jacket. Inflatable life jackets **MUST** be worn and not stowed.

"I'm a strong swimmer."

Even a strong swimmer needs to wear a life jacket. During an emergency, clothing can become heavy or waterlogged in the water.



"It's too hot and doesn't look cool."

Old-fashioned, bulky orange life jackets have been replaced with new styles, such as inflatables that are much cooler in warmer weather.

"It gets in the way."

There are life jacket styles available for any recreational water activity - fishing, water sports, hunting, SUP, and more. There are even styles for pets!



"Nothing is going to happen to me."

Face it, accidents happen. Boating can be a fun, safe and enjoyable activity, but when the "Wear It!" message is ignored, the consequences can be grim.

Swimwear Safety



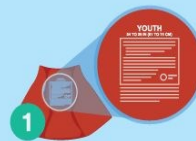
In the Lake



In the Pool



HOW TO PROPERLY FIT A LIFE JACKET



CHECK LIFE JACKET LABEL FOR THE APPROPRIATE WEIGHT OR CHEST SIZE.

The life jacket label will indicate the size and weight of the intended user. Make sure the wearer is within these ranges. Verify that the life jacket label states it is "Coast Guard approved."



PUT THE LIFE JACKET ON.

Inspect the life jacket for wear and tear. Warning signs include rips and missing or broken buckles or straps.



BUCKLE ALL STRAPS AND TIGHTEN OR ZIP UP ALL ZIPPERS.

Make sure all straps can be buckled and zippers zipped. Don't forget the crotch strap if there is one!



HAVE THE WEARER LIFT THEIR ARMS OVER HEAD AND GENTLY LIFT THEM BY THE TOP OF THE LIFE JACKET ARM OPENINGS.

If the jacket rides up above their ears, it's too big. If the straps or zippers don't close, the jacket is too small.



WWW.BOATUS.ORG

Kebaowek Health and Wellness Center Programs and Activities

**STARTS
JANUARY
4TH, 2026**

**JOIN OUR PHYSICAL ACTIVITY
CHALLENGE EVERY FIRST
FULL WEEK OF EVERY MONTH
WE ARE ASKING EVERYONE
TO GET ACTIVE TO WIN !!**

**GET ACTIVE
AND WIN**



All you have to do is send in a picture of yourself participating

in some form of physical activity and you will be entered into a draw to win a \$50 Visa Gift Card. You are allowed 1 entry per month and this challenge is open to all Kebaowek members.

Sunday July 5th - Saturday July 11th
Sunday August 2nd - Saturday August 8th

Send pictures to: mmcmartin@kebaowek.ca or private message the Kebaowek Health Center Facebook Page.

When sending in a picture, please attach all names that are in the photo. Example: family is playing hockey

SOBER Summer Bucketlist

- ☐ Sit by a fire and roast s'mores
- ☐ Swim in a lake, go kayaking or boating
- ☐ Volunteer in your community
- ☐ Start a morning journal practice
- ☐ Try a new hobby (watercolouring etc)
- ☐ Go hiking
- ☐ Read a book in nature or at the park
- ☐ Attend a sports games
- ☐ Host a movie night with mocktails
- ☐ Go to a live music show
- ☐ Plant a flower or vegetable garden
- ☐ Go on a roadtrip

Ice Cream In a Bag

SERVINGS
1



PREP TIME
5 MIN



TOTAL TIME
APPROX. 15 MIN

INGREDIENTS

- 1 cup half-and-half
- 2 tbsp. granulated sugar
- 1/2 tsp pure vanilla extract
- 3 cups ice
- 1/3 cup kosher salt
- Toppings (your choice!)

DIRECTIONS

1. In a small resealable plastic bag, combine half-and-half, sugar, & vanilla. Push out excess air & seal.
2. Into a large resealable plastic bag, combine ice and salt. Place small bag inside the bigger bag and shake vigorously, 7 to 10 minutes, until ice cream has hardened.
3. Remove from bag & enjoy with your favorite toppings



TIP

Play your favourite tunes while you're shaking for motivation!

BABY & ME

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

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

July 2026 Dates:
6th & 13th

Coffee/tea & snacks provided.



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

Kebaowek Health and Wellness Center Programs and Activities



Were you diagnosed with:

- Lung Cancer
- Throat Cancer
- Severe Emphysema/COPD (GOLD III or IV)

AND

- Smoked at least 87,600 cigarettes between 1950 and 1998
- Smoked cigarettes made by Imperial Tobacco Canada, Rothmans, Benson & Hedges, or JTI-Macdonald

Deadline: August 31, 2026 or September 3, 2027 dependent on eligibility criteria.

Families and estates of deceased smokers may also qualify.

Check your eligibility and file your claim:
www.TobaccoClaimsCanada.ca

Contact Delyssa at Child & Family Services 819-627-9877 for more information or to file a claim



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 or Darlene at 819-627-9877 to book an appointment to submit a claim

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



YOUTH HUNTERS POINT CAMPING TRIP

SAVE THE DATE

JULY 19-24, 2026

25TH YEAR ANNIVERSARY

MORE INFO TO FOLLOW

WE ARE THRILLED TO BE ANNOUNCING OUR 25TH ANNIVERSARY OF THE YOUTH HUNTERS POINT CAMPING TRIP!! WE WILL BE LEAVING JULY 19TH AND RETURNING JULY 24TH 2026

JOIN US FOR A WEEK OF OUTDOOR FUN!!

STAY TUNED FOR MORE DETAILS



YOUTH HUNTERS POINT CAMPING TRIP

JULY 21st, 2026

ARE YOU A FORMER CAMPER ?

25TH YEAR ANNIVERSARY CELEBRATION

We are sending out an invitation to any person that has taken part as a youth to join us on Tuesday, July 21st between 1pm and 7pm. Please RSVP if you are making the trip as we will be providing a meal (supper) and you can join in the planned activities.

Any child that is 7 years of age or older can join us (and parents can join us too!).

Anyone 6 years of age or younger must have an accompanying parent.

If anyone has any questions or if you'd like to sign up, please don't hesitate to reach out to Mitchell McMartin or Shelly Grandlouis at the Health Center (819) 627-9060.



Community Shopping

9am - 3pm

July date to be announced

August 4, 2026

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!



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.

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

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



2026 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 10th, 2026 to be eligible for the draw.
THIS CONTEST WILL RUN ALL YEAR !!

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

Kebaowek First Nation Community Calendars

	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Miskomin Kizis July 2026			1 Kebaowek Offices/Health Center are closed for Canada Day	2 Compost & Garbage	3	4
5 Get Active and Win Week →	6 Baby & Me	7	8	9 Compost & Recycling	10	11
12	13 Baby & Me	14	15	16 Compost & Garbage	17 Boat Rally Pre-Registration	18 30th Annual Kebaowek Boat Rally
19	20 Youth Hunter's Point Camping Trip (20th - 24th)	21	22 Police Station Grand Opening	23 Compost & Recycling	24	25 Kebaowek Pow Wow
26 Kebaowek Pow Wow	27	28	29	30 Compost & Garbage	31	

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Oditagomin Kizis August 2026						1
2 Get Active and Win Week →	3 Kebaowek Offices/Health Center are closed for Civic Holiday	4	5	6 Compost & Recycling	7	8
9	10	11	12	13 Compost & Garbage	14 19th Annual Kipawa Countryfest	15 19th Annual Kipawa Countryfest
16 19th Annual Kipawa Countryfest	17	18	19	20 Compost & Recycling	21	22
23 30	24 31	25	26	27 Compost & Garbage	28	29