



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Oditagomim Kizis / August 2026

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To our Powwow Committee, thank you for the countless meetings, late nights, problem-solving, and dedication. Your passion and commitment made this vision possible.

To all our volunteers, thank you for giving your time, energy, and smiles. Whether you helped with set-up, parking, registration, hospitality, clean-up, or wherever you were needed, your contributions did not go unnoticed.

To our Sugar Bush team and our Public Works Department, thank you for the amount of work you put into preparing the grounds, hauling equipment, setting up, and making sure everything ran smoothly before, during, and after the event.

A very special shout-out goes to Noah Savard, our superstar Public Works employee. Noah, you were always there whenever something needed to be done, never hesitating to lend a hand. Your hard work, positive attitude, and dedication helped keep everything running smoothly all weekend long. We appreciate you more than words can say.

To our amazing cooks and kitchen crew, thank you for keeping everyone well fed. Preparing the feast for so many people is no small task, and your hard work, long hours, and care helped make everyone feel welcomed and looked after.

A huge thank you to Madeleine and Tooey for running such an amazing food vendor booth. Your delicious food, hard work, and warm hospitality were enjoyed by so many throughout the weekend.

To our drum groups, dancers, singers, Elders, Knowledge Keepers, Survivors, vendors, sponsors, performers, and everyone who travelled to celebrate with us, thank you for sharing your gifts and helping us bring our culture to life in such a beautiful way.

And finally, to everyone who came out to support our event, whether you danced, sang, volunteered, shopped with our vendors, cheered from your lawn chair, or simply came to celebrate with us, thank you. Seeing our grounds filled with families, friends, laughter, songs, and dancing reminded us why this work is so important.

This inaugural Powwow was more than just an event, it was a celebration of who we are, where we come from, and where we are going together. It showed the strength of our community and the power of coming together to honour our culture, language, traditions, and one another.

From the bottom of our hearts, Chi Miigwetch. We couldn't have done it without all of you, and we are already looking forward to welcoming everyone back next year. ☺ Photos on page 2 and 3.

Your Kebaowek Powwow Committee

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
184 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9624/8229
Fax: (819) 627-3277





Kebaowek Childcare Centre



Congratulations to our Kebaowek Childcare graduates – Winston, Daxson, Weston, Lucas, and Simon (Simon is not pictured at his family request). They graduated on July 9th!

Congratulations on reaching this special milestone. It has been a privilege to watch each of you grow, learn, and prepare for this exciting next chapter. We are so proud of everything you've accomplished and grateful to have been part of your early learning journey. We wish you all happiness and success as you begin your new adventure.

Keep learning, keep exploring, and always believe in yourselves!

Congratulations and Best Wishes from all the Staff at Kebaowek Childcare 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.*

*** INTERESTED IN *** WRITING THE RYAM ENTRANCE EXAM?

 Need some help prepping for the **GATB** entrance test?

MANDATORY:

-  **18+**
18 YEARS+
-  **HIGH SCHOOL DIPLOMA**
-  **VALID DRIVER'S LICENSE**

 Call **TAMMY CHEVRIER**
819-627-3455 ext 204

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!

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

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](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: 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.

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

Kebaowek Eco Centre

Kebaowek First Nation Eco-Centre

IMPORTANT NOTICE: GREEN BIN COMPOST COLLECTION

Kwe Kebaowek!

360-Litre Green Bins with Orange Tape

The community's 360-Litre **Green Organics Bins** are collected every Thursday.



Green bins will be inspected Thursday morning before collection to ensure the contents are organics. This small step helps stop garbage, plastics, and other contaminants from mixing into the organic piles.

Green bins containing garbage, plastics or household waste will be marked with **orange tape**.

The orange tape serves as a visual marker for our truck drivers, indicating that the bin must be collected separately during the **next scheduled trash collection run**. Residents will also receive a **door hanger notice** informing them that contaminants were found in their green bin.

New 45-Litre Green Bins

Each household will soon receive an **ORBIS 45-litre green bin** for organics collection. These smaller bins are easier to move, carry, and load than the existing 360-litre bins. They also include a **latching lid** to help keep the bin securely closed.



Door Hangers

Occasionally, door hangers may be left on your green bins or doorknob. These indicate whether your bins have been verified. Remember, the purpose of checking the bins isn't to discourage participation but to confirm that efforts to educate the community are ongoing.



Free Compostable Bags and Paper Bags

The following supplies are available **free of charge upon request** from the Kebaowek Eco-Centre:

- **BPI-certified** compostable bags (55-60 gallon for **360 Litre Bins** & 12-16 Gallon for smaller household bins)
- Brown paper yard-waste bags
- Smaller paper bags for household organics



Thank you for your cooperation and efforts!

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](https://www.facebook.com/kebaowekecocentre) page. You may also use the following website:

www.facebook.com/kebaowekecocentre



Meegwetch!

**COMPOSTABLE**

**Fruit & Fruit Scraps**

**Eggs & Eggshells**

**Vegetables & Vegetable Scraps**

**Coffee, Tea & Paper Filters**

**Shredded Newspaper, Brown Bags & Uncoated Cardboard**

**Grass, Leaves & Twigs (Yard Waste)**

**Houseplants (Soil Removed)**

**Wood Shavings**

These items are compostable.



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!



Thank You

The Young family would like to extend our sincere thank you to everyone who has helped us to honor our Dad . We are forever grateful to Kebaowek, the Cultural Department, the Fire Keepers and Noella Robinson for hosting a Sacred Fire to help our Dad on his journey.

We also wish to thank the team at the Dome and the community for their generous donations for the meal.

Your kindness will never be forgotten.

• Howie, Audrey, Karen and Eric



DEEP STACK

TEXAS HOLD'EM POKER TOURNAMENT

samedi le 19 Sept, 2026 / Saturday, Sept.19th, 2026

Salle Communautaire de Kebaowek
Kebaowek Community Hall
116 Ogima St., Kebaowek, Quebec

INSCRIPTION / REGISTRATION

12 h 30 – 13 h 00 / 12:30PM - 1:00PM

**** début : 13:15h précises / Start : 1:15pm Sharp ****

Aucune inscription tardive / No late entries

TOURNOI

INSCRIPTION: 110\$

100\$ pour les prix

10\$ dépt de récréation KFN

TOURNAMENT

BUY IN: 110\$

100\$ for prizes

10\$ KFN Recreation Dept.

*** No Rebuys ***

Le bar sera ouvert et de la nourriture sera disponible
The Bar will be open and food available

Information
Jungo 705-845-6850
for information



Upcoming at Countryfest

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

11
EAT-IN
OR
TAKE-OUT

COMMUNITY HALL

Monthly Newsletter Report

July was a steady, productive month at the Community Hall. We hosted important training, consultation sessions, and gatherings that brought people together. Thank you to everyone who helped keep things running smoothly. Here's a quick look:



JULY HIGHLIGHTS



HOSTED DINNER FOR KFN POW WOW

Hosted a dinner for Kebaowek First Nation's first annual Pow Wow.



CELEBRATION OF LIFE

Held a celebration of life honoring a valued community member.



CPR RECERTIFICATION

Police officers completed CPR recertification at the Hall.



FPIC ASSESSMENT WORKSHOP

Welcomed FPIC assessment workshop.



COMMUNITY CONSULTATION SESSION

Algonquin Anishinabe Nation's new building in Ottawa.



COUNTRYFEST PLANNING MEETING

Held a Countryfest planning meeting.



BOAT RALLY UPDATE

Boat Rally cancelled twice due to weather; scheduled to return in 2027.



COMMUNITY CONSULTATION SESSION- ALGONQUIN ANISHINABE NATION'S NEW BUILDING IN OTTAWA



KEBAOWEK ANNUAL POW WOW COMMUNITY MEAL

FPIC ASSESSMENT COMMITTEE TECHNICAL WORKSHOP



KIPAWA COUNTRYFEST PREPARATION MEETING



LOOKING AHEAD TO AUGUST...

- WEDDING CELEBRATION
- KIPAWA COUNTRYFEST BRUNCH
- FPIC CONSULTATION SESSIONS
- CLEAN-UP TO RESET FOR SEPT. PROGRAMS

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



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

Medical Transportation

Hope everyone is enjoying their summer so far. It's going by quickly. Lots of rain last month but we needed it. Let's hope for sunnier days in August.

This month I would just like to give a few reminders:

- To receive meal money for your escort, you are required by your servicing physician to sign an escort form requesting your **NEED** for an escort. These forms must be picked up at the Health Center. Your escort **MUST** be capable of helping you with **ALL** your needs while attending your appointment. The framework does not allow escorts to be allowed if only for "company", there must be a legit medical reason from making you incapable of attending your appointment alone.
- If you will be needing the medical vehicles to take you to your appointments, please call as soon as you receive confirmation on time and date. It is greatly appreciated to book well in advance.
- I cannot emphasize this enough, if your appointment gets canceled or you cancel your appointment, please notify me as soon as possible. Sometimes our schedule is completely booked, and I am trying to get everyone to their appointments and coordinate people's pick-up time earlier than they have to be in order to get you to your appointment on time. Please be mindful and considerate.

I hope everyone has a great healthy, safe and fun month of August.

I will be on holiday from August.3 to August.7, 2026. There will be a replacement for me, so if you need anything they will be happy to help you.

Miigwetch,

Kim Constant

Medical Transportation Coordinator (Interim)

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.



**KEBAOWEK
HEALTH AND
WELLNESS CENTER**

Save the Date!

FALL HEALTH FAIR

 **SEPTEMBER 17TH, 2026**

 **KEBAOWEK COMMUNITY HALL**

More Details to Follow!

 **HEALTH SCREENINGS**
 **WELLNESS RESOURCES**
 **COMMUNITY SUPPORT**
 **HEALTHY LIVING**
 **STRONGER TOGETHER**

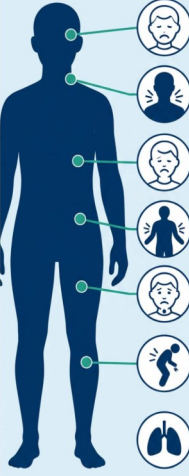
PREVENT • EDUCATE • EMPOWER
A Healthier You, A Stronger Community

Tetanus and Diphtheria Vaccine

Did you know?

It is recommended that adults receive a tetanus and diphtheria (Td) booster at the age 50, to help maintain adequate protection.

SIGNS & SYMPTOMS



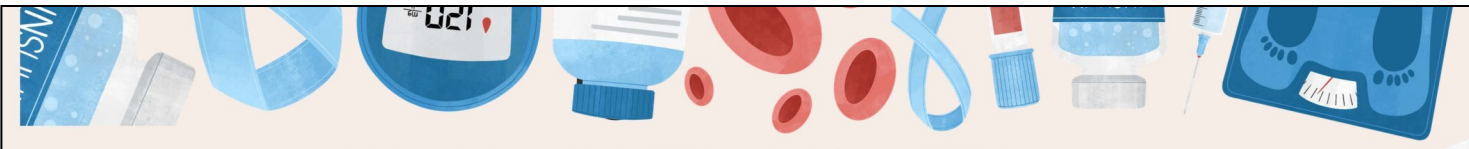
- Stiffness in the jaw (lockjaw)
- Stiff neck
- Painful muscle spasms
- Stiff or rigid muscles
- Trouble swallowing
- Muscle spasms triggered by touch, noise or light
- Difficulty breathing (in severe cases)

What is Tetanus?

Tetanus is a serious bacterial infection that affects an individual's nervous system.

Tetanus bacteria can enter the body through cuts, wounds, punctures, or burns. The bacteria releases a toxin that causes painful muscle stiffness and spasms.

Contact Karleigh Miness the Community Health Nurse at 819-627-9060 to schedule your vaccination.



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

Annual Youth Hunter's Point Camping Trip

It was another memorable week at Hunter's Point, with participants making the most of the experience despite some rainy weather. This year marked a record level of participation, with children, youth, adults, and staff coming together for a fun-filled week of outdoor recreation, cultural activities, and community building.

The week began on Sunday as everyone arrived, set up camp together, enjoyed a game of Capture the Flag, and cooled off with an evening swim.

On Monday, participants aged 12 and older embarked on a canoe trip down Ostaboniquie. The group stopped for lunch and swimming on one of the islands before making the return trip, getting caught in a brief rain shower during the final portage back to the vehicles.

Tuesday featured a variety of interactive games led by Donna Pariseau and Emma Burgess from the Kebaowek Health & Wellness Centre. Participants were divided into boys' and girls' teams and enjoyed friendly competitions including tug-of-war, sponge relay races, treasure hunts, and other team challenges. After an exciting afternoon, the girls' team claimed the overall victory.

Wednesday was the highlight of the week as 17 Elders joined participants for the annual Christmas in July celebration alongside members of the Cultural Department. Rodney St-Denis and Justine Chevrier organized Algonquin Bingo, a Christmas tree search, and card games for everyone to enjoy. Santa Claus, accompanied by Rudolph and an elf, made a special visit to Hunter's Point to deliver gifts to participants. The day concluded with a traditional Christmas dinner and homemade apple pie before the Elders returned home.

Thursday finally brought beautiful weather, allowing everyone to spend the day outdoors. Participants enjoyed more games of Capture the Flag, completed the annual badminton tournament, celebrated the tournament champions, held a lively dance party at the school, and wrapped up the evening with the always-popular Fear Factor challenge. Congratulations to Rylen McLeod, Olivia McLaren, and Haven McMartin for placing in the top three.

On Friday morning, everyone shared breakfast, packed up camp, cleaned the site, and returned home by noon after another successful week at Hunter's Point.

The Kebaowek staff—Mitchell, Shelly, and Trysta—would like to thank everyone who participated and helped make this year's trip a success. They are already looking forward to welcoming everyone back for the 2027 Hunter's Point camping trip.





Back to School Safety Tips for Students and Families

As summer comes to an end, it's time to get ready for another exciting school year! Whether your child is walking, biking, taking the bus, or being driven to school, a few simple safety reminders can help everyone have a safe and successful start.

Walking to School

- Use sidewalks whenever possible and always cross the street at marked crosswalks.
- Look left, right, and left again before crossing.
- Avoid distractions like phones or headphones when near traffic.
- Younger children should walk with a trusted adult or older sibling until they are confident with road safety.

Riding the Bus

- Arrive at the bus stop a few minutes early and stand well back from the road.
- Wait until the bus has completely stopped before approaching.
- Stay seated while the bus is moving and keep aisles clear.
- If you need to cross the street after getting off the bus, wait until the driver signals that it is safe to cross.

Driving to School

- Slow down in school zones and watch for children who may cross unexpectedly.
- Never pass a school bus when its stop arm is extended and red lights are flashing.
- Follow school drop-off and pick-up procedures to help

keep traffic flowing safely.

- Always make sure children are properly buckled in before driving.

Bike and Scooter Safety

- Wear a properly fitted helmet every time you ride.
- Follow traffic signs and signals and stay alert to vehicles and pedestrians.
- Bright or reflective clothing can help riders be seen, especially on darker mornings.

Backpack Safety

A backpack should not be overloaded. It should fit snugly on both shoulders, and children should use both shoulder straps to help prevent back and shoulder strain. Packing only the essentials can make carrying it much easier.

Personal Safety

Remind children to stay aware of their surroundings and never leave with someone they don't know without permission. Encourage open communication so they feel comfortable telling a trusted adult if something makes them feel unsafe or uncomfortable.

A safe school year starts with preparation, patience, and teamwork. By taking a few extra moments to practice these safety habits, families, students, drivers, and the community can all help create a safe and welcoming return to school. Wishing everyone a fun, healthy, and successful school year!

Preparing Your Child for Back to School

The essential role sleep plays in your child's mental health

Human beings really need to sleep. It's as simple as that. Sleep is essential for recharging and rejuvenating our minds and bodies. It makes it possible to function in our daily lives and contributes to our overall health, well-being, and quality of life.

Sleep is vital at all ages but plays a particularly crucial role in a child's development. Studies have shown that kids who regularly get an adequate amount of sleep have improved learning, attention, memory, behavior, and overall mental and physical health. However, studies also show that one in four Canadian youth are not getting enough sleep, with one in three have trouble going to sleep or staying asleep.

Not getting enough sleep alters children's cognitive function and their ability to regulate emotions, impacting their overall well-being. If left unaddressed, this can increase the risk of developing mental health problems, such as anxiety and depression that may cause further sleep disruption.

Summertime can be busy, and routines can fall out of place. Children are out of school and may experience more disturbances with their sleep. With back-to-school around the corner, it is important to get back to basics, starting with your child's sleep schedule.

It is suggested that children ages 5-13 years old should get 9-11 hours of sleep per night and youth ages 14-17 years old should get 8-10 hours of sleep per night.

So, how can you combat sleep disturbances and set your child up for success? Consider these tips when preparing for back-to-school:

Create a routine

Children need routines, as they influence emotional, mental, and social development. Setting a bedtime and waking up at the same time every day is the first step to promoting well-being.

Reduce screen time

Technology like social media, TV and video games can keep your child's mind active at night, interfering with their sleep. It is important for your mind to unplug before bed. Turning off these devices and other bright lights an hour or more before bed can help your child sleep and prepare them for a good night's rest.

Set up a good sleep environment

A relaxing environment is conducive to falling—and staying—asleep. Ensuring your child has a comfortable mattress, dark curtains and a quiet space will support their sleep.

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



Naloxone: Save a Life



What is naloxone?

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

Why does naloxone work only temporarily?

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

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

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

Is naloxone safe for everyone?

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

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

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

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

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

Naloxone Saves Lives. Get a Kit.

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

Source: Canada.ca

FEELING SAD OR DISTRESSED?

Support is available for all Indigenous People in Canada

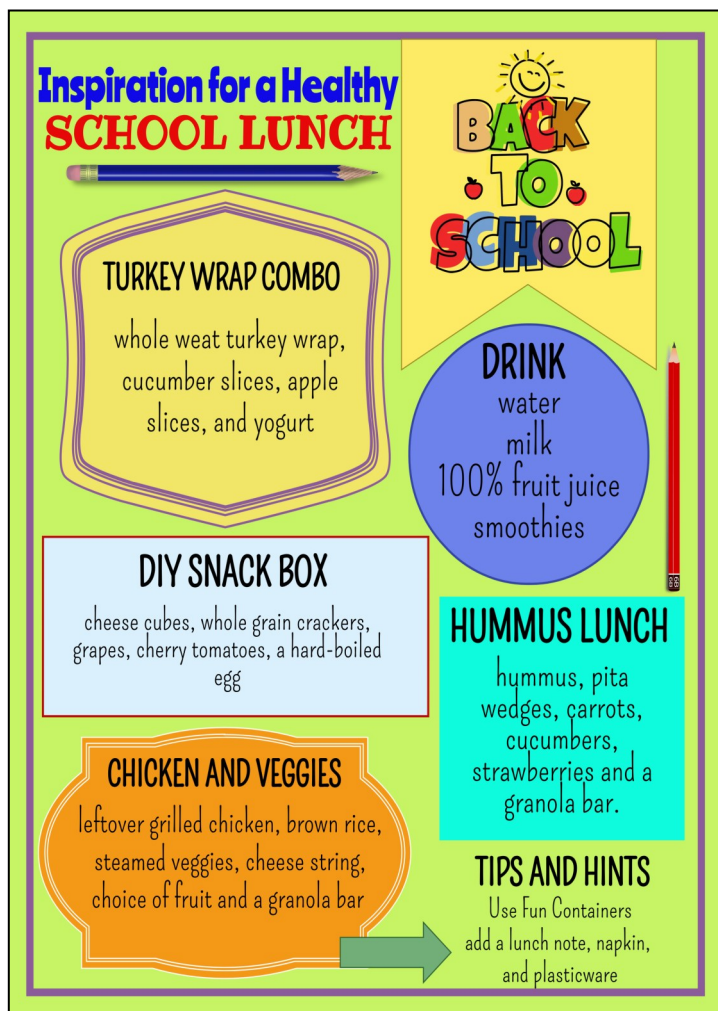


Talk to a qualified counsellor by
phone at the First Nations and Inuit
Hope for Wellness Help Line at

1-855-242-3310

or through online chat at
hopeforwellness.ca

Back to School Tips for a Healthy Start



Heading back to school is an exciting time, and healthy habits can help students stay focused, energized, and ready to learn. A few simple routines can make a big difference throughout the school year.

Pack Healthy Lunches and Snacks

A balanced lunch helps children stay energized and focused throughout the day. Aim to include:

- Lean protein such as turkey, chicken, eggs, cheese, beans, or hummus.
- Whole grains like whole wheat bread, wraps, rice, or crackers.
- Fresh fruits and vegetables such as apples, berries, carrots, cucumbers, grapes, or bell peppers.
- Healthy snacks like yogurt, cheese strings, popcorn, homemade muffins, or seed mixes (if permitted by your school).

Getting children involved in choosing or packing their

lunches can encourage them to try new foods and reduce food waste.

Stay Hydrated

Water is one of the best ways to stay healthy. Encourage children to bring a reusable water bottle to school and refill it throughout the day. Staying hydrated helps improve concentration, supports physical activity, and can help prevent headaches and fatigue.

Practice Good Hygiene

Good hygiene helps stop germs from spreading. Remind children to:

- Wash their hands before eating and after using the washroom.
- Cover coughs and sneezes with a tissue or their elbow.
- Avoid touching their face with unwashed hands.
- Get enough sleep each night to help their bodies recover and stay healthy.

Help Prevent Head Lice

Head lice are common among school-aged children and are not a sign of poor hygiene. To help reduce the risk:

- Avoid sharing hats, combs, brushes, headphones, or hair accessories.
- Keep long hair tied back during school and sports.
- Check your child's hair regularly, especially if lice have been reported at school.

If lice are found, begin treatment promptly and follow the instructions carefully.

Keep Up with Routine Health Care

Before school starts, make sure children are up to date on recommended immunizations, eye exams, and dental checkups. If your child has a fever or is feeling unwell, keeping them home helps them recover and reduces the spread of illness to classmates.

A healthy school year starts with healthy habits. Nutritious meals, good hygiene, regular physical activity, plenty of water, and enough sleep all help children feel their best. By working together, families, schools, and communities can help students have a safe, healthy, and successful year ahead.

Youth Night *is back!*

Join Us
Wednesday Sept. 2nd
at the Health and Wellness
Center at 4:45pm

**Open to KFN
youth aged
12-17**

**Keep an eye out for
more Youth Night
announcements**

THINGS TO DO THIS SUMMER

BEFORE SCHOOL STARTS BACK!

- 1 Go on a road trip
- 2 Have a movie marathon
- 3 Go to the beach
- 4 Have a picnic
- 5 Go swimming
- 6 Try a new recipe
- 7 Have a sleepover
- 8 Go to a concert
- 9 Explore somewhere new
- 10 Read a good book
- 11 Go on a hike
- 12 Visit an amusement park
- 13 Take lots of pictures
- 14 Have a game night
- 15 Watch the sunset
- 16 Do a random act of kindness
- 17 Make DIY crafts
- 18 Go camping
- 19 Write in a journal
- 20 Make unforgettable memories!

**SOAK UP THE SUN,
HAVE FUN &
MAKE MEMORIES!**

**MAKE THIS SUMMER
THE BEST ONE YET!**

Community Breakfast Update

Please note that starting in September, our Community Breakfast will begin earlier at 6:30 AM instead of 6:45 AM.

We look forward to welcoming everyone back after the summer break and hope you'll join us for a delicious breakfast and great company!

 **New Time: 6:30 AM**

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

STARTS JANUARY 4TH, 2026

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 August 2nd - Saturday August 8th
Sunday September 6th - Saturday September 12th

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

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

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

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

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
		1	2	3 Compost & Recycling	4	5
6	7 Kebaowek Offices/Health Center are closed for Labour Day	8	9	10 Senior Social Compost & Garbage	11	12
13	14	15	16 Meals on Wheels	17 Fall Health Fair Compost & Recycling	18/	19 Texa Hold'em Tournament
20	21	22	23	24 Community Breakfast Senior Social Compost & Garbage	25	26
27	28	29	30 Kebaowek Offices/Health Center are closed for National Day for Truth & Reconciliation			