



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

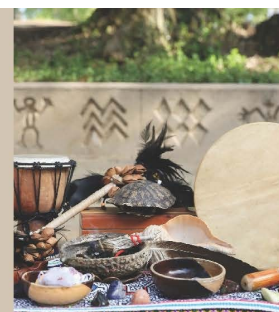
Kakone Kizis / September 2026

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ECONOMIC DEVELOPMENT DEPARTMENT



DEPARTMENT UPDATE

Anicinabe Mikana Cultural Centre

As many of you know, the Anicinabe Mikana Cultural Centre (AMCC) has been a long time coming, and we are very excited to see significant progress on this important project.

Construction of the building is currently moving ahead, bringing us one step closer to seeing this vision become a reality. We are also pleased to announce that Skyline Atlantic has been awarded the tender for the AMCC exhibit. They will play an important role in helping us bring the vision for the Centre to life and supporting our journey of preserving and sharing our history, culture, language, and identity for generations to come.

We will also soon be hiring an AMCC Manager, who will play a key role in the Centre's development and future operations. Stay tuned for the exciting update!

The Economic Development team will also be present at the September 24th Community Breakfast, where we will provide a short presentation on the current status of the AMCC project and where we are headed. We will also be available to answer any questions community members may have.

IT IS TIME TO TELL OUR STORY

With construction well underway, the time has come to gather the stories, photographs, knowledge, and physical items that will help tell our community's story within the Cultural Centre.



Over the coming months we will be invite our members to share the memories, materials, and knowledge that reflect who we are, where we come from, and what we want our future generations to remember.

Continued on Page 2

CONTACT US



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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

Economic Development Department

Kebaowek Sugar Bush

There is also lots happening at the Kebaowek Sugar Bush! Construction is moving along, and we are currently aiming to have the project completed by the end of the fall.

If everything stays on track, by this spring we should finally be able to taste Kebaowek's very own maple syrup! This is an exciting milestone for our community, and we can't wait to share the fruits — or should we say sap — of our work with everyone!

As we prepare for the upcoming sugaring season, we will also be hiring an additional Sugar Bush Crew Member to join our operations team. Keep an eye out for the job posting if you are interested in getting involved.

A big thank you to Elliot Brunette for all his hard work and help at the Sugar Bush this summer. Elliot did a fantastic job, and his contribution was greatly appreciated. He will definitely be missed!



Community Events & Initiatives

Finally, a big shoutout to the Kipawa Countryfest Committee for another fantastic edition of Countryfest this year. Organizing a community event of this size takes a tremendous amount of work, dedication, and teamwork. Thank you to everyone who contributed their time and energy to making this year's event such a success!

There is lots happening in Economic Development, and we look forward to continuing to share updates, opportunities, and exciting milestones with the community as these projects move forward.

Miigwetch for your continued support!



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!

LET'S TALK: VICTORIA ISLAND

The Algonquin Anishinabe Nation and Canada (the NCC) are talking about the Nation's vision for Victoria Island

LET'S HAVE A CONVERSATION ABOUT THE FUTURE OF THE ISLAND

Date	Location	Time
September 22, 2026	Kebaowek Community Hall (Dome)	4:30 - 7:30

FOR INFORMATION: 819-449-1225 OR CONSULTATION@AANTC-CTNAA.NET (PEGGIE JEROME)

☎ 819-449-1225 📧 consultation@ aantc-ctnaa.net

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.

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

BEADING CLASSES

Come join us for a fun, hands-on workshop where you'll learn to craft something unique and totally handmade by you!

WEEKLY STARTING
TUESDAY SEPT. 15

Day time class: 1:00PM - 4:00PM
Nighttime class: 5:00PM - 8:00PM

Beginner
friendly

Your Own
Finished Piece

Teacher: Samara
McMartin

Sign up with Rose: Rjawbone@kebaowek.ca -
819-627-3455



Sewing Classes

Activities

- Woman Regalia
- Ribbon Rhirts
- Ribbon skirts
- Mens Regalia

Schedule

- Weekly classes
- 1:00PM - 4:00PM OR
- starting Thursday Sept. 17th 5:00PM - 8:00PM

Register with Rose: Rjawbone@kebaowek.ca | 819-627-3455



Anishinaabemowin 1.1 Beginner Community Language Classes

For those who did not take the
first round of classes

These classes will be taught by:
Justine Chevrier

Classes begin the week of September 21st

For more information or to sign up
please contact Justine Chevrier

email: justine.chevrier@kebaowek.ca
Phone: 819-627-3455 ext: 233

Anishinaabemowin 1.2 Beginner Community Language classes

For those who did take the first
round of classes

These classes will be taught by:
Christine Bolger
From: Timiskaming First Nation

Classes begin the week of September 21st

For more information or to sign up
please contact Justine Chevrier

email: justine.chevrier@kebaowek.ca
Phone: 819-627-3455 ext: 233

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

DID YOU KNOW ??

One important step that is sometimes forgotten when settling a person's estate is notifying ISC (Indigenous Services Canada) of their passing.

The Executor can submit the death certificate directly to ISC so the file can be moved to "inactive" status. This helps ensure the file is properly updated and helps prevent any unauthorized or fraudulent activity.

If you have any questions or would like assistance submitting the death certificate, please give me a call. I'd be happy to help if you bring it to the office.



KEBAOWEK FIRST NATION

COMMUNITY DEVELOPMENT DEPT.

819-627-3455

kebaowek.ca

110 rue ogima

JOB OPPORTUNITY - FULL TIME - CONTRACT

Sugarbush Crew Member

Description

Kebaowek First Nation is seeking a reliable, hardworking, and motivated individual to join our Sugar Bush Crew in a full-time contract position.

The Sugar Bush Crew Member will work under the direction of the Sugar Bush Operations Lead and will support the day-to-day operations, maintenance, and production activities of the sugar bush.

This is a hands-on position requiring someone who is physically fit, comfortable working outdoors in varying weather conditions, mechanically inclined, and willing to take on a variety of tasks throughout the sugar bush operations.

KEY DUTIES

The Sugar Bush Crew Member will work under the direction of the Sugar Bush Operations Lead and assist with the day-to-day operation, production, maintenance, and upkeep of the sugar bush, including:

- Tapping and untapping maple trees and maintaining sap collection tubing and equipment.
- Collecting, transporting, and handling sap throughout the sugaring season.
- Assisting with the operation of the sugar shack, evaporator, and maple syrup production process, including filtering, grading, and bottling.
- Cleaning, sanitizing, maintaining, and storing production equipment and facilities.
- Performing general sugar bush maintenance, including trails, access roads, brush clearing, and site preparation.
- Operating ATVs, utility vehicles, chainsaws, brush saws, and other equipment as required and within applicable safety requirements.
- Performing basic equipment maintenance and minor repairs, and reporting issues to the Operations Lead.
- Loading, unloading, moving, organizing, and maintaining inventory of materials, supplies, and equipment.
- Assisting with repairs, improvements, and upgrades to sugar bush infrastructure.
- Maintaining a clean, organized, and safe work environment and following all workplace health and safety procedures.
- Performing other related duties as required to support the successful operation of the sugar bush.

Only selected applicants will be contacted.



KEBAOWEK FIRST NATION

COMMUNITY DEVELOPMENT DEPT.

819-627-3455

kebaowek.ca

110 rue ogima

QUALIFICATIONS & ASSETS

REQUIRED

- Valid driver's licence
- Reliable, hardworking, and self-motivated
- Able to work independently and as part of a team
- Good communication skills
- Comfortable working with tools, equipment, and basic mechanical tasks
- Able to work outdoors for extended periods and in all weather conditions

ASSETS / BONUSES

- Sugar bush or maple syrup industry experience
- Bilingual English/French or basic French communication skills
- Chainsaw certification and/or experience
- CPR/First Aid certification
- Experience with brush saws and outdoor equipment
- Forestry, agriculture, construction, landscaping, or similar outdoor work experience
- General maintenance and repair experience

Employment Details

- Full-time contract position
- Minimum 40 hours per week
- Must be physically fit and able to perform manual labour
- Valid driver's licence required
- Reliable transportation to and from the sugar bush required
- Flexible hours required, including early mornings, evenings, and weekends as needed during operations
- Primarily outdoor work in varying weather conditions

DEADLINE: September 25th, 2026

APPLY NOW

**Please email your CV and Cover Letter
npaul@kebaowek.ca**

Only selected applicants will be contacted.

DAN the MUSIC MAN
World Tour
Fun Day



KEBAOWEK CHILDCARE FUNDRAISER
Date: Sunday, September.13
Time: 2:00pm
Where: Kebaowek Community Hall
Price: \$10 per ticket

TICKETS AVAILABLE AT;
 ★ Migizy Gas ★ Stop 102
 ★ Dandy's Dépanneur
 ★ Kebaowek Childcare Centre

★ **ALL AGES WELCOME AND FUN FOR EVERYONE!** ★

www.danthemusicman.com

Danny Raymond's
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



Happy 14th Anniversary to my love.
 We celebrate our special day
 on September 29th ♥

Love You, Jungo
 .xoxo



Happy Birthday to my beautiful wife
 who celebrates her birthday
 on September 14th !!

Love your husband Jungo
 xoxo



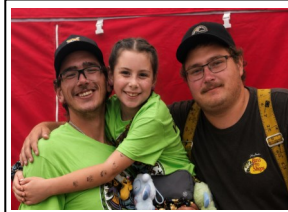
Happy 14th Anniversary to my love,
 our adventures are always fun,
 our memories made and everyday
 with you is a blessing
 I love you forever ♥

Love Always your wife



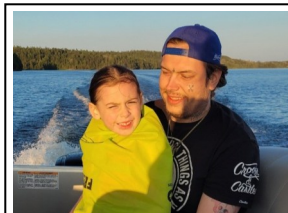
Booboo 9 years with you
 have been the best we could ever
 ask for have a wonderful day may all your
 wishes come true and eat lots of cake ♥

Love Gramma and Poppa
 to the moon and back



Happy Birthday Nyny
 Love your Favorite uncles
 Uncle Captain Crumbbum
 and Uncle Nono

Love you lots ♥



Happy Birthday Nylah ♥

Love Daddy xo

Time to get your
DABBERS
 WARMED UP

MINI MONSTER
BINGO

TICKETS ON SALE AT
MIGIZY GAS
\$65
 (INCLUDES ALL CARDS IN 9 FACES
 EXCEPT EARLY BIRD AND POWWOW SPECIAL)

CHANCE TO WIN
\$7500!!

KEBAOWEK COMMUNITY HALL
 116 Ogima St Kebaowek QC
SEPTEMBER 27th 2026
@ 1:00PM

DOORS OPEN AT 12 & KITCHEN WILL BE OPEN
 HOPE TO SEE ALL OUR REGULARS AND BEGINNERS THERE



IMPORTANT NOTICE

To ensure medications are ordered, processed, and delivered promptly, the following update is now in place:



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



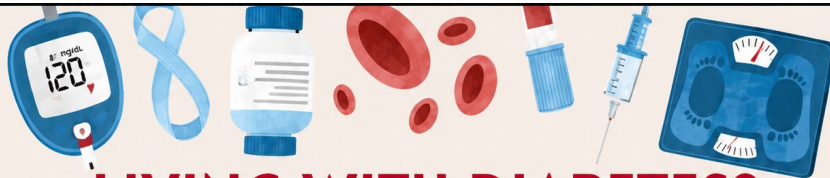
Fax: 819-627-9568



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.



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

Medical Transportation

Welcome to the end of summer. That went super fast. Summer holidays have officially come to an end for many. I hope everyone had a great summer.

I would like to remind everyone that attestations are to be handed in by Wednesday at noon the latest to receive your travel reimbursement on the following Friday. Please have your paperwork filled out properly with your date and time of your appointment along with your "specialty" for which your appointment was for on your attestation. Also have your reimbursement form completed as well, signed and dated. If your claim is submitted incomplete, it will delay your claim from being sent out for processing.

When you are using medical transportation, keep in mind that if you are unable to physically attend your appointments alone and require help in any way, please inquire about bringing someone with you who can help you with your appointment. Our drivers cannot attend appointments with our clients. Our drivers responsibility is to drive you to and from your appointments safely and in a timely matter, they are not to be escorts for our clients.

A reminder that our office will be closed on Monday, September 7th, 2026 for Labor Day, if you require medical transportation for this day, make sure to call ahead of time so I can make arrangements for a driver to pick you up to take you to your appointment.

I will be out of the office from Tuesday, September 1st to Tuesday, September 8th, 2026. There will be someone replacing me, so if you have any questions, concerns, or appointments to attend please do not hesitate to contact the health center. My replacement will gladly help you.

Have a great, healthy, happy month of September.

Miigwetch,
Kim Constant

Medical Transportation Coordinator (Interim)

Suicide Awareness

If you are experiencing thoughts of suicide, this is a mental health emergency, and you are deserving of help. **Call or text 9-8-8** to speak to someone immediately.

Suicide is the act of intentionally causing one's own death and is often related to complex stressors and health issues. Suicide occurs across all ages, incomes, ethnicities and social factors.

Most often, people experience suicidal thoughts when they have lost hope and feel helpless. They want their pain to end, and they may see no other way out. Suicide can also be an impulsive act that follows the use of substances. In some cases, people with psychotic illnesses such as schizophrenia may hear voices that tell them to harm themselves.

Suicide can be prevented. Most people who have suicidal thoughts, or who have attempted suicide, do not die by suicide. Many people can recover from these experiences and live full and meaningful lives.

Signs & Symptoms

People who are at risk for suicide may:

- show a sudden change in mood or behaviour
- show a sense of hopelessness and helplessness
- express the wish to die or end their life
- increase substance use
- withdraw from people and activities that they previously enjoyed
- experience changes in sleeping patterns
- have a decreased appetite
- give away prized possessions or make preparations for their death (for example, creating a will).

Causes & Risk Factors

People at a higher risk of suicide include those who:

- have a serious mental health and/or addiction problem
- have had a recent major loss (for example, the death of a loved one or a job loss)
- have a family history of suicide

- have made previous suicide attempts
- have a serious physical illness
- have an impulsive personality
- lack support from family or friends
- have access to weapons, medications or other lethal means of suicide.

The risk for suicide may be reduced when “protective factors” are present. In general, protective factors can help a person to recover or “bounce back” in the face of stress and adversity. Examples include:

- positive social supports
- a sense of responsibility for others, such as having children in the home (except when the person has postpartum depression or psychosis) or having pets
- positive coping skills
- a positive relationship with a medical or mental health provider
- self-efficacy (a person's belief in their ability to succeed in specific situations)
- a religious belief that suicide is wrong.

Frequently Asked Questions

How can I help someone who is at risk for suicide?

- Listen to them and take them seriously. Don't judge or minimize their feelings. Be positive and hopeful, and remember that suicide can be prevented.
- Ask them if they are having thoughts of suicide. Don't be afraid that you will put the idea in their head. It may be a relief for them to talk about it.
- Ask if they have a plan. Depending on their answer you may want to limit their access to lethal means, such as medication, knives or firearms.
- Ask them to rate their suicidal feelings on a scale of one to 10. Regularly ask them to tell you where they are on the scale, so you can assess if things are getting worse.
- Let them know help is available and that the cause of their suicidal thoughts can be successfully treated.
- Encourage them to talk about how they are feeling.
- Encourage them to seek help from a doctor or mental

Suicide Awareness

health provider, and offer to help with this if they would like.

- Make a safety plan with them. Who will they call if their feelings get stronger? Who can stay with them to keep them safe? Make a list of phone numbers of people and services they can call if they feel unsafe. Avoid leaving the person alone if they are in crisis.
- Seek support for yourself. It is important that you don't carry this burden alone.

What if someone I know shows warning signs for suicide?

- Take them to the nearest hospital emergency department, if you can do so safely.
- If the person will not go to the hospital or you're unsure if this is the right thing to do, get help from a health care provider as quickly as possible. You can call the person's health care team or a crisis line.
- If your loved one is attempting or about to attempt suicide, and you are not at risk, do not leave them alone and call 911.
- Keep yourself safe.

What should I do if someone has attempted suicide?

- Remain calm and call 911.



September: A Fresh Start



As summer comes to an end and September arrives, we often find ourselves settling back into familiar routines. The days may be getting shorter, the evenings a little cooler, and the leaves beginning to change - but September can also bring a wonderful feeling of a fresh start.

While January is traditionally seen as the time for new beginnings, September can feel like a second New Year. It is a chance to pause, reflect on the summer months, and think about what we would like the coming season to bring. Maybe there is a new hobby you would like to try, a place you would like to visit, or simply a goal of spending more time with the people you care about.

September is also a wonderful time to reflect on the things we have enjoyed and accomplished throughout the summer. Perhaps you made new memories with family and friends, participated in community activities, spent more time outdoors, or tried something new. Take a moment to appreciate those experiences and think about how you can carry that same sense of enjoyment, connection, and adventure into the fall months.

A fresh start does not have to mean making big changes. Sometimes, the smallest goals can make the biggest difference. Take a few minutes each day to get outside, reconnect with a friend, try a new activity, or make time for something that brings you joy. Fall is also a wonderful time to reconnect with your community and take part in local events and activities.

As we welcome September, remember that there is no need to wait for a particular day or a new year to make a positive change. Every day is an opportunity for a fresh start. Embrace the changing season, set a few small goals, and make the most of everything this new chapter has to offer!

Mid-September Back-to-School Tips for Parents

Stay on Track

The school year is well underway, but it's not too late to ensure a smooth transition for your child. By now, routines may have settled, but there are still ways to support your child's adjustment.

Check-In with Your Child

As the school year progresses, take time to regularly check in with your child about how they're feeling. Ask them about any concerns they have — whether it's about schoolwork, friendships, or their routine. Open communication will help identify potential issues early, ensuring they can be addressed before they escalate.

Review and Adjust Routines

Mid-September is a great time to assess what's working and what's not in your daily routine. Are mornings smooth, or rushed? Is there enough downtime for relaxation after school? Take this opportunity to fine-tune your schedule, ensuring your child has a healthy balance between schoolwork, activities, and rest.

Stay Engaged with Teachers

By now, teachers have likely identified each student's strengths and challenges. Stay engaged by checking in with them regularly. Be proactive about attending parent-teacher

meetings and following up on any academic or social concerns. Open communication with teachers helps foster a supportive environment for your child, both at school and at home.

Set Clear Goals for the Semester

With the initial transition behind you, help your child set realistic academic and personal goals for the remainder of the semester. Whether it's improving math skills, joining an afterschool club, or making new friends, setting goals can keep your child motivated and engaged throughout the school year.

Encourage Social Connections

If your child is still finding their social footing, encourage participation in extracurricular activities or playdates. Building social connections is just as important as academics when it comes to settling into the school year.

By focusing on these key areas, you can help ensure that the rest of the school year is as smooth and successful as possible for your child.

If you have any questions about mid summer transitions or need more helpful tips or support, please contact us at Child and Family Services 819-627-9877

Back-to-School Sports

Concussion Awareness and Precautions

As a new school year begins, so does another season of practices, games, tournaments, and physical activity. While sports are a wonderful way for children and youth to stay active, build confidence, make friends, and develop teamwork skills, it is also important to recognize the risk of concussion and know what to do if one occurs.

A concussion is a type of mild traumatic brain injury that can happen after a hit to the head or body causes the brain to move rapidly inside the skull. Concussions can occur in many sports—not just contact sports—and symptoms may not always appear immediately. Quebec guidance notes that symptoms can develop for up to 48 hours following an incident.

Know the Signs

Concussion symptoms can look different from one person to another. Some common signs and symptoms include:

- Headache or pressure in the head
- Dizziness or problems with balance
- Nausea or vomiting
- Blurred or double vision
- Sensitivity to light or noise
- Feeling tired, sluggish, or “foggy”
- Difficulty concentrating or remembering
- Irritability or unusual emotional changes
- Confusion or appearing dazed
- Changes in sleep

It is important to remember that **an athlete does not need to lose consciousness to have a concussion.**

When in Doubt, Sit Out

One of the most important concussion precautions is simple: **if a concussion is suspected, the athlete should be removed from play and should not return to the same game or practice.**

Athletes should never feel pressured to “tough it out” or continue playing through symptoms. Coaches, parents, teammates, teachers, and athletes all have a role in recognizing when something isn't right and speaking up.

Returning to School and Sport

A concussion does not simply mean taking a few days off and immediately returning to full activity. Recovery should be gradual and individualized.

The current Canadian approach includes a **step-by-step return to sport**, progressing from light activity toward sport-specific exercises and, eventually, full participation. An athlete should not return directly to full-contact practices or competition without completing the appropriate steps and receiving medical clearance when required.

Returning to school is also an important part of recovery. Students may temporarily need accommodations such as reduced workload, additional breaks, or a quieter environment while symptoms improve.

Parents, Coaches and Athletes: Work Together

Preventing complications starts with communication.

Parents and caregivers can:

- Learn the signs and symptoms of concussion.
- Encourage their child to report a hit or symptoms rather than hiding them.
- Inform coaches and school staff if their child has a suspected or diagnosed concussion.
- Support a gradual return to school and sport.

Coaches and sports supervisors can:

- Know their organization's concussion protocol before the season begins.

- Take suspected concussions seriously.
- Remove an athlete from play when a concussion is suspected.
- Communicate with parents and appropriate school or healthcare professionals.
- Never allow an athlete to return to contact play before they have been properly cleared.

Athletes can:

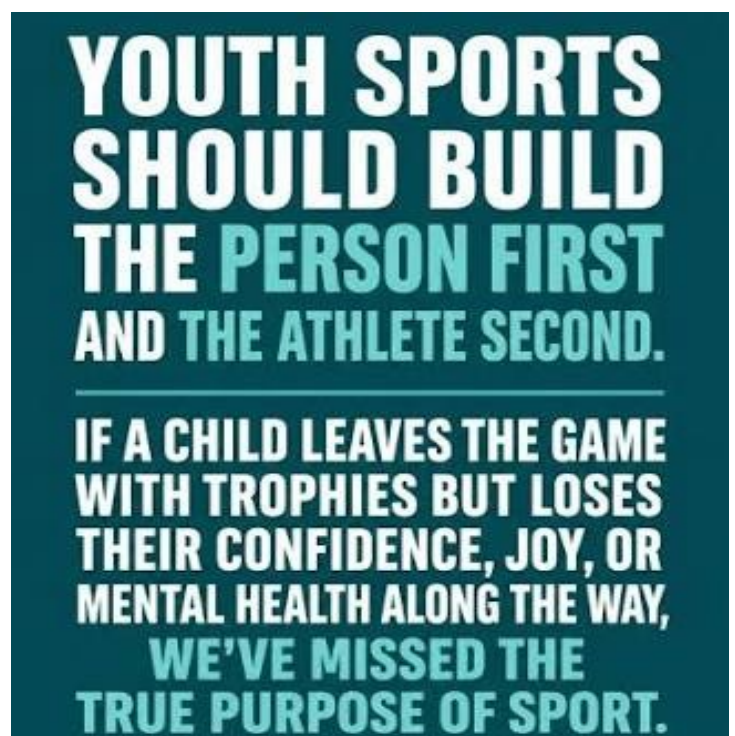
- Speak up if they are experiencing symptoms.
- Look out for their teammates.
- Understand that reporting a concussion is not “letting the team down.”
- Follow their return-to-school and return-to-sport plan.

Safety Starts Before the First Game

Before the sports season gets underway, take a few minutes to review the sports team's concussion policy and make sure athletes, parents, coaches, and school staff know what to do if an injury occurs.

Sports should be challenging, exciting, and fun—but **no game is more important than an athlete's health and recovery.**

As we head back to school and back onto the field, court, rink, or playing surface, let's make concussion awareness part of every team's safety plan.





KEBAOWEK HEALTH AND WELLNESS CENTER

*A Healthier You,
A Stronger Community*

*Prevent
Educate
Empower*
—♥—

FALL HEALTH FAIR

Your Health is our Priority



THURSDAY, SEPTEMBER 17TH, 2026



KEBAOWEK COMMUNITY HALL



SPAGHETTI SUPPER – 5:00 PM

WAYS TO WIN BALLOTS FOR PRIZES



Participating in Screening Clinic



Learn about fall/winter programming



Bring a donation for the Food Bank

(Hygiene Products, Rice & Pasta, Soups & Sauces,
Cereal & Oats, Kids School Snacks)



Ask Questions and Provide Feedback



Purchase luminaries for Woody's Walk



More Details to Follow!

PREVENT • EDUCATE • EMPOWER

A Healthier You, A Stronger Community



Thursday October 1st, 2026

**17th Annual Woody's Walk
Thursday October 2nd, 2025
Beginning at 7:00 pm**

**Guest speakers will
be at the Dome to start the
event at 6:30pm**

**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.**

**This year the
proceeds will be
given to Victor
Pariseau who is
currently fighting his
battle with cancer.**

**Luminaries are \$2.00 each and
are 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 & info
packages will be offered to all
participants**

EVERYONE IS WELCOME

PRIZES TO BE WON !!



THINGS THAT AFFECT BLOOD SUGAR



Many daily choices can cause blood sugar to rise or fall.
Understanding the factors helps you feel your best!

FOOD CHOICES



- Carbohydrate amount
- Type of carbs (simple vs. complex)
- Fiber intake
- Added sugar
- Portion size
- Meal timing

PHYSICAL ACTIVITY



- Exercise helps muscles use glucose
- Improves insulin sensitivity
- Even a short walk can make a difference!

STRESS



- Stress hormones (like cortisol) can raise blood sugar
- Deep breathing, meditation and time outdoors can help

SLEEP



- Poor or short sleep can cause higher blood sugar
- Aim for 7–9 hours of quality sleep each night

HYDRATION



- Dehydration can concentrate glucose in your blood
- Drink plenty of water throughout the day

MEDICATIONS & SUPPLEMENTS



- Some medications and supplements can raise or lower blood sugar
- Always check with your healthcare provider

ILLNESS & INFECTION



- Illness, infection or fever can raise blood sugar
- Your body needs extra energy to heal

HORMONES



- Hormonal changes (menstrual cycle, pregnancy, menopause, thyroid, etc.) can affect blood sugar

ALCOHOL



- Can cause blood sugar to go low, especially on an empty stomach
- May also affect how your body processes glucose

CAFFEINE



- Can cause a temporary spike in blood sugar for some people
- Everyone reacts differently

TIME OF DAY



- Blood sugar can be higher in the morning ("dawn phenomenon")
- May also drop after meals

OTHER FACTORS



- Weight & body composition
- Genetics & family history
- Age
- Gut health



If you would like help managing your blood sugar
contact **Jocelyn Heffern, RN** at the
Kebaowek Health and Wellness Center
819-627-9060

Homemade Back to School Granola Bars

PREP TIME
5 MINS



CHILL TIME
60 MINS



TOTAL TIME
1HR 5 MINS

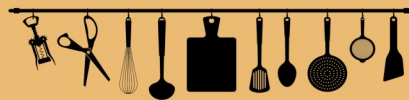
INGREDIENTS

- 1 cup creamy peanut butter
- 2/3 cup honey
- 1 tsp vanilla extract
- heaping 1/2 tsp sea salt
- 2 1/2 cups whole rolled oats
- 1/3 cup mini chocolate chips
- 3 tbsp crushed peanuts or cashews



DIRECTIONS

1. Line an 8x8 baking pan with parchment paper
2. In a large bowl stir together the peanut butter, honey, vanilla, and salt until smooth
3. Add the oats, chocolate chips and the nuts. The mixture may seem dry at first, keep stirring and it'll come together. Stir to combine and press firmly into the pan. Use a second piece of parchment paper and the back of a measuring cup to help flatten the mixture.
4. Chill for at least 1 hour. Store bars in fridge.



FreshStart Prep

Freezer Meal Workshop

Come Chat, Cook & Create!

Shipwreck Casserole

September 8th 2026

5pm at The Dome

To register please call Trysta
(819) 627-9060 ext 524



**Limited
Spaces
Available**



FreshStart Prep

Freezer Meal Workshop

Come Chat, Cook & Create!

Delicious Chilli

October 14th 2026

5pm at The Dome

To register please call Trysta
(819) 627-9060 ext 524



**Limited
Spaces
Available**

Monster Cookie Energy Bites

SERVINGS
10



PREP TIME
15 MIN



TOTAL TIME
APPROX. 15 MIN

INGREDIENTS

- 1/2 cup peanut butter
- 2 tbsp. honey
- 1 tsp vanilla extract
- 1/2 cup rolled oats
- 1/4 cup unsweetened finely shredded coconut
- 1/4 cup flaxseed meal
- 2 tbsp. mini chocolate chips
- 1/4 cup M&M's



DIRECTIONS

1. Add peanut butter, honey and vanilla to a medium bowl, mix until well combined and smooth.
2. Next add the dry ingredients to the bowl: oats, flaxseed meal and shredded coconut and mix together until combined.
3. Fold in the mini chocolate chips and M&M's until well combined
4. Use a medium cookie scoop or your hands to grab dough and roll into 10 balls then place in an airtight container.

Kebaowek Health and Wellness Center Programs and Activities

HEAD START PROGRAM

Ages 3 & 4 Year Olds

Registration Starts 14th, 2026



**Register with Child and Family Services
at the Health Center and for more
information please call Lynn
Grandlouis at 819-627-9877**

BABY & ME

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

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

September 2026 Dates:
14th, 21st, 28th

Coffee/tea & snacks provided.



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



BABY FOOD MAKING CLASSES

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

FRIDAY Sept. 11th, 2026
ON THE MENU...
Steamed broccoli

FRIDAY Sept. 25th, 2026
ON THE MENU...
Applesauce

FRIDAY Oct. 9th, 2026
ON THE MENU...
Chicken and Potato mash

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

FETAL ALCOHOL SPECTRUM DISORDER (FASD) AWARENESS DAY

SEPTEMBER 9TH, 2026



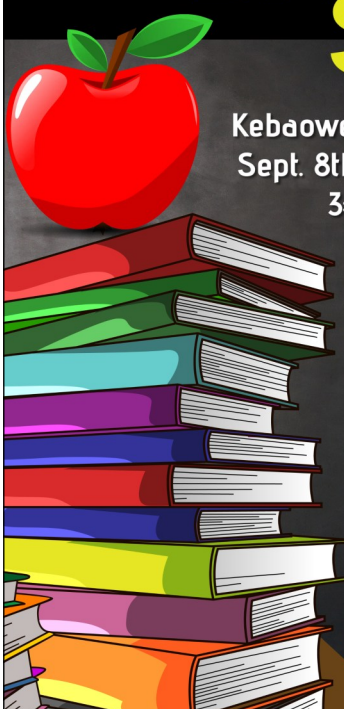
For a strong
future
generation.
No alcohol
during
pregnancy is
the best choice.

Lynn & Trysta will
be at the bottom of
the reserve
handing out
information and
more on
Wednesday
September 9th,
2026 starting at
3pm while
quantities last in
support of FASD
awareness!

Kebaowek Health and Wellness Center Programs and Activities

KEBAOWEK HEAD START PROGRAM

BACK TO SCHOOL



Kebaowek After School Program
Sept. 8th, 2026 to June 17th, 2027
3:30 pm to 4:30 pm

AGES 5 TO 9

MUST REGISTER IN PERSON AT
KEBAOWEK HEALTH CENTER
STARTING AUGUST 31st WITH
CHILD AND FAMILY SERVICES
DEPARTMENT
LIMITED SPACES!

PRIORITY WILL BE GIVEN TO
WORKING FAMILIES FIRST

FOR MORE INFO CALL 819-627-9877

PALS/MCH would like to invite you to

SUPPER with GRANDPARENTS

Monday September 14, 2026
Kebaowek Community Hall
5:30pm



**Enjoy Dinner and a movie
with your grandparents**

Must RSVP by September 10th

Call Child and Family Services to Register
819-627-9877

SEPTEMBER YOUTH NIGHTS

OPEN FOR KFN YOUTH AGES 12-17
AT THE HEALTH AND WELLNESS
CENTER

SEPT. 2ND BACK-TO-SCHOOL
PRESENTATION FROM CFS

SEPT. 16TH PIZZA & LOGO MAKING

SEPT. 29TH T-SHIRT MAKING
NIGHT

PAINT Nights

With Michelle St-Denis

Open to All
Kebaowek Community Members and Band Members

Youth, Men and Women

Monday September 14th & 28th
6:00pm-8:00pm
Back of Health Center

All Supplies
&
Tea, Coffee and light snacks
provided

Must Contact
Child and Family Services
to Register
819-627-9877

RESUMING AFTER HOLIDAY BREAK

Counseling Services

September dates:
September 1st
September 15 th
September 29 th



Services Offered

- Psychotherapy
- Consulting
- Family Therapy
- Community Psychology

Nurturing Minds,
Healing Hearts

**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

Community Breakfast

THURSDAY SEPTEMBER 24



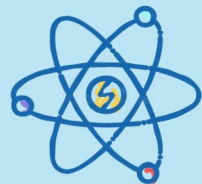
**** 6:30AM - 9:00AM ****

@ THE COMMUNITY HALL

Phelps Bus Pick-up @ 7:30

Temis Bus Pick-up @ 7:40 (1st run)

Temis Bus Pick-UP @ 8:40 (2nd run)



Nuclear Simplified Discussion

Thursday
September 10, 2026
@ 11:00am
at the Dome

Come join us for
an information
session on
Nuclear!

Presented by
Kacie McLaren &
Justin Roy

Lunch
will be
served after
the
presentation!



Rights & Responsibilities Law & ID Report

Thursday
September 24, 2026
@ 11:00am
at the Dome

Come join us for
a information
session on the
Rights &
Responsibilities
Law & ID Report!

Presented by
Kacie McLaren &
Justin Roy

Lunch
will be
served after
the
presentation!

Meals on Wheels

Upcoming Dates for
Meals on Wheels

September 16, 2026

October 7, 2026

October 28, 2026

Cost per meal \$7.00

If you are not home please
leave a cooler outside

Community Shopping

9am -
3pm

There will be NO
bus for
September

October 3, 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!

SENIOR SOCIAL

ELDERS 55+

DATES:

THURSDAY SEPTEMBER 10, 2026

THURSDAY SEPTEMBER 24, 2026

THURSDAY OCTOBER 1, 2026

THURSDAY OCTOBER 8, 2026

Place: Dome

Time: 1:00 pm to 3:00 pm

Doors open @ 12:45 pm

Snacks, Tea & Coffee will be provided !

We hope to see you there and if you need a
ride please call Shelly @ 819-627-9060



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 September 6th - Saturday September 12th
Sunday October 4th - Saturday October 10th

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

Kebaowek Health and Wellness Center Programs and Activities

Public

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

Skating



Monthly dates will be advertised on the Le Centre Facebook page



Le Centre Temiscaming
20 Rue Humphrey,
Temiscaming



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



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

Disclaimer * Does not include Ice rentals

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
8:00 am - 4:30pm

PICK-UP DAYS:

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



FOOD BANK REMINDER

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



PICK UP LOCATION

172 Ogima Street Kebaowek

Kebaowek First Nation Community Calendars

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
		1	2 Youth Night	3 . Compost & Recycling	4	5
6 Get Active and Win Week →	7 Kebaowek Offices/Health Center are closed for Labour Day	8 Freezer Meal Workshop	9 FASD Awareness Stop	10 Lunch & Learn Senior Social	11	12
13 Dan the Music Man Show	14 Baby & Me Supper with Grandparents Paint Night	15 Beading Classes Start	16 Meals on Wheels Youth Night	17 Fall Health Fair Sewing Classes Start Compost & Recycling	18/	19 Texa Hold'em Tournament
20	21 Baby & Me Language Classes Start	22 Let's Talk Victoria Island Meeting	23	24 Community Breakfast Lunch & Learn Senior Social Compost & Garbage	25	26
27 Mini Monster Bingo	28 Baby & Me Paint Night	29 Youth Night	30 Kebaowek Offices/Health Center are closed for National Day for Truth & Reconciliation	Kakone Kizis September 2026		

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Namekos Kizis October 2026				1 Woody's Walk Senior Social Compost & Recycling	2	3 Community Shopping
4 Get Active and Win Week →	5	6	7 Meals on Wheels	8 Senior Social Compost & Garbage	9	10
11	12 Kebaowek Offices/Health Center are closed for Thanksgiving	13	14 Freezer Meal Workshop	15 Senior Social Compost & Recycling	16	17
18	19	20	21	22 Senior Social Compost & Garbage	23	24
25	26	27	28 Meals on Wheels	29 Senior Social Compost & Recycling	30	31 Halloween