



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Namekos Kizis / October 2026

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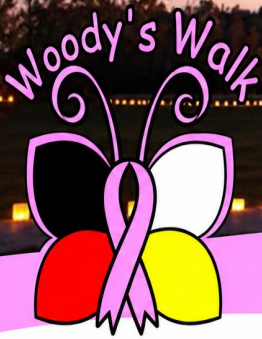
OGIMA/WAGOSH ST. WATER AND SEWAGE CONSTRUCTION (PHASE III)

Construction for Phase III will begin October 5, 2026. Affected homes will be notified before construction begins. The transfer of the water supply to your home from the underground distribution network (water main) to the temporary bypass (Bypass) hoses will be completed prior to the street excavation. A connection will be made from the Bypass to your garden hose faucet to provide your water service. If you do not have an exterior faucet, we will install one at no charge to you. We will require entry into your home to close the valve at the regular water service entrance into your house. Please ensure we have access to this valve. Interruptions in the sewage collection network are not expected during the construction period.

The scope of work includes the complete removal of the pavement, excavation of the roadbed and removal of the existing water main and sewage pipes. New water, sewage and storm pipe networks will be placed in the roadbed. Some blasting may occur if necessary to reach the correct depth for the pipes. The road will be rebuilt with new pavement and curbs. Your service entrances will also be excavated, and new service lines (water, sewage and storm) will replace the old piping to your home. The contractor is obligated to return your yards back to pre-construction conditions. This means replacing any structures or shrubbery.

Construction will begin on Wagosh St. and continue onto Ogima as weather permits. All lawn repair to be completed in 2027. The road will be blocked for the duration of the construction. This roadblock will move as the construction site progresses up the road. Affected residents will receive more information as required. Contact me at the office if you have any questions.

Terry Perrier - Director of Public Works and Community Infrastructures



Tuesday October 13th, 2026

17th Annual Woody's Walk Beginning at 7:00 pm

In coordination with Mission Tournesol, Trysta Young and Émilie Bénard will be presenting at the Dome to start the event at 6:30pm, walk to follow at 7pm.

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 and Maxine Noah who are currently fighting their cancer battles.

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 !!

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

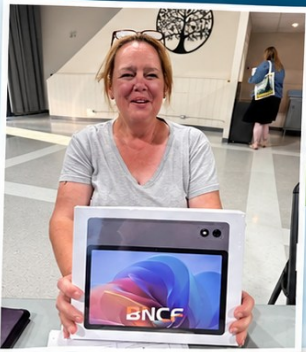


Kebaowek Police Department
184 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9624/8229
Fax: (819) 627-3277

July Community Consultation

Indigenous Building to be Installed in Ottawa

Land Management would like to
thank the community
for attending our consultation event.
(Indigenous building to be installed in Ottawa.)
Thank you for your input and support.



Congratulations
to the Participation Prize winners!

Kebaowek Police Department



MONTHLY STATISTICS

FOR JUNE 2026

	13X	Public Assistance
	2X	Assistance to Others
	4X	Family Dispute
	1X	By-Law Ticket
	2X	Assist Surete du Quebec
	1X	Call related to Animals
	1X	Mischief



MONTHLY STATISTICS

FOR JULY 2026

	2X	Assist to Surete du Quebec
	1X	Mischief
	8X	Public Assistance
	1X	Dispute
	1X	Family dispute
	1X	Assault
	1X	Fraud
	1X	Fraud : money/prop/ sec- \$5000
	2X	Fire Alarms
	1X	Person in distress



MONTHLY STATISTICS

FOR AUGUST 2026

	5X	Public Assistance
	1X	Public Assistance - Medical
	1X	Civil Matter
	1X	Assist S. Q.
	2X	Family Dispute
	1X	R.I.D.E. Program
	1X	Assistance to Ontario Police
	1X	Arrest Warrant Executed
	1X	Infraction Ticket



Dylan
MCKENZIE

1993 - 2025



*"Though you cannot see me,
look to the stars.
I'll be there, shining bright
and forever in your hearts."*

Dear Family and Friends,

September 26th was such a heartbreaking day, but also a beautiful one as we said goodbye to Dylan.

Thank you to everyone who came to honour his life with us and helped make the day so special. We can't express how grateful we are for the overwhelming love, kindness, and generosity shown to our family during such a difficult and emotional time. Your presence brought us comfort and support when we needed it most.

We also want to thank those who couldn't be there but reached out with kind messages, letting us know you were with us in spirit and keeping our family in your thoughts.

We feel truly blessed to be surrounded by such a caring family, friends, and community. Your love and support will stay with us as we continue to navigate life without Dylan.

Migwetch,

Roxane, Billy, Jamie-Lee, Meghan

A Heartfelt Thank You!



A huge **THANK YOU** to all the wonderful families who came out, danced, sang, and had fun with **Dan the Music Man** while supporting our **Kebaowek Childcare Fundraiser!**

Together, we raised an amazing
\$680!

These funds will go toward purchasing new indoor and outdoor equipment for our daycare and create even more fun opportunities for our little ones!

A special thank you to **Chief and Council** for helping make this fundraiser possible. We are truly grateful!

And this is just the beginning!
We look forward to more fundraisers in the future and hope you'll continue to support our daycare and the children.

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



RENTAL UNITS AVAILABLE!



NOVEMBER 1, 2026



UNIT 1

ONE-BEDROOM RENTAL UNIT



RENT:
\$350.00 PER MONTH
PLUS UTILITIES



ELIGIBILITY CRITERIA:
Single person or couple.
Overcrowding is not permitted.



APPLICATIONS:
Application forms may be
obtained at the front desk of the
Kebaowek First Nation Band Office.



DEADLINE:
Completed applications must be
submitted by **October 15, 2026**,
at 4:30 p.m.



SELECTION:
The successful applicant will be
selected in accordance with the
criteria formula.



UNIT 2

TWO-BEDROOM RENTAL UNIT



RENT:
\$600.00 PER MONTH
PLUS UTILITIES



ELIGIBILITY CRITERIA:
Priority will be given to applicants
with children, provided occupancy
does not result in overcrowding.



APPLICATIONS:
Application forms may be
obtained at the front desk of the
Kebaowek First Nation Band Office.



DEADLINE:
Completed applications must be
submitted by **October 15, 2026**,
at 4:30 p.m.



SELECTION:
The successful applicant will be
selected in accordance with the
criteria formula.

*For further
INFORMATION*



PLEASE CONTACT THE
HOUSING DEPARTMENT
819-627-3455
OR BY EMAIL AT
tmckenzie@kebaowek.ca



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



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

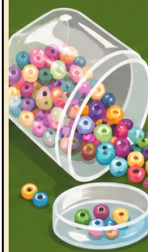
Day time class: 1:00PM - 4:00PM
Nighttime class: 5:00PM - 8:00PM

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 skirts
- Ribbon Shirts
- Mens Regalia

Schedule

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

Register with Rose:

Rjawbone@kebaowek.ca | 819-627-3455



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 with submitting the death certificate,, please give me a call.

819-627-3455



Upcoming Recreation Events

CRIBBAGE TOURNAMENT

KEBAOWEK COMMUNITY HALL



\$40.00 PER TEAM
NO SINGLE PLAYERS

*MINIMUM OF 12 TEAMS NEEDED TO CONFIRM TOURNAMENT

SATURDAY, NOVEMBER 14TH, 2026
12:00 PM (START TIME)

PRE-REGISTRATION:
Messenger or Call Band Office
819-627-3455

11:00 AM
KITCHEN WILL BE OPEN FOR THE DAY!
TAKEOUT AVAILABLE

HONOUR
MÉMOIRE
RESPECT



HONOUR
MEMORY
RESPECT

JOURNÉE NATIONALE DES VÉTÉRANS AUTOCHTONES

NATIONAL INDIGENOUS VETERANS DAY

Dimanche le 8 novembre 2026
Sunday November 8th 2026

Légion Royale Canadienne
Royal Canadian Legion
Témiscaming



10:30am portes ouvrent / Doors Open
11:00am cérémonie / Ceremony

* dîner léger après la cérémonie
* Light luncheon after ceremony

bienvenue à tous / everyone welcome



Halloween Kids Party!

KEBAOWEK COMMUNITY HALL

SUNDAY, OCTOBER 25TH, 2026 | 2-4 PM

AGES 11 AND UNDER
BEST COSTUME PRIZES BY AGE CATEGORY

PRIZES, DANCING, TREATS
GAMES, POPCORN

Everyone Welcome!

BLOODY PUNCH - SPOOKY SNACKS - GRAVEYARD GOODIES



UPCOMING EVENTS

OCTOBER 25TH	Kids Halloween Party Everyone Welcome
NOVEMBER 8TH	Indigenous Veterans Day Témiscaming Legion
NOVEMBER 14TH	Cribbage Tournament & Kitchen Open
NOVEMBER 21ST	Christmas Vendor Market *Support Local Artisans
NOVEMBER 28TH	Elders Christmas Dinner (Invitation Required)
DECEMBER 11TH	Baking Party Everyone Welcome Pre-Registration required
DECEMBER 13TH	Christmas Food Market *Support local Food Vendors
DECEMBER 20TH	Breakfast With Santa (Invitation Required)

Stay tuned for event details and updates!

COMMUNITY HALL

Monthly Newsletter Report

A Little Reminder

COLD AND FLU SEASON IS UPON US!

The Community Hall is a very busy place, with lots of people coming in and out for different activities and events.



If you're sick, please consider **STAYING HOME AND RESTING** until you feel better, when possible.

There are many people who use the Hall, including some who may be more vulnerable to getting sick.

IF YOU DO NEED TO COME TO THE HALL WHILE YOU'RE NOT FEELING WELL, PLEASE HELP PROTECT OTHERS BY:



Wash your hands regularly or use hand sanitizer



Wear a mask when appropriate



Cover your coughs and sneezes



Be mindful of close contact with others

A little extra care can go a long way

in helping prevent the spread of illness in our community.

Thank you for being considerate of others and helping keep our Community Hall a healthy place for everyone.

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!**

Anishinaabemowin Beginner Community Language Classes

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

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

Deadline to register is October 6th

For more information or to sign up please contact Justine Chevrier
email: justine.chevrier@kebaowek.ca
Phone: 819-627-3455 ext: 233



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.*

Director of Health & Social Services Update

Kwe to all Members of Kebaowek First Nation

Ontario Corridor of Services

Both provincial parties have agreed to work to find a permanent solution that would permit the population residing in Kebaowek, Kipawa and Temiscaming to access health services in Ontario. Several elements beyond doctor remuneration and administrative paperwork were identified by the North Bay regional hospital and both parties are working hard to address them.



Meegwetch to all our members who showed up at our Fall Health Fair. Our departments took pride in making stronger connections and presenting to you all the work we do in support of your health and well-being. I hope you enjoyed the conversations with the staff and the people sitting around your table as you shared a wonderful meal. We look forward to hosting our 2027 Health Fair next fall

Meetings Attended in August -September

- Regional Health Directors with CISSSAT
- FNQLHSSC B.O.D
- FNHMA BOD & strategic planning
- KFN, TFN Child & Family Services collaboration
- CISSSAT (Santé Québec Abitibi-Témiscamingue) updates
- Mino Obigiwasin Child & Family Services AGA
- DYP department heads of CISSSAT
- Santé Québec A-T BOD

Onimiki Renewable Energy File:

- Board of Directors meetings
- Communications committee meetings
- Presentation to MRC economic development committee

For Onimiki, our public consultations and information meetings will resume in mid November as more data and information collected, will be available from our research team at CIMA +.

I want to wish you all a wonderful fall harvest season. Best of luck to all the moose hunters. Be safe on the waters and enjoy our beautiful traditional territory.

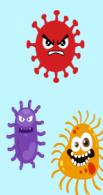
Quotes about Fall

"I'm so glad I live in a world where there are Octobers."
~ L.M Montgomery ~

"Life starts all over again when it gets crisp in the fall."
~ F. Scott Fitzgerald ~

David McLaren
Director of Health & Social Services

Preventing Influenza Get Vaccinated



The Flu shot is covered & Recommended for these individuals:

- Persons residing in hospitals and CHSLDs, retirement homes or other congregate settings with a high proportion of seniors and vulnerable persons;
- Seniors 65 years of age and older;
- Immunocompromised, dialysis, or living with a chronic disease, 6 months of age or older;
- Pregnant women;
- Health care workers.
- Caregivers (including parents/baby siblings 0 to 6 months)



**The Kebaowek Health & Wellness Center will be hosting
Influenza Vaccine clinics**

October 22nd, 2026 1:00 pm - 6:30 pm

October 27th, 2026 1:00 pm - 4:00 pm

October 28th, 2026 09:00 am - 12:00 pm

November 5th, 2026 1:00 pm - 4:00 pm

Please call Jennifer King at 819-627-9060 to schedule an appointment



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



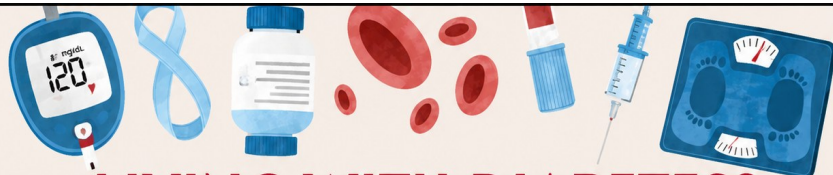
Fax: 819-627-9568



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 Fall. What beautiful colors out there when traveling. This month I would like to remind our members of who are eligible for reimbursement for travel.

You DO NOT have to live on the reserve to access the Medical Transportation Program, but YOU MUST live in Quebec and YOU MUST have a valid Quebec health card (RAMQ) or in the process of obtaining one and YOU MUST be a Kebaowek Band Member.

RAMQ Health Card (Quebec) VS OHIP Health Card (Ontario)

- Our programs framework only allows us to accept members with a Quebec address and who hold a valid Quebec health card as per the NIHB Regional Office
- By holding an OHIP card it means you have an address in Ontario, and you cannot access funds from two different jurisdictions in accordance with the NIHB framework.
- If you have an Ontario health card, your funding is considered to come from the province of Ontario, hence the different number to contact for your claims.
- If you live in Quebec but hold an OHIP card and would like to receive the benefits of using medical transportation and obtaining mileage for appointments, you will be required to apply for a Quebec health card (RAMQ). Stop by the health center and see Jennifer King, she can help you with your application.

I am sorry to have to deny some clients due to their choice of health card, but I must follow the framework to be able to provide this service to all our Kebaowek and Quebec members. I cannot jeopardize *not* following the framework provided to access this much needed and helpful resource for our people who reside in Quebec.

Have a healthy and safe month of October. Enjoy all the trick or treaters on Halloween night

Miigwetch,
Kim Constant

Medical Transportation Coordinator (Interim)

Why is checking your waist circumference more important than height and weight?

The scale tells you how much you weigh. Your waist measurement tells us more about where you carry that weight.



Why waist circumference matters



Abdominal fat is metabolically active.

Excess fat around the organs (visceral fat) is linked to higher risk of high blood pressure, type 2 diabetes, heart disease and other metabolic problems.



BMI doesn't show fat distribution.

Two people can have the same height and weight — and therefore the same BMI — but one may carry considerably more fat around the abdomen.



Waist circumference adds information to BMI.

It can identify increased cardiometabolic risk that weight alone may miss.



It's simple and inexpensive.

A measuring tape can provide a useful additional screening measurement without a scale.

What the numbers mean

Healthy waist circumference

- Women: less than 80 cm (31.5 in)
- Men: less than 94 cm (37 in)

Numbers can vary slightly depending on the guideline and your cultural background.



Remember:

These are general guidelines. Your healthcare provider can tell you what's right for you.

High waist risk can lead to...



High blood pressure



Type 2 diabetes



Heart disease



Metabolic problems

It's not just about the scale!

Your health is about more than just your weight. Waist circumference gives you valuable information about your risk for serious health conditions.

Use it together with:



Blood pressure



Blood sugar



Cholesterol



BMI



Lifestyle factors
(diet, physical activity,
smoking, etc.)

A healthier you
is more than a number
on the scale —
it's a bigger picture!



FALL PREVENTION PROGRAMMING

PAR-Q

MOVE WITH SUPPORT

NIHB EQUIPMENT

SAFER BATHROOM

STAY CONNECTED

WINTER READY

WALK TOGETHER

SAFE FOOTWEAR

READY TO MOVE?

- 1 Complete the PAR-Q+
- 2 Nursing completes Timed Up and Go Berg Scale
- 3 Make the plan together
- 4 Move independently or with PSW support.

Fall Into Wellness:

Stay Strong
Stay Steady
Stay Independent

KEBAYWAK FIRST NATION HEALTH AND WELLNESS CENTER
COMING TOGETHER FOR A BETTER COMMUNITY

Build strength. Improve balance. Move with confidence.

Complete the PAR-Q+, meet with nursing and create a movement plan that works for you. Plans can be created Independently or with PSW support.

Contact Erica Mineess BScN, R.N.,
to learn more or get started.

Health Benefits of Hunting

Hunting involves physical movement, mental preparedness, and provides nutritional benefits.

Hunting is a sport that provides numerous health benefits. Whether you hunt using firearms, bows and arrows or traps, you are physically moving more intensely than normal. Hunters walk long distances in uneven terrain to scout the woods looking for the game of their choice.

Centers for Disease Control and Prevention recommend that each week, adults should engage in 150 minutes of “moderate-intensity aerobic activity,” such as brisk walking, or 75 minutes of “vigorous-intensity aerobic activity” like running. This recommendation can easily be achieved through the sport of hunting.

Hunting easily fits into the category of “moderate-intensity aerobic” activity. Hunters are physically on the move for more than a day. Hunting requires preparation before and after the season ends. Physically, hunters are preparing blinds, traps, and bait or maintaining food plots before the season opens. Besides preparing equipment, hunters are physically scouting the woods, target shooting and even sometimes training dogs. Hunting requires stamina, strength and balance to maneuver through the woods and shorelines, opening traps and to stay upright and still in a tree stand. These hunting tasks require walking, bending, stretching, balancing, pulling and hauling, which are cardiovascular (aerobic), strength building and stretching activities. Some hunters even process and package their own game, which can take more than a few days to complete.

Hunters also get a mental workout, familiarizing themselves with hunting rules and guidelines that can change yearly. They need to be able to read a compass and control their breath and nerves while aiming. Many hunters have tales of missed opportunities due to nerves. Some refer to these nerves as “Buck Fever,” when their hearts race, breathing increases and their knees and bodies shake when they see that they have a shot. Being able to recognize and control these physical and mental responses is key to a successful hunt. There are mental health benefits for just being outdoors:

- Natural antidepressant
- Lowers blood pressure and heart rate
- Reduces stress

- Sunshine increases vitamin D intake

Hunting can be done alone, or with friends and family. Many hunters were taught to hunt from a family member when they were young and continue to enjoy this outdoor family-time tradition. These social benefits are what enticed many to go hunting initially and what makes them continue to participate.

Information taken from:

https://www.canr.msu.edu/news/health_benefits_of_hunting



**WANT TO USE 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.



Keep Trick-or-Treating Fun and Safe

Halloween is an exciting time for children and families, filled with lots of fun! While trick-or-treating is a favourite Halloween tradition, it's important to keep safety in mind so everyone can enjoy the evening safely. Here are some simple tips to help make this Halloween a safe and enjoyable one for everyone.

Check Candy Before Eating

One of the most important Halloween safety rules is to **always check candy before eating it**.

- Remind children not to eat any treats until they get home and an adult has checked them.
- Look for candy that is **properly sealed and unopened**. Throw away anything that appears opened, damaged, or tampered with.
- Check treats for potential **allergens**, especially if your child has food allergies.
- Homemade treats should only be accepted from people your family knows and trusts.
- Encourage children to wait until an adult has checked their treats before digging into their Halloween stash!

Costume Safety

A great costume should be fun **and** safe!

- Choose costumes that fit properly and aren't too long or loose, which can create a tripping hazard.
- Avoid costumes that make it difficult for children to see, hear, walk, or breathe.
- If using makeup or face paint, make sure it is intended for use on skin and follow the directions.
- Use **reflective tape or bright colours** on costumes, shoes, or treat bags to help children be more visible to drivers.
- If a costume includes a prop, make sure it is soft, lightweight, and doesn't have sharp edges.
- Be careful with masks that block a child's vision. Face paint can be a safer alternative.

Stranger Safety

Halloween often means visiting homes and neighbourhoods where children may not know everyone. It's a good opportunity to review basic stranger-safety rules.

Remind children to:

- **Stay with their group** or with a trusted adult while trick-or-treating.
- Stay in familiar, well-lit areas.
- Never go inside someone's home or vehicle, even if they are offering candy.
- Never accept a ride from someone they don't know or trust.
- If someone makes them feel uncomfortable or unsafe, **move away and tell a trusted adult immediately**.
- Know how to contact a parent, guardian, or another trusted adult if they become separated from their group.

For younger children, an adult should accompany them while trick-or-treating.

Be Safe Around Roads

Halloween can be especially busy on the streets, with lots of children walking around and drivers travelling through neighbourhoods.

- Use sidewalks whenever possible.
- Cross streets at crosswalks or designated crossing areas.
- Look **left, right, and left again** before crossing.
- Make eye contact with drivers when possible before crossing in front of a vehicle.
- Avoid running between parked cars.
- Remind children that just because they can see a vehicle doesn't mean the driver can see them.

Drivers should also **slow down and watch carefully for children**, particularly in residential neighbourhoods.

Halloween should be a night filled with **fun, laughter, and great memories**. Taking a few extra precautions can help children enjoy the excitement while staying safe.

Check the candy, make costumes visible, stay with your group, watch for traffic, and remember the important stranger-safety rules.

Have a Safe and Happy Halloween!



Breast Cancer Awareness Month

Every October, Breast Cancer Awareness Month serves as a crucial reminder of the importance of early detection, education, and support for those affected by breast cancer. In Canada, breast cancer remains one of the most common cancers among women, making awareness efforts vital for saving lives.

Breast cancer occurs when a normal cell in the breast becomes abnormal and begins to grow out of control. The cancer can grow into a lump in the breast and can eventually spread to other places in the body such as the bones, lungs, liver, or brain. Breast cancer most often affects women yet can also be diagnosed in men.

To raise awareness for breast cancer, you can participate in the globally known "Breast Cancer Awareness Month" campaign by fundraising, spreading information, supporting

those who are fighting their breast cancer battle, and by wearing pink ribbons. You can also educate yourself and others about early detection methods like monthly self-exams and regular mammograms, and by getting involved in your community's events.

Early Detection & Screening

Early detection through regular screening is crucial for improving survival rates. Screening is a process used to look for cancer people who have no symptoms. The earlier breast cancer is found, the better the chances for successful treatment. Regular screening – such as mammograms- can identify cancer at an early stage when it is most treatable, significantly improving survival rates. Early detection through screening can lead to less aggressive treatments and better outcomes. It is recommended that women aged 50 to 74 undergo regular mammography screening every two to three years. For women with higher risk factors, such as family history or genetic predisposition, personalized screening plans should be discussed with healthcare providers.

Risk Factors

Some risk factors for breast cancer that you cannot change include..

Gender: Being born female is one of the strongest risk factors for breast cancer. Males can also get breast cancer, but it is much more common in females.

Age: As a person gets older, their risk of breast cancer goes up. Most breast cancers are found in women 55 or older.

Starting Menstruation Early or Having Late Menopause: There may be a higher risk due to longer exposure to the hormones estrogen and progesterone.

Personal or Family History: Someone who has had breast cancer in the past or has a parent, sibling, or child with breast cancer has a higher risk of getting it. Having more than one close relative increases the risk even more.

It's important to note that having one or more of these risk factors does not guarantee a diagnosis, and many women with breast cancer have no obvious risk factors.

Breast Cancer Awareness Month serves as a reminder of the importance of early detection, education, and support for those affected by breast cancer. By staying informed and proactive, we can contribute to reducing the impact of this disease in our communities.

Learning Disabilities Awareness Month

Types of Specific Learning Disabilities

Dyslexia

Reading and language challenges.



Dyscalculia

Math-related difficulties.



Dysgraphia

Trouble with writing and spelling.



Auditory Processing Disorder

Issues processing sounds.



Visual Processing Disorder

Difficulty interpreting visual information.



Nonverbal Learning Disability

Problems with nonverbal cues and coordination.



Language Processing Disorder

Struggles with understanding spoken language.



LDs – which is short for learning disabilities – affect one or more of the ways that a person takes in, stores, or uses information. LDs come in many forms and affect people with varying levels of severity. Between 5 and 10 percent of Canadians have LDs.

LDs are a life-long condition – they do not go away – but can be coped with successfully by using areas of strength to compensate and accommodations such as technology.

LDs that Affect Academics:

Difficulties with spelling, reading, listening, focusing, remembering and writing can all have an impact on all areas of school-subjects.

LDs that affect organization and Focus:

A series of executive functions allow us to do things like plan, predict, organize and focus. LDs that interfere with

these things can interfere with how we manage our lives and physical space. ADHD, which does affect executive functions, is coming to be seen as an LD because of this.

LDs that Affect Social Life:

We learn how to be socially successful, even though we don't notice that we're learning. So LDs that make it difficult to interpret facial expressions, body language, or tones of voice can have a real impact on a person's social life.

LDs that affect Physical Interaction With the World:

Again, without knowing, we are constantly receiving information about our surroundings and about our bodies: our balance, coordination and movement are all based on this information. So an LD that interferes with how we understand that information can cause a person to be uncoordinated or "clumsy."

Another way of categorizing LDs is by the specific area of processing involved – getting information into the brain (INPUT), making sense of this information (INTEGRATION), storing and later retrieving this information (MEMORY) or getting this information back out (OUTPUT).

Essentially, however, it is most useful to know that LDs can impact on anything we learn – and we learn most of what we know. The good news is that since LDs affect **certain specific modes of learning, other modes can always be used to compensate.**

If you find are needing any additional help or support, come see us at Child & Family Services or call 819-627-9877.

thank you

**A big thank you to Land Management
for their generous donation of moose meat
to the Kebaowek Food Bank!**



**Your contribution is greatly
appreciated and will help
support our families!**



ADHD Awareness Month

Attention-deficit hyperactivity disorder (ADHD) is a common neurobiological disorder that can be noticed in the preschool or early grades of school. ADHD affects between 5-12% of the population or about 1 or 2 students in every classroom. ADHD is the most common disorder that co-exists with learning disabilities but is not considered a learning disability. Many individuals who have ADHD also have learning disabilities, so assessment for LDs is important if there are academic difficulties.

ADHD is a medical diagnosis that is organized along two symptom clusters. They are:

Hyperactive-impulsive symptoms

Hyperactivity: difficulty regulating one's activity level – for example constant movement in chair, getting up and down from chair, climbing, or running around when others are seated; also may manifest as talking so much that others can't get a turn in.

Impulsivity: difficulty inhibiting behaviour – for example acting quickly without thinking.

Inattention symptoms

Inattention: difficulty attending to the task at hand – for example frequent daydreaming, lost in another world or easily sidetracked by what's going on around.

Based on these two clusters of symptoms, there are three subtypes of ADHD:

1. Predominantly **hyperactive** subtype
2. Predominantly **inattentive** subtype (sometimes called ADD)
3. **Combined** subtype (with both hyperactive-impulsive and inattentive symptoms)

Research has shown that school problems tend to be associated with the combined and inattentive subtypes. Students with these two subtypes tend to struggle more academically, and are more likely to fail a grade or receive lower grades than their non-ADHD classmates. By contrast, children with the predominantly Hyperactive-Impulsive subtype may do well academically but often experience disruptive and oppositional behaviours. For children who have combined subtype both academic and behavioural problems are an issue.

ADHD looks different in girls. Symptoms in girls are less noticeable than in boys. As a result, more boys than girls are diagnosed with ADHD (about 3:1). But both girls and boys

with ADHD experience impairments with social skills and academics.

ADHD is a life-long condition that changes and evolves as a person ages. Adults frequently experience a decrease in the hyperactivity and impulsivity elements, but the inattention persists.

ADHD runs in families and has a genetic basis. Children with ADHD are 2 to 8 times more likely to have a sibling with ADHD or a parent with ADHD.

Individuals with ADHD may have many **positive traits** that are directly tied to their active, impulsive minds:

- **Creativity** – People with ADD excel at thinking outside of the box, brainstorming, and finding creative solutions to problems. Because of their flexible way of thinking about things, they tend to be more open-minded, independent, and ready to improvise.
- **Enthusiasm and spontaneity** – People with ADD are free spirits with lively minds—qualities that makes for good company and engrossing conversation. Their enthusiasm and spontaneous approach to life can be infectious.
- **A quick mind** – People with ADD have the ability to think on their feet, quickly absorb new information (as long as it's interesting), and multitask with ease. Their rapid-fire minds thrive on stimulation. They adapt well to change and are great in a crisis.
- **High energy level** – People with ADD have loads of energy. When their attention is captured by something that interests them, they can have virtually unlimited stamina and drive.

If you find are needing any additional help or support, come see us at Child & Family Services or call 819-627-9877.



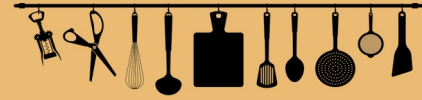
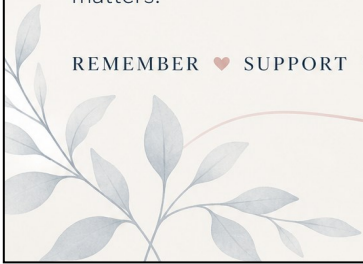
OCTOBER IS

Pregnancy and Infant Loss *Awareness Month*

This month we honour the babies gone too soon, the families who carry them in their hearts, and the strength it takes to live with their memory every day.

Pregnancy and infant loss can affect anyone, and every story matters.

REMEMBER ♥ SUPPORT ♥ HONOUR



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**

Thursday October 22

COMMUNITY BREAKFAST



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)

OCTOBER YOUTH NIGHTS

OCT. 13TH VOLUNTEER OPPORTUNITY:
WOODY'S WALK

OCT. 15TH SPORTS NIGHT
MORE INFO TO COME

OCT. 25TH PUMPKIN CARVING
NIGHT

ACTIVITIES ARE OPEN FOR KFN YOUTH
AGES
12-17
CONTACT TRYSTA FOR MORE INFO

PALS/MCH Leisure Farms

Pumpkin Patch



Dates to choose from:
Oct. 10th-11th & Oct. 17th-18th & Oct. 24th-25th
Transportation not provided.

For families with children 0-17

Your ticket will include : bounce pillow, corn maze, haunted barn (ages 12 & up), bonfire in the bush, pumpkin cannon, cookie & hot chocolate, small pumpkin to decorate



RSVP by October 8th
Call 819-627-9877

Silly Spooky Apple Bites

PREP TIME
15 MINS



SERVINGS
8 APPLE BITES



TOTAL TIME
15 MINS

INGREDIENTS

- 2 green apples, each quartered
- peanut butter
- 32 sunflower (or pumpkin) seeds
- 2-3 strawberries, sliced
- google eyes (1-3 per apple bite)

DIRECTIONS

1. Cut the middles out of each quartered apple to create a mouth.
2. Coat the inside of the cut gap with peanut butter
3. Place 4 seeds on the top of the "mouth" for the teeth.
4. Place 1 sliced strawberry inside the mouth for the tongue.
5. Use the peanut butter to "glue" the eye(s) above the mouth
6. Enjoy!



KEBAOWEK FIRST NATION PRESENTS
THE 6TH ANNUAL

Christmas PARADE



26
NOV

Save the Date!
Starts at 6:00 pm
Watch for more info !!

BABY & ME

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

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

October 2026 Dates:
5th, 19th, 26th

Coffee/tea & snacks provided.



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

GET ACTIVE AND WIN!

*Move More
Feel Better
Together*

JOIN OUR PHYSICAL ACTIVITY CHALLENGE!

Every first full week of every month we are asking everyone to get active and send in a picture of yourself participating in some form of physical activity.

ENTER FOR A CHANCE TO WIN A \$50 VISA GIFT CARD EACH MONTH!

 WALKING

 HOCKEY

 GYM TIME

 BIKING

 YOGA

 OUTDOOR FUN
...and more!

Open to all Kebaowek members
You are allowed 1 entry per month.

Please attach all names of the people in the photo.
Example: Family is playing hockey.

CHALLENGE DATES:
Sunday October 4th - Saturday October 10th
Sunday November 1st - Saturday November 7th

SEND YOUR PICTURES TO:
mmcmartin@kebaowek.ca
or private message the Kebaowek Health Center Facebook Page.

Healthy People Stronger Community

Community Shopping

9am - 3pm

October 3, 2026
November 7, 2026
December 5, 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!

Meals on Wheels

Upcoming Dates for Meals on Wheels

October 7, 2026
October 28, 2026
November 4, 2026
November 25, 2026

Cost per meal \$7.00

If you are not home please leave a cooler outside

SENIOR SOCIAL

SENIORS 55+

DATES:
THURSDAY OCTOBER 1, 2026
THURSDAY OCTOBER 8, 2026
THURSDAY OCTOBER 15, 2026
THURSDAY OCTOBER 22, 2026
THURSDAY OCTOBER 29, 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

Halloween Banana Popsicles

PREP TIME
15 MINS



SERVINGS
14



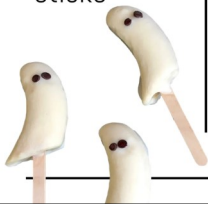
TOTAL TIME
2 HOURS

INGREDIENTS

- 4 large fresh bananas
- 1 cup non-fat Greek vanilla yogurt
- 2 tablespoons powdered sugar
- mini semi-sweet chocolate chips
- 16 popsicle sticks

DIRECTIONS

1. Line a large baking sheet with parchment paper or a silpat mat. Peel 2 bananas and slice each in half, cross-wise. Slice each half in half again the "long" way, so that you have 4 long, narrow pieces total. Carefully insert a popsicle stick into the bottom of each, then place on the baking sheet middles out of each quartered apple to create a mouth.
2. In a small bowl, mix together the yogurt and powdered sugar. Once the bananas are frozen, dip them into the yogurt mixture, then return them to the lined baking sheet. Place 2 mini chocolate chips on each of the ghosts for eyes. Return to the freezer for at least 1 hour to allow the yogurt to set.



OPEN TO: WLFN & KFN band members, Community Members & Employees

MENS NIGHT JOIN US AT BILLIARD DOUBLE R!

Come enjoy a fun evening of pool, food, prizes, and good company! This is a **dry event**, providing a safe and welcoming space for everyone to relax, connect, and have a great time together.

THURSDAY
15
OCTOBER
5:00PM - 9:00PM
413 Chemin Kipawa,
Temiscaming, QC,
Canada, J0Z3R0

**FOOD WILL BE
SERVED**

**PRIZES TO
BE WON**



REGISTRATION DEADLINE
Wednesday, October 7th at 4:30 PM



Kebaowek Child & Family Services
819-627-9877 **OR**
Tyra 819-627-9221 ext 103

PAINT Nights

With Michelle St-Denis

Open to All
Kebaowek Community Members and Band Members

Youth, Men and Women

Monday October 5th & 26th
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

Kebaowek Health and Wellness Center Notes 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

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
Namekos Kizis October 2026				1 Senior Social Compost & Recycling	2	3 Community Shopping
4 Get Active and Win Week →	5 Baby & Me Women's Paint Night	6	7 Meals on Wheels	8 Senior Social Compost & Garbage	9	10
11	12 Kebaowek Offices/Health Center are closed for Thanksgiving	13 Yoth Night Woody's Walk	14 Freezer Meal Workshop	15 Senior Social Youth Night Compost & Recycling	16 Men's Night	17
18	19 Baby & Me	20	21	22 Community Breakfast Flu Shot Clinic Senior Social Compost & Garbage	23	24
25	26 Baby & Me Women's Paint Night	27 Flu Shot Clinic	28 Meals on Wheels	29 Flu Shot Clinic Senior Social Youth Night Compost & Recycling	30	31 

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
1 Get Active and Win Week →	2	3	4 Meals on Wheels	5 Flu Shot Clinic Senior Social Compost & Garbage	6	7 Community Shopping
8	9	10	11 Kebaowek Offices/Health Center are closed for Remembrance Day	12 Senior Social Compost & Recycling	13	14
15	16	17	18	19 Senior Social Compost & Garbage	20	21
22	23	24	25 Meals on Wheels	26 Kebaowek Annual Christmas Parade Compost & Recycling	27	28
29	30	Atikamek Kizis November 2026				