

Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Atikamek Kizis / November 2026

Inside this issue

Land Management - Camp Registry	2
Land Management - Community Consultation Update	3
Kebaowek App Announcement	4
Registration and Membership Information	5
Community Hall - Monthly Newsletter Report	6
Upcoming Recreation Events	7
Kebaowek Education and Cultural Department	8
Community Notes and Information	9
Director of Health and Social Services Update	10
Health Center Notes and Information	11
November is Diabetes Awareness Month	12
Stay on Your Feet - Fall Prevention Month	13
Medical Transportation Update	14
National Addictions Awareness Week	15
Supporting a Loved One Facing Addictions	16
Preventing Falls and Injuries for Babies and Children	17
Health Center Notes & Activities	18
Health Center Notes & Activities	19
Health Center Notes & Activities	20
Health Center Notes & Activities	21
Health Center Notes & Activities	22
Health Center Notes & Activities	23
Community Calendar - November & December 2026	24



CONTACT US

Kebaowek First Nation
110 Ogima Street
Kebaowek QC J0Z 3R1
Tel: (819) 627-3455
Fax: (819) 627-9428

Kebaowek Health and Wellness Center
172 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9060
Fax: (819) 627-1885

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



KEBAOWEK FIRST NATION

CAMP REGISTRY

Our Camps. Our Land. Our Future.



The Kebaowek First Nation Camp Registry is a record of Indigenous owned camps within our traditional territory.

It helps protect our rights, our lands, and our way of life.

RECOGNIZES INDIGENOUS OWNERSHIP

Affirms our camps as part of our heritage, identity and territory.

SUPPORTS OUR RIGHTS

Strengthens our position in protecting traditional rights under section 35 of the Canadian Constitution.

BUILDS A CLEAR RECORD

Helps us maintain an accurate and up-to-date list of Kebaowek camps.

SUPPORTS FUTURE GENERATIONS

Ensures our camps remain protected for generations to come.

DO YOU HAVE QUESTIONS REGARDING THE REGISTRATION PROCESS?

PLEASE REACH OUT TO

Logan Haymond

AT THE LAND MANAGEMENT DEPARTMENT.

Healthy Lands • Strong Communities • Lasting Legacy

Victoria Island Community Consultation

September 22, 2026



On September 22, 2026, a community consultation session regarding **Victoria Island** was held at the Kebaowek Dome, with representatives from the **Algonquin Anishinabeg Nation Tribal Council (AANTC).**

The evening provided an opportunity for our community members to learn more about Victoria Island, share their thoughts, ask questions, and participate in meaningful discussions about this important historical and cultural location along the Ottawa River.

A special *Miigwetch* to **Peggie Jérôme, Consultation Manager,** and **Aaron-Lee Odjick, Administrative Support,** from AANTC, for their time, dedication, and efforts in organizing and making this gathering possible.

We would also like to extend a heartfelt *Miigwetch* to **Rhonda** for preparing the delicious meal and to **Wendy** for being there to lend a helping hand. Your time, hard work, and kindness were greatly appreciated and helped make the evening even more special for everyone!

Congratulations to Verna Robinson, our lucky door prize winner!

We would also like to thank all our community members who took the time to attend, participate, and share their thoughts.

Your voices, knowledge, and participation are important in helping preserve our Algonquin Anishinabeg history, culture, and connection to our traditional lands for future generations.

Miigwetch to everyone who helped make this evening a success!

— Kebaowek Land Management Department —

Hydro-Québec Contact Sheet for First Nations and Inuit Customers

Customer services

Residential customers

For questions about billing, connection, collections, your address or your account. To report a problem on the grid.

Phone
1 866 268-9484

Online

Business customers

- Work requests (connection, grid extension, pole relocation)
- Bill explanations

Phone
1 800 463-9900

Email: business@hydroquebec.com

- Collections
- Needs related to your operations

Phone
1 877 858-8582

Requests for work and projects

Permit applications and **file follow-up** for master electricians are handled directly in Espace pro

Information about work and projects

Phone
1 888 675-1572

Street lighting

For your street lighting needs, our team can assist you and answer your questions.

Email:
business@hydroquebec.com

Phone
1 800 463-9900

Form:

Outages and service interruptions

In the case of an outage or service interruption, there are several communication options available, depending on your situation and your community.

Online

Community connected to the main grid

Phone
1 800 790-2424

Community supplied by an off-grid system

Phone
1 800 463-1109

Complaints and claims

We are committed to providing you with quality service and listening to your needs.
If you disagree with a decision made by customer services or have suffered damages, please let us know.

Online

Phone
1 866 268-9484

Kebaowek First Nation | Hawk Communication

Kebaowek has Joined with Hawk Communication!

We're Excited to Announce a New Service!

The Hawk Communication app is an integrated web and mobile platform designed for First Nations and Indigenous organizations in Canada to manage private, secure communication with their members. Easier, faster, and more accessible—right when you need it.



What's New?

We are pleased to introduce Kebaowek's Hawk Communication App, designed to help our community with real-time updates, information and alerts.

Launching December 1, 2026!

You can take advantage of this new service to get:

- **Real-Time Updates:** Delivers community news, announcements, and push notifications directlly to members' phones. *(Public notifications, bus cancellations, and community updates)*
- **Event & Resource Hub:** Centralizes event calendars, registrations, forms, and community documents. *(Newsletters, events calendar, etc.)*
- **Emergency Alerts:** Features an emergency communications dashboard for urgent community notices. *(Water advisories, etc.)*
- **Polling & Voting:** Enables digital member engagement and feedback collection.

How to Get Started

Scan here to get started on your mobile device!
(Available for Android & iOS)

1. **Scan to Access:** Point your smartphone camera at the QR code to install the application.

Please note you will require an active email for your account!!!

2. **Follow the Prompts:** Set up your profile or submit your request in just a few clicks.

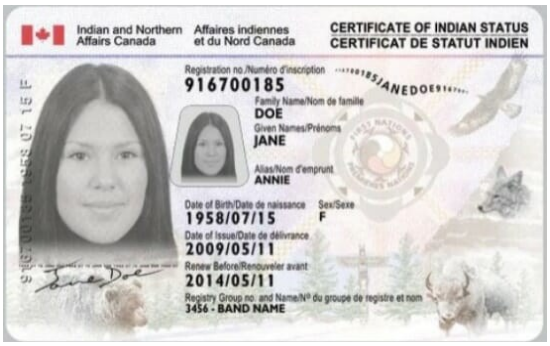
Scan for Android | Scan for Apple

Need Assistance or Have Questions? We're here to help!

Website: https://kebaowek.ca/hawkapp/
Phone: 819-627-3455 Ex: 210 (Billy Trepanier)
Email: kebaowek@kebaowek.ca

Thank you for being a part of our community as we continue to improve our services for you!

SECURE CERTIFICATE OF INDIAN STATUS



The new Secure Certificate of Indian Status (SCIS) is replacing Certificate of Indian Status, paper laminated. We are in the transition phase now. Registered persons are encouraged to apply for the new secure certificate (SCIS).

If you have been issued a secure certificate (SCIS) and it is expired or lost, you must apply for a renewal secure certificate (SCIS). Please check the valid until date on your secure certificate of Indian status and apply for a renewal secure certificate well before it expires.

Application forms for Secure Certificate of Indian Status (SCIS) are available at Indigenous Services Canada (ISC) offices or on-line at:

www.canada.ca/en/indigenous-services-canada

↓

Get, renew or replace a status card → Application Forms

As well, application forms are available for pick-up at your First Nation/Membership Office.

** It takes approximately 14-16 weeks processing time for the SCIS, therefore if your card has expired I suggest that you apply for a TCRD (see information below).

TEMPORARY CONFIRMATION OF REGISTRATION DOCUMENT (TCRD) is an official document issued by Indigenous Services Canada (ISC) that confirms registration under the *Indian Act* and eligibility to certain benefits, rights, programs and services. Registered persons may request a TCRD in emergency situations where proof of registration is required.

To request a TCRD, you must already be registered in the Indian Register. If the request is made on behalf of a child or dependent adult, you must provide the most recent legal documents proving custody or guardianship, if applicable. The TCRD document is valid for one year after the issue date.

Requests for a Temporary Confirmation of Registration Document (TCRD) must be made to Public enquiries by telephone at **1-800-567-9604** or by email at **infopubs@sac-isc.gc.ca** Your TCRD will be sent to you by mail.

For an appointment, assistance or more information:

Laura Moore
IRA & Social Development Coordinator
Kebaowek First Nation
110 Ogima Street, Kebaowek Quebec J0Z 3R1

Phone: 819-627-3455 Ext 228
Email: lmoore@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

COMMUNITY HALL

Monthly Newsletter Report

October was another busy month at the Community Hall, with a steady lineup of programs, workshops, community gatherings and special events. From hosting community suppers and breakfasts to Halloween activities and awareness events, the Hall continued to be a busy place throughout the month, welcoming different groups and community members through its doors.

OCTOBER HIGHLIGHTS

DAYCARE – FIRST AID TRAINING

Daycare staff participated in First Aid training to support a safe environment for the children.

WOODY'S WALK

Community members participated in a cancer awareness walk. Guest speaker Émile Bénard spoke about Mission Tournesol and the support available to individuals and families navigating cancer.

FOUR PILLARS COMMUNITY SUPPER

Another gathering as part of the ongoing Four Pillars initiative, bringing community members together to continue supporting language, culture, heritage and wellness.

POW WOW BINGO

The Pow Wow Committee hosted Halloween Dress-Up Bingo, with participants dressing up in their Halloween costumes for an afternoon of fun and prizes.

2026 QUEBEC GENERAL ELECTION

Quebec residents headed to the polls for the provincial general election.

FREEZER MEAL WORKSHOP

Participants gathered to prepare freezer-friendly meals and share practical meal preparation ideas.

COMMUNITY BREAKFAST

Community members gathered to enjoy breakfast and spend time together.

KIDS HALLOWEEN PARTY

Children enjoyed an afternoon of Halloween fun, with games, activities and plenty of spooky spirit.



WOODY'S WALK 2026





KIDS HALLOWEEN PARTY

A FULL CALENDAR, FAMILIAR FACES AND PLENTY HAPPENING WITHIN OUR COMMUNITY


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


KEBAOWEK FIRST NATION
RECREATION
UPCOMING EVENTS
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)
JANUARY 15TH
Evening Indoor Cornhole Tournament
FEBRUARY 20TH
Kebaowek Winter Poker Run
Stay tuned for event details and updates!


BAKING
Spirits
BRIGHT
JOIN US FOR A HOLIDAY BAKING PARTY
DEC 11 2026
6:00pm
$20.00 per person
(Must be paid in advance)
(includes baking ingredients, free Christmas cocktail/mocktail and container to bring home goodies!)
REGISTER NOW
18+ event
Limited Spots
Call Band Office to Register
819-627-3455
Sign up for an evening of Games, Dancing, Laughs & Baking!
Door Prize
Everyone Welcome!
DD Available


Kebaowek
FIRST NATION
2027
EVENT DATES YOU WANNA KNOW
THE KEBAOWEK WINTER POKER RUN
FEB 20TH
KEBAOWEK ICE FISHING DERBY
MARCH 6TH
THE KEBAOWEK SUMMER POKER RUN
JULY 10TH

KFN Cultural and Language Department

SEWING CLASS

with Lauralee

5:30 PM – 8:30 PM
EVERY TUESDAY

CLASS HIGHLIGHT:

- Basic Sewing Techniques
- Create Your Own Project
- Cutting & Fabric Preparation
- Machine Sewing Basics

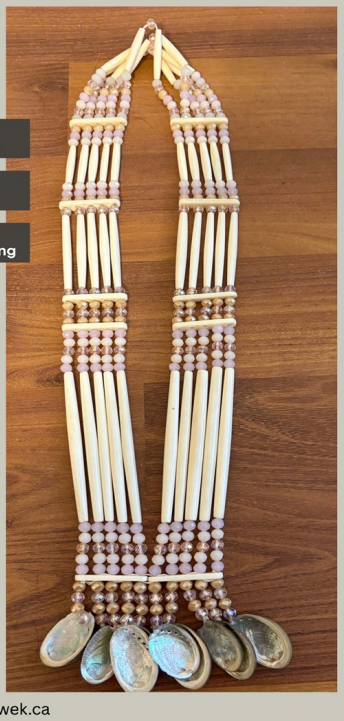
Please contact Rose at 819-627-3455 or rjawbone@kebaowek.ca

Kfn Cultural and Language Department

BONE BEADED NECKACE

WORKSHOP

with Kayley Burnette



Date
Thurs. December 17, 2026

Start At
1:00-4:00 or 5:00-8:00

Address
Kebaowek cultural building

WORKSHOP HIGHLIGHTS:

- ✔ Beading Basics
- ✔ Pattern Making
- ✔ Creative Stitching

13 years and under must be accompanied by an adult

Kebaowek Memebers

LIMITED SPOTS!

REGISTER NOW!

contact Rose at rjawbone@kebaowek.ca or call 819-627-3455

KFN Cultural and Language Department

SEWING AND BEADING GROUP!!

Join hands-on sewing class and turn simple fabrics into unique handmade creations.



NOVEMEBR CLASSES
01:00-4:00 OR 5:00-8:00

- Wed. Novemeber 4th
- Wed. Novemeber 11th
- Wed. Novemeber 25th

Please contact Samara at smcmartin@kebaowek.ca or call 873-997-6417 to sign up

KFN Cultural and Language Department

SEWING AND BEADING GROUP!!

Join hands-on sewing class and turn simple fabrics into unique handmade creations.



DECEMBER CLASSES
01:00-4:00 OR 5:00-8:00

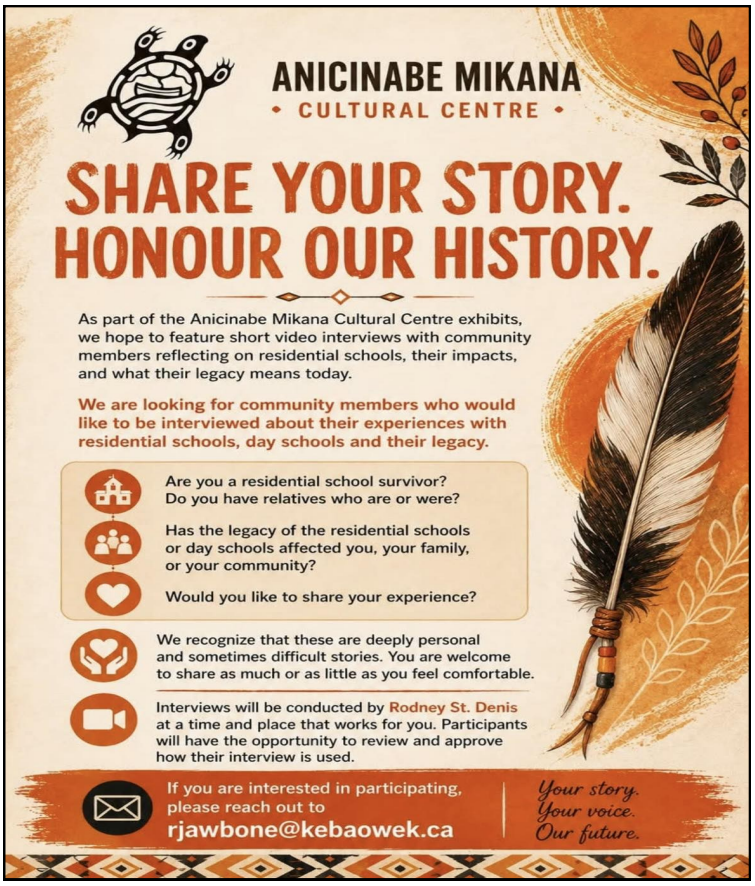
- Wed. December 2nd
- Wed. December 9th
- Wed. December 16th

Please contact Samara at smcmartin@kebaowek.ca or call 873-997-6417 to sign up


MARCHÉ DE NOËL
CHRISTMAS VENDOR MARKET
Plus de 35 vendeurs !
Over 35 vendors!
SAMEDI | SATURDAY
21 NOVEMBRE 2026
SALLE COMMUNAUTAIRE DE KEBAOWEK
KEBAOWEK COMMUNITY HALL
10h00 - 16h00
10:00am - 4:00pm
L'endroit idéal pour vos achats de Noël !
The perfect place for your Christmas shopping!


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!


Christmas Holiday
FOOD MARKET
Do you like to cook?
Do you have a special recipe you would like people to try ?
Do you enjoy baking ?
Whether it be pies , cakes , cookies , bread , bagels , and more ?
If so , why not join us for our food and bake sale !
DECEMBER 13TH
Kebaowek Community Hall
We will be open from 10 till 4
The cost per vendors is
$25 for a 6 foot table and 2 chairs
If you book before October 30th , you can get a second table for $15 ... that's 2 tables for just $40 !!
Contact Sandra Woodbury
on Facebook messenger to book your spot


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

I have not received any up-dates from Sante Quebec Abitibi -Temiscamingue on this file. Not sure if the new PQ government will modify the course of negotiations for the proximity of health services that seems to be a priority for most. I will share information on our social media as soon as it becomes available.

Flu and Covid Vaccines

It's the time of the year and many of you have already responded to the call out for flu and covid shots. Public Health form Sante Quebec dictates who is a priority for receiving the vaccines. I encourage our members to contact our nursing department for more information on your eligibility as we will try to do our best to accommodate all our members who want to be protected this flu season. By getting vaccinated, you are also protecting others.

Meetings Attended in October

- FNQLHSSC B.O.D
- FNHMA BOD
- CISSSAT (Santé Québec Abitibi-Témiscamingue) updates
- DYP Department Heads of CISSSAT
- Santé Québec A-T BOD
- Kincare Project follow-up
- Sante Quebec Public Health updates on Vaccination

Onimiki Renewable Energy File:

- Board of Directors meetings
- Communications committee meetings

For Onimiki, our public consultations and information meetings are postponed until our collected data and information has been tabulated and ready for presentations by our research team at CIMA +. We are now aiming for early 2027. We have asked Hydro Quebec to do an in-depth study on connectivity to the grid.

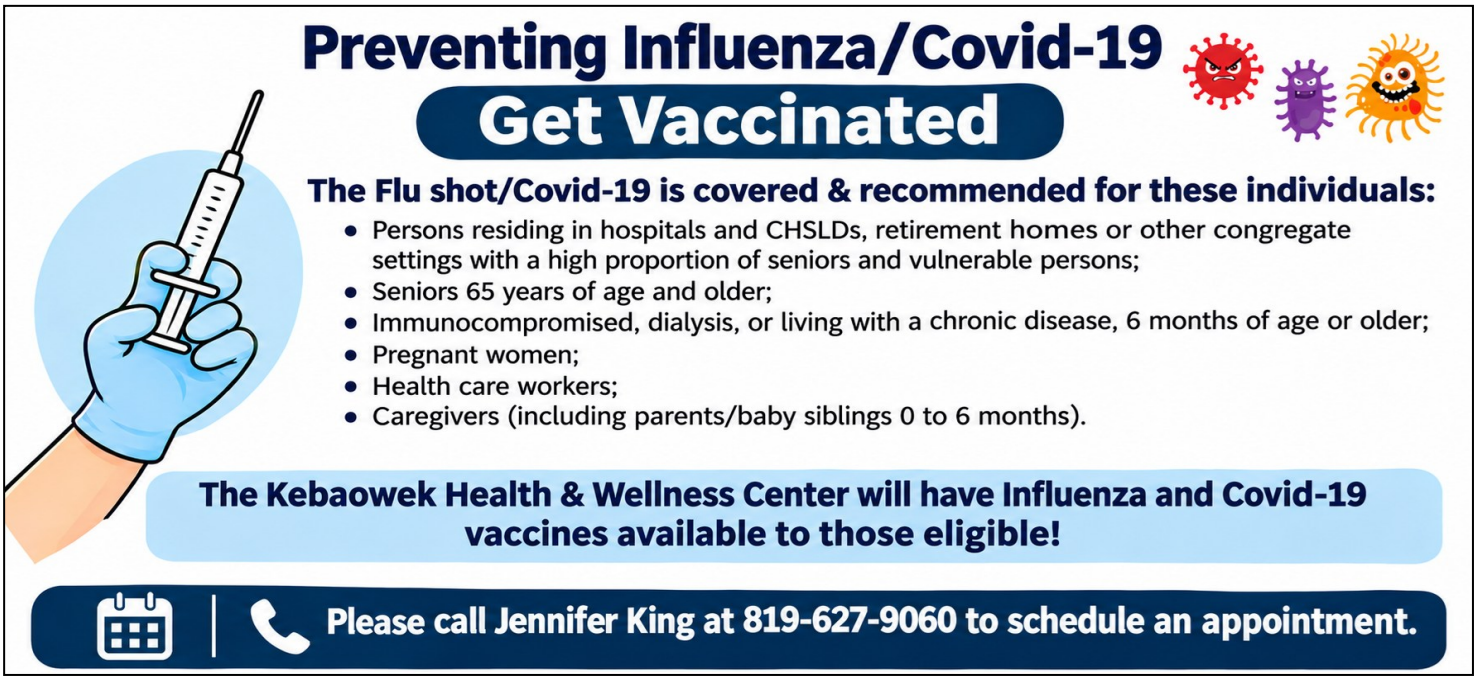
I want to wish all our trappers a bountiful trapping season. Be safe on the waters and always let someone know where you plan on going while on the land. Enjoy our beautiful territory.

Quotes about Health

"Those who have no time for healthy eating will sooner or later have to find the time for illness."
Edward Stanley

"So many people spend their health gaining wealth, and then have to spend their wealth to regain their health."
A. J. Reb Materi

David McLaren
Director of Health & Social Services



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 ONGOING 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

November is DIABETES AWARENESS MONTH

Greater awareness. Healthier futures.

Know it. Prevent it. Manage it. Live well.

What is Diabetes?

Diabetes is a chronic condition that happens when your body can't properly use the sugar (glucose) in your blood for energy. There are different types, including Type 1, Type 2 and gestational diabetes.

Know the Signs & Symptoms

- Increased thirst and urination
- Extreme hunger
- Unexplained weight loss
- Fatigue
- Blurred vision
- Slow healing wounds

Warm Cinnamon Baked Apple Slices

SIMPLE • TASTY • DIABETES-FRIENDLY

Ingredients

- 1 medium apple (any variety), sliced
- 1 tsp cinnamon
- 1 tsp lemon juice (optional – keeps apples fresh and adds flavour)
- ¼ cup chopped nuts (optional – adds crunch and healthy fats)



Directions

1. Preheat oven to 375°F (190°C).
2. Place apple slices in a baking dish.
3. Sprinkle with cinnamon and drizzle with lemon juice (if using).
4. Add nuts (optional).
5. Bake for 15–20 minutes, or until tender, stirring once halfway.

Enjoy warm!

Why It's a Good Option

High in fibre
Slows digestion and helps prevent quick blood sugar spikes.

Cinnamon
May help improve insulin sensitivity and add natural flavour without extra sugar.

Low in added sugar
Naturally sweet, so you can enjoy a tasty treat without added sugar.

Healthy fats & nutrients
Nuts (optional) add healthy fats, protein and extra fibre to keep you full longer.

A simple snack that supports your health goals!

Contact Jocelyn Heffern, RN at the Health center 819-627-9060 if you would like more information regarding Diabetes.

STAY ON YOUR FEET THIS WINTER

NOVEMBER | FALL PREVENTION MONTH



WALK LIKE A PENGUIN

Take small, steady steps on slippery surfaces.



CHOOSE PROPER FOOTWEAR

Wear supportive winter boots with good traction.



USE HANDRAILS

Hold onto sturdy handrails when using stairs.



DON'T RUSH!

Slow down and give yourself extra time.



WATCH YOUR STEP

Take care when entering and exiting vehicles.



KEEP PATHWAYS CLEAR

Remove snow, ice, and tripping hazards from walkways.



NEED HELP WITH SNOW REMOVAL?

Kebaowek First Nation offers a shovelling and snow removal program for individuals who have difficulty maintaining safe access to their homes.

FOR INFORMATION OR ASSISTANCE CALL - SHELLY GRANDLOUIS

819-627-9060

HAVE YOU FALLEN OR DO YOU FEEL UNSTEADY?

Speak with Erica Miness, Community Program Nurse. Identifying fall risks early can help protect your mobility and independence.

Medical Transportation

Welcome to November!

As we enter a new month, the weather is getting colder, and daylight hours are becoming shorter. With winter approaching, I would like to take this opportunity to share a few important reminders about our Medical Transportation Program.

Booking Your Medical Transportation – Plan Ahead!

I cannot stress enough the importance of booking your medical transportation as soon as you receive your appointment date.

October was an exceptionally busy month, and unfortunately, there were situations where clients were asked to reschedule their medical appointments because transportation arrangements could not be accommodated.

Our Medical Transportation Program serves many community members, and with only **three vehicles available**, scheduling can become challenging, particularly when appointments are in Rouyn-Noranda, La Sarre, Val-d'Or, or Montreal. These longer trips often require a vehicle for the entire day, and sometimes longer, significantly limiting availability for other clients.

Please remember: It is never too early to book your medical transportation!

Using Your Own Vehicle or Having Someone Drive You

If transportation through our program is unavailable, or if you prefer to make your own arrangements, you have the option of using your personal vehicle or asking someone to drive you.

To receive reimbursement for eligible travel expenses, please ensure you obtain a **Travel Attestation** signed at your medical appointment.

A few important reminders:

→ The person driving you **does not have to be First Nations** to qualify for eligible travel reimbursement.

→ It is the client attending the medical appointment who must meet the program's eligibility requirements.

→ Under our program's eligibility criteria, the client must be a Kebaowek member, reside in Quebec, and have a valid Quebec health insurance card.

Please contact me if you have any questions regarding travel reimbursement or the required documentation.

Understanding Non-Medical Escorts

I would also like to clarify the purpose of the **Non-Medical Escort** form, as there appears to be some confusion regarding when an escort is eligible.

A non-medical escort is **not automatically approved simply to provide companionship** during a medical appointment. Escorts are intended for clients who require additional assistance for specific medical, physical, or other eligible needs.

Situations where a non-medical escort may be approved include:

→ **Physical or mental health limitations:** When a client requires assistance with daily living activities or travelling safely.

→ **Minors:** When a child requires an accompanying adult.

→ **Medical procedures involving anesthesia:** When a client requires someone to accompany them or drive them home following a procedure.

→ **Language barriers:** When a client requires translation assistance. We can help verify with the medical facility whether the physician can communicate in the client's preferred language.

There may be other circumstances where an escort is appropriate. However, **please contact me to discuss your situation before assuming an escort will be approved.**

Choosing an Appropriate Escort

If you are approved for a non-medical escort, it is important to choose someone who is physically capable of assisting you throughout your medical travel.

Your escort should be able to:

→ Assist you with travelling safely to and from your appointment.

→ Help carry luggage and personal belongings when needed.

→ Provide assistance with daily living activities, if required.

→ Be physically capable of meeting your needs without requiring assistance themselves.

Medical Transportation

→ Share accommodations with you when overnight travel is necessary. **Please note:** When overnight accommodations are approved, non-medical escorts are generally expected to share a room with the client. Separate accommodations are not automatically provided.

The person who is the Non-Medical Escort **does not have to be First Nations** to qualify for eligible travel reimbursement.

The purpose of an escort is to ensure that clients who genuinely require assistance have the appropriate support during their medical travel.

Thank You for Your Cooperation!

We understand how important your medical appointments are, and we do our very best to accommodate everyone's transportation needs. However, with a limited number of vehicles and an increasing demand for services, advance planning and cooperation are essential.

By notifying us as early as possible, you help us coordinate transportation more efficiently and provide services to as many community members as possible.

Thank you for your understanding and cooperation.

Wishing everyone a wonderful November.
Stay warm, stay safe, and travel safely to and from your medical appointments!

Kim Constant
Interim Medical Transportation Coordinator
819-627-9060 Ext 506
medtrans@kebaowek.ca

National Addictions Awareness Week



National Addictions Awareness Week (NAAW) is November 15-21, 2026. NAAW highlights solutions that help address the harms related to the use of alcohol and other drugs. It provides an opportunity for people in Canada to learn more about prevention and harm reduction, talk about treatment and recovery, and discuss solutions for change.

Working in the substance use health field and addressing its challenges can result in different experiences, ideas and opinions for individuals, families and communities. At times, it can be challenging to agree on the best ways to address these issues in Canada. Hope is an optimistic state of mind that holds expectations for positive outcomes.

Exploring and discussing substance use health can lead to positive outcomes such as connections and growth. Yet the challenges and grief in the field cannot be unstated. In recent years, tens of thousands of people from across Canada have died because of the unpredictable drug supply. We need effective, holistic, whole-of-government and community action that is rooted in evidence and compassion. We need to work together to identify and reach common goals. And more than anything else, we need hope — hope for a brighter future with improved health and wellness of all people living in Canada. (

Watching someone you love battle addiction can leave you feeling helpless, heartbroken, and unsure of what to do next.

Whether it's alcohol, opioids, or other drugs, addiction affects not just the individual but their entire circle of family and friends. You might feel tempted to shut down, back away, or hope the problem resolves on its own.

But the truth is, ignoring the issue can do more harm than good to the person struggling and to those who care about them. The most powerful thing you can do is to stay present, informed, and supportive.

It won't always be easy. But you don't have to do it alone..

5 Ways to Support a Loved One Facing Addiction

1. Educate Yourself About Addiction

One of the most important steps you can take is simply learning about addiction. Understand the signs, the symptoms, and the science behind it. The more informed you are, the better equipped you'll be to recognize warning signs and provide real, empathetic support.

2. Offer Genuine Support

Addiction often makes people feel isolated, ashamed, or unworthy of love. Remind your loved one they are not alone. Show them, through words and actions, that you care deeply and are willing to walk alongside them.

Support can be as simple as checking in regularly, listening without judgment, and showing up – even when it's hard.

3. Encourage Them to Get Help

Addiction is a disease, and like any illness, early treatment makes a difference. Speak with your loved one about seeking help, but do so with patience and compassion.

Avoid blame or shame. Instead, express concern and offer to help find resources or even go with them to appointments. If you're unsure how to approach the conversation, consider working with an intervention specialist for guidance.

4. Stay Involved in Their Recovery

Recovery doesn't end when treatment begins – it's a journey. Whether your loved one is in therapy, taking medication, or attending support groups, your ongoing encouragement can make all the difference.

Offer to attend meetings with them, help them build healthy routines, and remind them that progress isn't always linear. Celebrate their wins, no matter how small

.

5. Don't Forget to Take Care of Yourself

Supporting someone through addiction can take a toll. It's emotionally exhausting – and that's okay to admit.

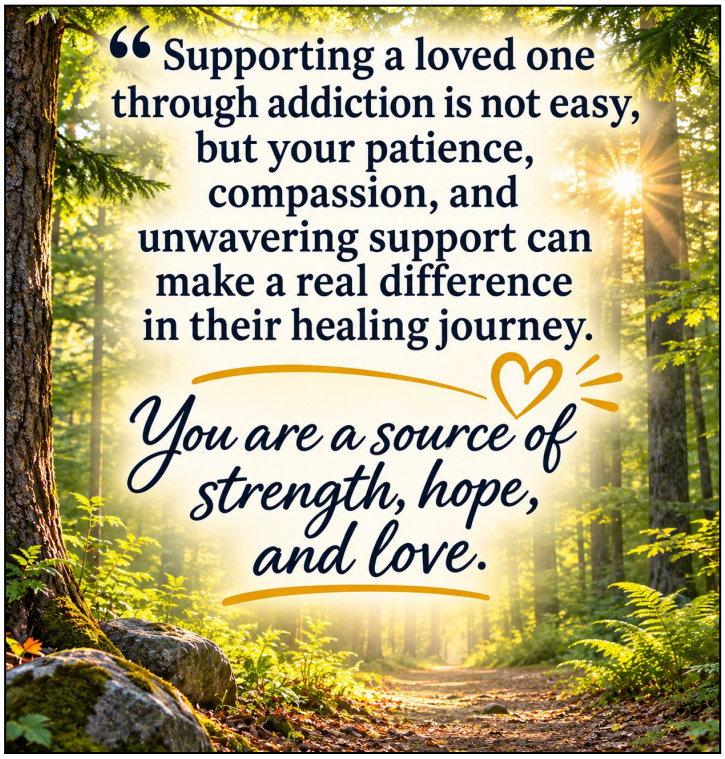
Make sure you're tending to your own needs, too:

- Get enough sleep
- Eat nourishing foods
- Exercise
- Talk to a therapist or join a support group

You can't pour from an empty cup. By caring for yourself, you'll be in a better position to care for others.

Finding Help for Addiction

- Contact your local health center or hospital
- Quebec (Drugs: help and referral) 1-800-265-2626 or 514-527-2626
- National Overdose Response Service (NORS): Call 1-888-688-6677



Fall Prevention Month

We know that falls are the leading cause of injury-related hospitalization among children. We also know that children fall in different situations based on their age.

- Children aged 0-4 are most likely to fall at home.
- Children aged 5-9 are most likely to be injured and hospitalized for a fall at the playground.
- Youth aged 10-14 are most likely to be hospitalized for a fall while playing a sport.

Preventing fall injuries at home

Taking a few precautions, you can help prevent some of the more serious falls your small child is at risk for:

- Use a child safety gate - screwed into the wall - at the top of staircases and a pressure mounted gate at the bottom.
- Use the change table strap or change your newborn on the floor.
- Place baby seats and play equipment on the floor, not on counters or tables.
- Babies should not be left alone on couches, chairs, or beds.
- Use safety straps to anchor furniture to the walls.
- Move your child from a crib to a toddler bed (or to a mattress on the floor) if your child has tried to climb out of the crib.
- Place corner guards on furniture with sharp edges or temporarily remove certain furniture.
- Avoid bunk beds, or avoid the top bunk until your child is old enough to use it safely.

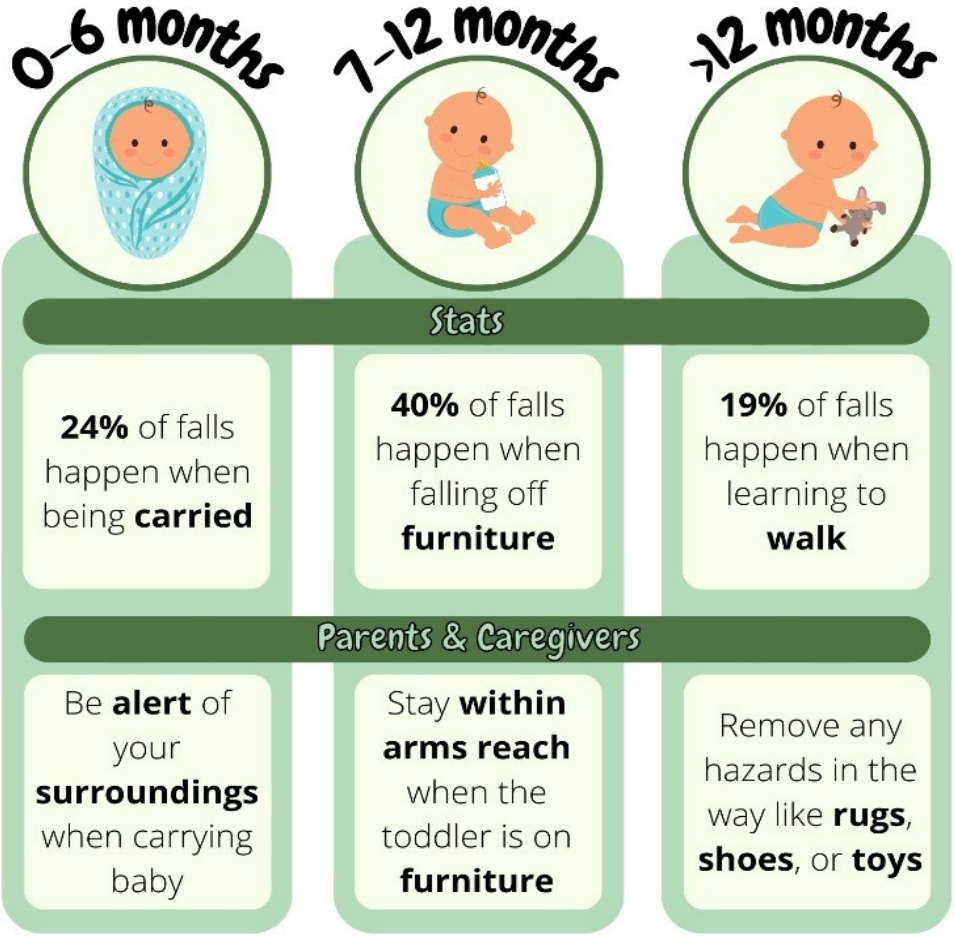
Preventing fall injuries at the playground

- Older kids are exploring their independence and pushing their physical boundaries. Here are some ways to keep them safe from falls at the playground.
- Make sure your child uses outdoor play equipment that's designed for their age.
- Choose playgrounds with gravel, sand, wood chips, or rubber on the ground.
- Remove scarves and drawstrings from your child's clothing when playing outside.

Preventing fall injuries in sports

- Preteens and teens are most at risk for sports-related falls. Here are a few precautions you can take:
- Choose the right helmet for your child's sports and activities.
- Make sure your child's helmet fits properly by using the 2V1 Rule: two fingers above the eyebrows, straps form a V under the ears, and one finger under the chin strap.
- Make sure your older child knows the rules of the road when doing wheeled activities.
- Avoid trampolines - they're a high risk activity and a fall hazard.

"Watch them grow, keep hazards low."



ALL ACTIVITIES ARE FOR CHILDREN AGED 0-5 YEARS FOR KEBAOWEK BAND & COMMUNITY MEMBERS, KEBAOWEK CHILDCARE CENTER

Early Childhood Week

Nov.16th – 20th

* Activities may be subject to change *

Monday, Nov.16th – 10:00 am – Annual Walk
(We will start at Kebaowek Childcare Center and will end at the Arbour)

Friday, Nov.20th – 9:30am – S'mores Fun – PJ PARTY!

For more information about Early Childhood Week please contact Patty @ 819-627-1000.



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 November 13th, 2026
ON THE MENU...
Meat sauce

FRIDAY November 27th, 2026
ON THE MENU...
Apple/pear sauce

SEE YOU IN 2027!!

If you have a baby between the ages of 5 months to 24 months come join Lynn to make your own baby food.

All materials needed will be provided including the food!

For more information or to RSVP with Lynn Grandlouis
819-627-9060
lgrandlouis@kebaowek.ca

BABY & ME

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

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

November 2026 Dates:
2nd, 9th, 16th, 23rd, 30th

Coffee/tea & snacks provided.

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

Community Breakfast

THURSDAY NOVEMBER 19TH, 2026



Last One Until January

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)

PAINT Nights

With Michelle St-Denis

Open to All
Kebaowek Community Members and Band Members
Youth, Men and Women

Monday November 9th & 23rd
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

FreshStart Prep

Freezer Meal Workshop

Come Chat, Cook & Create!

Delicious Soup

November 30th 2026
5pm at The Dome
To register please call Trysta
(819) 627-9060 ext 524



Limited Spaces Availible

DID YOU KNOW ?

Prostate Cancer Facts:

Prostate cancer is the most commonly diagnosed cancer in Canadian men, **with about 1 in 8 men** expected to be diagnosed in their lifetime.

When detected early, **prostate cancer is highly treatable**, with a survival rate of **over 95%.**

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

Mens Night Darts

Prizes to be won

NOVEMBER 17, 2026
5PM-9PM

COME ENJOY A FUN EVENING OF DARTS, FOOD, PRIZES, AND GOOD COMPANY!
THIS IS A **DRY EVENT.**

LEGION TEMISCAMING
210 CHEM. KIPAWA, TÉMISCAMING, QC J0Z 1G0

TO REGISTER CALL:

Kebaowek Child & Family Services 819-627-9877
OR Wolf Lake First Nation: Tyra 819-627-9221 ext 103

Community Shopping

9am - 3pm

November 7, 2026

December 5, 2026

December 19, 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 CRIB TOURNAMENT & YAHTZEE



ELDERS 55+

SAVE THE DATE:
THURSDAY DECEMBER 3, 2026

Activity: Crib Tournament & Yahtzee
Time: 10:00 am to 2:00 pm
Place: Dome

Snacks, Tea, Coffee and Lunch will be provided !!

If you have any questions or you need a ride please call Shelly @ 819-627-9060.
Prizes to be won !! We hope to see you there !!

Meals on Wheels

Upcoming Dates for Meals on Wheels

November 4, 2026

November 25, 2026

Last Meals on wheels for 2026
December 9, 2026

Cost per meal $7.00

If you are not home please leave a cooler outside

SENIOR SOCIAL



SENIORS 55+

DATES:
THURSDAY NOVEMBER 5, 2026
THURSDAY NOVEMBER 12, 2026
THURSDAY NOVEMBER 19, 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

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!



...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 November 1st – Saturday November 7th
Sunday December 6th – Saturday December 12th

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

Healthy People Stronger Community ♡

Deadline: November 30, 2026

WERE YOU PRESCRIBED OPIOIDS?

You may be eligible for compensation as part of the Quebec opioid class action lawsuit.

Questions about the class action? Visit here https://tjl.quebec/en/class-actions/opioid-use-disorder/

Eligible if:

- Have you developed an opioid dependence or an opioid use disorder (OUD)?
- Were you prescribed opioids for use at home?
- Have you received opioid prescriptions between 1996 and the present?

TO SUBMIT YOUR CLAIM

www.MNP.ca/QCopioids



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.

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

TOBACCO CLAIMS CANADA

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 Skating

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



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 0-17years

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 Get Active and Win Week →	2 Baby & Me Paint Night	3 Sewing Class	4 Sewing and Beading Group Meals on Wheels	5 Flu Shot Clinic Senior Social **Compost & Garbage**	6	7 Community Shopping
8	9 Baby & Me	10 Sewing Class	11 Kebaowek Offices/Health Center are closed for Remembrance Day	12 Senior Social **Compost & Recycling**	13 Baby Food Making	14 Cribbage Tournament
15	16 Early Childhood Wweek Annual Walk Baby & Me	17 Sewing Class Men's Night Darts at the Legion	18	19 Community Breakfast Senior Social	20	21 Christmas Vendor Market
22 Christmas Monster Bingo and Bake Sale	23 Baby & Me Paint Night	24 Sewing Class	25 Sewing and Beading Group Meals on Wheels	26 **Compost & Recycling**	27 Baby Food Making	28 Elder's Christmas Dinner
29	30 Baby & Me Freezer Meal Workshop	**Atikamek Kizis** **November 2026**				

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
Pidji Pibon Kizis **December 2026**		1	2 Sewing and Beading Group	3 Senior Social Crib Tournament & Yatzee **Compost & Garbage**	4	5 Community Shopping
6 Get Active and Win Week →	7	8	9 Sewing and Beading Group Meals on Wheels Youth Group Christmas Dinner	10 **Compost & Recycling**	11 Baking Party	12
13 Christmas Food Market	14	15	16 Sewing and Beading Group	17 Bone Beaded Necklace Workshop	18	19 Community Shopping
20 Breakfast with Santa	21 Kebaowek Offices/Health Center are closed for Christmas Holidays	22 Kebaowek Offices/Health Center are closed for Christmas Holidays	23 Kebaowek Offices/Health Center are closed for Christmas Holidays	24 Kebaowek Offices/Health Center are closed for Christmas Holidays	25 Kebaowek Offices/Health Center are closed for Christmas Holidays	26
27	28 Kebaowek Offices/Health Center are closed for Christmas Holidays	29 Kebaowek Offices/Health Center are closed for Christmas Holidays	30 Kebaowek Offices/Health Center are closed for Christmas Holidays	31 Kebaowek Offices/Health Center are closed for Christmas Holidays		