



# Kebaowek Mazinaigan

## Kebaowek First Nation Community Newsletter

### Update from the Chief

I will begin my article this month admitting that I was surprised by the recent Federal Election results with the Liberals being elected with a majority government. I was really expecting a minority government however this does mean Mr. Harper is gone which is good news for us all. The Liberals have made a lot of promises in their platform and I am cautiously optimistic that Prime Minister Elect, Mr. Trudeau, will be true to his word though I think he will be hard pressed to meet everyone's needs including ours. The investment needed is massive as the cuts to programs and services over the past years have left them grossly underfunded. Time will tell but I am really hopeful he will follow through with implementing the 94 recommendations from the final report of The Truth and Reconciliation Commission and calling a National Inquiry into Murdered and Missing Indigenous Women and Girls now more than ever considering what has been happening to the Algonquin women in Val d'Or by the Surete Du Quebec. This should not be happening in this day and age and I have nothing but admiration for these women who have found the courage to come forward, the abuse of women is wrong no matter what but it is downright angering and disgusting when it done by people who wear a uniform and a badge and are in a position of authority. I have, at the request of the other Algonquin Chiefs and the Assembly of First Nations of Quebec and Labrador been in numerous meetings and press conferences over the past days to denounce the actions of the SQ and ask the Provincial Government to launch an independent inquiry into the situation and to support the efforts in helping get the women the protection and the support they need. It is a very emotional issue for me as I watched the father, a man I have known for 20 years and the father of Sindy Ruperhouse who has been missing for 17 months describe the anguish and pain he and his family have suffered since her disappearance in Val d'Or and his questioning why no investigation was properly conducted following her disappearance. Again I am hopeful that the governments will do what needs to get done so that the abuse of our native women stops and we don't have more stories of missing and murdered women and girls.

There is so much I want to talk to you all about, we need to have real conversations but I am struggling with how to do that, while I appreciate the people who came to the first meeting I would like more people to come out to discuss what we as a community want to prioritize as issues but I also want to engage our members who can't come to meetings, those who don't like public meetings and our off reserve members as well. As Chief I often wonder and



Ghislain Picard - Regional Chief for AFNQL and the Algonquin Chiefs, including Chief Lance Haymond at a Press Conference which was held to inform the media of their demands made to the province in regards to the allegations made by First Nation's women against the Surete Quebec in Val d'Or.

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Kebaowek Health Centre  
3 Ogima Street  
Kipawa, QC J0Z 2H0  
Tel: (819) 627-9060  
Fax: (819) 627-1885



Kebaowek Police Department  
2 Ogima Street  
Kipawa, QC J0Z 2H0  
Tel: (819) 627-9624/8229

# Update from the Chief Cont'd

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(page 2) question myself on my and the Councils mandate, do we have the right to make all decisions while we are in power? If not when and what topics should you be consulted on? Some of the topics that we need to discuss are education, how can we ensure our children are getting the best education and do it within the budgets provided by Aboriginal Affairs? The development of our own laws, not only bylaws but our own hunting and fishing laws as an example, this will lead to the need to discuss collective rights versus individual rights and does individual rights override the collective rights of the community? Election code, these are some examples of the conversations I want to have. How do you engage, surveys?, social media?, nothing will replace the face to face meetings but I want all members to have the opportunity to have a say, not every two years but regularly. I am open to any and all suggestions and you can send to me by email at [lance.haymond@evfn.ca](mailto:lance.haymond@evfn.ca). Sorry I do not have a Facebook account.

In my last newsletter article I had mentioned that we had met with Indian Affairs, I would like to share more details of that meeting.

- At the meeting we were informed that we had to complete a Management Action Plan developed by the previous Council and submitted to Aboriginal Affairs on June 4<sup>th</sup>, with a completion deadline date of March 31<sup>st</sup>, 2016 so that we could maintain our current multiyear funding agreement. I was hopeful that as a new Council we could get an extension to complete the work but we were told no as this current year is the extension given to the previous Council and that we had to complete the plan or there would be no multi funding agreement.
- At this meeting we were also informed that we had a surplus and that we must spend it this year however upon looking at the audit it is just a surplus on paper as most of the surplus is eaten up by the fact that Taxi Tem, which we had to close, had a deficit of over \$600,000 and Migizy Gas owes over \$500,000 to the band. This money was lent to sustain Migizy Gas and it looks like Migizy Gas will be able to repay some of this amount this year as the operations are doing better but more needs to be done in order to make it a viable and profitable business. This effectively reduces the

surplus to almost nothing; the remaining amount has been transferred to post-secondary to increase the funds for this program so more students could go to college and university.

In the past weeks I have been asked by many members why the construction workers were laid off when there is so much work. I explained that yes there is work but there is no budget to get it done. We do not get a lot of funding for housing and the Housing Department is already running a \$250,000 deficit from the last fiscal year, 2014-2015. This does not include this year's costs but I suspect the deficit will increase. This is the reason construction workers were laid off. Housing was never meant to be full time work, it was and will be seasonal work from now on and the Housing Administrator will be responsible to ensure that all work is done in a timely manner and within the available budget. The number of workers brought back will depend on how much budget we are allocated from Aboriginal Affairs and CMHC and how much work we can do with the funding.

The final topic I want to advise you on is the Current Use and Occupancy Mapping that will take place in November. We have a researcher named Terry Tobias who will be here to conduct some sample interviews and to give a community presentation. Mr. Tobias will travel to the community on Tuesday November 24<sup>th</sup>; he will conduct interviews on Wednesday November 25<sup>th</sup>, Thursday November 26<sup>th</sup> and Friday November 27<sup>th</sup>. On Saturday November 28<sup>th</sup> there will be a full day information session at the Community Hall and on Sunday November 29<sup>th</sup> he will give the same information session to our members in Mattawa. We will be sending out additional information and reminders as the dates get closer.

In closing congratulations to all of our successful hunters and don't forget to come out to our Annual Moose Party which will be held at the Community Hall on November 7<sup>th</sup>. It will be a great opportunity to celebrate together, swap stories of the hunt with great prizes and music. Come out and bring your friends.

Chief Lance Haymond

# Local First Nation Human Resources

Glenda Moore - LFNHR Manager Tel: 819-627-3455 Fax: 819-627-9428 Email: glenda.moore@evfn.ca

## Information on Employment Insurance Economic Region 18 (North-West of Quebec)

NOTE: A minimum of 910 hours is the qualifying period may need to qualify; EXAMPLE: If you are in the work force for the **first time** or if you are **re-entering** the work force after an absence of two years. If you apply for special benefits, you will need 600 hours of work. It is strongly recommended to check with your local Service Canada Center for the minimum number of hours required to qualify. *Please note that the number of insurable hours required are based on where you live and the unemployment rate in your economic region at the time of filing your claim for benefits.*

Unemployment Rate Stats Can – 2001	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate: Sept. 6th - Oct. 10th, 2015	Min. # of Hours Required	Min. # of Weeks Payable
21.7%	14.3%	N/D	9	595	18
Unemployment Rate Stats Can – 2001	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate: Oct. 11th - Nov. 7th, 2015	Min. # of Hours Required	Min. # of Weeks Payable
21.7%	14.3%	N/D	9	595	18

### SERVICE CANADA

**Outreach Site is located at:** Le Centre - 20 Humphrey Street, Temiscaming, Quebec  
9:30 am to 12:00 pm and 1:00 pm to 3:00 pm  
**You can call the Center at 819-627-3230 for more information.**

## Message from the Land Management Office

The main priority of the Land Management (LM) department is to harmonize the future forestry operation and Identified sectors with the Tembec and the provincial government represented by the Ministry of Natural Resources (MNR).

We are presently conducting interviews with traditional trappers to learn about the lynx population in our Traditional Territory. As soon as these interviews are completed they will be analyzed and the information will be submitted in response to the Consultation regarding the Lynx management plan.

The Rexforet brush cutting training was completed at the end of September.

Congratulations go out to: Dominic Lariviere, Devin Mitchell and Tyler Young-Polson are now working with the regular PCT crew.

The LM Office invites all members and is looking forward to seeing them drop by with their comments and/or concerns on the sectors that are up for discussion at the MNR.

*The Land Management Team*



### To All Post-Secondary Students:

Hope you are having a successful academic school year, so far!  
Please submit a copy of your unofficial transcript of your grades  
to me no later than November 13th, 2015.

Thank you  
Rose Jawbone, Education Administrator

# Kabaowek Housing Department

## **BUILD ON YOUR OWN OR PURCHASE HOME**

A Band Member can build on their own or purchase a home for sale.

For a mortgage the individual **must** be approved by the Bank in order to utilize this program.

### **Step One**

The purchaser must meet with the Housing Administrator to discuss plans.

### **Step Two**

**Buying a home:** The purchaser and vendor must meet with the Housing Administrator to discuss all details. Purchase and Agreement must be signed at this time.

**Building on your own:** The Band Member must provide the plans and cost of building.

### **Step 3**

Once all details have been established, the Housing Administrator will assist with the mortgage application.

The bank will notify if approved.

Please contact the Housing Department  
for more details and information  
Phone: 819-627-3455 Ext 202



Located at 25 Amik Crescent



Located at 70 Wagosh Crescent



Located at 63 Wagosh Crescent  
Contact the Housing Department or  
text / call Lynda Chevrier  
705-358-4410  
for more info or to arrange a viewing.



Located at 308 Amik Avenue

# Employment Opportunity

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CENTRE DE LA PETITE ENFANCE

## MIGIZY ODENAW CHILDCARE CENTER

### JOB POSTING

Secretary/Bookkeeper (Maternity Leave: 15 hours per week)



**Mandate:** Under the authority of the Director of the Migizy Odenaw Childcare Centre, the secretary/bookkeeper is responsible for the Centre's secretarial and accounting tasks. She/he supports the Director in ensuring that the Childcare Center operates efficiently.

#### Responsibilities and Tasks:

- Data entry and processing of information
- Prepare statements of account and follow-ups
- Process receivables and receives payments
- Process payables, verifies invoices and prepares payments
- General journal entries and maintain other necessary journals
- Prepare deposit slips, reconcile bank account and other journals
- Prepare monthly financial statements
- Prepare year end documents for the auditor
- Prepare payroll
- Prepare and pay government remittances
- Prepare Annual tax slips
- Filing, reception, monthly newsletters
- Carry out all other financial and secretary duties pertaining to the operation of the childcare centre or tasks assigned by the director.

#### Education, Qualifications and Requirements:

- Diploma in Business Administration – Accounting Diploma
- Relevant work experience
- Good Knowledge of computers and accounting software programs
- Good communication skills in English, bilingualism English/French would be an asset
- Ability to communicate and to create positive relationships with parents and staff members
- Commitment and flexibility
- Criminal reference check is mandatory
- Eagle Village Band Member
- Driver's license

**Salary:** According to MFA salary scale and varies according to experience and training.

**Please forward your resume by Friday November 6th, 2015 by 3:30 pm to:**

**Migizy Odenaw Childcare Centre  
c/o Patty Hunter, Director  
301 Amik Avenue  
Kipawa, Quebec J0Z 2H0**

**Note:** Migizy Odenaw Childcare Centre reserves the right to a pre-selection of interested candidates. Only those retained will be contacted for an interview.

# Fire Department - Autumn Fires

Gold and scarlet - the shades of summer that signal its end. Nature is aflame, swathed in a fiery multi-coloured blaze, before settling down for a well-deserved rest. Above the rich hues of this treetop tapestry, our lucky fine-feathered friends take to the skies, headed southward in search of warmer climes. Alas, we who are left behind must also prepare to confront the severe cold of winter: there are shrubs to cover, fallen leaves to rake, summer paraphernalia to be cleaned and stored. Only then, will we be ready. But now, let's discover a day in the life of Albert...



This morning, Albert got up on the right side of the bed. After a hearty breakfast, he is ready to get the day off to a good start. He has a long to-do list, starting with fallen leaves to be raked. Fortunately, Albert knows not to burn them in his backyard. Instead, he has a composting bin that he finds very useful for improving his flower beds and garden. He is also aware that fire is a hazard. Now, the pool. As Albert is a cautious type of person, he stores the pool maintenance products in his shed, safely removed from other stored items. His barbecue will also hibernate, under the protective shelter of a slipcover, once the propane tank has been removed and placed behind the shed in an upright position, out of children's reach. The lawnmower is next on the list. The gasoline can is stored in the shed, away from the pool maintenance products, with the cap tightly secured. Gasoline must not be stored on balconies or in the basement of a home. Yesterday, Albert's winter firewood was delivered. He began storing it outside at a safe distance from the house and inspected the logs to ensure they have wide cracks at both ends, which indicates the wood is very dry. During the period the wood stove is in use, he only will bring a few loads indoors at a time. Once all the wood is stacked, Albert will cover the logs to protect them from adverse weather conditions. Wet wood does not burn well and increases creosote build-up.

Our friend is also knowledgeable about the proper use of his back-up heating unit. He first had it inspected by a professional. He also split the wood into smaller sized logs, to ensure more surface exposure to flames and therefore cleaner burning. He is also aware of the importance of sufficient air flow through the chimney so the flames will burn clean and bright, and thus enable complete combustion, with less smoke.



Of course, less smoke means less creosote. Creosote refers to droplets of liquid found in the smoke released by burning wood. As it cools, this liquid hardens and coats flue linings, thereby increasing the risk of fire. He does not burn too many logs simultaneously: it is better to burn fewer and add wood more often. His chimney was cleaned last spring because he know

deposit build-up in the chimney interacts with summer's humidity to cause corrosion of steel components.

Because Albert often likes to get a fire going (so charming and cozy), he installed a carbon monoxide detector because he knows smoke detectors cannot offer protection from the toxic CO fumes released by his unit. Speaking of detectors... today, while drinking his morning coffee, Albert remembered the Fire Prevention Week commercial he saw at the movie theatre last evening. The topic was detectors... No battery... can be a tragedy. So, his to-do list includes "check smoke detector functioning."

Albert knows that proper use of this device involves installing one on each floor of his home, including the basement. A smoke detector should be placed in hallways, near bedrooms, at least 10 cm from the wall when installed on the ceiling, and 10 cm from the ceiling for wall installations. There should also be one in Albert's bedroom since he sleeps with the door closed. Another smoke detector should be installed one meter from the doorway of rooms in which steam and cooking vapours regularly circulate, such as the bathroom, laundry room or kitchen. In this way, the device will be less likely to ring unnecessarily. If Albert hears intermittent "beeps", he knows the battery needs to be replaced. He realizes a smoke detector's operational life is approximately 10 years, and that the manufacturers recommendations are indicated on the device box.

After a hard day's work, Albert can finally relax, satisfied with a job well done... and the knowledge his family is safe. As supper simmers, and he enjoys pleasant company, Albert savours the sunset whose dazzling shades of gold and ruby blend perfectly into nature's bronze and copper hues, bringing this day and this splendid season to a heavenly close.

**NOVEMBER SALE**

**FIRE DEPARTMENT**

**SMOKE ALARM - \$10**

**SMOKE ALARM (LITHIUM BATTERY)**

**GOOD FOR (10) YEARS - \$25.00**

**FIRE EXTINGUISHER-ABC**

**2 1/2 Ibs. - \$30.00**

**5 Ibs. \$40.00**

**Purchase at Migizy Gas**

**or at Fire Dept. (7-8p.m.)**

**November 10, 17th, 24th!**

**CASH ONLY !!!**

# Fire Department - Contest Announcement

ABORIGINAL FIREFIGHTERS  
ASSOCIATION OF CANADA



ASSOCIATION DES POMPIERS  
AUTOCHTONES DU CANADA

## 2015 Fire Safety Multimedia & Poster Contest

All full-time students from Pre-School to Grade 12 attending a band or federally operated school are invited to enter the annual Regional Fire Safety Multimedia and Poster Contest

### There are four contest categories

Entries are judged on creativity, fire safety knowledge, use of the theme and artistic quality

<p><b>Category 1</b> <b>Pre-School to Grade 2</b> Students create their own original hand-drawn artwork, or colour the poster provided</p>	<p><b>Category 2</b> <b>Grades 3 to 5</b> Students create their own original hand-drawn artwork</p>
<p><b>Category 3</b> <b>Grades 6 to 8</b> Students create their own original hand-drawn artwork</p>	<p><b>Category 4</b> <b>Grades 8 to 12</b> Students create their own original multimedia artwork (no hand-drawn art) <i>Entries in this category will also be accepted from younger students</i></p>
<p><b>Category 5 - President's Award - Pre-School to Grade 12 students with special needs.</b> Students create original multimedia or hand-drawn artwork, or colour the poster provided</p>	
<p><b>Multimedia artwork can be many things, be as creative as you like!</b> Examples could be video, digital art, music, mixed media, multimedia poster, comic strip, photograph, fridge magnet, calendar etc <b>Hand-drawn art</b> should be produced on 'tabloid' 11x17 paper</p>	

### How to enter

- Students produce artwork on this year's fire safety theme:  
"Hear the beep where you sleep. Every bedroom needs a working smoke alarm"
- Label the back of the artwork with the student's name, contest category, school, province, parent or legal guardian name and contact telephone number.
- Mail your school's entries to: AFAC Regional Multimedia & Poster Contest, PO Box 4024, Williams Lake, BC, V2G 2V2
- Entries must be submitted by November 13, 2015 to qualify.

Regional winners in each category are entered into the National contest.

Prizes are awarded to the top four entries in each category of the National contest.

In addition - National winners in each category win a computer for their school!

Hear the **BEEP** where you **SLEEP**

EVERY BEDROOM NEEDS A WORKING SMOKE ALARM.  
FIRE PREVENTION WEEK OCT. 4-10, 2015  
firepreventionweek.org

Sparfy® is a trademark of NFPA.

info@afac-acpi.ca | 250-267-2579 | www.afac-acpi.ca | www.facebook.com/AFAC.ACPI



## PUBLIC NOTICE

Please be advised that we are currently in the process of setting up surveillance cameras at public recreation sites (ex. Playground and Ice Rink, etc). This is to ensure the safety of the site and of the equipment provided for members use.

Please note that any child or person caught damaging the equipment due to improper use may encounter legal consequences and/or financial loss required to restore or replace the equipment back to the state prior to its damage. In the case of people under the age of 18 doing the damage, their legal guardian will be held responsible.

Thank You

## **NON-RESIDENT FEES**

**for all Community Members  
Living On-Reserve**

Anyone who registers for an activity/sport at The Centre in Temiscaming and is charged a Non-Resident Fee, please bring your receipt to Roxane at the Band Office to have the NON-RESIDENT portion of the fee reimbursed. Receipts can be submitted at anytime, however, these fees will only be reimbursed on the last Thursday of each month.

**THE OCTOBER DEADLINE FOR  
NON-RESIDENT FEES  
IS NOVEMBER 26TH, 2015 AT 12:00 PM**

PLEASE NOTE THAT NON-RESIDENT FEES WILL ONLY BE ACCEPTED FOR THE FISCAL YEAR OF APRIL 1, 2015 - MARCH 31, 2016

### Note to all Members

Deadline for submissions is the 25th of every month for the following month.

Please send your submissions to  
donna.pariseau@evfn.ca or  
tina.chevrier@evfn.ca

You can also subscribe to receive an electronic newsletter sent to your email.

# 4th ANNUAL KEBAOWEK FIRST NATION MOOSE PARTY

**Saturday November 7th, 2015  
Kebaowek First Nation Community Hall**



**¥10 TO ENTER AT THE DOOR**

**MOOSE MEAT & BEANS  
COOKING CHALLENGE (5 P.M.)**

Come to taste test and judge for the best Moose Meat & Beans made by our Community Members!!

**DRAW OF A  
2015 YAMAHA  
EF2000IS  
INVERTER  
GENERATOR**

Tickets available at the  
Band Office, Migizy Gas,  
Lakeview Store

**MOOSE CALLING CONTEST (6 P.M.)**  
Adult and Youth Prizes

**MOOSE RACK MEASURING (7 P.M.)**  
Kebaowek and Wolf Lake Members Only  
(tagged racks are not eligible for contest)  
Prizes to be won!!

**DOOR PRIZE & 50/50**

**LOCAL TALENT SHOW**

**LIVE MUSIC**

**All Musicians Welcome !! Local Bands & Musicians**

**\* DD SERVICE AVAILABLE \***

Proceeds going towards Kebaowek First Nation  
Aboriginal Title & Rights Research

For Info call Yogi (705) 498-8244 or Donna (819) 627-9060



# An Update from the Health Director

## October Meetings:

- FNQLHSSC Health Governance Meeting in Montreal - October 20th & 21st
- Conference Call with Coalition of English Speaking First Nations

## Upcoming in November:

- Coalition for English Speaking First Nation Communities Meeting
- FNHMA Conference in Montreal
- FNQLHSSC Board of Directors Strategic Planning Session
- Community Mapping with Terry Tobias for Land Use and Occupancy
- Presentation on the Oniniki Project. (Mini Hydro Project)

## Files in Motion at our Health Center:

- Takeover of Home Support Program managed by Centre Jeunesse is an on-going file.
- Collaborative Agreement work with TFN & LPFN in Mental Health Crisis is ongoing.
- Protocol with CISSS for nursing orders, documents sent for analysis
- Proposal submission for training on wild meat handling was accepted and will take place mid-January

I would like to share more about the "Health Governance Project" underway here in the Quebec Region. Since October 2014, the First Nations of British Columbia have taken the lead role in delivering Health & Social Services that are not done by the BC Province. Pursuant to this, the FNQLHSSC was mandated by the Quebec Chiefs in assembly to explore different governance models in health that may be applied here in our region.

Several opportunities to gather and discuss potential scenarios have occurred, with the latest being the week of October 20<sup>th</sup>. The closer we get to a favoured model, the more the complex issues arise. Nevertheless, these challenges often lead to important discussions that are deeply rooted in our region of communities who have been benefiting from a flexible full-transfer funding for quite some time now.

What seems unanimous at this point is that we are certain that we can deliver or manage our own health programs and support our First Nations communities as good as the current Regional Office of Health Canada in Montreal. Before going into too much detail without visual flow charts to back it up, I will return next month with a mini-report of what has been proposed so far.

Congrats to all the successful moose and small game hunters who were out on the territory and for those continuing on with

trapping please be safe. As an FYI, there have been sightings of "cougars" on our lands, so keep an eye out for the big cat that seems to want to make their new home in Algonquin Territory.

Kitchi meegwetch for all those who donate to our Food Bank and to those who think of us when their medical equipment is no longer needed so we can help others in need.

David McLaren  
Health Director - Councillor

## Quote on Management

*"Should you find yourself in a chronically leaking boat, energy devoted to changing vessels is likely to be more productive than energy devoted to patching leaks." – Warren Buffett*

**Mark Your Calendar...  
The Next MCH Activities are:**

**Thursday November 12<sup>th</sup> 2015  
Nutrition Theme**

**Wednesday December 9<sup>th</sup> 2015  
Christmas Theme**

**For more info call  
Jennifer Presseault 819-627-9060**



**Thank You to everyone who came  
out for our October Activity !!**

# Medical Transportation

## VERY IMPORTANT REMINDER

### Access to NIHB - Children

We recently received a letter from Health Canada to raise awareness of the importance of registration to ensure access to benefits under the Non-Insured Health Benefits (NIHB) program. What was noted was that there are often children that have not been registered yet. Since it is a lengthy process along with all the other steps that need to be taken after a child is born, infants up to the age of 1 year may access benefits under their parent who is NIHB eligible. In order to get the information to parents, we are including this information in our pre-natal packages. A copy of the information Health Canada sent can be obtained here at the Health Centre.

The following should update their file with the Health Center:

- People who are newly registered to the Band
- Parents of children who are eligible to be registered to the Band
- Expecting parents of babies who are eligible to be registered to the Band

## IMPORTANT NOTICE

**PLEASE CALL TO MAKE ARRANGEMENTS FOR MEDICAL TRANSPORTATION AS SOON AS YOU HAVE THE DATE FOR YOUR APPOINTMENT TO ENSURE WE CAN PROVIDE YOU WITH A RIDE OR INFORM YOU OF OTHER ARRANGMENTS.**

**THANK YOU**

**The November deadline for Medical Transportation Claims is Thursday November 26th, 2015 at 12:00 pm.**

Those who still have unresolved claims, please contact me at the Health Centre at your earliest convenience. Keeping our files up to date allows us to continue delivering medical transportation services from our community.

Age	Recommended Amount of Sleep
Newborns	16–18 hours a day
Preschool-Aged children	11–12 hours a day
School-Aged children	At least 10 hours a day
Teens	9–10 hours a day
Adults (including the Elderly)	7–8 hours a day



**Insufficient sleep** is associated with a number of chronic diseases and conditions - such as diabetes, cardiovascular disease, obesity, and depression - which threaten our nation's health. Aside from these insufficient sleep is also responsible for motor vehicle and machinery-related crashes, causing substantial injury and disability each year.

**PED DAY ACTIVITIES  
IN NOVEMBER**



**NOVEMBER 6TH**



**10 AM TO 11 AM – ICE RENTAL  
11 AM TO 12 NOON – CURLING**



**NOVEMBER 20<sup>TH</sup>**



**10 AM TO 11 AM – ICE RENTAL  
11 AM TO NOON – SWIMMING**

**ACTIVITIES WILL TAKE PLACE  
AT THE CENTRE**

**LIMITED TRANSPORTATION AVAILABLE  
PLEASE CALL TO SIGN UP  
819-627-9060 ASK FOR MITCHELL**



**MIGIZY ODENAW  
CHILDCARE CENTER**

**SPACES AVAIABLE AT MIGIZY  
ODENAW CHILDCARE CENTER IN  
THE INFANT, TODDLER AND  
PRE-SCHOOL ROOM.**



*...a fun place to  
play and learn!*

**FOR MORE INFORMATION PLEASE CALL  
819-627-1000 AND ASK FOR PATTY**

**Community Shopping Trip**

**Saturday December 5th !!**

Leaving the Health Centre at 9:00 am

1<sup>st</sup> Stop will be Northgate Mall and Walmart (10:00 am to 1:30 p.m.)

2<sup>nd</sup> Stop will be at Fresh Co. Grocery Store (1:30 pm—3:00 pm)

We will leave North Bay at 3:00 pm to return to EVFN

Please contact First Line Services at (819) 627-9877 to submit your name.



**First-Line Services would like to  
give a big thanks to Kim & Andre for  
donating half a moose to the  
Kebaowek Food Bank!!**



**Special Thanks !!**



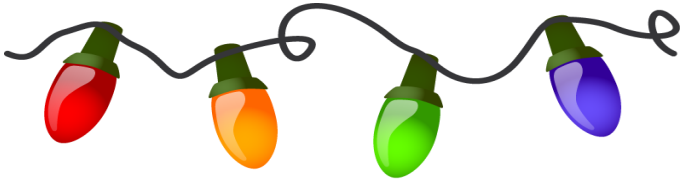
The Food Bank would like to thank Verna Polson Young and her helpers from "Good To Go Canteen" for their generous donation.

Verna donated the 50/50 unclaimed prize money from the July Boat Rally and purchased \$313.00 worth of groceries.

**Neighbours helping Neighbours !!**

# Kebaowek First-Line Services

## Kebaowek First Nation 2nd Annual Christmas Decorating Contest



That time of year is fast approaching...  
Join the Christmas spirit and decorate  
your home and yard!

Register with Kim at 819-627-9877  
by December 8th, 2015.

Judging on December 16th, 2015.

**Happy Decorating!!**

## FAMILY MOVIE NIGHT

November 3rd

**INSIDE OUT**



Movie Starts @ 6:00PM  
Snacks \$0.50

You will be given a ballot for a chance to win the DVD  
shown. Children under 8 require a chaperone.



## Spirit of Giving 2015

We shall be organizing a volunteer project  
to make neck warmers for our local children.

We understand that sometimes we  
forget to put that scarf or mittens in  
our children's backpacks!!

We will donate the hand made neck warmers  
to our school bus and daycare.

If you are interested in helping out  
please contact Kim at 819-627-9877 !!



**Tuesday November 17th**

## Hamburger Soup



**4:30PM - 5:30PM**  
**Community Hall**

**Please register by October 5th**  
**819-627-9877**

# Kebaowek First-Line Services

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## Talk About School With Your Kids

As a parent, sometimes we forget how many activities occur within a single day of school. It's also easy to forget how important it is to understand what happens with all of these activities.

Just the other day, as I was waiting to pick up my daughter at school, I thought about the types of questions parents can ask to learn about their child's action-packed day at school. Here's a breakdown of how to spark discussions with your child after a day at school.

### Going beyond "How was your day?"

If you're like most parents, asking "how was your day?" is the natural way to get information after a day at school. Often, this question elicits a brief, non-descriptive response from your kindergartner or preschooler. "Fine" is usually the mumbled response you receive from your child.

As a former second grade teacher and current preschool teacher, I encourage parents to take questions to another level. In fact, you can skip "how was your day?" altogether.

### Learning about your child's activities

Before asking any question; however, I feel it's important for parents to be aware of the curriculum and to be cognizant of the various activities used for learning. Usually, a teacher will send out a newsletter (or some other communication) to let parents know which types of activities are coming up. The newsletter often outlines the unit of study for the day or week.

For example, I sent out a brief email asking parents to dress their children in pajamas for our "[If You Give a Pig a Pancake](#)" (affiliate link) celebration. I let them know that we would be eating pancakes and exploring elements of the story. This information is important for parents to absorb and use for follow-up discussions.

### Sample questions to ask:

After you have a solid foundation of the activities planned for your child, it's time to ask more relevant questions. I encourage parents to ask their child more in-depth questions about the activities planned throughout their day. I use this strategy with my own kindergartner and preschooler and find that it ignites conversations beyond "fine."

At the end of the day, children get excited to share information when you give them a topic they're excited about.

*To give a more concrete example, here's a set of questions that can be used to help facilitate discussions:*

- Which story did your teacher read to the class today?
- What was your favorite part of the story?
- What was (insert another child's name) favorite part of the story?
- What does your teacher have planned this week?
- What are you looking forward to at school tomorrow?
- What has been your most favorite activity this year (ask this at various points throughout the year)?
- What was your favorite part of your day?
- Did you get frustrated with anything at school today?
- Were you able to finish all of your work today?
- Do you have any questions that maybe your teacher couldn't answer?
- What did you have for lunch (or, snack)?
- Who did you sit by during lunch? What did you all talk about?
- Who did you play with today?
- What are your friends doing this weekend?

### Why it is important to talk about school with your kids?

Specific questions about activities are helpful in many ways. On one hand, the answers to these questions clue me in on whether my daughter is paying attention and focusing in school. Secondly, the answers convey whether the teacher is engaging his/her students in literature each day (something you should look for as a good component of a reading program).

Questions pertaining to social aspects provide information on social development. By asking questions about recess or group activities, you can easily understand how your child is interacting with others. In addition, these questions help to identify any issues that may be brewing amongst students.

Ultimately, if you ask your child three specific questions after school, you can gain some valuable insight. Aim to ask one academic question, one social question, and one open-ended question such as "What was your favorite part of your day?"

# Addictions and Wellness



## 10 TIPS FOR RECOVERING FROM ADDICTION

### Tips and Reminders for a Successful Recovery

Anyone who is in recovery or seeking help for the first time should understand that alcohol and drug addiction is a disease, not a morale failing or a weakness of willpower or a lack in ability to just say 'no'.

Addiction cannot be cured, but it can be managed. Getting help from a professional that approaches addiction as a disease is first step to a successful recovery. By following the recommendations of experienced professionals with access to the latest advances in therapy and medicine, Individuals will have the best chance at recovery and bright and happy future.

#### Here are 10 key tips for making a successful recovery:

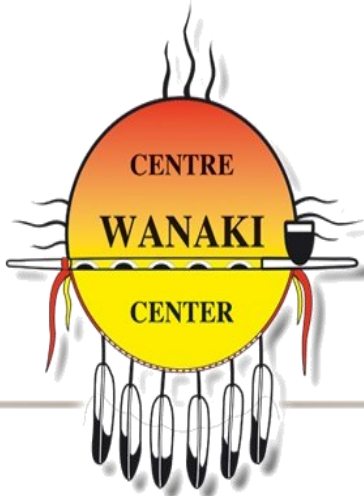
1. **Make your recovery a priority** – put yourself first and stay in touch with trained professionals who know you and can provide you with comprehensive treatment options and sound advice throughout your recovery.
2. **Take it one day at a time** – recovery is a process, not a destination. Do not let thoughts of use or old habits get the best of you. Learn techniques to overcome any negative thoughts and feelings
3. **Communicate** – addiction can be very isolating so talk to your friends and family about your challenges. While it may be tough, the support system you create will give you an enormous boost. They will be there when you

need them and will help you stay motivated and focused.

4. **Change your environment** – one of the best ways to maintain a healthy recovery is to replace your bad habits with healthy, new ones. Surround yourself with positive people, things and experiences. Search out cultural events and activities in your area that can stimulate your body and mind in a new, exciting – *and healthy way*.
5. **Change your friends** – some of your friends may have been enabling your addiction instead of helping you control it. If you have friends that may jeopardize your recovery, it is time to find a new circle of friends. The right friends will help you to maintain a healthy recovery.
6. **Get out and exercise** – spending 30-60 minutes walking or at the gym will just a few days a week will do wonders for you. Exercise will not only boost your physical strength, it will boost your mental health as well.
7. **Improve your diet** – in addition to exercise, eating right is another key ingredient to a successful recovery. Whether you get help or do it on your own, improvements in diet will make you healthier mentally and physically.
8. **Join a support group** – whether you join a church based group, AA or other social support network, they can provide wonderful value, help and wisdom to your recovery efforts
9. **Work or donate some of your time** – being productive at your job or giving back to a cause you believe it will do wonders for your self-esteem. Making a positive contribution at work or for others will give you a wonderful sense of accomplishment and pride.
10. **Never give up** – whatever you do, regardless of the challenges or obstacles you face, do not give up or give in to the disease. Rely on your family, friends and support tools to keep going in the face of temptations and difficult days.

<http://channel.nationalgeographic.com/drugged/articles/tips-and-reminders-for-a-successful-recovery/>

# Addictions and Wellness



## RELAPSE PREVENTION WEEK AT THE WANAKI CENTRE ARE YOU INTERESTED IN ATTENDING?

There will be a Relapse Prevention Week at the Wanaki Centre from  
**December 13<sup>th</sup> – 19<sup>th</sup>, 2015.**

This particular program will be offered in both English and French.

The goal of this week long treatment is to help people continue on their road of sobriety. The program consists of workshops within a group setting, traditional ceremonies and workshops that will be more personalized to the individuals.

If you are interested in attending please call Vicky Constant or Rodney St.Denis at the Health Centre (819)627-9060 to arrange an appointment.



## NAAW

**National Addictions Awareness Week  
is the week of November 16<sup>th</sup> – 20<sup>th</sup>**

In celebrating this important week, we  
will be organizing a couple of activities:

### **Teepee Lamp Making**

We will be working on this over two days,

Wednesday November 18<sup>th</sup> and Thursday November 19<sup>th</sup>.

If you are interested in taking part in this activity please call Vicky Constant at the Health Centre (819) 627-9060 and leave a message.

*We will only be taking 12 names, so please call ASAP if you are interested.*

### **Teen Activity (12 and over)**

Friday November

Shopping at Northgate Square and Movie Night at the Galaxy Theatre.

If you are 12 years old or older and would like to participate in this activity please call Vicky Constant or Rodney St-Denis to sign up. Please leave a message.

**PLEASE NOTE ... DUE TO CHANGES WITH THE PROVINCIAL SYSTEM WE HAD TO POSTPONE THE FLU SHOT CLINICS BY ONE WEEK ... FLU SHOT CLINICS THE WEEK OF NOVEMBER 9TH !!**

## **Flu Shot Walk-In Clinics at Kebaowek Health Center**

**No appointment necessary !!**

Should you require transportation please call Priscillia at the Health Centre (819-627-9060) to make arrangements.

Children 17 and under must be accompanied by a parent.

THE HEALTH CENTER WILL BE UPDATING ALL PATIENT FILES, THEREFORE PLEASE BRING YOUR QUEBEC RAMQ CARD WITH YOU, IF YOU DO NOT HAVE ONE WE WILL ASSIST YOU WITH COMPLETING THE APPLICATION TO RENEW YOUR CARD.

**EVERYONE WELCOME !!**

<b>MONDAY NOVEMBER 9TH</b>	<b>TUESDAY NOVEMBER 10TH</b>	<b>WEDNESDAY NOVEMBER 11TH</b>	<b>THURSDAY NOVEMBER 12TH</b>	<b>FRIDAY NOVEMBER 13TH</b>
10:00 AM - 12:00 PM AND 1:00 PM - 4:00 PM	10:00 AM - 12:00 PM AND 1:00 PM - <u>7:00 PM</u>	HEALTH CENTER IS CLOSED FOR REMEMBRANCE DAY	10:00 AM - 12:00 PM AND 1:00 PM - <u>7:00 PM</u>	10:00 AM - 12:00 PM

### **Who is most at risk?**

Some people are more likely to suffer influenza-related complications or to be hospitalized because of these complications. Certain people are especially capable of spreading the flu to those at high risk of complications.

**Those most at risk of complications related to the flu include:**

- people with health conditions such as cancer, diabetes, heart disease or lung disease, obesity;
- people 65 years and older, or live in nursing homes or long-term care facilities;
- children between 6 months old and 5 years old;
- pregnant women; and
- Aboriginal people.

**Those capable of spreading influenza to individuals at high risk of complications related to the flu include:**

- those who are in close contact with vulnerable people listed above, such as family and household members;
- those caring for or expecting a newborn baby during the flu season;
- health care workers;
- childcare workers;
- those who provide essential community services, such as firefighters and police officers.





## 2015 Medicine Cabinet Clean Up Contest

**THIS CONTEST WILL RUN ALL YEAR !!**

You clean out your refrigerator and your closet,  
so why not your medicine cabinet?

Bring your **expired medications or medications  
you no longer use** to the Health Center  
and become eligible to win a prize.

This includes **any prescription drugs and/or  
over the counter medication** that you may.  
(pills, cough syrup, cold remedies, blister packs)


If you need help cleaning out your medicine  
cabinet or if you have any questions please do  
not hesitate to call the Health Centre for help.

**All medications need to be dropped off  
before 4:30 pm on  
Wednesday December 16th, 2015  
to be eligible for the draw.**

**Please give your medications to our Clinical  
Programs Manager, Jennifer Presseault.**

For each bottle of medication brought in  
for disposal you will get a ballot giving  
you a chance to win a \$100.00 Gift Certificate  
at the Northgate Mall.

## Reminder

	
Eagle Village Health Centre 3 Ogima Street Eagle Village First Nation Kipawa QC J0Z 2H0 Tel: 819-627-9060 Fax: 819-627-1885	
<b>2015 MAMMOGRAM ATTESTATION</b>	
This is to certify that _____	
Had a Mammogram done by _____	(Name and Title of Professional)
at _____	this day _____ at _____
(Address)	(Date) (Time)
Professional or Delegated Authority Signature Signature du professionnel ou personne autorisée	Please affix your official stamp. S.V.P. veuillez apposer votre estamp.

Please do not forget to bring your **“2015 Mammogram Attestation”**. If you do not have one please call Virginia at the Health Center This is to be completed when you attend your mammogram appointment and returned to the Eagle Village Health Centre at your earliest convenience. We will be having a participation draw for the women who have had a mammogram done this year.

All Mammogram Attestations must be returned to the Eagle Village Health Centre no later than 12:00 pm on **Monday December 14<sup>h</sup>, 2015**. The draws will take place that same afternoon and winners will be notified.

If you have had a mammogram done between January 1<sup>st</sup>, 2015 and now, please note that you are still eligible to have your name included for the draw, your family doctor can fill in the “2015 Mammogram Attestation”.

It is important to note that it does not matter where you have had your mammogram done, for example if you have your mammogram done in North Bay you are still eligible to participate in the draw. Our goal is to ensure that all of our female community members are screened for Breast Cancer.

Thanking you in advance for your participation,  
Your, Kebaowek Health Centre Team

**Know your breasts All women should be aware of what is normal for their breasts even if they get regular screening tests. Many women find their own breast cancer by noticing changes in the look and feel of their breasts. There really isn't a right or wrong way for women to examine their breasts. They just need to know the whole area of their breast tissue well enough to notice changes.**

# 2015 Woody's Walk

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This year Mother-Nature had other plans for our walk, unfortunately the winds made it impossible to light the luminaries outside on the walking track, therefore we held the walk inside the Dome. It was a last minute decision but it did not affect the attendance.

Our guest speaker Ms. Lucie Gionet was simply amazing, she spoke about her diagnosis, her family members who were also diagnosed, her outlook on life and so much more, and her message to everyone was; prevention, early detection is the key. Your inspiring words were heard by many and the message was clear, so thank you Lucie on behalf of the Eagle Village Health Centre, unfortunately Mr. Carey Mitchell was not able to attend, but we are pleased to announce that he has agreed to share story about his battle with cancer at the 2016 Woody's Walk.

We would like to thank Madelaine Paul for explaining the meaning behind the Woody's Walk Logo, also thank you to everyone who helped in any way such as; selling, setting up and lighting the luminaries etc, we raised \$800.00 for the family of Leatrice Mongrain. You all made this another successful walk.

Virginia McMartin - Diabetes / Chronic Disease Coordinator



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## National Seniors Safety Week ... November 6th - 12th

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### A Home Safety Checklist

Did you know that 1 in 3 seniors will have a fall each year? Seniors are injured **at home** more than anywhere else, so it's important to make your home safe.

- Keep all walking areas and stairs (both indoor and outdoor) clear and well lit.
- Leave lots of space to move around indoors and outdoors; avoid clutter.
- Don't use throw rugs. If you must, use 2-sided tape to secure them.
- Move loose electrical and telephone cords out of the way, to avoid tripping.
- Wipe up moisture and spills on the floor immediately.
- Keep nightlights wherever you walk at night.



#### In the bathroom:

- Use non-skid mats in and outside of the tub and shower.
- Have grab bars professionally installed near the toilet, bathtub and shower.
- Consider using a shower or bath seat.

#### In the kitchen:

- Keep kitchen supplies that you use regularly where they're easy to reach.
- Keep heavy items in the lower cupboards.
- Use a solid step stool with a safety rail for reaching for objects in high places.

# Reminder Sheet for Upcoming Important Dates

## NOVEMBER 2015

- November 3rd** - Family Movie Night
- November 6th** - Youth PD Day Activity
- November 7th** - Keboawek 4th Annual Moose Party
- November 11th** - Band Office and Health Center are closed for Remembrance Day
- November 17th** - Community Kitchen
- November 18th & 19th** - Tee Pee Lamp Making
- November 20th** - Teen Outing to North Bay
- November 20th** - Youth PD Day Activity
- November 28th** - Information Session with Terry Tobias

## DECEMBER 2015

- December 5th** - Community Shopping Trip to North Bay
- December 6th** - Breakfast with Santa (Invitation Only)
- December 8th** - Family Movie Night
- December 12th** - Elder's Christmas Party (Invitation Only)
- December 14th** - Deadline to turn in your 2015 Mammogram Attestation
- December 15th** - Community Kitchen
- December 16th** - Deadline for the Medicine Cabinet Clean Up Contest
- December 16th** - Judging of the 2nd Annual Christmas Decorating Contest

### ANNUAL CHRISTMAS CAROLING



On November 26<sup>th</sup>, 2015 the children of Eagle Village will be going door-to-door to raise money for the Annual Lion's Telethon. We will be leaving the Keboawek Health Centre at 5:00 pm to start caroling and hot chocolate and snacks will be provided for the carolers. We will be having a supper the following day before going to the Centre. This time will be determined when we have our time slot confirmed. If any parents would like to have their child take part in this event the Lion's Club would be greatly appreciative.

**We will be practicing for caroling on the following days:**

- **November 17<sup>th</sup>, 19<sup>th</sup> and 24<sup>th</sup>** at 6:00 pm
- **November 26<sup>th</sup>** - Going door-to-door starting at 5:00 pm
- **November 27<sup>th</sup>** - Supper then going to the Centre for Telethon

Mitchell McMartin - Sports & Mentorship Coordinator  
819-627-9060

# Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 FAMILY MOVIE NIGHT	4 Tina and Jennifer P. are away for a meeting. November 3rd - 5th	5 GARBAGE PICKUP	6 YOUTH PD DAY ACTIVITY TITANS GAME - 8 PM	7 KEBAOWEK 4TH ANNUAL MOOSE PARTY
8 Holidays Glenda Moore (November 9th & 10th)	9	10	11 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR REMEMBRANCE DAY	12 RECYCLE PICKUP	13 TITANS GAME - 8 PM	14
15	16	17 COMMUNITY KITCHEN	18	19 GARBAGE PICKUP	20 YOUTH PD DAY ACTIVITY TITANS GAME - 8 PM	21
22	23	24	25	26 DOOR-TO-DOOR CHRISTMAS CAROLING RECYCLE PICKUP	27	28 INFORMATION SESSION WITH TERRY TOBIAS
29	30	<b>NOVEMBER 2015</b>				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>December 2015</b>		1	2	3 GARBAGE PICKUP	4	5 COMMUNITY SHOPPING TRIP TO NORTH BAY
6 BREAKFAST WITH SANTA (INVITATION ONLY)	7	8 FAMILY MOVIE NIGHT	9	10 RECYCLE PICKUP	11 TITANS GAME - 8 PM	12 ELDER'S CHRISTMAS PARTY (INVITATION ONLY)
13	14	15 COMMUNITY KITCHEN	16 Holidays Virginia McMartin (16th - 22nd)	17 GARBAGE PICKUP	18 TITANS GAME - 8 PM	19 YOUTH CHRISTMAS DINNER AND MUCH MUSIC DANCE TITANS GAME - 2 PM
20	21	22	23 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR THE HOLIDAYS (DEC 23RD - JAN 5TH)	24 CHRISTMAS EVE RECYCLE PICKUP	25 CHRISTMAS DAY	26 BOXING DAY
27	28	29	30	31 NEW YEAR'S EVE GARBAGE PICKUP		