



Kebaowek First Nation Mazinaigan

Kebaowek First Nation Community Newsletter

An Update from the Chief

On behalf of the Council and myself, I would like to wish all members of the community a Happy New Year and all the best to everyone for 2016.

At our Staff Christmas Party in December the Council acknowledged two employees who have reached milestones in regards to their employment for the Band. Joan St-Denis reached 30 years of service on November 1st, 2014 and Jennifer Chevrier reached the 25 year mark on May 1st 2014. Pictured below (left to right) Councillor Gerry (Yogi) Chaput, Chief Lance Haymond, Jennifer Chevrier (Band Administrator), Joan St-Denis (Membership), Councillor Doris Hunter and Councillor David McLaren.



As you may have noticed the blasting and construction of the new road to the new Sewage Treatment Plant has begun, while it may be inconvenient at times, we ask for your patience while the work continues over the next months.

The Council and I attended the Assembly of First Nations (AFN) Chiefs Assembly in December in Gatineau QC. There were many topics that were discussed as well as a keynote speech by Prime Minister Trudeau where he pledged to improve the challenges faced by First Nations and that his Government will improve relations on a Nation to Nation basis and we intend to hold him to his word. The Minister of Justice, Jody Wilson-Raybould and Indigenous Affairs Minister Caroline Bennett were also present throughout the Assembly and they met with the (page2)

We are still waiting on confirmation and acceptance by INAC for our name change to "Kebaowek First Nation", once received we will provide information to all members on the next steps which will include change of address etc. Please do not make changes to your address until further notice.

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Kebaowek Health
and Wellness Center
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

Quebec Chiefs where we expressed our concerns about some of the issues we are currently facing. They have agreed to further discussions and we will be meeting with Minister Bennett on February 19th where myself and the other Algonquin Chiefs will be expressing our concerns over the development of Chaudiere Falls and the upcoming land claim vote by the community of Golden Lake and the Algonquins of Ontario which threatens to extinguish our rights and title.

We have been doing exactly what the community has mandated us to do and that is to do whatever is necessary to protect our rights and title and that effort will be increased as all of the Chiefs of the Algonquin communities at our recent Quebec Chief's Meeting have agreed to work together to protect the territory and to work together to move forward on an Aboriginal Title Claim. We will be meeting with the National Capital Commission in Ottawa on February 5th to discuss the illegal sale of Algonquin Land in Ottawa and to get a presentation on the new Lebreton Flats Development which is again is on Algonquin territory. We will also work together to challenge the land claim vote by Golden Lake and the 7700 note native members of the Algonquin's of Ontario who were given the right to vote in a land claim settlement.

The Council will hold a General Meeting in the next weeks on just the Land Claim issue as it is difficult to explain everything in a short article. Reminder notices

will be delivered to all on-reserve households and will also be posted on our website and the Health Center Facebook page.

Chief Lance Haymond

Chiefs and Representatives from the 9 Algonquin communities and our Grand Chief agreed to work together to protect the rights and title of all of our members.



L to R: Kitigan Zibi Chief Jean-Guy Whiteduck, Barriere Lake Chief Casey Ratt, Long Point Chief Derek Mathias, Lac Simon Vice-Chief Pamela Papatie, Kebaowek Chief Lance Haymond, Kiticisakik Chief Adrienne Anichinapeo, AANTC Grand Chief Verna Polson, Timiskaming Chief Terrence McBride, Wolf Lake Chief Harry St. Denis, Abitibiwnni Chief David Kistabish

Migizy Odenaw Childcare Center

The children from the Migizy Odenaw Childcare Centre had a special friend drop by to make their Christmas Party extra special !!

Thank You for the visit Santa !!



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.

Unemployment Rate Stats Can – 1996	Unemployment Rate Stats Can – 2001	Unemployment Rate Stats Can – 2006	Unemployment Rate: Dec. 6th - Jan. 19th, 2016	Min. # of Hours Required	Min. # of Weeks Payable
16.9%	21.7%	14.3	8.6	595	18
Unemployment Rate Stats Can – 1996	Unemployment Rate Stats Can – 2001	Unemployment Rate Stats Can – 2006	Unemployment Rate: Jan. 10th - Feb. 6th, 2016	Min. # of Hours Required	Min. # of Weeks Payable
16.9%	21.7%	14.3	8.7	595	18

Possible Job Opportunities ... Check it out:

Statistics Canada

(@StatCan eng)

We are hiring in First Nations communities across Canada [#2016Census](#) [ow.ly/Wbz0g](#) [pic.twitter.com/Nd7D7dAmjI](#)

Canada Summer Jobs Offers Funding for First Nations and Municipalities

Did you know that First Nations and municipalities are eligible for federal funding to hire students this summer? The Government of Canada is currently accepting applications for the Canada Summer Jobs Program. The program is designed to focus on local priorities and help employers create summer job opportunities for full-time students aged 15 to 30. [Visit the Service Canada website](#) for more information. The application deadline is February 26, 2016.

SERVICE CANADA

Outreach Site is located at: Le Centre - 20 Humphrey Street, Temiscaming, Quebec
Please call the Center at 819-627-3230 for more information.

**THERE WILL BE
AN INFORMATION
SESSION ABOUT
THE ABORIGINAL
EARLY
CHILDHOOD
PROGRAM ON
WEDNESDAY
FEBRUARY 10TH
AT 6:00 PM IN THE
CONFERENCE
ROOM AT THE
BAND OFFICE !!**

Attestation of College Studies

Are you interested in getting certified qualifications
in Early Childhood Education?

Are you planning on going back to school?

**The program Aboriginal Early Childhood Education
might be what you are looking for !**

Length: 1 455 hours

Given by videoconference



If you're interested in this course please leave your name and phone number with
Roxane at the front desk or contact Glenda Moore for more information 819-627-3455

Kebaowek Housing Department

Free Energy Efficiency Measures for Your Home (Econologis Program)

Home Air Quality

On Monday January 11th, 2016 to Tuesday January 19th, 2016 the FNQLSDI, in partnership with the Kebaowek First Nation Band Council, offered services for an energy efficiency program called Econologis to residents of Kebaowek First Nation.

Econologis is a program intended for households, whether they are homeowners or tenants, to help them improve their energy efficiency (free of charge). This improvement also increases the comfort of your home and lowers your energy bill. Lower energy consumption also means protecting the environment.

Some Keys points from the visit are as follows:

1. Understanding the humidity level in your home is very important, as this is one example of air quality problems. You can purchase a hygrometer (a small and inexpensive tool that you can purchase at most department, hardware or electronic stores). It is recommended to install on an inside wall the same height as your thermostats to get the best results.

Recommended humidity level is between 30 and 50 percent.

- If humidity is too **low** it can lead to a variety of problems, including dry and bleeding noses, sore throats, cracked and itchy skin, breathing problems.

- If humidity is too **high** in your home, wet air can get trapped in corners, basements, and other closed areas. Excess moisture is perfect breeding ground for bacteria and mold and can be harmful to your health if left unchecked.

2. Use new energy efficient appliances.
 - Use cold water to wash. If you have an older dryer, recommended to spin clothes a second time before drying.
 - If you own a freezer it is recommended to always keep it full. If not enough food then freeze water in a bag or old container place it at the bottom of your freezer. This will use less energy because your freezer will not work as hard.
 - Slow cookers is more energy efficient than the oven.
 - Dishwashers are more energy efficient.
3. Electronic Thermostats more beneficial keeps the whole house temperature consistent.
4. LED LIGHTING, GREAT IN SO MANY WAYS - big energy savings and very long life.

This is just a small percent of beneficial information that was provided. I will be organizing another visit, if interested contact me at the Housing Department and leave your name and phone number before February 12th, 2016.

Tanya Mckenzie,
Housing Administrator
tanya.mckenzie@evfn.ca

HOUSES FOR SALE

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

Located at 25 Amik Crescent - \$54,355.00



Located at 308 Amik Avenue

Education Department



CALLING ON YOUTH BETWEEN THE AGES OF 10 TO 18

Are you interested in forming a team of basketball, volleyball or floor hockey and participating in track and field events?

Sign up to join FNEC INTER SCHOOL GAMES.

This event is held in Laval Quebec at Laval University from May 11th to 15th, 2016

This activity is an excellent opportunity for physical activity and a way to meet other First Nation youth in the province of Quebec. Transportation, lodging and food will be paid for by the Education Department.

For more details contact the Education Administrator, Rose Jawbone at 819-627-3455.

If you are interested in attending this event, you must submit your name no later than February 12th, 2016.

Training for the team and the track and field events will start at the beginning of March.

A training schedule will be created and handed out to the participants who sign up for the event.

The Education Department is happy to announce that Kaily Chevrier-Goulet is graduating from Cambrian College from the Diagnostic Medical Sonography Program.

"Congratulations Kaily"



Kaily has been offered employment (and has accepted a position) in Barrie Ontario starting in March 2016!

"Congratulations Logan"



The Education Department would like to extend their sincerest "Congratulations" to Logan Haymond for graduating from Algonquin College in Ottawa with a diploma in Heating, Refrigeration and Air Conditioning Technician.

The Education Department is proud to announce that Brittany Roy has completed her studies and will be graduating from Nipissing University this spring with a Bachelor of Arts (Honours) in Criminal Justice.



"Congratulations Brittany"

Kebaowek First Nation Fire Department

The ABC's of Using a Portable Extinguisher PART 1

Portable extinguishers are in widespread use and a lot easier to operate than you might think. What follows is the life story of a portable extinguisher...

First, selecting the right extinguisher is important. An extinguisher should have a certification seal from an accredited agency such as the ULC.

I'm an **ABC** dry chemical portable extinguisher. The letters **ABC** stand for the type of fires I can extinguish. The letter **A** means I can put out a fire involving cardboard, paper, wood or fabric, in short, any solid that is not a metal. The letter **B** is the symbol for fires involving a combustible liquid or flammable gas such as gasoline, oil, butter, solvents or paint. The letter **C** indicates that I can extinguish a fire that involves energized electrical equipment, such as a fuse box, electric motor, wiring or electrical panel. I can also be used in a car. I am a **2A 10B C, which is a minimum at home.**

Other extinguishers contain a type K dry chemical: these are specially designed to put out cooking fires, cooking fat in particular. I also have cousins that contain water, which are particularly effective against fires involving paper, cardboard, wood or fabric, but have no effect against electrical fires. Other extinguishers use carbon dioxide or CO₂ as a suppressant and are useful against electronic equipment fires because they do not leave a residue. You may have some of these at your office!

I come in several sizes: 2.5, 5, 10, 20 and even 30 lbs (approximately 1, 2, 4, 5, 10 and 14 kg). It's important for people to be able to operate me. A small woman who came into the store yesterday had problems lifting my 20-lb neighbour. So, she chose me instead because I weigh only 5 lbs. I am the minimum size allowed; an extinguisher that weighs less than 5 lbs is not effective.

Once home, my new owner carefully read the manufacturer's instructions, because she wanted to find out everything she needs to know about me. First, I have to be installed properly. I am the star of the show and love being visible. No wonder I'm red! To be of any use, I have to be easy to find. I love to be near an exit. That way, the person using me is safer. I am afraid of heights, however. Fortunately, because my owner is not a tall person, she will not install me too high.

But, children should not be allowed to play with me. I have an aversion to youngsters! They fiddle with your dials, hang their caps and mittens on your handle and plug your hose with gum or paper. They can also remove your pin! I should be installed between 4 inches and 5 feet from the floor.

My owner fastened me to a wall near the door leading outside, a safe distance away from the stove. Since she read the manufacturer's instructions and knew how to properly install me, she made sure my identification plate was facing out. Incidentally, have you thought of reading the plate?

I've been in my new home for just over a month now. My owner stirred my contents yesterday. What a surprise! She also shook me vigorously. It is not necessary. Every month however, she must check the pressure on my dial. It's important to be in top shape! She knows that she should inspect all my seams and if she finds a speck of rust, she will dispose of me. Every year I should be routinely inspected by a qualified specialist. She can contact the fire department for information about a portable extinguisher maintenance service in the region.



Did you know that some people actually paint their portable extinguisher? They're perhaps not fond of red! An extinguisher was never intended to match the decor of your home and should never be painted because it will hamper operation!

If you own a rechargeable portable extinguisher, you should fill it after six years and after each use, even if it has been used for only a few seconds. My lifetime is 12 years. If you carry a portable extinguisher in your vehicle, the dry chemical should be replaced every year because it's exposed to moisture. Vibrations also cause the dry chemical to compact faster than home extinguishers.

You should never open a portable extinguisher, even if you think it's empty. When an extinguisher is filled, it's under over 160 lbs of pressure per square inch (1,103 kPa). Even if the contents have been emptied, some residual pressure is still inside. If opened without the necessary precautions and equipment, the internal mechanisms could discharge and seriously harm the person opening it.

Now, my owner has to learn the ABCs of how to use a portable extinguisher. What will be the outcome of her experience?

Kebaowek First Nation Fire Department

The ABC's of Using a Portable Extinguisher PART 2

My owner now has to learn the ABCs of using a portable extinguisher. As soon as fire is detected, everyone should obviously **evacuate** the home and go to the pre-arranged meeting place. Someone also has to **call the firefighters**. And if you do manage to put out a fire using a portable extinguisher, you should still call firefighters so they can inspect the site. You may think a fire is completely out, when in fact it may have spread within a wall or through the hood above the stove, for example.

Portable extinguishers should be used to put out only small fires or a fire that has just started. And only if there is not too much smoke in the room. My owner has to ensure personal safety first. She should take up a position **near an exit**; it is extremely important that she have access to an emergency exit if she is unable to put out the fire. If she is in danger, she should flee the building immediately.

If the situation is safe, my owner should **check** to make sure I am full by weighing me in her hand and checking that the needle on my pressure gauge is in the green area. Then she can use me. She has to first **pull out the pin** and press my handle slightly to test that I'm working properly. She should then **stand** two to three metres away from the fire, which for older folks is a distance of six to ten feet. She should not get too close to the fire!

She then **places me on the floor** and kneels near me. This

will keep her knees from knocking together. No kidding! A fire is a traumatic experience and she's no firefighter.

Next, she **unclamps the hose** from the cylinder. She then squeezes the lever and sprays in a left to right sweeping motion, as she aims the spray at the **base of flames** and covers the width of the fire. She should not stop until the flames are completely out or the tank is empty. It usually takes 8 to 25 seconds to empty me. If my owner cannot extinguish the fire or if the room fills with smoke, she should flee immediately. Sometimes, flight is better than fight! And it's better to concede defeat than risk death. You can be certain firefighters will jump into action as soon as they arrive.

If the woman does manage to put out the fire, **she should exit the house immediately**. Inhaling particles of dry chemical suspended in the air is irritating to the respiratory tract and smoke is extremely hazardous to health. When firefighters arrive, she will explain what happened, where the fire was and if everyone got out.

As you can see, a smoke detector and I make a qualified team. He saves lives... I protect property. I go into action only if my owner thinks the situation can be **safely** controlled. Firefighters also use me if necessary. And if I'm not used, that's not a problem. Especially if it's because a fire did not take hold and no one was in danger. But remember: I am easy to use... **as easy as ABC**.

Presented in cooperation with the Service de sécurité incendie et civile of the city of La Tuque.

Kebaowek Police Department Update

The Kebaowek Police Department would like to congratulate all road users from the community for not drinking and driving throughout the Christmas Holidays.

A total of 15 road blocks were conducted during this time period, 3 of which were with our neighboring officers, the Surete du Quebec from Temiscaming. We are proud and pleased to announce that there were no impaired drivers found during the 15 road blocks. All vehicles that were verified had designated drivers or were not consuming alcohol at all. I hope your wise thinking will continue for the rest of the new year as well.

Be safe and have a Happy New Year !!

Chief of Police and Kebaowek Police Department

Land Management

The main priority of the Kebaowek Land Management Department is to harmonize the future forestry operation and identified sectors with Tembec and the provincial government represented by the Ministry of Natural Resources (MNR) and to secure contracts for employment opportunities for our members.

As the winter months are the slower months for our department it gives us the time to close up last year's work and to prepare for the upcoming 2016 season. As mentioned in the December Newsletter we informed you of a **Trapping Workshop** and at the present time we are working on the agenda and guest speakers. As soon as we can confirm all the necessary information we will be publishing it an upcoming Newsletter.

We welcome people to stop by and discuss any situation that may arise while they were on the territory. **Please drop by or call the office at 819-627-3309 if you are interested in taking part in this workshop.**

The Land Management Team



26th Annual
POW-WOW
Anishinaabe Gimmakweok
February 6, 2016
GRAND ENTRY:
11:30AM @ CANADORE GYM

M.C: Roger Daybutch
Host Drum: Little Iron
Co-Host Drum: North Bay Singers
Elder: Lorraine Liberty-Whiteduck
Head Veteran: Tom Saville
Head Male Dancer: Jordan Mowat
Head Female Dancer: Nathalie Restoule
Head Youth Female: Mina Linklater
Head Youth Male: Skylar Hookimaw

Vendors (15 Max.)
Craft tables: \$50.00
Also: Hand Drum Showdown

FEAST LOCATION:
FRIENDSHIP CENTRE 5:00 PM

February 5th: Community Teach-In,
Workshops, Special Guest Speakers,
and Entertainment

- FREE ADMISSION -
FAMILY-FRIENDLY EVENT
NO DRUGS & ALCOHOL

PROUDLY SUPPORTED BY: FIRST PEOPLES' CENTRE, CANADORE
ABORIGINAL STUDENTS ASSOCIATION, CANADORE STUDENT COUNCIL
FOR MORE INFO, CONTACT HANNAH FOX AT h.i.fox1964@hotmail.ca

Native Handicraft Project (Moccasins and Mitts)

**Invitation to Community Members who are interested
in making their own Moccasins and Mitts**

START DATE : FEBRUARY 17TH, 2016

Lynda Chevrier will be there to help guide/teach participants.

The nominal fee will help offset costs:

Moccasins and short mitts \$20.00

High cuff mitts \$30.00

All material will be provided with the \$20.00 (\$30.00) fee

**Wednesdays from 5:30 to 8:00 in the basement of the
First-Line Services Building (Youth Center)**

Everyone Welcome!

Youth and Adults

Children under 10 must be accompanied by an adult

**To register, please call Rose Jawbone at 819-627-3455
20 people maximum capacity, you must pay fee to hold your seat.**

WHEN PUSH COMES TO SHOVE CALL

L. DUGUAY & SON SNOWPLOWING

**Residential
Commercial**

**471-5687
627-3790**

Community Notes and Information

Kebaowek First Nation
Annual Snowmobile Rally
Saturday February 13, 2016

Registration

10:00 am - 1:00 pm

Eagle Village Community Hall

\$10.00 Entry Fee (must be 18+)

May purchase 2 extra hands at \$10.00 each same name only
Must participate in rally to win
Must get your entry card stamped at designated stop
for a OPEN Hand/s of poker upon return to hall

Supper

5:00pm - 7:00pm

Check menu & price day of

Dance

8:00 pm - 2:00 am
to the music of

DJ : Neil Pariseau

Bar Opens at 5:00pm - 2:00 am

Should we continue to have unsafe/poor weather conditions a walk in Rally will be held at the hall (selling of poker hands)

Texas Hold'em Tournament

Saturday February 20, 2016

Kebaowek Community Hall

Registration from 12:00 p.m. - 1:15 p.m.

Tournament starts at 1:30 p.m.

Entry Fee - \$40.00

(\$35.00 towards prizes & \$5.00 to support the cause)

Canteen and Bar will be open all day
Supper will be available

For more information please contact:

Jungo at 705-845-6850

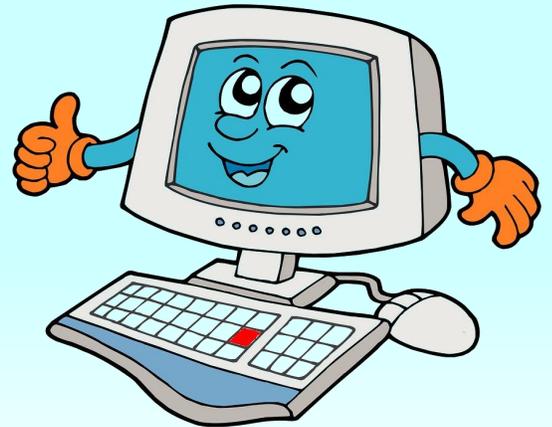
Cary at 819-627-9116

Danny at 819-627-1907

Proceeds to Help Support Recreation

'Cyber Seniors' Tutoring Sessions

Sec. 4 and 5 students at G. Theberge School are looking for seniors who would like to learn more about the internet or social media. If you would like to learn how to use the internet better or get involved with media sites like Facebook or Instagram, this could be the service for you! It's completely free and promises to make you feel more comfortable behind a screen. Bring your own device or use our school iPads or



For more Information or to register: Call Tara Brazeau at school 819-627-1212

2016 Kipawa Countryfest Announcement

Announcing for the 9th Annual Kipawa Countryfest



Runaway Angel



Sammy Kershaw



Emi Sunshine



Bob Gill as a Tribute
to Waylon Jennings

The Kipawa Countryfest Executive Committee is excited and proud to announce for the 9th annual Kipawa Countryfest **Sammy Kershaw** as our festival headliner!! Also appearing at Kipawa Countryfest is **Emi Sunshine, Runaway Angel** and **Bob Gill as a Tribute to Waylon Jennings!!**

Advance Weekend Passes will be on Sale starting December 1st, 2015
Advance Adult Weekend Pass is **\$50.00** and Advance Youth Pass is **\$20.00**
On sale at Eagle Village Band Office, Migizy Gas Station and Lakeview Store.

The perfect Christmas gift for the music fans in your life!!

Watch for more entertainment announcements and information by visiting our website www.evfn.ca or look for Kipawa Countryfest on Facebook. Posters and Pamphlets will be out in the early Spring of 2016.

Merry Christmas and Happy New Year!!

From the Kipawa Countryfest Executive Committee
Roxane, Tina, Jennifer and Gail

9th ANNUAL KIPAWA COUNTRYFEST
AUGUST 19-20-21, 2016

Community Notes and Information

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 FEBRUARY DEADLINE FOR NON-RESIDENT FEES IS FEBRUARY 24TH, 2016 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

COMMUNITY RINK HOURS

MONDAY - FRIDAY

(Rink is open at 3:00 p.m.—Closed at 9:00 p.m.)

FREE SKATE: 3:00 p.m. - 6:00 p.m.

HOCKEY: 6:00 p.m. - 9:00 p.m.

SATURDAY AND SUNDAY

(Rink is open at 12:00 p.m. - Closed at 9:00 p.m.)

FREE SKATE: 12:00 p.m. - 2:00 p.m.

HOCKEY: 2:00 p.m. - 4:00 p.m.

FREE SKATE: 4:00 p.m. - 6:00 p.m.

HOCKEY: 6:00 p.m. - 9:00 p.m.

HOLIDAYS AND PD DAYS

(Hours will be same as Saturday and Sunday)

Please Respect the Hours!

6th Annual Kipawa Ice Fishing Derby



6ieme Tournois de Pêche Annuel de Kipawa

MARCH 12TH, 2016
"COE'S ISLAND"

1:00 pm to 4:00 pm

REGISTRATION ON SITE
11:00 am - 2:00 pm

\$20 PER HOLE
(person has to be in sight of lines)

100% PAYOUT

1st Place - 60%
2nd Place - 25%
3rd Place - 15%

PARTICIPATION PRIZES
50/50 TICKETS

CANTEEN

All rules will be available on site.

All fish count except for trout.

If no fish caught, all money and prizes will be drawn.

12 MARS, 2016
"COE'S ISLAND"

1:00 pm à 4:00 pm

INSCRIPTION SUR LES LIEUX
11:00 am à 2:00 pm

\$20 PAR TROU
(la personne doit avoir leur ligne en vue)

100% VERSÉ

1ère Place - 60%
2ème Place - 25%
3ème Place - 15%

PRIX DE PARTICIPATION
BILLETS 50/50

CANTINE

Tout les règlements seront disponibles sur les lieux.

Tous poissons, sauf la truite, seront acceptés.

S'il n'y a pas de poisson attrapé, tout l'argent et les prix seront tirés.

INFORMATION: LYNDA 705-358-4410 OR STEPHANE 705-358-4138

Eagle Village Golf Shirts
for sale at the Band Office.
\$25 each



Wishes for the Month of January/February

Happy 15th Birthday to my oldest boy Ajay on January 9th !!

Love Mom, Chris, Adin, Saulus, and Nations !!



Happy Birthday to our Dad (Ernie Constant) who celebrate his Birthday on February 20th !!



Niece
Happy
Birthday

Happy Birthday to my niece Claudia who celebrates her birthday on February 14th !!

Love Auntie Rose

happy
birthday
sister

Happy Birthday to my sister Georgette who celebrates her birthday on February 26th !!

Love Rose and Family

Happy 11th Birthday Matthew !!

Hope you had a great day on January 20th !!

Love Auntie Tina & Uncle Bully



Happy 16th Birthday to my Goddaughter Trysta who celebrates her birthday on February 28th !!

Love Bully



HAPPY BIRTHDAY!

Happy Birthday Wishes to my daughters Tiddalow and Kim who celebrate their special day on February 17th !!

Love Mom

Happy
Birthday
Grandson

Happy Birthday Wishes to my Grandson Evin who celebrates his birthday on February 25th !!

Love Nonna

Happy 2nd Anniversary to my daughter Kim and Son-In-Law Robert !!

Love Mom
XOXO

HAPPY 2ND
ANNIVERSARY

We would like to wish Trysta a very Happy "Sweet 16" Birthday on February 28th !!

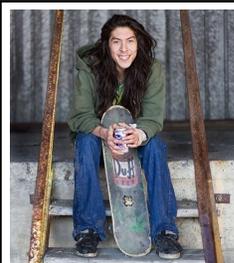
Love You Boo !!
Dad, Mom & Kendra xoxo



Happy 23rd Birthday Bully

Have a great day !!

From Mom & Laurier



Happy Birthday Kieran on February 25th !!

From
Gage, Tristan, Brody,
Tori & Steven

An Update from our Health Director

December/January Meetings

- CISSS/AT for file updates on Doctor Shortages, Home Support Program and other Insured Services, Meetings with Social Services, Liaison and Director of Public Health.
- FNHMA Board of Directors Meeting in Montreal
- Board of Directors Meeting for FNQLHSSC
- Coalition for English Speaking First Nation Communities Meeting

Upcoming in February

- Health Directors Network Meeting
- NIHB Advisory Committee Meeting

Files in Motion at our Health Center:

- Takeover of Home Support Program managed by Social Services division of CISSS/A. Aiming for April 1st of new fiscal year.
- Collaborative Agreement work with TFN & LPFN in Mental Health Crisis is ongoing.
- Protocol with CISSS for nursing orders, documents sent for analysis

As I wish everyone health and prosperity for this 2016 year, I want to draw your attention to the 24 hrs or so of inconvenience we had Christmas Eve and Christmas day, otherwise known as the power outage. Because of the mild weather, it was for most of us just a mild inconvenience. For a few, it was a good reminder that we need to be better prepared for these types and other cases of emergencies that may arise from time to time.

The Band has back up power to run the Water Treatment Plant so water distribution should be ok. The Community Hall is equipped to run and be heated in the event of a power outage, therefore in the event of a long term event, some services will be run and coordinated from the Band Office with the use of our Community Hall for meals and even temporary lodging.

What every household should strive to do, is be prepared to sustain at least 3 days in the event of a power outage. Many websites offer great advice on what would consist of a more

detailed list of emergency supplies and strategies. Below is a link to some sound advice.

<http://www.getprepared.qc.ca/cnt/hzd/pwrtgs-drng-en.aspx>

On a Council Note ...

Bylaws Since no comments were received in regards to the drafts of by-laws we are hoping to adopt in them in early 2016, Council will do a final review before forwarding them to INAC as part of the process for approval. Further information will be distributed to ensure members have a good understanding of these new bylaws.

Kebaowek First Nation will join forces with our neighboring municipalities to advocate for doctor recruitment for our area. But in general, we can't force a doctor to work in Temiscaming, we need to find a way to make it interesting for them to want to practice here. I encourage you all to thank our Dr. Raad and Dr. Zivkovic for choosing to practice here in our area. And let's not forget the relentless Dr Brock!

For the past few years, you have been doing your part in trying to attract these important professionals to our area. You have been welcoming first year medical students into our community for periods of two weeks each summer. These students leave here with a better appreciation of who we are and have been exposed to the nicest parts of our territory. Let's keep up the good work and hope that this program collaboration between the FNQLHSSC and the Universities of McGill, Sherbrook and Laval will continue for years to come. We all gain from this exchange.

In continuing on a Council note, it is safe to say that Community Development and our Programs and Services will continue as planned and always in the best interest of our collective, however, with the immense external pressures from the Algonquin of Ontario Agreement in Principle and the Windmill Project, our community has been called upon to intervene in order to protect and defend our lands and interests. More information will be shared at the next Band Meeting and via our Newsletter.

David McLaren
Health Director / Councillor



2016 WEIGHT-LOSS CHALLENGE

**TAKE IT OFF + KEEP IT OFF = SUCCESS
& A CHANCE TO WIN A GREAT PRIZE !!**

WHO CAN JOIN ??

ALL KEBAOWEK BAND MEMBERS OVER THE AGE OF 16 INCLUDING THEIR SPOUSES AND TEENS !!

IS THERE A COST ??

NO !! JUST REQUIRES YOUR TIME AND EFFORT

REGISTRATION OR NEED INFO ??

CALL MITCHELL MCMARTIN OR CHECK OUR HEALTH AND WELLNESS CENTER FACEBOOK PAGE FOR DETAILS !!

PART ONE - CHOOSE TO LOSE - PRIZES !!

- For each of the 5 different week's weigh-in, there will be a draw . To be eligible, a participant must weigh-in and their names will be put in a hat.
- The winner of the Part One - Choose to Lose Challenge will be decided by the highest body percentage loss.
- There will be a 1st place prize (\$200 gift card), 2nd place prize (\$150 gift card) and 3rd prize (\$100 gift card).

PART TWO - CHOOSE TO MAINTAIN - PRIZES !!

The winner of Part Two - Choose to Maintain gets to choose from one of the following 4 prizes:

- Prize 1 - Hockey Package - Two hockey tickets for a game in Ottawa for the remaining 2016-2017 season, 1 night accommodation and \$50 gas card.
- Prize 2 - Golf Package for Two - 18 holes with a cart at Hawkridge Golf and Country Club in Orillia, 1 night accommodation and \$50 gas card.
- Prize 3 - Great Wolf Lodge Package in Niagara Falls - 1 night accommodation and a \$50 gas card.
- Prize 4 - Canada's Wonderland Package for 4 people - 1 night accommodation and a \$50 gas card.



**PART ONE
CHOOSE TO LOSE
JUST FOR THE HEALTH OF IT !!**

**START DATE:
February 8th, 2016
For 10 Weeks
Ending on April 15th, 2016**

(Optional)

**PART TWO
CHOOSE TO MAINTAIN
TAKE CARE OF YOUR BODY AND
IT WILL TAKE CARE OF YOU !!**

**START DATE:
April 18th, 2016
Ending on December 9th, 2016**

Every participant has to weigh-in during the week of February 8th, 2016. If weighing in later the participant has less time to lose weight.

**Starting the week of Monday February 8th, 2016 !!
Open Thursday February 11th until 7:00 pm !!
Stop by the Health and Wellness Center to join !!**

Sports & Mentorship

Morning Exercise Classes

The classes begin at 10am during the following dates ...

February 5th, 8th, 10th, 11th, 15th, 16th, 19th, 22nd, 24th, and 25th.

March 8th, 9th, 11th, 14th, 15th, 16th, 21st, 23rd, 24th, 29th and 30th.

These classes will consist of stretching, walking and some other forms of exercise to increase the mobility and use physical activity to control sugar.

If you are interested in attending, please show up with some shoes and some water!!

Nightly Workout Classes

Every Monday night at 6:00 pm there will be an exercise class until the end of April.

It is free to attend and participants just need to bring appropriate footwear and a bottle of water.

Anyone over the age of 16 years old.

The classes will begin with an easy to medium workout (depending on fitness levels of those attending) and eventually build up classes to a harder stage week after week to increase fitness levels.

This class was made to give an extra incentive for those joining the Choose to Lose challenge to introduce physical activity into their lifestyle.

15 LIFE SKILLS

EVERY KID NEEDS TO LEARN

**BASIC
FIRST-AID**

**HOW TO COOK
SOMETHING THAT
DOESN'T COME IN A
BOX WITH POWDER
LABELED "SAUCE."**

**HOW TO
WRITE AN
ESSAY**

**HOW TO
GROCERY
SHOP ON A
BUDGET**

**HOW TO
USE A
CREDIT
CARD**

**HOW TO SAY
"NO"**

**HOW TO
JUMP-START
A CAR**

**HOW TO DO THEIR
LAUNDRY**

**BASIC HOME
AND CAR
REPAIR AND
MAINTENANCE**

**HOW TO
BUDGET AND
PAY
BILLS**

**HOW TO
PUT
ON
A CONDOM**

**HOW TO SEND
A PROFESSIONAL EMAIL**

**HOW TO
CHANGE
A TIRE**

**HOW TO
STUDY**

**HOW TO
PROOFREAD**

Sports & Mentorship

MARCH BREAK ACTIVITIES FOR ALL CHILDREN REGISTERED IN SCHOOL !!

CALL MITCHELL MCMARTIN TO REGISTER 627-9060 FOR ACTIVITIES !!

MONDAY MARCH 2ND, 2016

ICE FISHING !!

We will be leaving the Health Center at 8:30 am for our Ice Fishing Trip to Blue Lake located at kilometer 55 on the Maniwaki Road. We will return home around 3:30 pm.

THURSDAY MARCH 3RD, 2016

BOWLING AND A MOVIE IN NORTH BAY !!

Bowling will be from 2:30 pm to 3:30 pm

Followed by Supper at Pizza Hut in North Bay

Followed by Movie at Galaxy Cinema ... You will have a choice from two movie options !!

Bowling, Movie and Refreshments at Galaxy will be free.

There will be a \$5.00 fee for Supper.

FRIDAY MARCH 4TH, 2016

SKIING AT ANTOINE MOUNTAIN IN MATTAWA !!

Leaving for Mattawa at 8:30 am and returning at 4:00 pm

Skiing Lessons available for our youth at 10:30 am

Please send your child/ren with a lunch or money to purchase their lunch at the cafeteria.

**** REGISTER ASAP DUE TO LIMITED NUMBER OF SEATS AVAILABLE ****

MONDAY MARCH 7TH, 2016

FUN DAY AT THE COMMUNITY HALL !!

Various activities will happen throughout the day between the hours of
10:00 am and 3:30 pm !!

Sports & Mentorship

On January 21st, a group within G. Theberge School called the A.B.A. (Anti-Bullying Association) asked an officer from the S.Q. (Melissa Renaud) and myself to speak concerning the topic of bullying.

My topic to speak of was identifying bullying along with the act of bullying, accountability and whether or not there will be change among the individual. Melissa (SQ Officer) spoke of bullying and how the act of bullying can affect the law.

I would like to congratulate Gavin Gervais on creating the A.B.A. group and trying to make a positive change for all those attending G. Theberge School.

Mitchell McMartin – Sports & Mentorship



Mitchell, Melissa and Gavin



Mitchell McMartin and Darlene McLaren

PD Day Activity



There will be a PD Day activity at the rink on February 12th, 2016.

We will be playing hockey from 10:30am to noon.

Hot chocolate and snacks

Upcoming Diabetes Workshop

In conjunction with Wolf Lake First Nation, we will be hosting a “Diabetes Information Workshop”, where we will be sampling and cooking healthy meals. Engaging in open discussions on topics that affect everyone living with diabetes.

Where: Kebaowek Community Hall

When: February 23rd and 24th, 2016 (Tuesday and Wednesday)

Time: 8:30 am

Please note that we encourage bringing your spouse or friend, we understand that many of you have a spouse that helps preparing the meals, therefore they too can benefit from the information. Remember; prevention is the key to a healthier tomorrow.

For more information or to register please call the Health Centre at 819-627-9060 (Virginia McMartin) or Wolf Lake First Nation 819-627-3628 (Sonia Young) by confirming your attendance this also helps us determine the amount of food we need to purchase for the workshop.

Medical Transportation

Eagle Village Health Centre
3 Ogima Street
Eagle Village First Nation
Kipawa QC J0Z 2H0
Tel: (819) 627-9060 Fax: (819) 627-1885

MEDICAL VISIT ATTESTATION

This is to certify that _____
was here to receive professional services from _____
(Name and Title of Professional)
at _____ this _____ 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.

February Deadline
for Medical Transportation Claims is
February 25th, 2016 before 12:00 pm

March Deadline
for Medical Transportation Claims is
March 30th, 2016 before 12:00 pm

MEDICAL TRANSPORTATION SERVICES AFTER HOURS PILOT PROJECT

November 30th, 2015 to February 29th, 2016
This project will be reviewed in February.

If you require transportation to the Temiscaming Hospital
after hours please call **819-627-6887**

Monday to Thursday 4:30 pm to 8:30 pm
Friday 12:00 pm to 5:00 pm
Saturday & Sunday 8:30 am to 12:30 pm

JANUARY / FEBRUARY 2016							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<u>AFTER HOURS</u> 8:30 AM TO 12:30 PM CALL 819-627-6887	HEALTH CENTER IS OPEN 8:00 AM - 4:30 PM CALL 819-627-9060	HEALTH CENTER IS OPEN 8:00 AM - 4:30 PM CALL 819-627-9060	HEALTH CENTER IS OPEN 8:00 AM - 4:30 PM CALL 819-627-9060	HEALTH CENTER IS OPEN 8:00 AM - 4:30 PM CALL 819-627-9060	HEALTH CENTER IS OPEN 8:00 AM - 12:00 PM CALL 819-627-9060	<u>AFTER HOURS</u> 8:30 AM TO 12:30 PM CALL 819-627-6887	
	CLOSED FOR LUNCH FROM 12:00 PM TO 4:30 PM						<u>AFTER HOURS</u> 12:00 PM TO 8:30 PM CALL 819-627-6887
	<u>AFTER HOURS</u> 4:30 PM TO 8:30 PM CALL 819-627-6887						



First Nations and Inuit Health – Health Canada - Québec Conditions and Guidelines

Québec First Nations and Inuit Summer Students Employment Program

Québec First Nations and Inuit Health Careers Program

The Summer Student Employment Program is a component of the Québec First Nations and Inuit Health Careers Program. The purpose of the Program is to provide work-related experience to aboriginal students pursuing full-time studies at a federally recognized post-secondary institution in a field related to health. In order to be considered, students and employers wishing to participate in the Program must complete the application forms.

Conditions – General

Priority will be granted to eligible students who have never applied to the Program. Master's or Doctoral students are not eligible under the Program. The work term may vary according to the students' school holidays and the needs of the employer but it cannot exceed a maximum of 12 weeks (from May to August). The salary of the student is based on the Public Services salary scale by that reflects years of schooling completed. Travelling, lodging and meal cost are not covered under the Program. The presentation of an application does not guarantee placement. With exceptions, the Program will not provide more than two students per community or organization per year. **** Funding conditional upon availability of funds****

Conditions for Students

To be eligible for employment under the Health Careers Program, the student must be registered full-time at a University or College and must be planning to return to school in the fall. To be eligible, the student must have the intention to complete their studies and receive a diploma which qualifies them for employment in a field related to health such as: Nursing, Psychology, Optometry, Pharmacy, Social Work, etc. If selected for this program, the student will be required to comply with the guidelines set by the employer. **At the end of the employment, the student will have to complete a written evaluation of his/her work experience and submit it to the Quebec Regional Coordinator at Health Canada.**

Please contact (819-627-9060) Donna Pariseau (donna.pariseau@evfn.ca) or Tina Chevrier (tina.chevrier@evfn.ca) at the Kebaowek Health and Wellness Center to have an application emailed to you for completion.

The students must include the following with their application:

- A copy of the student's last official transcript.
- Written confirmation of enrolment in a full-time program in the health or social services field at a federally recognized post-secondary institution for the last and next session.
- An up-to-date curriculum vitae.
- A written confirmation of aboriginal ancestry.
- The completed and signed student form.

**The deadline for applying to the program at the community level is March 31st, 2016.
Send applications along with required attachments by mail/fax or e-mailed to:**

Kebaowek Health and Wellness Center
3 Ogima Street
Kipawa, Quebec J0Z 2H0
Att: Health Careers Program

Tel.: (819) 627-9060 Fax: (819) 627-1885

First-Line Services

Community Shopping Trip

Saturday February 6th, 2016 !!

Leaving the Health Centre at 9:00 am

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

2nd 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.

**** IMPORTANT TO CALL - SPACES ARE LIMITED ****



DrumFi

**CLASSES WILL BE EVERY
WEDNESDAY
FROM 6:00 PM - 7:00 PM
AT THE
KEBAOWEK COMMUNITY HALL**

facebook

**First Line Services
is now on Facebook !!**

**Follow our page for more information
about our programs and services !!**



Thank You

A special thanks to the St-Denis Family for their donation !!

The "Family Christmas Hamper" was a blessing and
First-Line Services thanks you from the bottom of our hearts for your generosity !!

"Not what we give, But what we share, For the gift without the giver is bare"
~ James Russell Lowell ~



Spirit of Giving - Thank You

A special thanks to our wonderful ladies !!

Thanks for all your help in our Spirit of Giving 2015 Scarf Making !!

Gail Joly, Lynn Grandlouis, Lois Grandlouis, Jessica Paul Martin and Stevie Sutherland

The 40 scarves were donated to the Migizy Childcare Center as well as the school bus !!

Gail Joly was the lucky winner of the personal wellness package !! Congratulations !!

First-Line Services

FAMILY MOVIE NIGHT

Sunday, February 7th !!

**SURPRISE
MOVIE !!**

**Movie Starts at 2:00 PM
Snacks \$0.50**

Have a chance to win movie shown!

Must be present to win.

Children under 8 require a chaperone.



**Tuesday February 9th, 2016
1:00 pm - 4:30 pm**

&

**Tuesday, February 23rd, 2016
from 4:30 pm - 6:00 pm**

DIDN'T TAKE ANYTHING OUR FOR SUPPER?

DON'T KNOW WHAT TO MAKE?

WANT NEW RECIPES?

**COME MAKE SUPPER WITH US!
NOW TWICE A MONTH!**

**Please register with First Line Services
@ 819-627-9877**

What is a Will...

A will (or last Will and Testament) is a legal document prepared during your lifetime which describes how your money, property and other assets are to be distributed when you die.



Need a Will?

Create a Will ~ Peace of mind

**Kebaowek
First Line Services
is able to assist in drawing
up a will !!**

**For more information
please call Kim
at 819-627-9877**

First-Line Services

2015 Christmas Decorating Contest Winners

Thank you to everyone that participated in this years Christmas Lights Decorating Contest!
It was a fun evening for the families to view all the houses in the community with a cup of hot chocolate and cookies afterwards.



1st Place
Priscillia Durocher
and Family
\$300



2nd Place
Rose Jawbone
and Family
\$200



3rd Place
Lynn Grandlouis
and Family
\$100



A separate draw was held for all the participants, the winners of the gift certificates were Jennifer Paul, Glenda Moore, Cary & Jungo and Lee & Doug. Congratulations to all !!

See you all again next December !!

Addictions & Wellness

Youth Valentine's Dance

(Ages 12-17 Yrs)

Friday February 12th
at the
Kebaowek Community Hall
8 pm - 11 pm

Doors open at 7:45 pm
and lock at 10 pm

Music by DJ Neil Pariseau

Snacks & Drinks Available
(No outside food or drinks allowed)

Prizes !!

Wear Red and/or Pink !!

****This is a drug & alcohol-free event****

Hope to see you there !!

Wellness & Addictions Program



North Bay Nordic Ski Club Trip !!

I will be organizing a trip to the North Bay Nordic Ski Club on Sunday February 21st for anyone who may be interested in either going snow-shoeing or cross-country skiing.

Anyone under the age of 13 must be accompanied by either a parent or guardian.

You will be responsible for your own transportation...however if you need a ride, I can try to arrange a ride for you.

There is snack bar available on location.

If interested or for more information, please call Vicky Constant at the Health Centre (819)627-9060 Ext.258.
Please leave message if no answer !!

SIGN-UP DEADLINE: Wednesday February 17th !!

Wellness & Addictions Program

Weekly Carving Classes

The Addictions and Wellness Department would like to host a weekly woodcarving class held one day a week during the afternoons and proceeding into the evening. The intention is to provide an introduction to personal skill building by learning how to wood carve with carving knives and chisels.

Those interested in participating in weekly wood carving can submit your name to Rod St. Denis at the Health Center. A place and time can be worked out depending on the number of participants that sign up.

As an introductory to woodcarving, carving knives and chisels will be the main tools we will be working with. The Addiction and Wellness Department can arrange the supplies needed for the introductory woodcarving, offering the basics of tools needed. This course will offer the participants the creative freedom to work with raw materials presented. White Birch and a soft wood will be main materials that will be used.

Any questions or to sign up, please contact Rod at the Health Center 819-627-9060.

Thank you, Rod St Denis



HEART MONTH

February

February is Heart Disease Awareness Month

HEART HEALTH MONTH SCREENING CLINIC

**Please come in to be checked for
Diabetes and High Blood Pressure**

(for an accurate result avoid eating /drinking for 2 hours before you come in to be screened)

THURSDAY FEBRUARY 11TH, 2016

Kebaowek Health Centre

9:00 am – 7:00 pm

If you can't make it Thursday,
please stop in anytime that week during office hours !!

Walk-In Clinic ... No appointment necessary !!

CHANCE TO WIN A GREAT DOOR PRIZE !!

For transportation please call Priscillia at the Health Centre 819-627-9060.

10 Cold and Flu Myths

You've washed your hands and taken vitamin C, but you still managed to catch something. Part of avoiding a cold or the flu is knowing the facts. Colds and flus are caused by viruses – not because you went outside in the cold. Almost as prevalent as cases of the cold and flu are these myths, which we've debunked to help you have a healthier season:

THE COLD CAN TURN INTO THE FLU

False, the common cold and the flu are both respiratory illnesses, but they're caused by different viruses. They appear identical at times because both cause similar flu-like symptoms. So, what's the difference? The flu causes more severe symptoms than the cold, such as fever, body aches, extreme tiredness and dry cough. The common cold is more likely to produce a runny or stuffy nose. Plus, colds don't often send people to the hospital for complications – each year many people are hospitalized from seasonal flu-related complications.

THE FLU ISN'T THAT SERIOUS

Actually, it is. It is estimated that 5 to 20 percent of the population gets the flu each year. People with asthma, heart problems or people over 65 are much more at risk for death or a bad outcome from the flu because their immune system isn't as strong to begin with.

STARVE A FEVER

Nope! In fact, that's the opposite of what your body needs. A fever is the body's normal reaction to try and clear a virus like the cold or flu. The fever is completely unrelated to your food intake. Instead, aim to drink more fluids to replace those you've lost, and maintain your normal calorie level to boost your immune system.

DRY HEAT OR COLD WILL MAKE YOU SICK

Cold weather makes you cold, and hot weather makes you hot, but neither one causes any flu or cold because they're caused by viruses. While you won't catch a cold from a wintry breeze, moist air can prove helpful if you're having trouble breathing. Try taking a shower, stepping into a sauna or using a cold air humidifier; each can alleviate respiratory symptoms associated with the cold and flu.

DON'T GO OUTSIDE WITH WET HAIR

There's no scientific evidence that this old myth holds any weight. Temperatures do indeed drop during the fall and winter, when many people come down with the common cold and flu viruses. But your hair has nothing to do with developing an infection. If you have to skip the blow dryer because you're tight on time, so be it – your health won't suffer.

THE FLU VACCINE CAUSES THE FLU

Wrong. Doctors have known for ages that the flu vaccine can't give someone the flu, but somehow this rumor continues to

spread quicker than the common cold. The vaccine's most common side effects include soreness, redness and tenderness or swelling at the injection site. Some people may develop a low-grade fever, headache and muscle aches – but not the flu.

AVOID DAIRY IS YOU ARE SICK

If you grew up with a chronic respiratory condition like asthma, you might have heard this one: Dairy makes your phlegm thicker. That's not true unless you have dairy problems to begin with, such as lactose intolerance or food allergies. There's no relationship between dairy products and phlegm.

IF YOU GET THE FLU SHOT YOU WILL BE IMMUNE

Not true. In general, the flu vaccine will only cover about 70 to 80 percent of the flu viruses that exist in a given season. And getting the flu once doesn't mean you can't get it again. Still, it's better to be safe than sorry especially if you have a chronic illness or you are over the age of 65.

YOU SHOULDN'T EXERCISE

Au contraire. An active day keeps colds at bay. Exercise can help [keep] you from getting a cold – although if you already have one, it can't cure it. If you plan to go to the gym when you're fighting off a cold, make sure to wipe down your workout station and wash your hands frequently to avoid infecting other gym-goers. If you're not up for your regular workout routine, listen to your body. Keep it simple and limit yourself to stretching at home.

COVER YOUR MOUTH (WITH YOUR HANDS)

Please don't do this. Hands could carry the infection to someone else, if you cough into yours and then shake hands with someone or use a doorknob the rest of your company will later use. Instead, try to cough into your arm. If you realize you did cough into your hands, wash them or use hand sanitizer immediately to avoid spreading your germs.

Symptoms	Cold	Flu
Body aches	Not usually	Almost always, often severe
Congestion, runny nose, sore throat, sneezing	Almost always	Sometimes
Exhaustion	Sometimes, but never extreme	Almost always, usually extreme
Fever	Not usually	Almost always
Headache	Sometimes	Usually
Location of symptoms	Above the neck	Entire body
Typical duration	About a week	One to three weeks

2016 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 and **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 Health Center for help.

All medications need to be dropped off before 4:30 pm on Thursday December 15th, 2016 to be eligible for the draw.

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 Certificate for Northgate Mall.

THE CONTEST WILL RUN ALL YEAR !!

And the
Winners
are...

2015 MAMMOGRAM PARTICIPATION DRAW:

- Sonia McLaughlin
- Marilyn Peer

2015 MEDICINE CABINET CLEAN UP DRAW:

- Vicky Young

Trans fat is formed when natural vegetable oil is hardened through hydrogenation to prolong the taste or shelf life of certain foods. Studies show that continued consumption of trans fat, even as little as one gram of it, can increase "bad" cholesterol, put you at a greater risk for heart disease, and possibly trigger type 2 diabetes (particularly in women).

It's rather easy to miss the presence of trans fat in some foods. Here's a useful guide of foods to avoid to help you stay healthy:

Microwave popcorn: Popcorn is one of those snacks that gets away lightly—not many suspect it of being fattening. The truth is, microwaved popcorn contains trans fat. Caution: even if a product declares 'Trans Fat: 0 grams,' it can contain trans fat if one of the ingredients listed is 'shortening' or 'hydrogenated oil.'

Potato chips: These are one of the worst culprits, with one small bag carrying three or more grams of trans fat.

Crackers: They look innocuous enough, but 'saltine' crackers and 'animal' crackers often contain trans fat. Read the labels!

Certain cereals: Some cereals, especially the sweeter varieties, though attractive to children, often have harmful trans fat in them. The same goes for many 'protein bars' that are marketed as 'healthy'.

Frozen food: Those pies, pizzas and waffles are no doubt convenient to serve up, but they often contain high amounts of trans fat. As much as possible, avoid them.

French fries: They are perhaps the most obvious one on this list, but need special mention because just a medium order of fries can load you with an alarming eight grams of trans fat. (Your daily intake of this fat should be as close to 0 grams as possible!)

Vegetable shortening: While shortening prolongs shelf life, it also blocks your arteries. Unless you're sure a variety of it is trans fat free, stay away.

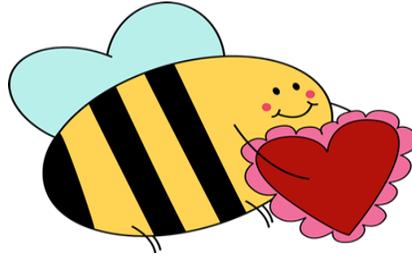
MCH Program

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



ALL ABOUT ME

JANUARY 14TH, 2016



BE MY VALENTINE

FEBRUARY 11TH, 2016



HAPPY EASTER

MARCH 22ND, 2016

For more info call Jennifer Presseault 819-627-9060

Understanding Animals Workshop

On January 19th and 20th we hosted an "Understanding Animals Workshop" where we invited neighboring communities Timiskaming First Nation, Long Point First Nation and Wolf Lake First Nation to join us as we introduced guest speakers; Dr. Denis Harvey along with Mr. Christian Noel from Health Canada.

I am very pleased to announce that this workshop was a tremendous success, the combined information the guest speakers shared concerning harvesting, and handling wild meat gave the participants the opportunity to enhance their knowledge, while also supporting their way of life as they continue to practice traditional hunting and trapping skills, which has been passed down for generations. The magnitude of discussions, topics and information shared is definitely beneficiary to our future as First Nations People.

Many of our trappers and hunters were in attendance, all of whom were very impressed and pleased with the topics that were introduced. The interaction of discussion



with all participants also displayed interest by all.

We did ask all participants to complete a survey, although a very large majority gave the workshop a very high mark, we did have some who by giving their honest opinion will help us in the future to improve our activity / workshop, so Kitci Mik8etc your input is important to us.

Virginia McMartin

(Diabetes/Chronic Disease Coordinator)

Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 David and Priscillia are in Quebec City (Feb 1st - 4th)	2	3 DRUMFIT	4 RECYCLE PICKUP	5	6 COMMUNITY SHOPPING TRIP
7 FAMILY MOVIE DAY	8 2016 WEIGH-LOSS CHALLENGE BEGINS	9 COMMUNITY KITCHEN	10 DRUMFIT	11 HEART HEALTH SCREENING CLINIC GARBAGE PICKUP	12 GTS PD DAY YOUTH VALENTINE'S DAY DANCE TITANS GAME - 8 PM	13 ANNUAL SNOWMOBILE RALLY TITANS GAME - 2 PM
14 VALENTINE'S DAY	15 <u>HOLIDAYS</u> Jennifer Presseault (Feb 15th - 24th)	16	17 <u>HOLIDAYS</u> Lisa Chevrier (Feb 17th - 24th) DRUMFIT	18 RECYCLE PICKUP	19	20 TEXAS HOLD'EM TOURNAMENT
21 <u>HOLIDAYS</u> David McLaren	22	23 DIABETES WORKSHOP COMMUNITY KITCHEN	24 DIABETES WORKSHOP DRUMFIT	25 GARBAGE PICKUP	26	27
28	29 <u>HOLIDAYS</u> Priscillia Durocher Glenda Moore (Feb 29th - March 4th)	FEBRUARY 2016				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MARCH 2016		1 QUEBEC MARCH BREAK THIS WEEK	2 <u>HOLIDAYS</u> Priscillia Durocher Glenda Moore (Feb 29th - March 4th) DRUMFIT	3 RECYCLE PICKUP	4	5 COMMUNITY SHOPPING TRIP RED PINE FISHING DERBY
6	7 GTS PD DAY	8 COMMUNITY KITCHEN	9 DRUMFIT	10 GARBAGE PICKUP	11	12 KIPAWA FISHING DERBY
13	14 ONTARIO MARCH BREAK THIS WEEK	15	16 DRUMFIT	17 ST. PATRICK'S DAY RECYCLE PICKUP	18	19 TEXAS HOLD'EM TOURNAMENT
20	21	22 COMMUNITY KITCHEN	23 DRUMFIT	24 GARBAGE PICKUP	25 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR GOOD FRIDAY	26
27 <u>HOLIDAYS</u> Tina Chevrier	28 BAND OFFICE AND HEALTH CENTER ARE CLOSED FOR EASTER MONDAY	29	30 DRUMFIT	31 RECYCLE PICKUP		