

An Update from the Chief

Well to begin, the month of February has come and gone so fast that it is hard to believe in a few short weeks we will be talking about spring and the thought of warmer days and nights, melting snow and longer days. It has been a hectic month with a lot the council's time and my time dedicated to attending meetings; issuing press releases and meeting the other Algonquin Chiefs in an effort sensitize the media, developers and the government that our community and the other Algonquin communities have not been consulted on a number of issues happening on the territory.

The Algonquin's of Ontario (AOO) are about to vote on a land claim agreement that would extinguish all Algonquin title and rights in the province of Ontario. A good portion of those lands overlap with the aboriginal rights and title lands of our community in Ontario, mainly in the North Bay - Mattawa area. We sent letters to the new Prime Minister, Ministers of Indian Affairs and Justice and the province of Ontario outlining our concerns, about the overlap but more importantly we seriously questioned how many of the AOO were really Algonquin and why they were given a right to vote on the land claim, as we suspected that many of these individuals were non-native. We commissioned a study of the voters list, there were 7714 eligible voters and only 640 of them were Algonquin members of Pikwanagan (Golden Lake), the rest were non status Algonquin's and no one seemed to care that all these instant Algonquin's were going to vote on this land claim that impacts our community directly but also the entire Nation as the lands they were extinguishing includes the city of Ottawa, Chaudiere Falls, Parliament, Lebreton flats and the Supreme Court of Canada and yet the only Algonquins that were consulted was the AOO who we now know with certainty are not Algonquin. They have also signed many agreements but they are not the rights holders, you, me, your children, my children, their future children, these are the true rights holders and we decided to put maximum effort into protecting our rights on the community and the Nations behalf. I was fortunate that on February 19th I was able to deliver a message directly to Indian Affairs Minister Bennett and expressed my concern with the AOO claim and its membership and the overlap with our community and Nation. She advised that it would be good for me to brief her staff prior to having a one on one meeting with her. The Ministers office has followed up and I will be meeting with her regional liaison for Que and Ont and other staff on February 26th in Gatineau, to give them the briefing she suggested and we are continuing to work towards finalizing a date for the meeting with her which I suspect will occur in early March.

Given the lack of response, we have started a Facebook campaign - Information for all Algonquins and Supporters (<https://bit.ly/infoforalgonquins>) with a view of getting the information firstly to members of Kebaowek, the other Algonquin communities and the community members of Pikwanagan directly in an effort to get them to understand what was at stake besides the fact that most people



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 Fax: (819) 627-9428
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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

voting on this land claim are non-native, the community of Pikwanagan needed to know that there were overlap issues with other communities and that the deal itself was a bad deal. The total area of the claim is over 9 million acres and the land claim said they will get 117,000 acres or 1.9% of the total area they claimed and \$300 million. They would also agree to provincial law, they would no longer have reserve and tax free status. They would be setting a bad precedent for all the rest of the Algonquin's who still do not have a treaty. The voting begins on February 29th and ends March 7th. We will be awaiting the results and we hope that the members of Pikwanagan vote no to the agreement so that we can all work together to claim what rightfully belongs to all Algonquin's based on recognition of our right and title and not on a process that requires you to give up so much with little in return. The council intends to maintain the Facebook page, revamp the website and have regular monthly meetings in an effort to keep everyone informed of what we as the council are doing.

The Ten Algonquin Chiefs and Representatives met in Ottawa on February 4th in Ottawa to discuss the meeting we had been invited to with the National Capital Commission (NCC) on February 5th to discuss the development of Lebreton flats and to agree on working together to resolve our outstanding claims and our concerns that we had not been consulted on either the Lebreton Flats development or the Windmills Zibi project on Chaudiere Island by the NCC or the federal government. The NCC agreed that we had not been consulted and that it was the responsibility of the Federal government to consult and not the promoters of the developments. They also agreed to have additional meetings with the Chiefs and that at the next meeting Heritage Minister Joly will be there to discuss how we will move forward on a consultation process based on recognition of Algonquin rights and title to the area in question. Our territories are under attack from this land claim, to the province giving MRCs the ability to decide where mining can take place, Quebec's proposed protected area for Grassy and Magnasipi, the newly announced Opemican park and the creation of a new Federal Park which is being proposed for the Dumoine and the Coulonge Rivers and of course the Matamec mine project which is far from dead and of course the ever present issues of forestry cuts.

I am proposing that in light of all that is happening on the territory, I would propose that the next community meeting be held on Sunday March 20th, from 1pm to 5pm with the theme Our Territory and Resources so we can bring every interested member up to date on all that is happening and explain what actions we have taken to date and to discuss on how to move forward in ensuring the protection of our Aboriginal Rights and Title to which you have mandated us to protect by BCR. This would be followed by a community supper for all. We will send out reminders leading up to the meeting.

As the council we have an obligation to keep you informed and get your views, comments and input and the council and I will need your support as we move forward to fight to get the recognition and benefits that the community deserves and is entitled too. This is our land and we should not be poor with under funded programs that don't meet all the needs of the community and puts us in the awful position of being the bad guys because we say no to some requests. I need to let you know everything I know because quite frankly it is a heavy burden to carry. I promised that I would communicate everything to you but sometimes things happen so quickly we lose sight of that need and I need to do better. These gatherings should be about educating each other, respecting different points of view, there is no right and wrong, different people see things differently and that's ok as long as we are working in the end to make things better for all community members.

Migwitch, thank you for taking the time to read my article.
Chief Lance Haymond



Chief Lance Haymond along with Chief Casey Ratt of Barrier Lake and Terrance McBride speaking to reporters at the National Press Gallery in Parliament on March 3rd, about the Algonquin opposition to the Algonquins of Ontario land claim and its potential to extinguish the rights and title of our community and Nation.



CANADIAN
WAR
MUSEUM
MUSÉE
CANADIEN
DE LA GUERRE



RBC
Emerging Artists
Project



CANADIAN
MUSEUM
OF HISTORY
MUSÉE
CANADIEN
DE L'HISTOIRE

**Canadian Museum of History
Canadian War Museum**

**RBC Aboriginal Training Program in Museum
Practices Full-Time Internship - 8 months: Commencing in
September 2016 - Up to four (4) Internships - File number: 5000**

AMENDMENT – DEADLINE EXTENDED to MARCH 31st, 2016
www.historymuseum.ca/careers for More information

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: Jan. 10th - Feb. 6th, 2016	Min. # of Hours Required	Min. # of Weeks Payable
16.9%	21.7%	14.3	8.7	595	18
Unemployment Rate Stats Can – 1996	Unemployment Rate Stats Can – 2001	Unemployment Rate Stats Can – 2006	Unemployment Rate: Feb. 7th - March 12th 2016	Min. # of Hours Required	Min. # of Weeks Payable
16.9%	21.7%	14.3	8.4	595	18

FIRE ARMS SAFETY COURSE

We are attempting to set up another Fire Arms Safety Course. There is only seating for 30 people and so far, we have a running list with ten people signed up. If you are interested please call and give your name to Glenda or Roxane at the Band Office. 819-627-3455. Updates will follow.

SUMMER CAREER PLACEMENT PROGRAM- UPDATE

The Summer Career Placement Program is to enable young people to acquire work experience in their field of study. This program is offered through First Nation Human Resources Development Commission of Quebec, Urban Strategy. This is a joint venture with an employer, a student and the urban strategy department. This experience can be used on their resume. If anyone is interested in this program please contact me at 819-627-3455 or at glenda.moore@evfn.ca.

This program will be opened up in April or May 2016,
Eagle Village First Nation will be funded for two applicants only.

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.

Education Department

POST SECONDARY APPLICATION DEADLINE

For any person interested in Post-Secondary studies for the upcoming school year of 2016-2017.

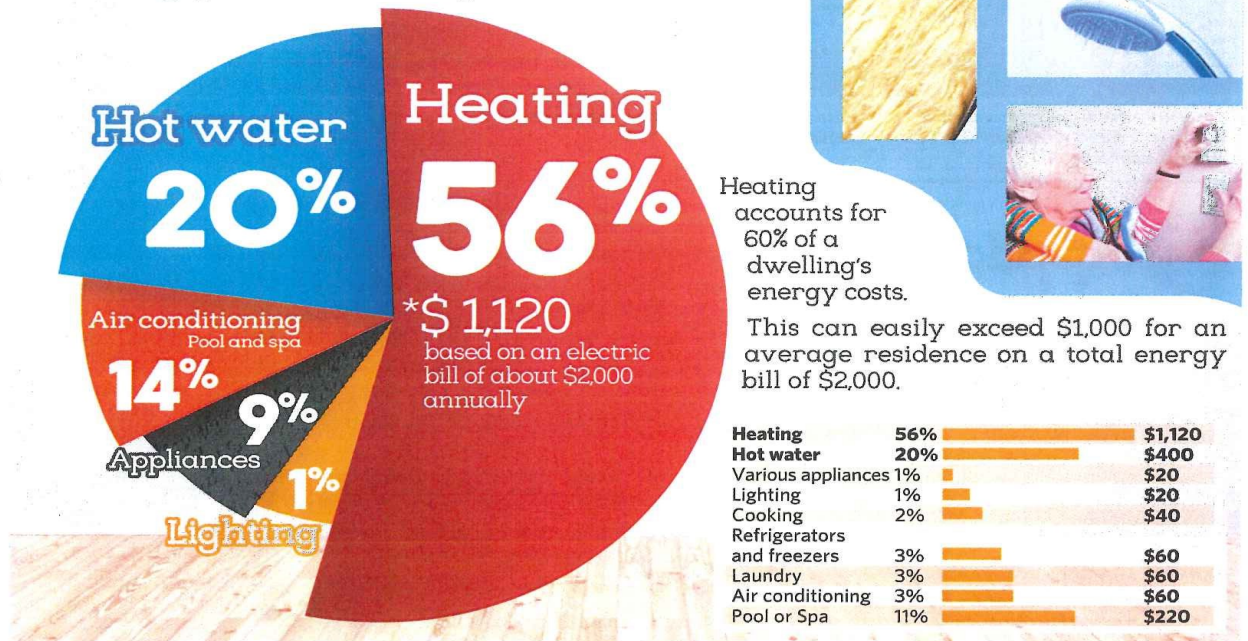
Applications for funding assistance are available now,
please contact me at rose.jawbone@evfn.ca
to get a copy of the application.

The deadline to apply for funding assistance is May 1st, 2016.



Kebaowek Housing Department

Distribution of your energy consumption



Source: www.infowatts.ca

Located at 25 Amik Crescent - \$54,355.00



Located at 308 Amik Avenue



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

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.

We are pleased to announce that we were able to find an English trainer for the TRAPPING WORKSHOP/ Course. Once we have the minimum number of participants then we will be able to confirm the date. If you are interested in taking part in this training and have not already submitted your name, please call 819-627-3309 and give your name to Laura.

We also welcome members to stop by and discuss any situation that may arise or that they are concerned about while they are on the territory.

The Land Management Team

Kebaowek First Nation Fire Department

Once you're Outside, Stay Out!



Firefighters are preparing to do battle. With their sirens wailing through a quiet neighbourhood, they're on their way to a house where a blaze has broken out. In the meantime, inside the house where the drama is unfolding, a smoke detector is beeping. The parents are startled awake and in a panic, the father goes to the first floor to find out what is happening. He notices that a fire has broken out in the living room. He heads back up the stairs, four at a time, and into the bedroom. His wife has vanished...

She must have gone to the children's bedrooms. He then spots her carrying their youngest daughter in her arms. He immediately darts down the hallway to get his son. They all proceed down the stairs, but smoke has engulfed the staircase. Nothing is visible anymore. They're choking from the smoke and their eyes are burning. Down below, the noise of the blaze is terrifying and the heat intense. They run directly ahead and... they're outside. They wonder how they managed to escape. The sound of a siren cuts through the night. A first fire truck rounds the corner into the street. Just then, they realize! Where's our teenage son? His bedroom is in the basement. Did he hear the smoke detector? Panic overwhelms them. The father hands his son to his wife and sets off towards the house.



- What are you doing? asks his wife.
- I'm going in to get him.
- It's dangerous, she replies.

But he is out of earshot. He opens the door and a thick acrid smoke envelops him. His legs begin to weaken. As he attempts to take another step, a hand firmly grasps his shoulder. He turns around and is standing face to face with an astronaut. He begins to feel light-headed.



- What are you doing? asks the spaceman.
- My son... he manages to blurt out.

He feels himself being pulled back. The cool night air brings him around. What was it I saw? A firefighter... that's what it was. A firefighter asks him where his son was sleeping. In the basement, he replies, at the back of the house. He quickly explains exactly where his son's bedroom is located. A few minutes later, after what seems an eternity, a firefighter approaches the family, carrying their son.

After a few hours of work, the blaze is out. The damage is extensive. Fire, smoke and water have destroyed the house. Their furniture, computer and keepsakes have gone up in smoke. The one consolation is that everyone is alive.

A firefighter approaches them. It's the man who stopped the father from going back into the house. "What you were about to do was foolhardy and possibly fatal. People who go back into a burning building rarely ever come out alive. It's not the smoke that kills: it's the toxic fumes that are released by things that burn. When furniture, carpeting and electronics burn, they produce a deadly toxic smoke. You took only a few steps before you collapsed from the smoke. No one should ever go back into a burning building. Not to get medication, not to get a wallet or a pet. You have to wait for firefighters to come. We're equipped to handle these situations."

The mother and father assess the damage and are overcome with grief. With a start, they look at one another and their children. What counts most is that we're all here. Each of us. The rest is material... and can be replaced. Awakened by the procession of firefighters, neighbours have come out to comfort the family. A nearby resident offers room at his home where the family can spend the rest of the night. A neighbourhood youth, a friend of the teenager who was rescued, sums up the situation:

Once you're outside, stay out!

Kebaowek Registration/Membership

CERTIFICATE OF INDIAN STATUS (CIS) – Paper Laminated Version

Certificates of Indian Status (CIS) are no longer processed by mail or through third party applications. They are issued in **person only** at an issuing Indian Registration Office. *If you are not able to apply for a certificate of Indian status in person, you can apply for the new Secure Certificate of Indian Status (SCIS) by mail.*

When applying for your certificate of Indian status, you must **submit** your current picture, (*head and shoulders, no headgear, sunglasses or similar apparel*) and your valid identity documents (*health card, driver's licence, etc*). You must **return** your former certificate of Indian status.

SECURE CERTIFICATE OF INDIAN STATUS (SCIS)

You can apply for the new Secure Certificate of Indian Status (SCIS) by mail or in person at an Indigenous Affairs and Northern Development Office (INAC). Information on how to apply for the SCIS is available at: www.aadnc-aandc.gc.ca/eng Click on *Indian Status* and then *Secure Certificate of Indian Status*.

When you apply for your SCIS, you are required to submit the **original copy of your Provincial Birth Certificate** along with **two passport size pictures (taken within the last twelve months)** and **copies of two pieces of valid identity documents**. Also, you must also submit a **Name Linking document (original copy)**, if necessary, i.e., marriage certificate, legal name change, etc. If you apply by mail, you need a Guarantor. When you receive your SCIS, you must activate it within 30 days.

Before you submit your SCIS application, please ensure that your birth certificate matches exactly how you are registered in the INAC Indian Register. If they do not match, please submit your original birth certificate to your Indian Registration/Membership office to have an amendment made to your Registered Indian Record. (*Your CIS indicates your name and date of birth as recorded in the Indian Register.*)

Quebec Civil Status Birth Certificates must bear the issue date on or after January 1, 1994. Quebec is the only province with this requirement. *Quebec birth certificates that are issued before January 1, 1994 are not acceptable*

If you have questions or require assistance when you apply for the SCIS, please contact or visit the Indian Registration/Membership office or any Indigenous and Northern Affairs office.

SCIS – Video On-Line

This video clip is an excellent tool to help you successfully fill out a SCIS form. The SCIS application forms and other useful information can be found on this same webpage.

The video clip entitled “How to apply for your Secure Certificate of Indian Status” can be viewed at:

www.aadnc-aandc.gc.ca/eng

Click on *Indian Status* then *Secure Certificate of Indian Status* and then *Application Information*.

Anicinabe Mikana

Beading Techniques & Natural Arts

Our class workshops are now in session and participants are very busy learning beading techniques. Some of the items being worked on are arm cuffs, bracelets, earrings, guitar strap, belts, appliques, etc. The items are being crafted by needle beading and loom beading. At a later date, fish scale art, porcupine quills and moose hair tufting will be demonstrated.

We, Anicinabe Mikana, very much appreciate the support we received for our beading project and we would like to extend our thanks to:

- The United Church of Canada, Healing Fund.
- Kebaowek First Nation Council.
- Gail Joly for her help with the workshop supplies.
- Perry Mongrain and Bryan Grandlouis-Lariviere for their contributions.

Rodney, as a member of Anicinabe Mikana, is very active in all of our projects. He shares his cultural knowledge and ensures that the set-up preparations of our projects are in order. He is a strong foundation to our small group and we appreciate his work and contribution.



2016 Kipawa Countryfest Announcement

KIPAWA COUNTRYFEST AUGUST 19-20-21, 2016

The executive committee would like to announce some of the following artists for the 2016 line-up !! Please continue to watch for more information in upcoming newsletters, our website and Facebook page. Posters and pamphlets will be out soon with the complete line-up.



EMI SUNSHINE



SAMMY KERSHAW



**WAYLON JENNINGS
TRIBUTE**



JOHN MCGALE



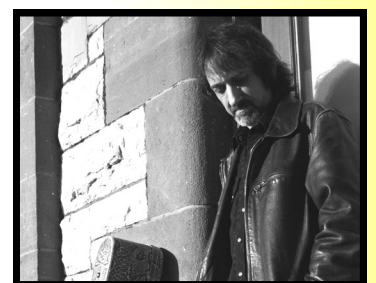
RUNAWAY ANGEL



JW STEVENS



**TRACEY BROWN &
RANDALL PRESCOTT**



LLOYD MCMILLIAN

WEEKEND PASSES ON SALE NOW !!

Get yours for the advance price of \$50.00 for adults and \$20.00 for youth only on sale until Sunday, July 24th, 2016!! (Ages 3 and under are free).

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 MARCH DEADLINE FOR NON-RESIDENT FEES IS
MARCH 30TH, 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

Kebaowek Health Centre and G. Theberge School

PINK T-SHIRT DAY

On Friday March 26th, 2016 Sports and Mentorship Mitchell McMartin, First Line Services Darlene McLaren and Diabetes and Chronic Disease Virginia McMartin along with the Eagle Village Police officers spent the morning at G. Theberge School and participated in the "Pink T-shirt Day" campaign to show our support to "End Bullying".

Gavin Gervais and his peers created the group A.B.A (Anti Bullying Association) to create awareness in the area of bullying, and we saw firsthand that; they are very active group by encouraging students to openly express that we all have the capacity to spread kindness. Bullying is a serious problem everywhere, in schools, playgrounds, internet etc., therefore as a Health Centre Staff we strongly believe in the A.B.A group and their mandate, by wearing pink t-shirts to symbolize that we are against bullying anywhere.

Attached are photographs taken during our visit, it was a fun filled morning because we had the opportunity to play and be part of a TEAM in a variety of games, where all of the primary youth attended with enthusiasm and smiles. It was a morning well spent.



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
disponiblent sur les lieux.**

**Tous poissons, sauf la truite,
seront accepté.**

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

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

Amanda Styles

Hairstylist
Mobile Hair Salon
Cuts & styles for miles & miles

705-477-7490

Amanda.Joly25@gmail.com

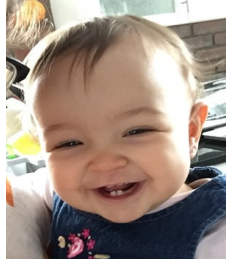
facebook.com/Amanda.Styles2015/

Wishes for the Month of March

Cute as a button, and so much fun !!
Our little Nations is turning 1 !!

Happy 1st Birthday to our sweet little girl Nations on March 6th !!

Love Mom, Dad, Ajay, Adin,
and Saulus xoxo



Happy 3rd Birthday
to our son Saulus !!

He celebrates his special day
on March 26!!

Love Mom, Dad, Ajay, Adin,
and Nations xoxo



Happy Birthday my sisters
Olivia and Vera
who are celebrating their
birthdays March 7th & 9th!!

Birthday Wishes
from your sister Theresa



Happy Birthday to my Mom
(Theresa Goulet)

From your loving daughter,
Donna xoxo

Happy Birthday wishes to my
daughters Connie and Rena
who celebrates their
Birthdays on
March 22nd & 29th!!
Love Mom



Happy 4th Birthday to Lisa
On March 16th!!

Love Stephane
xoxo



Happy Birthday to
Judy Young
who celebrates her
birthday on March 6th !!
Birthday Wishes from
Theresa



Happy 1st anniversary to
Tori & Steven

Love; Mom, Laurier & Boys
xoxo

Happy Birthday to my
sisters Connie and Rena
who are celebrating their
birthdays in March!!

Love your sister, Donna



Happy Birthday to the most
amazing Uncle ever !!
Stay cool and awesome !!

Love Always
Hailey & Aiden



Happy Birthday to my
Aunts Olivia and Vera!!
Birthday wishes
from your niece, Donna



Happy Birthday Ronald !!
You finally reached the
lucky number !!

Love Laura

Wishes for the Month of March



We would like to congratulate my Sister (Auntie Kim) & Brother-in-law (Uncle Robert) on the birth of their beautiful baby girl *Alyssa Phyllis Gail*, the newest addition to our family...such a precious little girl!

Love, Auntie Tiddalow, Uncle Jason, and big Cousins Trent & Evin xox

Happy Easter to our Family & Friends!!
Tiddalow, Jason,
Trent & Evin



Birthday Wishes being sent to my mom (Gail Jawbone), aka Granny/"Nona" who will be celebrating on Sunday March 13th!
Have a good one, love you!
Tiddalow, Jason, Trent & Evin xox



Birthday wishes to our cousin "Jungo" (Denis Perrier), who will be celebrating on Monday March 14th, have a good one!
Love you!
Tiddalow, Jason, Trent & Evin xox

Happy 50th Birthday Wishes to Tim on March 28th!!
Love; Mom, Donna, Yvette, Tyler and Jordanna
xoxo



TEXAS HOLD'EM TOURNAMENT

SATURDAY MARCH 19, 2016

Kebaowek Community Hall
(Kipawa, Quebec)

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

Proceeds to Help Support Recreation

An Update from our Health Director

February Meetings

- CISSS/AT and Municipalities for file updates on Dr. shortages, (Doris Hunter in replacement)
- FNHMA B.O.D. Executive Conference call
- B.O.D FNQLHSSC
- Coalition for English speaking first nation communities
- NIHB Advisory
- Health Directors Network committee
- Recreation and O&M

Upcoming in March

- Health Governance & FNQLHSSC BOD
- With Municipalities for Doctor shortages

Files in motion at our Health Center:

- Takeover of Home Support Program managed by social services division of CISSS/A.T. AANDC will be asked to intervene.
- Collaborative agreement work with TFN & LPFN in mental health crisis is ongoing.
- Protocol with CISSS for nursing orders, documents sent for analysis. Waiting on response from CMDP of CISSSA-T.
- Preliminary work for New Health & Wellness Center.

It is important for all our members who receive services from our Health & Wellness Center to know that everyone here feels privileged to provide you with a service, assistance or information. That sometimes we have no other choice then to apply policies set forth from the framework of our funding agents. Although we may not always agree with such policies, it is far way more important to adhere to them then to lose total control of the entire program. I therefore ask that you treat our staff, with the same respect you expect in return from them. Meegwetch.

NIHB Advisory Group! What it really means and why is it important for you to keep us informed. Fortunately both Priscillia & I sit on this "Non Insured Health Benefit" group as Quebec community representatives so we can bring forward issues that keep us (First Nations of Qc) from accessing different services, medications and equipment not to forget the entire management of medical transportation. What is different this year is that we have also been feeding the National Joint Review for NIHB and we are hoping that most of our access issues will be addressed on a national perspective.

Therefore, it is important that you inform us (Priscillia) every time a medication is refused or is no longer available. Let us know if the pharmacy charges you for a benefit that is supposed to be fully covered. We cannot bring things forward if we don't have the information. A huge part of our job at the Health & Wellness Center is to advocate for you, so please help us help you !

Talks continue between all the local communities and the management of the CISSSA-T in an effort to increase the number of physicians in the Temiscaming Hospital. For the past 4 years, you have received medical students in our community and made them feel very welcomed. You can be assured that each and every one left here with a new perspective about First Nations and a genuine interest in sharing their great experience.

On a political note

I just want to acknowledge our Chief Lance Haymond for the lead role he has taken with regards to the AOO Algonquins of Ontario attempt at the modern day land claim that is threatening our title lands and being just a bad deal for any real First Nation. Having chosen the more affordable strategy to address this AIP of the AOO, the current work in communications has demanded a considerable amount of his time above and beyond what is normally asked. In fact, most corporations use their own dedicated "communications department team" to do the work that our communities have undertaken with just a few people in support. The battle is far from over and we will try to give you all the information possible at the next scheduled band meeting.

Thanks to Donna Pariseau for stepping up and taking on an important role within our communications strategy.

This month, we lost a young member of our community and I cannot finish my article without mentioning what Danny Raymond meant to me and I'm sure, this community. Given the harsh faith of his physical condition which left him paralysed from the neck down for over 20 years, Danny did not give up the zest to live, where in fact, he lived a life to the fullest. His disability did not seem to deter him from making the best of his situation. He seemed to have such a strong and positive attitude that I'm sure, inspired most of us, at one time or another, to suck it up from whatever problem we thought we had. Having or should I say choosing to have a positive attitude in life like Danny, will go a long way in making this journey we are on more fulfilling. It helps when we have to face some of life's tuff challenges and it opens the doors for others to support when difficulties arise. Proof to this last statement is that Danny had tons of friends who help him in many ways to get out of life what many of us don't even try to do!

Quote about positive attitude

Adopting a really positive attitude can work wonders to adding years to your life, a spring to your step, a sparkle to your eye, and all of that. ~ **Christie Brinkley** ~

"Being miserable is a habit; being happy is a habit; and the choice is yours." ~ **Tom Hopkins** ~

The greatest discovery of all time is that a person can change his future by merely changing his attitude." ~ **Oprah Winfrey** ~

David McLaren - Health Director / Councillor

Sports & Mentorship

Morning Exercise Classes

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

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 may attend.

The classes will begin with an easy to medium work out (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.

Medical Transportation

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

Year end is March 31st 2016, all claims from April 1st 2015 to March 31st 2016 will need to be submitted no later than April 28th 2016.

Please note: It is your responsibility to have your attestations fully completed and correct.

As of April 1st, you will be able to complete your own reimbursement form and if you should require assistance you can call 819-627-9060.

Please watch in the next newsletter for more information.

March 2016 - Medical Transportation After Hours Pilot Project

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>AFTER HOURS</u> 8:30 A.M. TO 12:30 P.M. CALL 819-627-6887		<u>AFTER HOURS</u> 4:30 PM TO 8:30 P.M. CALL 819-627-6887			<u>AFTER HOURS</u> 12:00 P.M. TO 8:30 P.M. CALL 819-627-6887	<u>AFTER HOURS</u> 8:30 A.M. TO 12:30 P.M. CALL 819-627-6887



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION

**CALL FOR CANDIDATES FIRST
NATIONS EARLY CHILDHOOD
REGIONAL COMMITTEE
(FNECRC)
2016-2017**

Call to all individuals working with First Nations Early Childhood in Québec

The First Nations of Québec and Labrador Health and Social Services Commission (FNQLHSSC) is searching for **five (5) candidates and two (2) Elders** in order to set up a committee that is composed of the First Nations members of Québec.

Mandate of the committee

The Committee has the mandate:

- to advise, propose, promote and direct the elaboration and the implementation of strategies, initiatives, activities and programming in matters of First Nations Early Childhood development for the Québec region.
- to ensure that the Early Childhood services are culturally appropriate with respect to the language, and autonomy of each First Nation.
- to recommend positions and directions in matters of First Nations Early Childhood to the FNQLHSSC as well as to other entities and authorities.

Number of meetings of the committee

Three (3) meetings of two days will take place over the course of the year in three different locations: Québec, Montreal and a community. The dates of the meetings are determined at the last annual meeting of the fiscal year. The FNQLHSSC will reimburse all expenses related to travelling and accommodations for the committee members, however, honorariums will not be provided for the participation of the members in the meetings.

** In order for the candidacy to be retained, each candidate is obligated to submit a letter of reference signed by his/her immediate supervisor providing authorization to hold a seat on the committee.*

Selection of the candidates

In April 2016, the selection committee, composed of three employees of the FNQLHSSC, will carry out the selection of the committee members among all of the applications received.

A letter will be sent out to all of the candidates in order to inform them of the results of the recruitment and selection process.

For more information

If you have any questions, please do not hesitate to contact the undersigned at (418) 842-1540 or by email at nrousselot@cssspnql.com.

Deadline for the Application form submission

You must fill out the enclosed form and return it to Ms. Elizabeth Sioui either by fax at (418) 842-7045 or email at esioui@cssspnql.com no later than **4:30 p.m. March 31, 2015**.

You can pick up a First Nations Early Childhood Regional Committee Application at the Kebaowek First Nation Health and Wellness Center.



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



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

facebook

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

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



**Wednesday, March 9th From 1:00—4:30 PM
&
Family Kitchen
Tuesday, March 22nd from 4:30—6:00PM**

**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



**Thursday, March 17th
Alvin & The Chipmunks: The Road
Chip**

**Movie Starts @ 6:00PM
Snacks \$0.50**

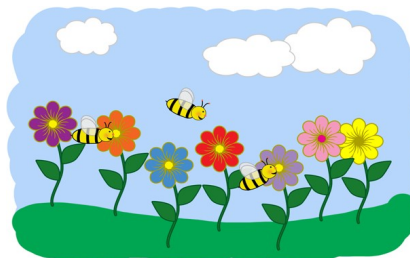
**Have a chance to win movie shown! Must
be present to win.
Children under 8 require a chaperon.**

MCH Program

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



**HAPPY EASTER
MARCH 23RD, 2016**



**SPRING IS HERE
APRIL 21ST, 2016**



**GROWING A GARDEN
MAY 17TH, 2016**

For more info call Jennifer Presseault 819-627-9060

Wellness and Addictions

DESCRIPTION OF SPEED

- Category: stimulant (induces energy boosts and euphoria, accelerates heart rate, respiration, and cuts appetite).
- Appearance: tablet, capsule, powder.
- Consumption method: ingested orally, smoked or injected.
- Activation period (when ingested): 20 to 60 minutes.
- Effect duration (when ingested): 4 to 12 hours or more.
- Units of measure (when ingested): fractions of tablets, tablets or capsules (approx. 5 to 20 mg).
- Once purified, methamphetamine takes the form of crystals, hence the name *crystal meth* (also known as *ice*, *meth*).

DESIRED EFFECTS

- Energy boost, suppression of fatigue and appetite.
- Euphoria, self-confidence, desire to communicate, reduced inhibition (less shyness and control), which may amplify sexual impulses.

POSSIBLE SIDE-EFFECTS AND RISKS

- Twitching, tension in the jaw area and grinding teeth.
- Headaches, fainting, nausea, vomiting.
- Hot flashes, increase in body temperature, excessive perspiration, dehydration, palpitations.
- Overdose: hallucinations, paranoia, aggression, confusion, convulsions, cardio-respiratory issues.
- In the days following consumption: anxiety, mood swings, depression, decrease in motivation, insomnia.

BEWARE!

- Speed presents a high risk of addiction. The risk is even greater where *crystal meth* is concerned.
- Regular use may lead to tolerance (the need to use more of the drug to achieve the same effect).
- In particular, persons suffering from epilepsy, heart problems, diabetes, mental illness or sleep disorders, or who are under certain medication (ex. antidepressants or HIV medication) should avoid using the drug.
- *Crystal meth* and methamphetamine are more toxic and their effects last longer.
- Repeated or chronic use can lead to brain, liver, heart and skin damage.

RESOURCES

Information/prevention:

GRIP Montreal – www.gripmontreal.org

References for treatment/detoxification/ rehabilitation:

Drugs – help and referral – 514-527-2626

(Greater Montreal)

1-800-265-2626 (elsewhere in Quebec), 24/7.

Program Update (February):

Held a Youth Valentine's Dance on
Friday February 12th.

Went to North Bay Nordic Ski Club on Sunday
February 21st for some Cross-country skiing and
Snowshoeing.

Up-Coming (March):

I will be on holidays the week of March 14th- 18th.

Awareness Activity Night at the Health Centre
(Wednesday March 23rd)

*Topic to be determined, watch for info.

March is Liver Health Month



Weighing in at just over one kilogram, the liver is a complex chemical factory that works 24 hours a day. It processes virtually everything you eat, drink, breathe in or rub on your skin and that's just some of its over 500 different functions vital to life.

Every day, your liver helps your body by providing it with energy, fighting off infections and toxins, helping clot the blood, regulating hormones and much, much more. To give you an idea of the liver's critical roles, here is a partial list of its functions:

Cleanses blood:

- metabolizing alcohol and other drugs and chemicals,
- neutralizing and destroying poisonous substances.

Regulates the supply of body fuel:

- producing, storing and supplying quick energy (glucose) to keep the mind alert and the body active,
- producing, storing and exporting fat.

Manufactures many essential body proteins involved in:

- transporting substances in the blood,
- clotting of blood,
- providing resistance to infection.

Regulates the balance of many hormones:

- sex hormones,
- thyroid hormones,
- cortisone and other adrenal hormones.

Regulates body cholesterol

- produces cholesterol, excretes and converts it to other essential substances.

Regulates the supply of essential vitamins and minerals such as iron and copper.

Produces bile which eliminates toxic substances from the body and aids digestion.

Liver Facts

- There are over 100 different forms of liver disease caused by a variety of factors ranging from viruses and genetics to toxins and poor nutrition. The good news is that many of the most common forms of liver disease can often be prevented by understanding risk factors, taking precautions and/or making healthy lifestyle choices.
- The liver is the largest internal and most metabolically complex organ in humans.
- The liver performs over 500 different functions including fighting off infection, neutralizing toxins, manufacturing proteins and hormones, controlling blood sugar and helping to clot the blood.
- The liver is the only organ that can regenerate itself thus making it possible for one person to donate part of their liver to another person. When a portion of the liver is transplanted, the donor's liver will regenerate back to its original size while the transplanted portion will grow to the appropriate size for the recipient.
- At any one time, the liver contains about 10% of the blood in your body and it pumps about 1.4 litres through per minute.
- The first liver transplant in Canada was performed by Dr. Pierre Daloze in Montreal, Quebec in 1970.

1 in 4 Canadians may be affected by liver disease.

**It could be anyone. It could be you.
#Tooclose4Comfort**

Liver disease can be just as deadly as cancer, come on as suddenly as a heart attack and be as difficult to manage as diabetes. The difference is that most people understand and worry more about these health issues than they do about liver disease.

March is Liver Health Month

Liver Disease

Although liver disease is stereotypically linked to alcohol or drugs, the truth is that there are over 100 known forms of liver disease caused by a variety of factors and affecting everyone from infants to older adults.

Cirrhosis is often considered to be a form of liver disease and may be the only liver-related condition that many people have heard of. In fact, cirrhosis is a condition that results from permanent damage or scarring of the liver. It is the end stage of many different forms of liver disease and is known to cause a number of other health problems, including variceal bleeding, ascites and hepatic encephalopathy.

Many types of liver disease still have unknown causes but the most frequent liver diseases are generally caused by one of the following factors:

→ **Viral Hepatitis**

Caused by viruses that attack the liver, viral hepatitis comes in many forms. The most common forms world-wide are hepatitis A, B and C. Although hepatitis A and B can be prevented by vaccine, there is no vaccine for hepatitis C. In Canada, hepatitis C is the leading cause of liver transplants.

→ **Obesity**

The leading cause of liver disease in Canada is fatty liver disease linked to obesity.

→ **Alcohol**

Factors such as gender, age, nationality, weight and health can affect how a person's liver metabolizes alcohol. When the liver has too much alcohol to handle, normal liver function may be interrupted leading to a chemical imbalance. If the liver is required to detoxify alcohol continuously, liver cells may be destroyed or altered resulting in fat deposits (fatty liver) and more seriously, either inflammation (alcoholic hepatitis) and/or permanent scarring (cirrhosis). Liver cancer can also result from alcohol induced liver disease.

→ **Genetics**

Several forms of liver disease are caused or thought to be caused, by defective genes. These forms of liver disease may be diagnosed in infancy or may not show up until later in life. Examples include hemochromatosis, Wilson disease, tyrosinemia, alpha 1 antitrypsin deficiency and Glycogen Storage disease.

→ **Autoimmune Disorders**

Sometimes a body's immune system may begin to attack the liver or bile ducts causing inflammation and scarring which leads to a progressive form of liver disease. Examples of liver diseases believed to be caused by the immune system are primary biliary cirrhosis (PBC), primary sclerosing cholangitis (PSC) and autoimmune hepatitis.

→ **Drugs and Toxins**

The liver is responsible for processing most of the chemicals and medications that enter your body – this leaves it vulnerable to acute or chronic liver disease caused by chemicals. In some cases, this is a predictable consequence of overexposure or over-consumption of certain chemicals such as acetaminophen or industrial toxins like polyvinyl chloride or carbon tetrachloride. In other cases, chemicals can cause an unpredictable reaction.

→ **Cancer**

Although primary liver cancer is relatively uncommon, many other forms of cancer often metastasize in the liver. Because the liver filters a high volume of blood which may be carrying cancer cells, it is susceptible to developing a form of secondary cancer. If cancer originates in the liver, it is often caused by hepatitis B, hepatitis C or it can develop in cases of advanced liver disease when cirrhosis is present.

Kebaowek First Nation Community Calendars

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	9 DRUMFIT	10 GARBAGE PICKUP	11	12 KIPAWA FISHING DERBY
		13	14 ONTARIO MARCH BREAK THIS WEEK	15 COMMUNITY KITCHEN	16 DRUMFIT	17 ST. PATRICK'S DAY RECYCLE PICKUP	18	19 TEXAS HOLD'EM TOURNAMENT
		20	21	22 COMMUNITY KITCHEN MCH ACTIVITY	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 MED TRANSPORTATION DEADLINE AT NOON DRUMFIT	31 RECYCLE PICKUP		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
APRIL 2016					1	2 COMMUNITY SHOPPING TRIP					
					3	4	5 COMMUNITY KITCHEN	6 DRUMFIT	7 GARBAGE PICKUP	8	9
					10	11	12	13 DRUMFIT	14 RECYCLE PICKUP	15	16 TEXAS HOLD'EM TOURNAMENT
					17	18	19 COMMUNITY KITCHEN	20 DRUMFIT	21 MCH ACTIVITY GARBAGE PICKUP	22	23
					24	25	26	27 DRUMFIT	28 MED TRANSPORTATION DEADLINE AT NOON RECYCLE PICKUP	29	30