



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Akakojish Kizis / February 2026

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Youth & Community Fishing Event

Come together as a community for a day on the land—
fishing, sharing, and connecting.

 Saturday, February 21st

 10:00 a.m. – 4:00 p.m.

 Beauchene

- Ice fishing for youth & community members
- Participation prizes
- Prize for the largest fish caught
- Fun on the land together!

Please Bring:

- Warm clothing • Boots & gloves
- A lawn chair
- Fishing gear (limited equipment available)

Open to youth, families, and community members.
No experience needed

To Register or for more info:



Kacie McLaren
819-627-3309



Fisheries and
Oceans
Canada

Peches et Océans
Canada

CONTACT US



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



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



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

COMING SOON

ADVANCING FPIC WORK

Rights & Responsibilities Identification Report



Learn about the report identifying KFN Rights & Responsibilities impacted by the NSDF



Assessment Committee will explain Assessment Criteria & Procedures and record community concerns



Share your questions, concerns, and additional assessment criteria with the Assessment Committee

COMMUNITY MEETING COMING UP!

Bring your thoughts, concerns, and questions

Date, time, and location of the first meeting will be announced soon!

For any Questions reach out to **Kacie McLaren** - 819-627-3309 or kmclaren@kebaowek.ca

Registration and Membership Information



SECURE CERTIFICATE OF INDIAN STATUS

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

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

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

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

↓
Get, renew or replace a status card → Application Forms

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

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

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

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

Requests for a Temporary Confirmation of Registration Document (TCRD) must be made to Public enquiries by

telephone at [1-800-567-9604](tel:1-800-567-9604) or by email at infopubs@sac-isc.gc.ca Your TCRD will be sent to you by mail.

For an appointment, assistance or more information:

Laura Moore

IRA & Social Development Coordinator

Kebaowek First Nation

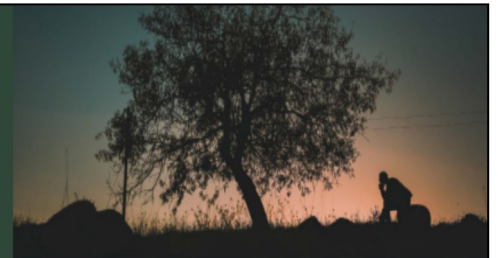
110 Ogima Street, Kebaowek Quebec J0Z 3R1

Phone: 819-627-3455 Ext 228

Email: lmoore@kebaowek.ca



Kebaowek
Band
Members



WILLS & PROTECTION MANDATES SOPHIE GAGNON, NOTARY

A protection mandate helps you plan ahead for your future. No one is immune to an illness, accident or mental health problem that could render them incapable of taking care of themselves and managing their property. This is why drawing up a protection mandate is so important. It lets people decide in advance who will take care of them and their property, and how.

NEW - if you live off the reserve, we can help cover some of the cost for you to have your Will & POA done. Call Laura for more information.

** SCHEDULE **

Sophie will be in Kebaowek on the following dates:
FEBRUARY 11TH (Call 819-627-3455 for an appointment)

** HAPPENING NOW **

If you previously used Sophie's service with your non-indigenous spouse to contact Laura to have their expense reimbursed.

** NEW **

I can now assist Kebaowek Band Members to do Will and/or Power of Attorney Searches with Chambre des notaires du Quebec and Bureau du Quebec (limited funding available)

HANDICRAFT SEWING CLASS

AT THE KFN LEARNING CENTER

Youth that are 8 - 11 yrs old can attend but must be accompanied by a responsible parent/guardian

Youth that are 12 yrs + are welcome to attend on their own.

The materials are free of charge for youth.

Adults, the costs vary depending on materials needed for projects.

Handicraft supplies can be purchased from us.

Instructor - Lynda Chevrier

PLEASE CALL ROSE JAWBONE AT
819-627-3455

IF YOU ARE INTERESTED IN
PARTICIPATING IN THIS CLASS

CALLING ALL Visual Artists

Kebaowek First Nation is inviting local visual artists to create commissioned artwork for permanent installations at the Anicinabe Mikana Cultural Centre. This is an opportunity to share your creativity, culture, and vision within a lasting community space.

For more information contact:

Rose Jawbone at rjawbone@kebaowek.ca



Join the "Kebaowek Cultural Group" on Facebook and learn the Algonquin Word of Day with a recorded pronunciation !



SEWING CLASSES

AT THE KFN LEARNING CENTER

PLEASE CALL ROSE JAWBONE

AT 819-627-3455

IF YOU ARE INTERESTED IN TAKING THIS CLASS



Join us for the review & launch
of the

Four Pillars

At the community hall

MARCH 2ND, 2026
5P.M.

Dinner & Prizes

For more information contact Rose Jawbone
rjawbone@kebaowek.ca or 819-627-3455



Identity theft, NO thanks!

You wouldn't lend your health insurance card to a stranger on the street... So why do it online without even realizing it?

Fraudsters love your personal information: name, address, card number, even your date of birth! 🍷 (Yes, even that.)

🎯 Their goal? Impersonating you.

And the consequences can be serious: opening accounts in your name, fraudulent purchases, or worse... problems with your credit report

Here's how to pull the rug out from under them:

- 🔒 Never share your personal information via email or text message.
- 🧠 Be wary of questionable forms and contests that are too good to be true.
- 📱 Turn on security alerts on your accounts.
- 📄 Monitor your bank statements and credit report.

🗺️ **In short: protect your identity as if it were your Facebook password.**



In short, you are all unique, 🌟 do everything to stay that way!

Protect yourself from identity theft by keeping your personal information private. A photo, comment or private discussion can be enough to give fraudsters clues.

This video shows you how to identify sensitive or risky issues on social media to better protect yourself: [ALERT/INFO - Do not respond to these posts](#)



Practice Defensive Walking



Just like defensive driving to avoid accidents, be a “defensive walker” to avoid winter falls.



- ❄️ Plan ahead to prevent last minute rushing on snowy streets, parking lots & sidewalks
- ❄️ Assume ALL wet, dark areas on pavement are black ice
- ❄️ Don't text and walk at the same time

- ❄️ Wear boots with good tread
- ❄️ Use a backpack to free your arms and help maintain your balance
- ❄️ Take slow, short steps...



...Do the Penguin Shuffle

KEBAOWEK FIRST NATION
**SNOWMOBILE
 WINTER POKER RUN
 ON KIPAWA LAKE**



SATURDAY FEBRUARY 14TH 2026

REGISTRATION 9AM-12PM
 ENTRY \$10 PER HAND (UP TO 3 HANDS)

🏆 PRIZES 🍴 KITCHEN OPEN

KEBAOWEK COMMUNITY HALL

TICKET RAFFLE

Three separate chances to win!



**Tickets \$5.00 each
 or 3 for \$10.00**



Draw held March 7, 2026
 at the Kebaowek Ice Fishing Derby

Tickets available at the Band Office
 or from Lorena 873-997-2870

**GRANDE VENTE
 ALIMENTAIRE ET DE
 PÂTISSERIES
 MEGA FOOD
 AND BAKE SALE**

Information
 Sandra Woodbury
 Facebook Messenger



samedi le 28 mars 2026 , Saturday March 28th, 2026
 11 h à 16 h / 11am - 4pm
 Salle communautaire de Kebaowek Community Hall
*Venez encourager les boulangers et cuisiniers locaux!
 Come and support local cooks and bakers!*



UPCOMING EVENTS

FEB 14TH	Kebaowek - Kipawa Lake Winter Poker Run
MAR 7TH	Kebaowek Fishing Derby
MAR 21ST	Iron Grip Invitational
MAR 28TH	Mega Bake Sale
APRIL 5TH	Easter Brunch
APRIL 19TH	Adult / Child Cornhole Tournament <i>*More info to come!</i>
MAY 8TH	Evening Crib Tournament Kitchen Open
Spring Vendors Show May 2nd	30th Annual Boat Rally 2026 July 18th

K E B A O W E K

TOURNOI
DE PÊCHE
SUR GLAÇE
ANNUEL



ANNUAL
ICE
FISHING
DERBY

samedi, le 7 mars 2026
Saturday, March 7th 2026

"Coe's Island"

13h00 à 16h00

Inscription

"SCÈNE COUNTRYFEST"

11h00 à 13h00

Coût: 20\$ par personne

100% Versé
1ère place - 60%
2ème place - 25%
3ème place - 15%

Prix de participation!

S'il n'y a aucune prise, tout l'argent et les prix seront tirés au hasard

OUVERT À TOUS!

Permis de pêche disponibles chez
Pronature Témiscaming

"Coe's Island"

1:00pm - 4:00pm

Registration

" COUNTRYFEST STAGE"

11:00AM - 1:00PM

Cost: \$20 per person

100% Payout
1st place - 60%
2nd place - 25%
3rd place - 15%

Participation prizes!

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

OPEN TO EVERYONE!

Fishing licenses available
at Pronature Temiscaming

TIRAGE / DRAW

5\$ pour un billet / 10\$ pour 3
\$5 for one ticket / \$10 for 3



5.00\$ pour 3 Billets
\$5.00 for 3 tickets

3 SUPER PRIX À GAGNER → 3 GREAT PRIZES TO WIN!



* 2026 Générateur
2200w Honda



* Stihl Scie À Chaîne
MS 162



* Stihl Coupe-Herbe à
Batterie FSA45

An Update from the Director of Health & Social Services

Kwe to all Members of Kebaowek First Nation

This winter has been a tough one for respiratory diseases and we are still not out of the woods just yet. Influenza “B” usually follows the Christmas holiday period for several weeks. I encourage people to practice good hand hygiene, cough in your elbow and wear a mask if you need to be out and about with flu symptoms.

Since the administrative rupture in accessing services in Ontario that began last August, we have not been made aware of any issues with medical services received within our Quebec region. Other than the obvious distance factor which can be considerable for many, members continued to receive quality care for which they are entitled to.

As of January 27th, 2026, the administrative and financial bridging for services in Ontario, mainly in North Bay, has been restored. For the physicians and specialist who wish to take on clients from Quebec, they will be able to do so in the same manner as it was before last August. These Ontario professionals will be contacted by the CISSSAT to be made aware of the changes and our health Pavillion in Temiscaming will get to know which services can be reinstated in the weeks to come. Please be aware, that it will still be up to the professional in Ontario to decide if they want to treat/follow Quebec residents. They are not obligated to do so.

For more information

https://www.cisss-at.gouv.qc.ca/partage/DOCUMENTS-INFORMATIFS/2026-009_SERVICES-ONTARIO_eng.pdf

We continue to ask our members to report to us any challenges or issues they encounter in accessing medical services. We also like hearing if things have gone well!

Meetings Attended in November:

- FNHMA BOD, AGA and National Conference
- Youth Protection with TFN & FNQLHSSC
- QC First Nations Health Directors Network
- CISSS A-T Establishment Board
- FNQLHSSC BOD and Strategic Planning
- CISSSAT English designation for TK Health establishment

Onimiki Renewable Energy File:

- Board of Directors on Onimiki renewable Energy LLP.
- Communications committee meetings
- Radio chronicles with CKVM & Drumbeat

- Kebaowek Community Consultations
- Wolf Lake Community Consultations
- Town of Temiscaming Mayor & Councillors

The major change in the Onimiki file has been the decision to withdraw the development of Onimiki South. All the socio-economic studies surrounding the 7-megawatt project here in Temiscaming have demonstrated that the margins for profitability does not allow us to continue pursuing it. It would have been very nice to breath new life in the old power plant behind the White Oaks building, but for now, we will concentrate on the Onimiki North.

We held community meetings in January to provide members of both Kebaowek and Wolf Lake with project updates and some preliminary results to some of the studies done in the affected area. The input of areas of concern from the members were documented on the maps provided and will be incorporated in our work ahead of us.

Please visit our new up-to-date website at onimiki.ca You will be surprised on the amount of information you will find. You can also reach out to me directly at the office from Monday to Friday.

Well friends, we made through the coldest month of the year. Our days are getting longer, and our lakes are frozen well enough to go ice fishing. Get out on the land and with your family and enjoy what our beautiful territory has to offer. Be safe

Congrats to Darlene, James and Olivia for their new addition to their family, baby Owen! Best wishes to Allysa who will soon be away on maternity leave in February. Their leave replacement Ms. Cassy Clark and Carole Hemond look forward in providing you with services equal to the standards we expect from all Health Center workers.

Quotes on Winter

“It seems like everything sleeps in winter, but it’s really a time of renewal and reflection.”

~ *Elizabeth Camden* ~

“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste adversity, prosperity would not be so welcome.”

~ *Anne Bradstreet* ~

David McLaren
Director of Health & Social Services

Medical Transportation

Welcome to 2026!

I would like to wish everyone a happy, safe and healthy year ahead.

I would like to give a few reminders for our clients who use our services.

Please call me as soon as you get your appointments so I can schedule you for a ride. It's crucial that I know right away to be able to co-ordinate a driver for you to make it to your appointments. I only have three vehicles to use to accommodate our clients and they book up fast. There may be times when I will have to send more than one client in the same vehicle to appointments that are in the same area, which you may have to leave earlier or have to wait for the next client to finish their appointment. If you call the day of, or day before in need of transportation, I cannot guarantee I will always have availability, and you may have to reschedule your appointment or find a personal driver to take you. Remember we do reimburse you for mileage, if you choose to travel privately. Just remember to get your attestation slip signed at your appointment to be eligible. If you need these attestations prior to an appointment, they can be picked up at the Health Center.

When using our transportation service, please keep in mind that our drivers are on a schedule. They are to drive you "to and from" your appointments ONLY. They are not allowed to make stops at fast food restaurants, grocery stores or malls. We do allow a quick washroom break before heading back home if the commute is from North Bay or Ville Marie. If the commute is longer than an hour we will discuss with you, the client, on how many "Stops" are allowed prior to your appointment destination. Thank you for your understanding. Remember, this is a public service, we must set guidelines for everyone. Our drivers are not "personal chauffeurs."

Our fiscal year will be coming up soon, March.31st, 2026. Please remember to hand in all your attestations from the year starting April.1st, 2025 up until now. Attestations handed in after March.31st, 2026 will not be accepted for reimbursement. Just an early reminder in case you have some that need to be handed in.

Miigwetch,
Kim Constant
Medical Transportation Coordinator (Interim)



English language

Do you speak English and need to visit one of the CISSS de l'Abitibi-Témiscamingue facilities soon?

Employees and volunteers wearing **yellow card** holder can guide you and answer short questions in English, such as:

Where is the exit?

Where is the restrooms?

Where should I go?

This simple and thoughtful initiative aims to reduce language barriers and make your visits easier and more comfortable.

Centre intégré
de santé et de services
sociaux de l'Abitibi-
Témiscamingue
Québec



KFN Families with Children 0-17 Years

Heart Health Activity Challenge

Each week send a photo of you and your family participating in the week's challenge, each week you participate your family will be entered into the draw to win a Family Prize Bundle.

Challenges posted weekly on Kebaowek Health & Wellness Center Facebook Page. If you do not have access to Facebook, please contact Trysta at (819) 627-9060 ext 524.

Each photo submitted equals one entry - **bonus entry** if family members in the household have gotten heart screening done anytime during February

Challenge Runs from Feb 2nd-28th

Send photo entries to
tyoung@kebaowek.ca or private message the Kebaowek Health and Wellness Center Facebook Page

February is Heart Health Month



Every February, Canadians observe **Heart Health Month**, an annual health awareness campaign dedicated to shining a spotlight on cardiovascular disease. Despite improvements in prevention and treatment over recent years, diseases of the heart and blood vessels remain a leading cause of death and disability, and the statistics underscore why this month matters for every community across Canada.

Heart disease consistently ranks as the **second leading cause of death in Canada**, only surpassed by cancer. In 2020, more than **53,700 Canadians died from heart disease**, and another nearly 14,000 died from cerebrovascular disease—such as stroke—bringing the total deaths from heart-related conditions to over **67,000** that year. Together, these account for more than **one-fifth of all deaths in Canada**. On average, without intervention at critical moments, **someone in Canada dies of a heart attack or stroke every eight minutes**. The Heart & Stroke Foundation also reports that **nine out of ten Canadians have at least one risk factor** for heart disease, such as high blood pressure, smoking, or physical inactivity.

The goals of Heart Health Month extend beyond numbers and statistics: this campaign is about inspiring *action*. Health authorities across the country encourage individuals to adopt heart-healthy habits - such as regular physical activity, balanced nutrition, and stress management - as well as to monitor blood pressure and cholesterol levels regularly. Simple actions like these can dramatically reduce the risk of heart disease over time.

It is also important to acknowledge Women's Heart Health during February. February 13th is Wear Red Day in Canada, a day dedicated to raising awareness about women's heart health. Heart disease is a leading cause of death among Canadian women, yet symptoms are often misunderstood or overlooked. Wearing red helps spark conversations about

prevention, early warning signs, and the importance of regular heart health checkups. This day encourages women to prioritize heart-healthy habits and advocates for better research, diagnosis, and care for women's cardiovascular health. Every twenty minutes one Canadian female has a heart attack. Even with these concerning numbers, female heart disease remains understudied, misunderstood, delayed in diagnosis, and inadequately treated. Getting informed about how heart disease affects females differently is key to early detection and prevention.

Many people know that a common sign of a heart attack is strong, crushing chest pain. This often happens in males when a large artery to the heart is blocked. However, females are more likely to have problems in the smaller blood vessels of the heart, or to have a tear in a heart artery.

These kinds of heart problems can cause different symptoms that make heart attacks harder to recognize and diagnose, such as:

- Chest discomfort or pressure
- Pain in the chest, arms, neck or jaw
- Sweating
- Shortness of breath
- Heartburn

In addition to the symptoms above, some other symptoms that women are more likely to have (that are less expected) include:

- Dizziness
- Pain between shoulder blades
- Indigestion or gas-like pain
- Extreme Fatigue

Knowing the symptoms of heart attack in men and women can be key in saving lives, but it is also equally important to know the risk factors of heart disease. Focusing on preventing a heart attack by knowing your risks. Some, such as age, sex and family history, cannot be changed. But others can. Some major risk factors you can modify, treat or control include:

- Smoking
- High blood pressure
- High cholesterol
- Being overweight or obese
- Diabetes
- Inactive lifestyle
- Poor nutrition
- Stress

Talking to Children About Prevention

Talking to kids about suicide can be challenging. However, creating a safe space to talk about suicide can save a child's life. Multiple studies show that asking about suicide is not harmful and often empowering. You won't put the idea into their heads and if a child has been struggling with thoughts of suicide, knowing that a concerned adult is willing to have an open conversation is often a relief.

Here are some steps that can make a big difference for a young person and get them on the pathway to living an emotionally healthy life:

- **Do not wait for a crisis to talk about emotions and safety concerns.** Many times, we respond to a child when there is a crisis, but part of preventing suicide is being aware of mental health issues before things become overwhelming. This can mean asking about how they are doing at the dinner table or during car rides and letting them know you will be there for them no matter how difficult their struggles may be.
Check in regularly about their lives, how are they doing, and how can you support them.
- **Ask open-ended questions** that can't be answered with "yes/no" or "IDK" to allow for a deeper conversation. Beginning your questions with "What..." can be a great place to start.
- **Provide emotional space to talk.** Many children believe they shouldn't show their emotions to "be strong" but research has shown that addressing difficult emotions head on can reduce how intense and how long they last. Allow them to share whatever they are feeling and normalize all emotions. Validate their difficulty managing intense emotions.

Look for changes in mood or behavior that might be a warning sign that **something is wrong**. For example, if your child seems really down, they stop doing things they normally enjoy, or you notice significant changes in eating or sleeping.

Ask directly if they have had thoughts of ending their own life. Even if your child is not struggling with suicide or depression, asking the question shows your child that it is healthy to talk about serious emotional concerns and that you are willing to talk about hard things. It also models for them how to seek support from other trusted adults and the

importance of reaching out to check in on friends and family.

It is important to remember talking to our kids about suicide is the right thing to do. One of the best things you can do is give your child the power to talk about mental health concerns and topics as challenging as suicide without shutting the door. Even if your child is doing well, this powerful opportunity helps your child see it is OK to be emotionally open and could help them talk openly with friends.

There are many ways loved ones can help youth get support when they need it. This involves timely treatment, building connections, helping other people know what to say when a family member or friend is struggling and having a safety plan in place to help get through a crisis.

If you or your child need help due to having suicidal thoughts, please contact

Suicide Prevention and Help Line

1-866-APPELLE or 1-866-277-3553

Text (SMS): 535353

By chat: suicide.ca

Kids Help Phone

<https://kidshelpphone.ca>

1-800-668-6868

Text CONNECT to 686868

Talk Suicide

1-833-456-4566 or Text 45645 (evenings)

Suicide Crisis Hotline

Call or text 9-8-8

If there is an immediate safety concern, call 911 or go to the nearest emergency room.

You can also come see us at
Child & Family Services or call 819-627-9877
for more information

What is Suicide Prevention Week?

Suicide Prevention Week is an event that raises awareness and calls people to action to prevent suicide. It has been held every year by the Association québécoise de prévention du suicide (AQPS) since 1991.

The goals of Suicide Prevention Week:

- Raising awareness of the scope of the problem among the population and decision-makers
- Promote the resources available in Quebec
- Normalize reaching out for help
- Encourage people to talk about suicide openly and safely
- **February 1-7, 2026**

Taking part in Suicide Prevention Week means adding your voice to a larger movement of people who refuse to accept suicide as an option. Every year for one week, make a commitment to prevent suicide in your community and among your loved ones.

On average, three Quebecers take their own lives every day. That is three friends, parents, children, or spouses too many. We can't accept the loss of all those members of our community. Suicide is never the answer.

With the theme "Lend a hand. Foster hope," the 36th edition of Suicide Prevention Week reminds us that suicide is not inevitable. By working together, we can save lives.

Why dedicate a week to suicide prevention awareness?

Suicide is a real issue in Quebec, as these statistics reveal:

- Every day in Quebec, three people die by suicide, leaving a void for their loved ones.
- More than 3,500 hospitalizations are related to suicide attempts every year, representing approximately 10 hospitalizations per day.
- The suicide rate is three times higher for men than for women.

That's why it's important to take the time to raise public awareness of this issue. Devoting a week to the issue is a way of mobilizing as many people as possible around actions that can be taken to prevent suicide.

Need help for you or a loved one?

If you're experiencing distress, have concerns about a loved one or have lost someone to suicide, you can contact

988 Suicide Crisis Helpline

Call or text 988

Talk Suicide

1-833-456-4566 or Text 45645 (evenings)

Kids Help Phone

1-800-668-6868 or Text CONNECT to 686868

Source: AQPS and suicide.ca



RED SUGAR-FREE VELVET CHEESECAKE TRUFFLES

SugarFreeMom.com

INGREDIENTS

- 8oz unsweetened baking chocolate
- 6oz heavy whipping cream
- 8oz softened cream cheese
- 1 tsp vanilla extract
- 2tsp vanilla pinch salt
- 1/2tsp red food coloring
- 12oz 85% dark chocolate
- 1/4 cup sugar-free chocolate chips

INSTRUCTIONS

- 1) Place chopped chocolate in bowl and add cream. Set bowl over saucepan over simmering water. Stir until melted and smooth.
- 2) Place cream cheese, vanilla extract and stevia into stand mixer. Blend until smooth. Add salt & few drops of red food coloring. Blend until combined. Pour in cooled, melted chocolate and blend until mixed well. Stir in chocolate chips (optional).
- 3) Roll balls of cream cheese balls. Place on parchment lined baking sheets. Freeze for 1 hour or overnight.
- 4) Melt chocolate for outer coating.
- 5) Dip truffles into melted chocolate and place back on parchment. Refrigerate for 30 minutes to 1 hours.

Woman of Kebaowek First Nation

(Band & community Members, Employees)

Lets Celebrate

International
**WOMEN'S
DAY**

Thursday, March 5th 2026
At the Kebaowek Hall

Doors open 5pm

5:30- Opening prayer and smudge
Dinner, guest speakers, draws will follow

Entry Fee:

Donations to the Kebaowek Food Bank

Items needed:

Non-Perishable food items

Don't forget to wear your ribbon skirts

Please RSVP by Friday February 20.

To RSVP Call Cassandra @ 819-627-9877

Kebaowek Health and Wellness Center Programs and Activities

First Weigh-In Week: Jan 5th - 9th, 2026
Last Weigh-In Week: March 16th - 20th, 2026

Bi-Weekly Weigh-Ins

Anyone that would like to participate can join even if you do not live near Kebaowek. Those that live farther can time stamp a picture of their weight and send it to me via email (mmcmartin@kebaowek.ca) will be accepted.

Participants that would like to join have a full week to weigh-in which will allow those that are busy ample time to get weighed or send it in.

You are asked to send in your weight or come to the office every two weeks and the individual that lost the most weight during that bi-weekly weigh-in will receive a \$25 gift card.

If you fail to come in and get weighed or send it in during any of the bi-weekly weigh-ins, please note that you are not disqualified so please continue working towards your goal.

At the end of the program, the three individuals with the highest weight loss percentage will win the competition (1st, 2nd and 3rd place) prizes.

If you would like to join, please call Mitchell (819) 627-9060 or email mmmcmartin@kebaowek.ca

Still time
to join our
Weight Loss
Challenge

Community Shopping

9am - 3pm

March 7, 2026

FRESH CO
Lowering food prices

Walmart

GIANT TIGER

Contact Shelly @ 819-627-9060
the Wednesday before the trip to save your seat
as spaces are limited.

Reminder to bring your own Grocery Bags!

STARTS
JANUARY
4TH, 2026

JOIN OUR PHYSICAL ACTIVITY
CHALLENGE EVERY FIRST
FULL WEEK OF EVERY MONTH
WE ARE ASKING EVERYONE
TO GET ACTIVE TO WIN !!

GET ACTIVE
AND WIN

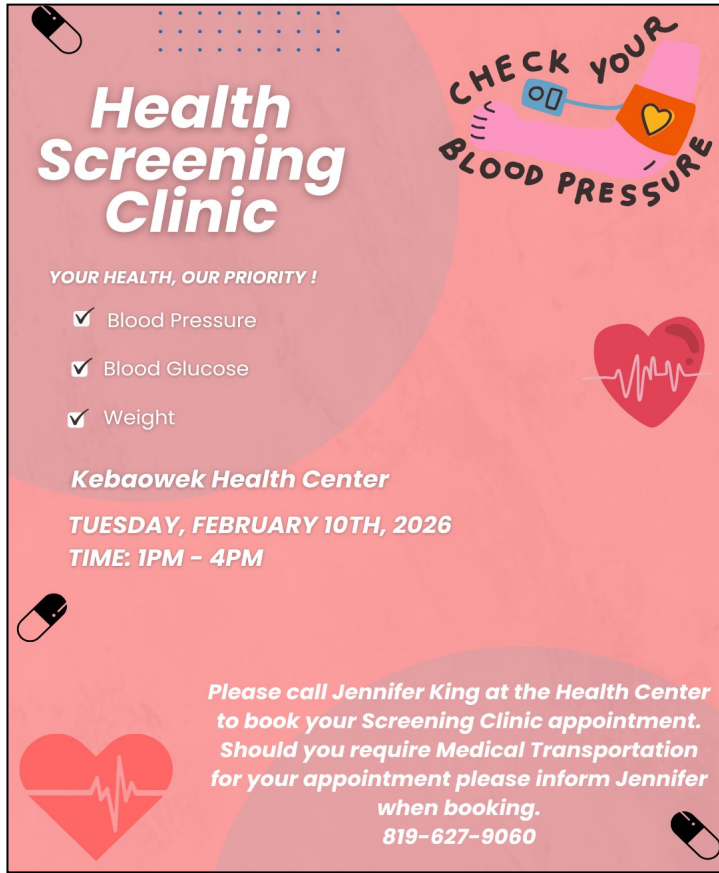
All you have to do is send in a picture of yourself participating in some form of physical activity and you will be entered into a draw to win a \$50 Visa Gift Card. You are allowed 1 entry per month and this challenge is open to all Kebaowek members.

Sunday February 1st - Saturday February 7th
Sunday March 1st - Saturday March 7th

Send pictures to: mmmcmartin@kebaowek.ca or private message the Kebaowek Health Center Facebook Page.

When sending in a picture, please attach all names that are in the photo. Example: family is playing hockey





Health Screening Clinic

YOUR HEALTH, OUR PRIORITY !

- ✓ Blood Pressure
- ✓ Blood Glucose
- ✓ Weight

Kebaowek Health Center
TUESDAY, FEBRUARY 10TH, 2026
TIME: 1PM - 4PM

*Please call Jennifer King at the Health Center to book your Screening Clinic appointment. Should you require Medical Transportation for your appointment please inform Jennifer when booking.
819-627-9060*

CHECK YOUR BLOOD PRESSURE



SENIOR SOCIAL

ELDERS 55+

DATES:
THURSDAY FEBRUARY 5, 2026
THURSDAY FEBRUARY 12, 2026
THURSDAY FEBRUARY 19, 2026
THURSDAY MARCH 12, 2026

Place: Dome
Time: 1:00 pm to 3:00 pm
Doors open @ 12:45 pm

Snacks, Tea & Coffee will be provided !

We hope to see you there and if you need a ride please call Shelly @ 819-627-9060



Meals on Wheels

Upcoming Dates for Meals on Wheels

February 4, 2026
February 18, 2026
March 11, 2026
March 25, 2026

Cost per meal \$7.00

If you are not home please leave a cooler outside



Heart Health Information Session

Thursday February 5, 2026 @ 11:00am at the Dome

Come join us for a heart health information session & screening clinic!

Lunch will be served after the presentation!

Presented by: Nurse Karleigh Miness

Kebaowek Health and Wellness Center Programs and Activities

**KEBAOWEK HEALTH AND WELLNESS CENTER
& EDUCATION AND CULTURAL DEPARTMENT**

March Break ACTIVITIES

For Families with school age children

TUESDAY, March 3rd(Que.) March 17th(Ont.) - NATURE'S HARMONY
You must bring helmets in order to go tubing.

WEDNESDAY, March 4th(Que.) March 18th(Ont.) - CULTURAL ACTIVITIES
Cultural department will post details at a later date!

THURSDAY, March 5TH(Que.) March 19th(Ont.) - ICE FISHING
Cultural Department will post details at a later date!
THIS ACTIVITY WILL BE FOR BAND MEMBERS ONLY, CHILDREN AND PARENTS.

FRIDAY, March 6th(Que.) March 20th(Ont.) - ANTOINE MOUNTAIN
You will have the option to ski or snowboard.

****Please note that transportation will not be provided for the activities****

You must register by 4:30pm Wednesday February 25th, 2026
For more information or to register for any of the activities, please contact
Lynn @ 819-627-9877.

PALS Family Activity S'More Fun

For families with children 0-11

Call to sign up
You choose the date!

Reminder all children and parents
must wear socks at S'More Fun

Deadline to sign up is February 6

Pick up your gift cards on February
12 at child and family services

Don't forget to send us a photo

To register contact Cassandra or
Lynn @ 819-627-9877

FOOD BANK

Registration:
Monday & Tuesday
8:00am - 4:30pm

Pick-up Days:
Wednesday & Thursday
10:00am - 4:00pm



**Food bank
Reminders**


- In order to access Food Bank services, a completed registration form is required.
- Delivery services are no longer available.
- Clients must call monthly to register with Jessica @ 819-627-9877

Location
172 Ogima Street
Kebaowek

**Child & Family
Services Doors**

Counseling Services

Nurturing Minds, Healing Hearts



Services Offered

- Psychotherapy
- Consulting
- Family Therapy
- Community Psychology

**Arlene
Laliberte**
Licensed Psychologist

Biweekly Sessions
In Community every other
Tuesday, by Phone or Zoom

To book an appointment
call Child & Family
Services @ 819-627-9877

Kebaowek Health and Wellness Center Programs and Activities



First Nations Child and Family Services and Jordan's Principle Settlement

The following classes are able to submit claims:
 The Removed Child Class
 The Removed Child Family Class

Check eligibility criteria at fnchildclaims.ca.

Contact Delyssa or Darlene at 819-627-9877 to book an appointment to submit a claim

SUICIDE PREVENTION WEEK



FEBRUARY 1-7, 2026

Light up the sky on Monday, February 2nd @7:00PM

Lanterns will be distributed at the community breakfast January 29th while quantities last.

We will honour those we have lost and stand with those who continue to struggle.

Contact Child & Family Services for more information
 819-627-9877

Addiction? We can help!

Are you living with addiction?

We can help with a wide range of addictions alcohol, drugs, gambling etc. You choose what path to recovery works for you.

- Counselling
- Medical detox
- In-patient care
- Out-patient care
- Addictions medications
- Social support groups
- Harm reduction supplies

- Judgement free
- Confidential
- Person-centered care

Call Delyssa Down
 819-627-9877

BEYOND THE SMOKE: A New Life Awaits



Did you know...
 quitting smoking is the best thing you can do for your health.

For more information or interest in the smoking cessation program.

Please call Kebaowek Health and Wellness Center
 819-627-9060
 Ask to speak with

Jocelyn Heffern
 Community Health Nurse

or

Delyssa Down
 Mental Health & Addictions

Kebaowek Health and Wellness Center Programs and Activities



BABY & ME

A playgroup for parents & caregivers with children aged 0-5.
9:30 am - 11:30 am
at the Health Center

February 2026 Dates:
2nd, 9th, 16th & 23rd

March 2026 Dates
9th, 23rd & 30th

Coffee/tea & snacks provided.

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



Monday February 2, 2026
6:00pm - 8:30pm

Woman's PAINT Night

With Michelle St-Denis

Get creative and paint your own unique wooden signs. It's the perfect way to relax and have some fun. No experience needed! All Materials supplied!

At the Health Center
Back Entrance

Tea/ Coffee &
Light Snacks provided

To Register

Contact Cassandra

819-627-9877

Limited spaces available



IT'S TIME TO TALK ABOUT BULLYING

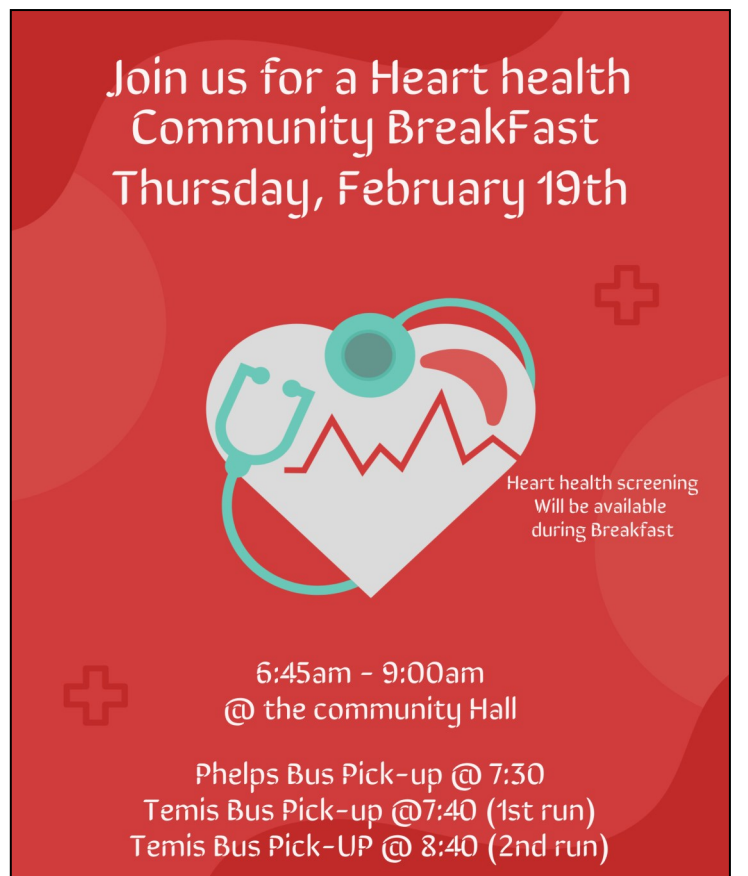
Sprinkle kindness this pink shirt day

February 25, 2026

Get ready to celebrate International Day of Pink with CFS

Wear a Pink Shirt for the Day!
send us pictures and you will be entered into a draw to win a gift card!

Contact Cassandra @ 819 627-9877 if you have any questions



Join us for a Heart health Community Breakfast Thursday, February 19th

Heart health screening
Will be available during Breakfast

6:45am - 9:00am
@ the community Hall


Phelps Bus Pick-up @ 7:30
Temis Bus Pick-up @ 7:40 (1st run)
Temis Bus Pick-UP @ 8:40 (2nd run)

PUBLIC SWIMMING

LE CENTRE TEMISCAMING

Kebaowek Band & Community Members

FUN / FITNESS / SOCIAL / STAY HEALTHY




For Families with children 0-17 years
CHILD & FAMILY SERVICES WILL REIMBURSE SWIMMING FROM LE CENTRE TEMISCAMING - SUBMIT ALL RECEIPTS TO ALYSSA

FOR MORE DETAILS // PH: 819-627-9877


DISCLAIMER* DOES NOT INCLUDE POOL RENTALS

Public Skating



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




Monthly dates will be advertised on the Le Centre Facebook page



Le Centre Temiscaming
20 Rue Humphrey,
Temiscaming



Please bring in the monthly receipt to Alyssa at Kebaowek Child & Family Services to be reimbursed.



819-627-9877
172 Ogima Street, Kebaowek
Child & Family Services


Disclaimer * Does not include Ice rentals



Are you interested in using the exercise room at the Health Center???

We are opening the exercise room to select individuals.

Please call Mitchell McMartin at the Health Center (819) 627-9060 to discuss whether you fall within the parameters to use the exercise room and what is needed.



2026 Medicine Cabinet Clean Up Contest

Don't forget to drop off your expired medications or medications you no longer use to the Health Center and have a chance to win a prize.

This includes any prescription drugs and/or over-the-counter medication that you may have such as pills, cough syrup, cold remedies and blister packs.

If you need help or if you have any questions please do not hesitate to call the Kebaowek Health and Wellness Center for help.

For each bottle of medication brought in for disposal, you will have your name entered in a draw for a chance to win a \$100 Gift Card.

Drugs that are thrown in the garbage can be retrieved by others and sold, while flushing medications can potentially contaminate the water supply. By safely disposing, you will help prevent poisoning, misuse and overdose in our community.

All medications must be dropped off before 4:30 pm on Thursday December 10th, 2026 to be eligible for the draw.
THIS CONTEST WILL RUN ALL YEAR !!

Kebaowek First Nation Community Calendars

Manadjitaganiwan	Metisowini-kijjigan	Anjeni-kijjigan	Sozep-kijjigan	Ishpiniganiwan	Chibayatigo-kijjigan	Mani-kijjigan
1 Get Active and Win Week →	2 Baby & Me Women's Paint Night	3	4 Meals on Wheels	5 Heart Health Info Session Senior Social	6	7
8	9 Baby & Me	10 Community Screening Clinic	11	12 Senior Social	13	14 Valentine's Day Annual Snowmobile Poker Run
15	16 Baby & Me	17	18 Meals on Wheels	19 Community Breakfast Senior Social	20	21 Youth and Community Fishing Event
22	23 Baby & Me	24	25 Pink Shirt Day	26	27	28

Akakojish-Kizis February 2026

Manadjitaganiwan	Metisowini-kijjigan	Anjeni-kijjigan	Sozep-kijjigan	Ishpiniganiwan	Chibayatigo-kijjigan	Mani-kijjigan
1 Get Active and Win Week →	2	3	4 Four Pillars Launch & Review	5 International Women's Day Celebration	6	7 Community Shopping Kebaowek Annual Fishing Derby
8	9 Baby & Me	10	11 Meals on Wheels	12 Senior Social	13	14
15	16	17 St Patrick's Day	18	19 Senior Social	20	21 Iron Grip Invitational
22	23 Baby & Me	24	25 Meals on Wheels	26 Senior Social	27	28 Mega Bake Sale
29	30 Baby & Me	31	Nika-Kizis March 2026			