



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Nika Kizis / March 2026

Inside this issue

Kebaowek Land Management	2
Land Management & Community Info	3
Education Department & Childcare Centre News	4
Registration and Membership Information	5
Kebaowek Recreation - Upcoming Events	6
Kebaowek Recreation & Community Wishes	7
Director of Health & Social Services Update	8
Medical Transportation & Notices	9
Access to Medical Services in Ontario	10
Access to Medical Services in Ontario	11
NIHB Express Scripts & Problem Gambling	12
BP and Stress & Coping with the Time Change	13
March is Nutrition Month	14
Nutrition and Chronic Disease Prevention	15
How is your Sleep as an Adult?	16
Purple Day for Epilepsy	17
Health Center Programming & Activities	18
Health Center Programming & Activities	19
Health Center Programming & Activities	20
Health Center Programming & Activities	21
Health Center Programming & Activities	22
Health Center Programming & Activities	23
Community Calendar - March & April 2026	24

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 APRIL 2ND, 2026
5:30-8PM @ COMMUNITY HALL
Supper Provided

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

More information & community discussions coming soon!

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

CALLING COMMUNITY VOICES

RADIO INTERVIEWS &
STORYTELLING

KWE Kebaowek!

We are looking for community members who would like to share:

- Stories about the land & water
- Fishing & harvesting memories
- Teachings passed down
- Changes you've seen over time (climate, water levels, wildlife, seasons)

All ages welcome — **Elders, women, youth & land users!**

Participants will receive an honorarium in recognition of the knowledge they share.

Contact **Kacie McLaren**
819-627-6786 or
kmclaren@kebaowek.ca

Funded in part by:



Fisheries and Oceans
Canada



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

With spirits full, we want to give a **BIG CHI-MIIGWETCH** to everyone who joined us at Taggart Lake for our Youth and Community Fishing Day! ❄️

It was more than just fishing — it was a day of being together on the land, sharing laughter, passing on knowledge across generations, and watching our youth try something new. Warm food, stories, laughter, smiles, and strong community spirit made the day truly special and unforgettable.

We look forward to many more days like this — gathered on the land, strengthening connections, and supporting our youth



Land Management

Community Water - Use Study

Kipawa Lake Watershed

WATER, FISH & LAND USE INTERVIEWS



Participants will receive an honorarium.

Kebaowek First Nation is conducting knowledge-sharing interviews within the Kipawa Lake watershed and our traditional territory.

We are seeking community knowledge and lived experiences about:

- Fishing and harvesting areas
- Fish health and habitat
- Water quality concerns
- Invasive species
- Changes in land and water use over time

Interviews may include mapping of past and present land and water use



Contact Kacie McLaren
BEFORE MARCH 31ST
819-627-6786
kmcclaren@kebaowek.ca



DUPLEX APARTMENT FOR RENT

- 2 bedroom apartment - fully renovated
- Available for April 1st
- Be a registered member of the KFN band;
- Have no debts or arrears of rent to Kebaowek;

\$600/MONTH + UTILITIES

Deadline to apply: March 23rd, 2026
Application available at the Band Office

REMINDER

In Quebec, you can legally remove your winter tires starting **March 16**, as they are only mandatory from December 1 to March 15. However, it is highly recommended to wait until later in March or early April to avoid unpredictable, late-season snow and freezing temperatures.





SEWING CLASSES

AT THE KFN LEARNING CENTER

PLEASE CALL ROSE JAWBONE

AT 819-627-3455

IF YOU ARE INTERESTED IN TAKING THIS CLASS

ICE FISHING ADVENTURE

The Busy Bees and the Laughing Loons group enjoyed an exciting morning, Tuesday February 10th of ice fishing with Lois Tepiscum and Rodney St. Denis. The children and staff had a fantastic time out on the ice, full of laughter and adventure.

Although no fish were caught that morning, the smiles, excitement and memories made were truly the "Real Catch". It was a wonderful experience for everyone involved.

We would like to extend a heartfelt thank you to Lois and Rodney for organizing this special outing and also Perry Mongrain for coming out and drilling the holes for us.

Your time and effort are greatly appreciated. We are so grateful for our ongoing activities with the Culture and Language Department. Every Tuesday two employees visit our daycare to share meaningful culture activities and teachings with our children. These experiences are an important and valued part of our program.

Thank you to everyone who helps create such memorable learning opportunities for our childcare.

Miigwetch

Patricia Hunter - General Director

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



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

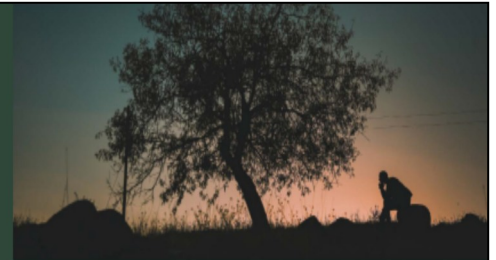
110 Ogima Street, Kebaowek Quebec J0Z 3R1

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.

** SCHEDULE **

Sophie will be in Kebaowek on the following dates:

March 4th & 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)

Kebaowek Recreation - Upcoming Events



UPCOMING EVENTS

MAR 7TH

Kebaowek
Fishing Derby

MAR 21ST

Iron Grip
Invitational

MAR 28TH

Mega Bake Sale

APRIL 5TH

Easter Brunch

APRIL 18TH

Danny Raymond's
Texas Hold'em Tournament

APRIL 19TH

Adult / Child
Cornhole Tournament **More info to
come!*

MAY 8TH

Evening Crib Tournament
Kitchen Open

Spring Vendors
Show
May 2nd

30th Annual
Boat Rally 2026
July 18th

*\$35 @ Miqizu
\$40 @ Door*

** All ages event*



*#irongripgrappling
##judo #jiujitsu
#brazilianjiujitsu
#mma*

submission only

KEBAOWEK COMMUNITY HALL

Saturday, March 21st, 2026

Doors open - 6:00pm / Event - 7:00pm

Bar and Cantine Open / Debit Available

Come & Support Local Fighters



**GAGE MANELLA
ASHEENA TILBURY
ANABELLE LEFEBVRE
EDEN RANGER
ELI MORRIS
OLIVIER BRISSON
JONAH WELLS**

**MAIN EVENT
\$1000 CASH
PRIZE!**



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!*

Kebaowek Recreation - Upcoming Events

K E B A O W E K

TOURNOI DE PÊCHE SUR GLACE 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



* 2026 Générateur
2200w Honda



* Stihl Scie À Chaîne
MS 162



* Stihl Coupe-Herbe à
Batterie FSA45

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



EASTER BRUNCH

SUNDAY, APRIL 5th 2026

11:00am - 2:00pm

Kebaowek Community Hall

Entry Fee:

10 years + - \$15.00

4-9 years - \$10.00

Ages 3 & Under: Free


The Easter Bunny will be Hopping by!

Activities

- Buffet Style Brunch
- Crafts
- Colouring Contest
- Treat Giveaway
- Chocolate Fountain




Community Wishes



Happy Birthday to the worlds greatest POPPA, I'm so happy you're mine, have a great day ♥


Psst psst ... love you ♥
Love Nylah



Happy 55th Birthday to my wonderful Husband,
Love you to the moon and back ♥

Have a fantastic day ♥
Love Cary xo

Congratulations my love we celebrate 21 years of this major milestone of resilience transformation and freedom from addiction, you choose to show us all just how recovery is possible. I can't express enough how proud of you I am in your journey and how you choose recovery first so that everything you love doesn't come last, you are a true inspiration and we love you so very much we honor you today and your great achievement be proud of your self each and everyday cause just know we are so very much !♥



An Update from the Director of Health & Social Services

Kwe to all Members of Kebaowek First Nation

Days are getting longer and the sun is feeling warmer as we enter the spring season. Although this will often rejuvenate our soul, I recognize that it has been a tough winter for Kebaowek with the stretch of below seasonal weather, the huge amount of snow falls and the sad transitioning to the spirit world for several members of our community.

As Anishenabe people, we are a resilient people. We have faced and lived through some of the toughest times including the long-lasting effects of colonialism that continue to plague First Nations communities across Turtle Island.

However, if there are times when you need more support than what is available through your family and close friends, please do not hesitate to contact us here at your Health & Wellness Center. We are here to help everyone in their journey towards a balanced and healthy life. Sometimes, all it takes is to have a chat over a hot beverage to know that you are not alone. To reach out for help is not a sign of weakness, "au contraire", it takes courage, strength and a strong will to make things better!

Meetings Attended in November:

- Health Standards Organization
- QC First Nations Health Directors Network
- CISSS A-T Establishment Board
- FNQLHSSC BOD
- CISSSAT & Health Director's Network

Onimiki Renewable Energy File:

- Board of Directors
- Communications committee meetings
- Radio chronicles with CKVM & Drumbeat
- Meeting with McMartin Point Residents

Committees to maximize the potential economic boom of a huge project like Onimiki is being formed in the event that our studies permit our partners to move forward with the project. Local entrepreneurs and businesses would need to start reflecting on how they can be involved to increase local benefits.

Kebaowek First Nation will also have to start thinking on how the own source revenues could be used should Onimiki become a reality. In other similar cases, committees are formed to canvas the population for their input and then a Trust is formed to manage the funds according to the rules or scenario decided upon.

But there is still lots of work to be done and results from the site studies to be analyzed and shared with our members and population as a whole.

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.

For those who are out on the land, please be safe especially on the ice as it can change very fast where current is present or nearby.

Quotes on Spring

"Spring is when you feel like whistling, even with a shoe full of slush."
~ *Doug Larson* ~

"Spring will come and so will happiness. Hold on. Life will get warmer."
~ *Anita Krizzan* ~

David McLaren
Director of Health & Social Services

What happens when you call 9-8-8?



You will hear a short recorded message

To let you know you are in the right place.



You will hear a few short questions

Including whether you'd like to speak to someone in English or French.



You will connect to a trained responder

If you need to wait for a short time, please stay with us - we will answer your call.



The responder will listen without judgment

Whatever you're facing, the responder you connect to will give you space to talk through your problems, and help you find ways to keep yourself safe.

If you're thinking about suicide or worried about someone you know, 9-8-8 is here for you, 24/7/365.

9-8-8

Suicide Crisis Helpline

9-8-8: Suicide Crisis Helpline is funded by the Government of Canada

Medical Transportation

There has been some confusion on “Who” is eligible for reimbursement and services through the Medical Transportation Program. The following are the criteria that you must have to access the program through the Kebaowek Health Center.

- You must be a Kebaowek First Nation Band Member
- You must have a Quebec Address
- You must have a RAMQ medical card (Quebec health card) or in the process of obtaining it.

If you have an OHIP (Ontario health card and live in Quebec, you may be charged and will have to pay for medical services received in Temiscaming or anywhere else in Quebec. Kebaowek First Nation or the NIHB program will not be responsible for costs incurred.

You may be asked to provide the information upon request to be able to proceed with your claim for reimbursement.

To provide this great service to our community members we must be very diligent in following the framework and conditions in our agreement with FNIHB.

Should you require assistance with obtaining a RAMQ card please call Jennifer King at the Health Center 819-627-9060.

Again, please call me soon as possible to book your med trans for your appointments. The earlier the better, as last-minute calling we are not always available. Which may cause you to cancel or have to reschedule your appointments.

KEBAOWEK FIRST NATION HEALTH & WELLNESS CENTER 712 Opéra Street, Abitibi, QC J2G 2R1 Tel: 819-627-9060 Fax: 819-627-1985	
Medical Transport Driver Name and Phone No. _____ File: _____	
Medical visit attestation — Attestation de visite médicale	
Patient name Nom du patient	Appointment time Heure de rendez-vous
Appointment date Date du rendez-vous	Duration of appointment Durée du rendez-vous
<small>This is to confirm that the patient always attends their appointments for the health services listed below. Ceci confirme que cette patient s'est présenté à son rendez-vous pour le service de santé indiqué ci-dessous.</small>	
<small>Type of health service - MANDATORY (See list on back for acceptable services) Type de service de santé - OBLIGATOIRE (voir la liste au dos)</small>	
Stamp MANDATORY Estampille OBLIGATOIRE	Signature MANDATORY Signature OBLIGATOIRE

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 a 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

Get your Pneumococcal (Capvaxive) Vaccine



Who Should Get It?

- Adults 65 years and older
- Adult 18-64 with health risk conditions



Contact the Community Health Nurse Karleigh at 819-627-9060 with any questions regarding eligibility or to book an appointment.

Access to medical services in Ontario

The CISSS de l'Abitibi-Témiscamingue has received the guidelines defined by the Ministry of Health and Social Services (MSSS) clarifying a **transitional modality** to be put in place, the objective of which is to facilitate access to certain health services in Ontario for residents of southern Témiscamingue and to document the situation.

Request for a consultation with a doctor in Ontario or for a diagnostic test

The CISSS de l'Abitibi-Témiscamingue is implementing, on a transitional and temporary basis, a procedure allowing doctors in Ontario who provide services to citizens of southern Témiscamingue to:



- Benefit from support for managing their billing;
- To receive compensation for the difference in rates between those of Ontario and Quebec for medical services offered.

This option can be accepted on a voluntary basis by doctors in Ontario and aims to facilitate access to medical consultations or diagnostic tests.

Eligibility criteria:

- Having a residential address in Témiscaming, Kipawa or Kebaowek ;
- Have a valid Quebec Health Insurance Board (RAMQ) number;
- Apply for a service covered by RAMQ.

Procedure



1. Complete this form: [Online / Printable](#)  available on the establishment's Website: <https://www.cisss-at.gouv.qc.ca/en/access-to-medical-services-in-ontario> 
2. Wait for the response (within 48 working hours) which will confirm whether the person is eligible.
3. If eligible, an official document will be sent by email and can be printed:
 - a. This document must be given to the doctor, clinic or facility where the service will be received.
4. If the appointment or examination takes place before the document is received:
 - a. The condition still applies, if the person is eligible;
 - b. The doctor will be able to benefit from billing support and compensation for the difference in fees.
5. To obtain a paper copy of the document if you are unable to print it:
 - a. To print the document, go to the reception desk of the *Centre multiservices de santé et de services sociaux* (CMSSS) de Témiscaming-Kipawa, Monday to Friday, from 9 a.m. to 12 p.m. and from 1 p.m. to 5 p.m.

servicesat@cisss.gouv.qc.ca.' There is also a 'Support, questions and comments' section with a contact email: servicesat@cisss.gouv.qc.ca. The footer includes the CISSS logo and the Québec logo."/>



Service breakdown with a doctor in Ontario

For non-urgent services, Ontario doctors are not obligated to serve residents of other provinces. If a doctor or clinic in Ontario refuses to continue medical care already begun:

1. Fill out the [form](#)  (available on the institution's website) and send it to transfertmedtk@ssss.gouv.qc.ca  or drop it off at the reception of the CMSSS of Témiscaming-Kipawa (180, rue Anvik) so that it can be forwarded to the GMF;
2. Request your medical file from your doctor in Ontario and bring it to the CMSSS of Témiscaming-Kipawa so that it can be given to the GMF administrative agent;
3. A written follow-up will be received within 5 business days.

Refusal by a doctor in Ontario to begin medical follow-up or perform a diagnostic test

If the doctor or clinic in Ontario refuses to provide you with a service or perform a non-urgent diagnostic test, please contact the doctor or nurse practitioner who referred you to that service so that a request can be completed to provide you with the service in Quebec.

Support, questions and comments



For help filling out the form

Contact the CMSSS of Témiscaming

819 627-3385, extension 0
Monday to Friday
From 9 a.m. to 12 p.m. and
from 1 p.m. to 5 p.m.

For any other questions
or comments

Please consult the institution's Website
www.ciass-at.gouv.qc.ca

or

Write to
transfertmedtk@ssss.gouv.qc.ca

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



If you need additional information or support with this process, please contact Jennifer King, Client Support Services, at the Health Center 819-627-9060 ext. 501

**CLIENT REIMBURSEMENT
NON-INSURED HEALTH
BENEFITS/NIHB EXPRESS
SCRIPTS**

NIHB Benefits include; Vision Care, Mental Health Counselling, Pharmacy Benefits, Medical Supplies and Equipment, Dental and Orthodontic Benefits.

Claims for these benefits are processed by Express Scripts Canada. Submit your client reimbursement request by mail, fax, or online.

Submitting Online

Submitting via Mail or Fax

How to submit?

1) Visit the Express Scripts Canada website at <https://nihb.express-scripts.ca>

2) Select 'I am a client' and follow the links to "NIHB Client Reimbursement" to find instructions and forms.

3) Include all the supporting documents required for each type of benefit and submit.

4) Require additional assistance? Coordinate appt. with J. King.

5) Obtain reimbursement via Direct Deposit or Mail.

How to submit?

1) Coordinate Appt. with J. King to obtain Reimbursement Form and overview supporting documents for each benefit with E. Miness.

2) Complete Reimbursement Form.

3) KHWC will mail or fax your completed forms and supporting documents at your request.

4) Obtain Reimbursement via Mail. Please take note, Post Canada's Strike will result in delays.

FOR APPOINTMENTS WITH ERICA,
PLEASE COORDINATE WITH JENNIFER KING 819-627-9060

Problem Gambling Month

March is Problem Gambling Awareness Month, an annual initiative to raise public awareness about the potential harms from gambling through prevention, treatment, referral and recovery services. With the increasing prevalence and access to online gambling, especially with online poker and sports betting, having a better understanding of the signs and symptoms that separate recreational and problem gambling can be helpful to those struggling with gambling, their loved ones and our community as a whole.

Dopamine, a neurotransmitter which is part of our brains' reward system, is released in large amounts when gambling in much the same way as when using drugs/alcohol. The brain learns which substance/behavior produces that reaction and then seeks it out. Your brain can become dependent on gambling in a similar way it can become dependent on substances; while many people gamble recreationally, for some gambling can become problematic.

People experiencing problem gambling often report:

- Feeling a need to gamble with increasing amounts of money to achieve the desired level of excitement
- Being restless or irritable when attempting to cut down or stop gambling
- Feeling preoccupied with thoughts of gambling
- Gambling when feeling distressed to cope with difficult emotions.

Gambling-related harms often include financial loss, mental health issues, substance use, and suicidal ideation. These factors can result in long-lasting impacts on individuals and their families. Youth are particularly at-risk. Surveys show that Ontario students self-reporting betting money on online gambling increased significantly, from four per cent in 2019 to 15 per cent in 2021.

With more than 300,000 Canadians at risk of gambling-related harms, CMHA is recommending a public health approach to regulating iGaming. iGaming encourages continuous gambling by providing access to multiple platforms for gambling, reducing the effectiveness of limit setting features. The number of people gambling online continues to increase. In the last three months of 2023, Ontarians wagered \$17.2 billion on gambling on casino games, betting, and poker.

Call Delyssa (Mental Health & Addictions) at 819-627-9877 for additional support.

Source: CMHA

Blood Pressure and Stress



7 WAYS TO REDUCE STRESS AND KEEP BLOOD PRESSURE DOWN

When it comes to preventing and treating high blood pressure, one often-overlooked strategy is managing stress. If you often find yourself tense and on-edge, try these seven ways to reduce stress.

1. **Get enough sleep.** Inadequate or poor-quality sleep can negatively affect your mood, mental alertness, energy level, and physical health.
2. **Learn relaxation techniques.** Meditation, progressive muscle relaxation, guided imagery, deep breathing exercises, and yoga are powerful relaxation techniques and stress-busters.
3. **Strengthen your social network.** Connect with others by taking a class, joining an organization, or participating in a support group.
4. **Hone your time-management skills.** The more efficiently you can juggle work and family demands, the lower your stress level.
5. **Try to resolve stressful situations if you can.** Don't let stressful situations fester. Hold family problem-solving sessions and use negotiation skills at home and at work.
6. **Nurture yourself.** Treat yourself to a massage. Truly savor an experience: for example, eat slowly and really focus on the taste and sensations of each bite. Take a walk or a nap, or listen to your favorite music.
7. **Ask for help.** Don't be afraid to ask for help from your spouse, friends, and neighbors. If stress and anxiety persist, talk to your doctor.

Along with these ways to reduce stress, add in a healthy lifestyle — maintaining a healthy weight, not smoking, regular exercise, and a diet that includes fruits, vegetables, whole grains, lean protein, and healthful fats — and high blood pressure could be a thing of the past.

Coping with Daylight Savings Time



Coping with daylight saving time involves gradually shifting your schedule 15–30 minutes earlier or later over several days beforehand, adjusting light exposure, and maintaining a consistent, healthy routine. Key strategies include getting 15–20 minutes of morning sunlight, avoiding screens 30 minutes before bed, and prioritizing a 7–9 hour sleep schedule.

Preparation and Adjustment Tips

- **Gradual Shift:** In the days leading up to the change, go to bed and wake up 15–30 minutes earlier (for Spring) or later (for Fall) each day to help your body adapt.
- **Manage Light Exposure:** Seek morning sunlight to regulate your internal clock, while limiting bright light/screen exposure in the evening.
- **Maintain Routine:** Keep a consistent sleep/wake schedule even on weekends, avoid long afternoon naps, and avoid heavy meals/caffeine/alcohol close to bedtime.
- **Prepare the Environment:** Create a dark, quiet, and cool, or comfortable environment for sleeping.
- **Use Light Therapy:** If needed, use a light therapy lamp to help manage the adjustment.
- **Prioritize Health:** Stay physically active, eat well, and stay hydrated, as this helps your body adjust.
- **Be Patient:** The body can take a few days to adjust, so be patient and try to get extra sleep if needed.

Specific "Spring Forward" (March 8th, 2026) Tips

- Go to bed 15–20 minutes earlier for a few nights before the change.
- Set your clocks ahead on Saturday night and immediately go to bed at your new, adjusted time.

Specific "Fall Back" (November 1st, 2026) Tips

- Go to bed 15–30 minutes later in the days leading up to the change.
- Ensure you are getting at least 7 hours of sleep on both Saturday and Sunday night.

March is Nutrition Month

March has arrived, and that means it's time to celebrate Nutrition Month 2026! Across Canada, March is dedicated to highlighting the powerful role food plays in our health, energy, and overall well-being. Nutrition Month encourages Canadians to learn more about how small, balanced choices can lead to big, lasting benefits.

But let's be honest — nutrition doesn't have to mean boring salads or saying goodbye to your favourite foods. It's about *balance, variety, and enjoyment*. This year is the perfect time to rethink what healthy eating really looks like and how it fits into your real, everyday life.

Food Is More Than Fuel

We often hear that food is “fuel,” and while that's true, it's also so much more. Food connects us to family traditions, cultural heritage, celebrations, and comfort. A warm bowl of soup on a cold Canadian evening, a shared Sunday dinner, or fresh berries in the summer — these moments nourish more than just our bodies.

Good nutrition supports:

- ☑ A strong, healthy heart
- ☑ Better focus and mood
- ☑ Strong muscles and bones
- ☑ A resilient immune system
- Steady energy throughout the day

When we consistently choose a variety of whole foods — vegetables, fruits, whole grains, lean proteins, and healthy fats — we give our bodies the nutrients they need to thrive.

Small Changes, Big Impact

One of the best parts about Nutrition Month is the reminder that you don't need a complete diet overhaul to see benefits. In fact, small, sustainable changes are often the most powerful.

Try:

- Adding one extra serving of vegetables to dinner
- Swapping sugary drinks for water or herbal tea
- Choosing whole grain bread instead of white
- Planning meals ahead to reduce last-minute fast-food runs
- Including a protein source at every meal to stay full longer

These tiny shifts add up over time. Nutrition isn't about perfection — it's about progress.

Building a Balanced Plate

A helpful visual for balanced eating is the plate method:

- Half your plate filled with colourful vegetables and fruits
- One quarter with whole grains
- One quarter with protein foods

Don't forget healthy fats like nuts, seeds, avocado, or olive oil in moderation. And yes — there's absolutely room for treats! Enjoying your favourite dessert mindfully can be part of a healthy relationship with food.

Nutrition and Mental Well-Being

More and more research shows a strong link between what we eat and how we feel. Balanced meals help stabilize blood sugar, which can reduce mood swings and fatigue. Nutrients like omega-3 fats, B-vitamins, iron, and magnesium all play roles in brain health.

Skipping meals or relying heavily on ultra-processed foods can leave you feeling sluggish or irritable. On the other hand, regular meals and snacks with protein, fibre, and healthy fats can help you feel more focused and energized throughout your day.

Make It Fun!

Nutrition Month isn't about rules — it's about exploration.

Why not:

- Try one new vegetable each week
- Cook a new recipe with your family
- Visit a local farmers' market
- Pack colourful lunches
- Get kids involved in meal prep

Food should be joyful. Cooking together builds skills and confidence, especially for children. Let them wash produce, stir ingredients, or choose a new fruit to try.

Celebrate Your Way

March Nutrition Month 2026 is a reminder that healthy eating looks different for everyone. Culture, budget, lifestyle, and personal preference all matter. There is no one “perfect” diet — the best way of eating is one that is balanced, enjoyable, and sustainable for you.

This March, challenge yourself to make one small change. Drink more water. Add more colour to your plate. Slow down and truly taste your meals. Over time, these habits become part of your lifestyle. happens.

Nutrition and Chronic Disease Prevention

Why nutrition matters!

Chronic Disease, Heart Disease, Type 2 Diabetes, and Obesity are the leading causes of illness. Poor diet quality is a major contributor.

Healthy eating patterns reduce the risk and improve the quality of life.

Blood Sugar and Diabetes

Poor nutrition can strain how the body manages glucose.

- Fiber rich foods & balanced meals ↓ blood sugar spikes
- High sugar & refined carbs ↑ diabetes risk

Inflammation

Many chronic diseases are linked to long term, low grade inflammation.

- Fruits & vegetables, whole grains, nuts & fish ↓ inflammation
- Ultra processed foods, sugary drinks, & trans fats ↑ inflammation

Heart Health

Diet affects cholesterol & blood pressure.

- Unsaturated fats, lower sodium, fruits & veggies ↓ heart disease
- processed foods ↑ blood pressure & cholesterol

Weight Maintenance

Excess body fat raises chronic disease.

- Fiber + protein ↑ fullness & ↓ overeating
- High calorie & low nutrient foods ↑ obesity risk

Gut Health

Your gut bacteria responds rapidly to diet.

- Fiber rich foods, nourish beneficial bacteria = improved immunity and metabolism

Remember

There is no single perfect diet. Consistent, balanced eating over time matters the most

Increase access to nutritious foods

Reduce ultra processed foods

Support sustainable, culturally appropriate habits

Healthy food environments support healthier populations!

How is your Sleep as an Adult?

Most adults do best when they get 7 to 8 hours of sleep each day. Sleep gives your brain time to grow and repair cells and rebuild your energy. Lack of sleep over time can cause sleep deprivation, or sleep debt. This affects your energy and mood. It's also linked with conditions like diabetes, obesity, and depression.

Improving your Sleep

We all have trouble sleeping sometimes. Whatever the cause, there are things you can do to sleep better.

Improve your sleeping area.

- Your sleeping area can affect how well you sleep. Too much noise, light, or activity in your bedroom can make sleeping harder. Creating a quiet, comfortable sleeping area can help. Here are some things you can do to sleep better.
- Use your bedroom only for sleeping and sex.
- Try not to use your TV, computer, smartphone, or tablet while you are in bed.
- Keep your bedroom quiet, dark, and cool. Use curtains or blinds to block out light. Consider using soothing music or a "white noise" machine to block out noise.

Set up an evening and bedtime routine.

Having an evening routine and a set bedtime will help your body get used to a sleeping schedule. You may want to ask others in your household to help you with your routine.

- Try not to use smartphones, computers, or tablets during the hours before bedtime. The light from these devices and the emotions that can result from checking email or social media sites can make it harder to unwind and fall asleep.
- Create a relaxing bedtime routine. You might want to take a warm shower or bath, or listen to soothing music.
- Go to bed at the same time every night. And get up at the same time every morning, even if you feel tired.
- Use a sleep mask and earplugs, if light and noise bother you.

Try these tips if you can't sleep.

- Imagine yourself in a peaceful, pleasant scene.

Focus on the details and feelings of being in a place that is relaxing.

- Get up and do a quiet or boring activity until you feel sleepy.
- Avoid drinking any liquids before going to bed to help prevent waking up often to use the toilet.



Be mindful of your activities during the day.

- Your habits and activities can affect how well you sleep. Here are some tips.
- Get regular exercise. Figure out what time of day works best for your sleep patterns.
- Get outside during daylight hours. Spending time in sunlight helps to reset your body's sleep and wake cycles.
- Limit caffeine (coffee, tea, caffeinated sodas) during the day. And don't have any for at least 6 hours before bedtime.
- Avoid drinking alcohol before bedtime. Alcohol can cause you to wake up more often during the night.
- Try not to smoke or use tobacco, especially in the evening. Nicotine can keep you awake.
- Limit naps during the day, especially close to bedtime.
- Avoid taking medicine that may keep you awake, or make you feel hyper or energized, right before bed. Your doctor can tell you if your medicine may do this and if you can take it earlier in the day.

If you can't sleep because you are in great pain or have an injury, talk with your doctor. Also talk with your doctor if you can't sleep because you often feel anxious at night or often have bad dreams or nightmares.

About Epilepsy

What is Epilepsy?

Epilepsy is a neurological disorder of the central nervous system, specifically of the brain. It is characterized by the tendency to have recurrent seizures.

A person would be diagnosed with epilepsy if they have:

- at least two unprovoked (or reflex) seizures or
- one unprovoked (or reflex) seizure and are very likely to have another or
- a diagnosed of an epilepsy syndrome.

In 2014 The International League Against Epilepsy (ILAE) classified epilepsy as a disease, instead of a disorder, to better convey that epilepsy is a serious medical condition.

1 in 100 Canadians have Epilepsy.

In 2025, It is expected that over 300,000 Canadians will have epilepsy.

Epilepsy is highly treatable

70% of people with epilepsy can gain seizure freedom with medication alone.

30% of people have drug-resistant epilepsy. There are additional treatments for people with drug-resistant epilepsy that can improve seizure control or stop seizures altogether.

A person has drug-resistant epilepsy if they have not achieved seizure freedom with adequate trials of two antiseizure medications. There are a variety of treatment options for drug-resistant seizures including surgery, medically-managed diet therapy, and nerve stimulation. Treatment options for drug-resistant epilepsy should be evaluated at a comprehensive epilepsy program.

What is a seizure?

A seizure is a sudden burst of electrical activity in the brain, which causes a temporary disturbance in the way brain cells communicate with each other. The kind of seizure a person has depends on which part and how much of the brain is affected by the electrical disturbance that produces the seizure. A seizure may take many different forms, including a blank stare, uncontrolled movements, altered awareness, odd sensations, or convulsions. Seizures are typically brief and can last anywhere from a few seconds to a few minutes.

About 1 in 10 people will have a seizure in their lifetime.

There are many potential reasons why someone could have a seizure. Some seizures are a symptom of an acute condition, such as an illness or alcohol-withdrawal. Some people will have an isolated seizure for no apparent reason and never have another one.

A single seizure is not necessarily epilepsy.

What do I do if I see someone have a seizure?

1. STAY CALM

Most often, a seizure will run its course and end naturally within a few minutes.

2. TIME IT

Call 911 if:

- the seizure lasts more than 5 minutes
- the seizure repeats without full recovery between seizures
- the person is pregnant or has diabetes
- the person is injured from the seizure
- the seizure occurs in water
- you are not sure if the person has epilepsy

3. PROTECT FROM INJURY

- Move sharp objects away.
- If the person falls to the ground, roll them on their side when it is safe to do so.
- Place something soft under their head.
- If the person wanders during their seizure, stay by their side and gently steer them away from danger.
- When the seizure ends, provide reassurance and stay with the person if they are confused.

If you want any additional information or support, come see us at Child & Family Services or call 819-627-9877.



MARCH 26

<https://www.canadianepilepsyalliance.org/about-epilepsy>



Community Breakfast

THURSDAY, MARCH 19TH 2026

6:45AM - 9:30AM
@ 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)



FREEZER MEAL WORKSHOP

March 12th, 2026
5pm at the Dome

Diabetic Friendly Meal

RSVP TO TRYSTA BY MARCH 6TH
(819) 627-9060 EXT 524
OR TYOUNG@KEBAOWEK.COM
LIMITED SPACES AVAILABLE



PICKY-EATERS MEAL PREP

MEATBALL SUBS

MARCH 19TH, 2025
5PM AT THE DOME

RSVP TO TRYSTA BY MARCH 13TH
(819) 627-9060 EXT 524
OR TYOUNG@KEBAOWEK.COM
LIMITED SPACES AVAILABLE



Chocolate, Peanut Butter & Banana Overnight Oats

Ingredients

- ½ cup (125 mL) 1% milk, unsweetened soy milk
- ½ cup (125 mL) 0% plain Greek yogurt
- 1 Tbsp (15 mL) natural peanut butter
- ½ cup (80 mL) large flake oats
- 1 Tbsp (15 mL) hemp seeds
- ¼ tsp (1 mL) cinnamon
- ½ small banana, sliced
- 1 tsp (5 mL) chopped semi-sweet chocolate chips

Instructions

Whisk milk, yogurt and peanut butter in a medium bowl until combined.

Add oats, hemp and cinnamon; mix well and transfer to a container, bowl or mason jar. Refrigerate overnight.

When ready to eat, stir well, and top with banana and chocolate

Delicious

Kebaowek Health and Wellness Center Programs and Activities

MCH/PALS PRESENT



The MAGIC of Christophe

Community members and their families with children 0-11yrs


Light snacks and refreshments will be available



Come Join Us For Some Magical Fun

Friday, April 17 @ 6:00pm

RSVP by April 10
Contact Cassandra or Lynn @ 819-627-9877



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 !!

BABY & ME

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

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

March 2026 Dates:
9th, 23rd & 30th

April 2026 Dates:
13th, 20th & 27th

Coffee/tea & snacks provided.



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

Kebaowek Band and Community Members

Monday April 13, 2026
6:30pm-8:30pm

Woman's PAINT Night



With Michelle St-Denis

Get creative and paint your own unique potted pots, perfect your home or to gift. 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

SENIOR SOCIAL

ELDERS 55+

DATES:

- THURSDAY MARCH 12, 2026
- THURSDAY MARCH 19, 2026
- THURSDAY MARCH 26, 2026
- THURSDAY APRIL 9, 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



March is NATIONAL NUTRITION MONTH



Nutrition Month

Thursday
March 26, 2026
@ 11:00am
at the Dome

Come join us for a Nutrition information session!

Presented by:
Trysta Young
&
Karleigh Miness

Lunch will be served after the presentation!

Community Shopping

9am - 3pm

March 8, 2026
April 4, 2026
May 2, 2026



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!

Meals on Wheels

Upcoming Dates for Meals on Wheels

March 11, 2026

March 25, 2026

April 15, 2026

April 29, 2026

Cost per meal \$7.00

If you are not home please leave a cooler outside

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

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

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

Purple Day
March 26th, 2026

Epilepsy Awareness

Epilepsy is a neurological condition that causes recurrent seizures. It affects people of all ages and backgrounds. By learning more, we can reduce stigma and create an environment of understanding and support.

Did you know?
65 Million
People Have Epilepsy Worldwide

1 in 100 People
Are Estimated To Have Epilepsy

50% of Cases
The Cause is Unknown

Join Child and Family Services
by wearing a purple shirt March 26th, 2026
Send us a picture of you wearing your purple shirt and
you could be entered into a draw to win a gift card

If you have any questions please contact Cassandra
@ 819-627-9877

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
& 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.

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

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.

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 March 1st - Saturday March 7th
 Sunday April 5th - Saturday April 11th

Send pictures to: mmcmartin@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

Kebaowek First Nation Community Calendars

Manadjitagiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpinigiwan	Chibatigo-kijigan	Mani-kijigan
1 Get Active and Win Week →	2	3 March Break (QC) Nature's Harmony	4 March Break (QC) Cultural Activities Four Pillars Launch & Review	5 March Break (QC) Ice Fishing International Women's Day Celebration	6 March Break (QC) Antoine Mountain	7 Kebaowek Annual Fishing Derby
8 Community Shopping	9 Baby & Me	10	11 Meals on Wheels	12 Senior Social	13	14
15	16	17 March Break (ON) Nature's Harmony	18 March Break (ON) Cultural Activities	19 March Break (ON) Ice Fishing Community Breakfast Senior Social	20 March Break (ON) Antoine Mountain	21 Iron Grip Invitational
22	23 Baby & Me	24	25 Meals on Wheels	26 Lunch & Learn Senior Social	27	28 Mega Bake Sale
29	30 Baby & Me	31	Nika Kizis March 2026			

Manadjitagiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpinigiwan	Chibatigo-kijigan	Mani-kijigan
Kawasakotodj Kizis April 2026			1	2	3 Kebaowek Offices/Health Center are closed for Good Friday	4 Community Shopping
5 Easter Brunch Get Active and Win Week →	6 Kebaowek Offices/Health Center are closed for Easter Monday	7	8	9 Senior Social	10	11
12	13 Baby & Me Women's Paint Night	14	15 Meals on Wheels	16 Senior Social	17 The Magic of Christophe	18
19 Adult / Child Cribbage Tournament	20 Baby & Me	21	22	23 Community Breakfast Senior Social	24	25
26	27 Baby & Me	28	29 Meals on Wheels	30 Senior Social		