



# Kebaowek First Nation

## Mizi-dibàdjimowini-eshkwemag

Pidji Pibon Kizis / December 2025

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**We would like to thank everyone who helped make our Annual Christmas Parade a success. Thank you to all the Departments who participated, the spectators and all who donated to the Food Bank, it was greatly appreciated.**

**We look forward to seeing you next year for our 7th Annual Christmas Parade, save the date, November 26th, 2026.**



CONTACT US



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Kebaowek QC J0Z 3R1  
Tel: (819) 627-3455  
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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





# Important Update on Bill S-2

## (Indian Act Registration Changes)

APTN reports: Under the Indian Act, there are two main categories of “status Indian” registration: **section 6(1)** and **6(2)**. People with **6(1) status** typically have two parents (or ancestors) with status, and they can freely pass status on to their children. People with 6(2) status have only one parent with status, and under the current rules, they can only pass status to their children if the other parent also has status.

This leads to what’s called the “**second-generation cut-off**”: after two consecutive generations of having a non-status parent, the third generation no longer qualifies for status. Even though 6(1) and 6(2) status holders have the same legal rights and benefits, the 6(2) designation limits the ability to pass status on, which disproportionately affects some families.

**\*full news article can be viewed at:** <https://www.aptnnews.ca/national-news/senators-vote-to-end-the-second-generation-cutoff-for-status-indians/>

## Bill S-2 has NOT become law yet.

This means no one can apply under these new rules until it officially passes.

### Where Bill S-2 is in the Process:

Currently in the Senate Committee stage.

Must pass Senate, House of Commons, and receive Royal Assent.

### What Bill S-2 aims to change (once passed):

Restore status for families affected by enfranchisement

Improve natal band re-affiliation

Modernize outdated wording

### What this means for community members:

Indigenous, Services Canada (ISC) is placing affected applications on hold.

Applications will be processed only if the Bill becomes law.

**Membership Office will continue to monitor updates.**



Laura Moore  
IRA & Social Development Coordinator  
Kebaowek First Nation  
Phone: 819-627-3455 Ext: 228  
Email: lmoore@kebaowek.ca





# Registration and Membership Information

**Note that ISC does not notify you if your card is about to expire. To avoid being refused services because of an expired card, it's always a good idea to regularly check if your card is valid. Therefore, if your card needs to be renewed, make an appointment to see me well before it expires because it takes approximately 14-16 weeks for a renewal card to come in.**

## 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](http://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** or by email at [infopubs@sac-isc.gc.ca](mailto: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**

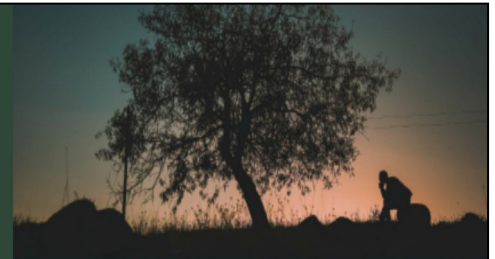
**110 Ogima Street, Kebaowek Quebec J0Z 3R1**

**Phone: 819-627-3455 Ext 228**

**Email: [lmoores@kebaowek.ca](mailto:lmoores@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:**

**January 7th (Call 819-627-3455 for an appointment)**

**Starting January 15th that if you previously used Sophie's service with your non-indigenous spouse to contact Laura to have their expense reimbursed.**

## Education Department

### 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



### SEWING CLASSES

AT THE KFN LEARNING CENTER

PLEASE CALL ROSE JAWBONE

AT 819-627-3455

IF YOU ARE INTERESTED IN TAKING THIS CLASS

## Housing Department



### 2 ELDER APARTMENTS FOR RENT

- 2 bedroom apartment
- Available for February 1st
- Be a registered member of the KFN band;
- Be at least 55 years of age or older;
- Have no debts or arrears of rent to Kebaowek;

**\$550/MONTH + UTILITIES**

Deadline to apply: January 9<sup>th</sup>, 2026  
Application available at the Band Office



### 2 BEDROOM APARTMENT FOR RENT

- Available for February 1st
- Be a registered member of the KFN band;
- Have no debts or arrears of rent to Kebaowek;

**\$550/MONTH + UTILITIES**

Deadline to apply: January 9<sup>th</sup>, 2026  
Application available at the Band Office



## Traditional Full Moon Ceremonies



Monday December 8th, 2025  
Supper starting at 5:00 pm  
At the Cultural Building  
Ceremony begins at 6:00 pm  
*At the Arbour*

*Open to all women and girls. Please wear your skirt.*

To RSVP for supper please contact:  
Verna Polson - Culture & Language Manager  
Phone: 819-627-3309 Email: [vpolson@kebaowek.ca](mailto:vpolson@kebaowek.ca)



*Please join us for:*

## CHRISTMAS WREATH CRAFTING

When/Apich: Dec 10th  
Where/Andi: Cultural  
Department Basement

Wednesday December 10th 2025  
TIME: 1pm-4pm 6pm-9pm

*This is a family friendly event,  
drop in and enjoy some time  
crafting with organic forest  
materials. Limited space*

*For more information, please call  
819 627 3455 ext 231 or email  
[rstdenis@kebaowek.ca](mailto:rstdenis@kebaowek.ca)*



## MERRY CHRISTMAS

May the spirit of Christmas bring you and your family a joyful holiday and a Happy New Year filled with love, laughter, and many cherished moments.

Roxane McKenzie  
KFN Administrative Assistant





## Drumbeat Radio

### DEAR DRUMBEAT *Listeners*

We hear you; we miss you too and we can't wait to be back on your radios!

We know you've been waiting for an update on when that'll happen but unfortunately, we don't really have any new information right now. The last update we were given is that the new tower and antenna should be ready sometime in early 2026, but they couldn't provide an actual date yet.

Currently our technicians are looking for another temporary solution to get us back on air until the antenna is up and running, but so far that solution hasn't been found.

We will continue to keep you updated as we know more, just keep checking our Facebook page.

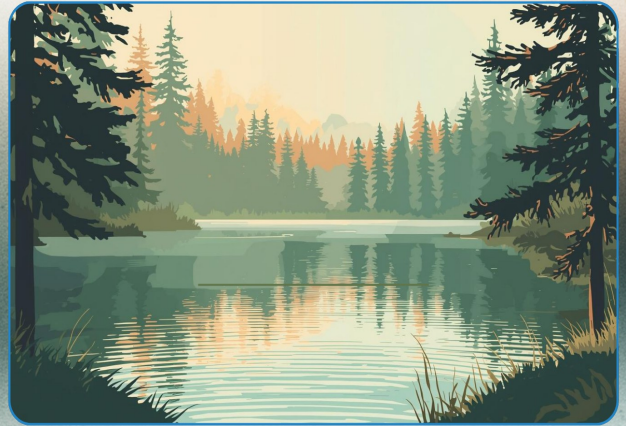
We're crossing our fingers that we'll be back on your radios in the next few months!

**THANK YOU FOR ALL YOUR  
*support & patience***

## Land Management

### ASSESSMENT COMMITTEE – CALL FOR MEMBERS

Kebaowek First Nation is seeking members to join the Assessment Committee to help implement the Rights and Responsibilities Assessment Law (FPIC Process).



**APPLICATION DEADLINE: DECEMBER 8<sup>TH</sup> 2025**

#### APPLICATION FORMS:

**PICK UP:** AT THE BAND OFFICE

**EMAIL:** [CONSULTATIONS@KEBAOWEK.CA](mailto:CONSULTATIONS@KEBAOWEK.CA)

**SCAN QR CODE →**



**OPEN TO:** YOUTH • ELDERS • WOMEN • MEN •  
LAND/WATER USERS • ON & OFF-RESERVE  
MEMBERS



**MERRY  
CHRISTMAS  
AND  
HAPPY NEW YEAR  
FROM EVERYONE AT  
LAND  
MANAGEMENT**



# Kebaowek Police Department

## STATISTICS FOR THE MONTH OF AUGUST 2025

- 1 x Infractions ticket
- 1 x Possession of substance
- 1 x unsafe storage of firearm
- 1 x Drug information received
- 1 x Assist to others
- 2 x R.I.D.E
- 1 x Alarm non-criminal
- 1 x Dispute
- 1 x Theft
- 3 x Assist Sûreté Du Quebec
- 1 x public assistance
- 1 x Person Observed
- 1 x Accident w/ injury
- 1 x By law intervention

## STATISTICS FOR MONTH OF SEPTEMBER 2025

- 1 x Use intimidation firearm in commission
- 1 x Unauthorized possession of a prohibited weapon
- 2 x Failure to comply with an order
- 3 x Possession of substance
- 1 x Possession of over 4 plants of cannabis
- 2 x Cultivate, propagate or harvest or to offer to cultivate, propagate or harvest cannabis by a person 18 years of age or older
- 1 x Sell of Cannabis (only the sqdc and producer can sell cannabis)
- 2 x All other offences related to the cannabis act
- 1 x Uttering threats
- 1 x Harassing communications
- 4 x public assistance
- 2 x Assist to S.Q
- 1 x R.I.D.E
- 2 x Noise & nuisance complaint

## STATISTICS FOR MONTH OF OCTOBER 2025

- 1 x Being unlawfully in dwelling home
- 2 x Assistance to Sûreté du Quebec
- 1 x Assault-threats
- 1 x Failure to comply with an order
- 1 x Call related to animals
- 2 x Fingerprinting
- 1 x Public assistance
- 1 x Attempted murder



**Kebaowek First Nation**

## Looking for: Language Teacher

Kebaowek First Nation is looking for a language teacher to help teach the community Anishinaabemowin on a beginner level.

- One year contract, part-time with 4 hours a week
- Mandatory: In-person classes in Kebaowek
- Must be familiar with and know Anishinaabemowin (words & sentences) and be capable of planning and teaching classes
- Report to the Culture & Language manager

**Deadline to apply: January 15, 2026**  
**Start in February 2026**

For more information please contact Meggan Levesque with resume and cover letter.  
mlevesque@kebaowek.ca  
819-627-3455



To Kebaowek First Nation, ✨

We wish you peace, good will, and happiness during the holiday season and all the best throughout the New Year.

Merry Christmas and Happy New Year!  
Chief and Council







Happiest Birthday ever  
Uncle Nono  
Love you to the moon and back,  
Love Nylah ♥



Happy Birthday Lil Bro  
Cheers, Love ya !  
Stephen & Adam



Happy 27th Birthday Noah  
Have the best day and hope all your  
wishes come true !  
Love Mom & Jungo xo



Happy Birthday Noah !! ♥  
May your special year bring you suc-  
cess, laughter and everything you're  
hoping for !  
Love you! xox  
Kacie

**MERRY CHRISTMAS**

On behalf of our entire department, we would like to wish the Kebaowek First Nation community a very Merry Christmas and a safe, joyful holiday season.

As we come to the end of another year, we want to express our gratitude for your continued support, collaboration, and community spirit. This time of year reminds us of the importance of coming together, sharing kindness, and celebrating the traditions that make our community strong. May your holidays be filled with warmth, laughter, and quality time with family and friends. We look forward to working together in the new year and continuing to build a bright and positive future for our community.

★ Merry Christmas and Happy Holidays!

Economic Development Department



*Marcel Tuppy Derrault*

On behalf of our family, we would like to express our deepest gratitude for your heart-felt condolences & messages of support during this difficult time. Your kindness & compassion means the world to us.

Thank you,

Patsy, Bob, Michelle & Family

**KEBAOWEK  
HOMEOWNERS**

**If you are looking to sell  
your home in the near  
future we have a buyer  
and financing  
has been secured.**

**For additional  
information,  
call 819-627-6896**



## Kebaowek Recreation Department

### Merry Christmas

Kebaowek Recreation wishes you a warm and joyful Merry Christmas and a New Year filled with health, happiness, and community spirit.

\*As we close out 2025, a heartfelt Meegwetch to everyone who helped make this year's community events a success. To volunteers, staff, partners, vendors, performers, and all who showed their support—thank you. Your dedication and involvement are what makes our gatherings meaningful and memorable.

Meegwetch for a wonderful 2025!

### 2ND ANNUAL KEBAOWEK ICE FISHING DERBY



**MARCH 7TH, 2026**

LOCATION : "COE'S ISLAND"

TIME : 1:00PM TO 4:00PM

COST : \$20.00 ENTRY  
(1 HOLE PER PERSON)

**100% PAYOUT**  
**1ST PLACE - 60%**  
**2ND PLACE - 25%**  
**3RD PLACE - 15%**

**REGISTRATION ON SITE**

**11:00AM - 1:00PM**

**\* YOU MUST REGISTER IN PERSON  
(NO EXCEPTIONS)**

IF NO FISH CAUGHT, ALL MONEY AND PRIZES WILL BE DRAWN

**OPEN TO EVERYONE !**

Fishing licenses  
available at Pronature  
Temiscaming

**\* PARTICIPATION PRIZES!**

**\* 50/50!**

**\* RAFFLE FOR PRIZE (TBD)!**  
(TICKETS WILL BE SOLD ON SITE)



### KEBAOWEK FIRST NATION SKI-DOO RALLY

KIPAWA LAKE  
POKER RUN



**SATURDAY  
FEBRUARY 14th  
2026**

**REGISTRATION 10AM - 12PM @ THE COMMUNITY HALL**

**ENTRY \$10 PER HAND (18 YRS +)**  
You can purchase 3 hands (max) in your name.

**PRIZES ~ MUSIC ~ WING NIGHT**



### MIGIZY GAS

**CHRISTMAS DAY HOURS  
8AM - 3PM (NO KITCHEN)**

**NEW YEARS DAY  
KITCHEN OPEN 9AM - 7PM**



## 2026 Census is Coming

Once every five years, the Census of Population provides a detailed and comprehensive statistical portrait of Canada that is vital to our country. The census is the only data source that provides consistent statistics for small areas such as a neighbourhood or a First Nation Community. The census is the only data source that provides consistent statistics for small areas such as a neighbourhood or a First Nation Community. The Census collects information that cannot be obtained effectively from other sources. Census data are used to provide socioeconomic information on First Nations people, Métis and Inuit across Canada. Among other things, these results can assist Indigenous people, their communities, organizations and governments plan for:


- the development of Indigenous language and education programs
- the development and/or expansion of community health and social services
- decisions regarding business and economic opportunities
- the evaluation of existing programs and new service needs

The Census is an essential tool for understanding how Canada is changing over time. Census information has many other important uses in the day-to-day lives of Canadians. Local governments and community administrations can use the census data to develop programs and services, such as planning for schools and health services. Businesses analyze census data to make critical investment decisions, and social services agencies depend on the census to understand the evolving needs of their communities.

Census data are also a key component of emergency preparedness and crisis management. For example, in the early days of the COVID-19 pandemic, crucial information on vulnerable populations was provided to public health authorities and emergency services officials.

WATCH FOR MORE UPCOMING INFORMATION.

**Statistics Canada is hiring in select northern and remote communities for the 2026 Census!**

**APPLY NOW:**  [census.gc.ca/jobs-north](https://census.gc.ca/jobs-north)

## Algonquin Anishinabeg Nation Tribal Council Election Results

### Grand Chief

Verna Polson - 118  
Savanna McGregor - 115

### Women's Representative

Shirley Tolley - 128  
Robin Decontie - 91

### Elder Representative

Jimmy Hunter - 100  
Gilbert W Whiteduck - 90  
Oscar Kistabish - 42

Elections were held  
Wednesday December 3rd, 2025



# Kebaowek Childcare Centre

A heartfelt thank you goes out to everyone who help organize our activities and to all who participated in the parade that kicked off our celebration. Seeing the children's excitement and smiling faces made the week truly unforgettable. Their energy is what brings our community together and reminds us why Early Childhood Matters so deeply. Here are a few pictures of our week. The parade, Culture activities, Pajama Day at S'more Fun.



Merry Christmas and a Happy New Year from all the staff and Children at Kebaowek Childcare Centre.

May your holiday season be fill with Joy, warmth and a wonderful time with Family and Friends.



# An Update from the Director of Health & Social Services

Kwe to all Members of Kebaowek First Nation

We were recently asked last month by a reporter from the Reflet as to why do we do a community Christmas Parade? And why don't we just join the Temiscaming Christmas Parade in town instead? I guess it just starts with one of the positives that came from the covid pandemic where it forced us to provide an uplifting moment during times of uncertainty, isolation and restrictions.

But witnessing firsthand our elders coming to the windows to witness our floats, smiling families standing at their driveways with their children holding their treat bags and the adults ready to handover non-perishable items and sometimes cash donations for our food bank, simply put everything in perspective. We do it for the smiles, the positive energy, for our community spirit !

I want to personally thank all the KFN departments and their employees who participated in our parade. We all know that it's lots of work in a time when we are all busy, not to mention some not so clement weather for setting up. But your floats were all amazing. Meegwetch to the volunteers who helped and filled some important spots, like our MR. & Mrs. Clause and to the youth group for their contributions.

Meegweetch to my staff who always finds new and innovative ideas for our floats as it keeps me wondering what kind of costume I will have on this year ! Thanks, Shelly, for always taking the lead on this important event.

## 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

Community meetings will be held early in the new year to provide members of both Kebaowek and Wolf Lake with project updates and some preliminary results to some of the studies done on the affected area. It will be a great time to

ask more questions and get the facts on the Onimiki Hydro-electric Project. Stay tuned.

Please visit our new up-to-date website at [onimiki.ca](http://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.

Recent proud moment for me during the 13<sup>th</sup> Annual Conference of the First Nations Health Managers Association where one special person of the 69 new graduates received their designation as a Certified First Nations Health Manager. I'm talking about our very own Mitchell McMartin. Mitchell was committed to get to the next level in his professional development despite a busy work and family schedule. Over the course of 2.5 years, he took on a series of 5 demanding modules that are easily comparable to work at a university master's level. Congrats Mitchell on your accomplishment !



I hope you get to spend some time with the people that matter the most during the upcoming holiday season. So on behalf of everyone here at your Health and Wellness Center, we wish you all a Merry Christmas and a safe and healthy New Year ☺

## Quotes on Community Spirit

"Community is much more than belonging to something; it's about doing something together that makes belonging matter." ~ Brian Solis

"A true community is not just about being geographically close to someone or part of the same social web network. it's about feeling connected and responsible for what happens." ~ Yehuda Berg

David McLaren  
Director of Health & Social Services



# Medical Transportation

## HOLIDAY MEDICAL TRANSPORTATION SCHEDULE

SUNDAY DECEMBER 14TH	MONDAY DECEMBER 15TH	TUESDAY DECEMBER 16TH	WEDNESDAY DECEMBER 17TH	THURSDAY DECEMBER 18TH	FRIDAY DECEMBER 19TH	SATURDAY DECEMBER 20TH
OFFICE CLOSED	OFFICE OPEN 819-627-9060	OFFICE OPEN 819-627-9060	OFFICE OPEN 819-627-9060	OFFICE OPEN 819-627-9060	8:00 AM TO 12:00 PM 819-627-6887	OFFICE CLOSED
SUNDAY DECEMBER 21ST	MONDAY DECEMBER 22ND	TUESDAY DECEMBER 23RD	WEDNESDAY DECEMBER 24TH	THURSDAY DECEMBER 25TH	FRIDAY DECEMBER 26TH	SATURDAY DECEMBER 27TH
OFFICE CLOSED	8:00 AM TO 4:30 PM 819-627-6887	8:00 AM TO 4:30 PM 819-627-6887	8:00 AM TO 12 PM 819-627-6887	OFFICE CLOSED	OFFICE CLOSED	OFFICE CLOSED
SUNDAY DECEMBER 28TH	MONDAY DECEMBER 29TH	TUESDAY DECEMBER 30TH	WEDNESDAY DECEMBER 31ST	THURSDAY JANUARY 1ST	FRIDAY JANUARY 2ND	SATURDAY JANUARY 3RD
OFFICE CLOSED	8:00 AM TO 4:30 PM 819-627-6887	8:00 AM TO 4:30 PM 819-627-6887	8:00 AM TO 4:30 PM 819-627-6887	OFFICE CLOSED	8:00 AM TO 12 PM 819-627-6887	OFFICE CLOSED



The holidays are coming fast, a time to spend with family and friends making a memorable end to 2025.

I know some still have appointments scheduled during the office closure and we still do provide Medical Transportation to our clients for their appointments. If you have appointments scheduled during the holidays, please call Kim **before** December.18<sup>th</sup> to schedule you in for a driver to safely get you there and back.

If you do require Medical Transportation **after** December.18<sup>th</sup> you may call (819) 627-6887 to book a ride for your appointment. The sooner we know, the better we can accommodate, as we only have three vehicles so if they are all booked, we may have to ask you to cancel or reschedule your appointment to another date.

Using a private vehicle would be the most ideal. More family and friends around during the holidays make for some travel time well spent to get caught up or chit chat. We just ask that you get the attestation signed at your doctor's office or hospital to get reimbursed for your mileage.

I would like to wish everyone a very Merry Christmas and a safe and Happy New year. Can't wait to see you all in 2026!

Kim Constant  
Medical Transportation Coordinator (Interim)

# 10 Tips for Maintaining your Fitness over the Holidays

The holiday season is a time for celebrating with friends and family, but it can also be a time when our fitness routines take a back seat. We get it, we're all human!

With all of the parties, gatherings, and tempting treats, it can be difficult to maintain our regular workout routines and healthy eating habits. But don't worry, there are plenty of ways to stay fit during the holiday season. Here are the top 10 ways to maintain your fitness during the holidays:

1. **Plan ahead:** The key to success is planning ahead. Take some time before the holiday season starts to think about how you will fit fitness into your schedule. This can include scheduling workouts on your calendar, packing workout clothes and equipment when traveling, and planning healthy meals and snacks.
2. **Stay active:** The holidays are a busy time, but it's important to make time for physical activity. Try to incorporate movement into your daily routine, whether it's taking a walk after a meal, dancing at a party, or playing a fun active game with your family. Every little bit of activity adds up and can help keep you fit.
3. **Keep it simple:** Don't try to do too much during the holiday season. Instead, focus on simple and effective workouts that you can do even when you are short on time. This can include bodyweight exercises, short HIIT workouts, or even just a brisk walk or jog.
4. **Stay hydrated:** Dehydration can not only affect your fitness, but it can also make you feel sluggish and foggy. Make sure to drink plenty of water throughout the day, especially during the holiday season when you may be indulging in more treats and alcohol.
5. **Eat mindfully:** It's okay to indulge in holiday treats, but try to do so mindfully. Enjoy your favourite foods, but also make sure to include plenty of fruits, vegetables, and whole grains in your diet. And remember, moderation is key.
6. **Avoid stress:** The holiday season can be stressful, but try to avoid letting stress sabotage your fitness routine. Take some time for yourself, practice relaxation techniques, and make sure to get enough sleep to help keep stress levels in check.
7. **Be consistent:** Consistency is key when it comes to fitness. Even if you can't stick to your usual routine, try to maintain some level of consistency with your workouts and healthy habits. This can help keep you on track and prevent you from falling too far off the fitness

wagon.

8. **Work out with friends or family:** The holidays are a great time to work out with friends and family. Not only will this provide motivation and accountability, but it can also be a fun way to spend time together and make fitness a part of your holiday traditions.
9. **Stay positive:** It's normal to have slip-ups and indulge in treats during the holiday season, but try not to beat yourself up about it. Instead, focus on the positive and remind yourself of the progress you have made and the goals you are working towards.
10. **Have fun:** Above all, make sure to have fun and enjoy the holiday season. Fitness is important, but it's also important to take time to relax and enjoy the company of loved ones. So don't stress too much about your fitness routine and remember to have fun.

We know the holiday season can be a challenging time for maintaining your fitness over the holidays, but with a little planning and effort, it is possible to stay fit and healthy. By following these top 10 tips, you can enjoy the holidays while still taking care of your fitness!

**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 January 4th - Saturday January 10th  
Sunday February 1st - Saturday February 7th

Send pictures to: [mmcmartin@kebaowek.ca](mailto: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





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 (mmmcmartin@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.

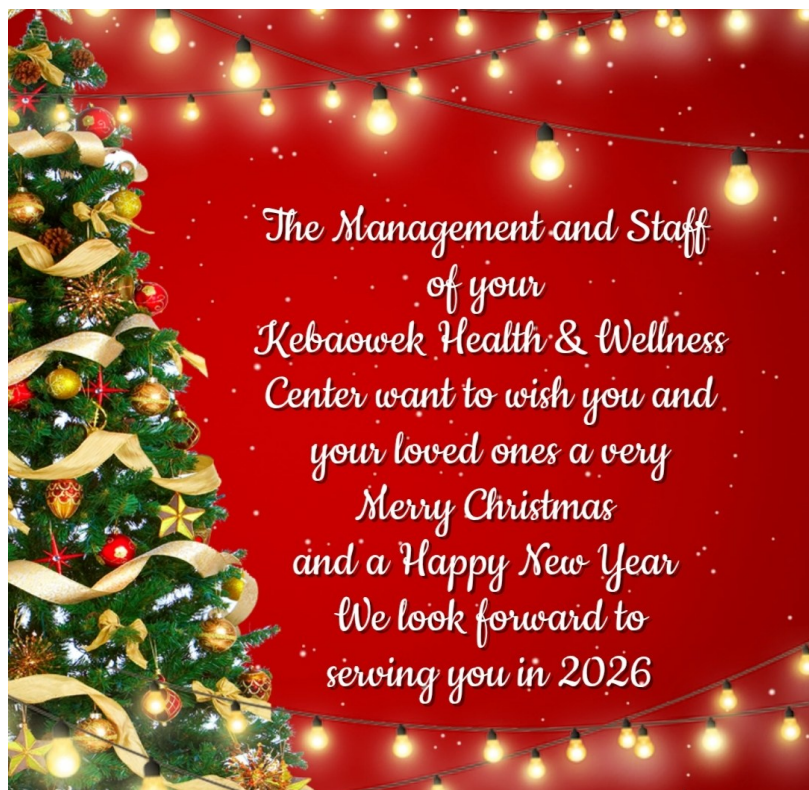
You are asked to send in your weight or come to the office every two weeks and the individual that lost the most weight during that bi-weekly weigh-in will receive a \$25 gift card.

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

## 10 Week Weight Loss Challenge



## **WALKING IN WINTER**

When the winter air is crisp and the ground is covered in snow, there's nothing like taking a walk to enjoy the beauty of the season- and walking is one of the best ways to keep healthy.

However, winter can be a challenging time of year to get out and be active. Freezing rain, icy surfaces, and hard-packed snow can pose as potential hazards for those looking to get a walk in their daily routines.

A few simple measures can make it safer for those to walk outdoors in the winter. Removing snow and ice, putting sand or salt on areas where people walk, and wearing the right footwear make a big difference.

Just one bad fall on ice can have long-term consequences. These include; chronic pain in affected area, a disabling injury that may mean loss of independence, or fear of another fall which discourages a healthy, active lifestyle.

### ***Basic Precautions to Take***

As winter approaches, outfit yourself for safe walking:

1. Choose a good pair of winter boots. For warmth and stability look for these features; well insulated, waterproof, thick non-slip tread sole made of natural rubber, wide-low heels, lightweight.
2. Ice grippers on footwear can help you walk on hard packed snow and ice. But be careful! Grippers can become slippery and must be removed before walking on smooth surfaces such as stone, tile and ceramic. Before purchasing grippers make sure that you are able to attach and remove them from your boots.
3. Layer up! Wear long sleeves, warm pants and warm socks underneath your winter gear to keep you warmer. You can also prevent heat loss by wearing a warm hat, scarf, and mittens or gloves.
4. Help other road users see you by wearing bright colors or by adding reflective materials to clothing.

### ***Walking on Ice- Things to Consider***

Facing an icy surface can be a paralyzing experience. Not everyone has grippers and other safety aids. So, what should you do if it's impossible to avoid an icy patch? Believe it or not, body movements can increase your stability on an icy surface.

1. Slow down and think about your next move. Keeping your body as loose as possible, spread your feet to more than a foot apart to provide a base of support. This will help stabilize you as you walk.
2. Keep your knees loose — let them bend a bit. This will keep your center of gravity lower to the ground, which further stabilizes the body.
3. Some people prefer to drag their feet or shuffle them. If this feels better to you, then do so. Just remember to place your whole foot on the ice at once and keep your base of support approximately one foot wide.

Taking these extra precautions and considering just a few extra safety measure can help all of us to enjoy the beauty the winter season has to offer!

## **NEW YEARS RESOLUTIONS**

With the 2025 year coming to an end, this often brings us moments of reflection and a feeling of hopefulness for the upcoming year. As the new year dawns, so does the opportunity for change. January can be a good time to reflect on self-improvement but acknowledge that takes work to make these resolutions stick and work out in our favors.

Every January, millions of people declare bold intentions: "This year I'll get in shape, save money, learn a language, read 50 books, meditate daily, and finally get organized." By February, most resolutions have quietly dissolved. The problem isn't a lack of motivation, it's that many resolutions are built on wishful thinking rather than realistic planning. Here's how to set New Year's resolutions that genuinely stick.

### **1. Start With a Reality Check**

Before choosing new goals, reflect on your current habits, responsibilities, and limitations. What does your schedule really look like? What tends to derail you? Realistic resolutions come from honest self-assessment, not fantasy.

### **2. Choose Fewer Goals**

One of the biggest mistakes people make is setting too many resolutions at once. If you focus on everything, you end up improving nothing. Instead, choose one to three goals that matter most.



# Winter and Your Health

## 3. Make Them Specific and Measurable

“Get fit” or “save money” are inspiring ideas but impossible to track. Instead, define the goal in concrete terms.

- **Vague:** “Eat healthier.”
- **Specific:** “Eat two servings of vegetables with dinner five days a week.”
- Specific goals give you structure and clear progress markers.

## 4. Break Big Goals into Small Steps

A resolution should function more like a roadmap than a wish. Break your goal into monthly, weekly, or even daily steps. Small wins keep your momentum alive.

**Example:** Goal: Run a 5K by June

Steps: Jog 10 minutes three times a week → Increase to 20 minutes → Follow a structured couch-to-5K plan.

## 5. Anticipate Obstacles Ahead of Time

Motivation is highest on January 1st and lowest on any ordinary Wednesday. Plan for the dips.

- If time is the issue, schedule your new habits like appointments.
- If stress derails you, create backup micro-goals (e.g., 5-minute workouts instead of skipping exercise entirely).
- If you slip up, treat it as data, not failure.

Resilience is more important than perfection.

## 6. Build Accountability

Accountability can be social (a friend, support group), environmental (habit-tracking apps, sticky notes), or structural (putting money toward a class or program). It doesn't matter what format you choose—as long as you create some form of external reminder

## 7. Revisit and Adjust Throughout the Year

Goals aren't carved in stone. Life changes, and so should your resolutions. It's better to adjust a goal than to abandon it. Check in monthly or quarterly to see what's working and what needs tweaking.

Realistic New Year's resolutions aren't about lowering ambition—they're about increasing your chance of success. When you choose meaningful goals, break them into manageable steps, and give yourself grace along the way, you're setting yourself up for a year of real, sustainable growth.

## WATCH FOR SIGNS OF HYPOTHERMIA AND FROSTBITE

To avoid frostbite and hypothermia, be aware of the wind chill and dress appropriately.

- Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses much of its insulating value and transmits heat rapidly away from the body.
- When outside, stay active to maintain body heat, take frequent breaks from the cold, and avoid unnecessary exposure to any part of the body.
- Avoid overexertion, such as shoveling heavy snow, pushing a vehicle, or walking in deep snow. The strain from the cold and the hard labor may cause a heart attack. Sweating could lead to a chill and hypothermia.
- Drink liquids, such as warm broth or juice, but avoid caffeine and alcohol.
- Get out of the cold immediately if signs of hypothermia or frostbite appear.
- These signs include shaking uncontrollably, getting extremely tired, turning very pale, or getting numb fingers, toes, ears, or nose.



# Harm Reduction Holiday Tips

The holiday season can be a time of celebration and stress. There is a rise of alcohol and drug consumption during this period. This happens for different reasons:

- Sometimes alcohol and/or drugs are used when gathering to celebrate with family and friends.
- People also use substances as a coping mechanism to escape or numb the hardships they experience at this time of the year. For many people, the holidays are a difficult time, because of financial stressors, grief, trauma, or other personal issues.

*Harm Reduction* is an approach that focuses on reducing and minimizing the impact of consuming drugs and/or alcohol.

- Plan ahead if you or someone close to you decides to consume substances.
- Planning ahead can keep you, your family and friends safe during holiday gatherings.

If you choose to drink or do drugs, here are things to consider before taking these substances:

- Plan ahead: Make sure you have a way to get home safely. Or, stay at a friend's or family members' home.
- Have a designated driver when you are drinking or doing drugs. If you're a parent, pick up your teen if they call for a ride home.
- Do not drive any motorized vehicle (skidoos, cars, four-wheelers, etc.)
- If you're going to consume drugs, do not use alone. Surround yourself with people you know and trust. Tell someone about what you are going to do. Make sure they know where to call for help in your community if something happens to you.
- Avoid mixing substances. Mixing drugs can be deadly. Mixing alcohol, legal drugs, prescription medicine and/or street drugs can be a lethal cocktail. It can be hard to predict how your body will respond when more than one substance is used.
- Start slow and low. Take a little amount at a time. Wait a while for the effects to kick in before you take more of the substance.
- Alternate your drinks (alcohol and water).
- Eat and drink water before consuming. Don't consume on an empty stomach.

## Holiday Tips if You're Hosting People

- Have a place (like a bowl) for your guests to put their vehicle keys.
- Discourage any driving while under the influence of alcohol or drugs. This includes skidoos, four-wheelers, cars, or any motorized vehicles.
- Be ready to have some overnight guests if they can't find a ride home.
- If you are not drinking - be their designated driver. Or, ask someone who is willing to drive people home for you.
- Know all the emergency phone numbers in your community.
- Have a naloxone kit in your home in case of an overdose.
- Have lots of water and good food available for your guests.

**Remember, you can make a difference. You can save a life.**

## Know the Risks of Using Drugs and Alcohol

- Blackouts (not being able to remember what happened when you were drinking or using drugs).
- Overdose.
- Risky behaviour (including unprotected sex, assault, violence, driving under the influence).
- Weather. The winter season is very cold in our area. It's a lot easier to get lost or lose track of time when under the influence of alcohol and drugs. This can significantly increase the risk of hypothermia (dangerously low body temperature) if you stay outside too long without appropriate clothing or protection for cold weather.

## You Are Not Alone

If you're having a hard time during the holiday season, please know you are not alone.

- Reach out to family, friends, youth outreach workers, community workers or your local resources if you need to talk.
- Hope for wellness helpline [1-855-242-3310](tel:1-855-242-3310)
- Suicide Crisis Helpline 9-8-8

## A Stress-Free Start to the New Year

Sometimes stress can arise when we make New Year's resolutions and don't live up to them. We may have



## Harm Reduction Holiday Tips

expectations such as quitting smoking, losing weight, or even changing careers, and when the New Year comes and we don't quite succeed at these goals it can become quite stressful.

### What is it about New Year's resolutions that create stress?

New Year's resolutions provide an opportunity to fulfill goals that we think about all year but either don't have the motivation, stamina, or time to meet – a chance to start the year fresh.

But when we don't meet these goals, or it takes longer than we want or intend, we can become quite stressed out the mismatch between our expectations and our reality. So how do we deal with all of this additional stress?

### Reframing how we think about goals and resolutions

Whenever we put a lot of pressure on ourselves, particularly when it comes to meeting specific goals at specific times on the year, we create a very stressful situation for ourselves. Most times it is not the stressful situation that is the problem; rather it is the way we deal or cope with the stress. It can be very helpful to find and learn ways to reframe how we think about personal goals and resolutions.

Rather than being upset or angry about not meeting goals in the timeline we set for ourselves, we can try to redirect that anger and channel it in a positive way. Re-channeling our distress by thinking about goals we have already accomplished, or thinking of things in our life we are grateful for and being mindful can be very helpful in managing stress and high expectations.

### How do we manage stress?

It is important to not put too much pressure on ourselves to meet specific expectations. We can set goals for ourselves, but they need to be realistic. We must remind ourselves that if we do not meet these goals in a specific timeline that we won't fall apart.

We should try to set goals that we know we are likely to fulfill, but give ourselves a break with larger goals that need more time.

There is one New Year's resolution that I would challenge anyone to take up, and it's one that we can all practice and keep throughout the year: Be kind to yourself.

Source: Dr. Donna Ferguson, Psychologist, CAMH

## 10 Cold Weather Tips for Children

1. **Layer up!** Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck and hands are covered. Dress babies and young children in one more layer than an adult would wear.
2. **Play it safe.** Even when roads are closed to traffic, it's not safe to play or sled in the street. Visibility may be limited due to snowbanks and ice on the roads makes braking difficult.
3. **Beware of clothing hazards.** Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.
4. **Check in on warmth.** Before kids head outside, tell them to come inside if they get wet or if they're cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.
5. **Use sunscreen.** Children and adults can still get sunburned in the winter. Sun can reflect off the snow, so apply sunscreen to exposed areas.
6. **Use caution around fires.** Wood-burning stoves, fireplaces and outdoor fire-pits are cozy but can present danger – especially to small children. Use caution and put up protective gates when possible. If you've lost power or heat and are alternative heating methods like kerosene or electric heaters, be sure smoke detectors and carbon monoxide detectors are working.
7. **Get trained and equipped.** Children should wear helmets when snowboarding, skiing, sledding or playing ice hockey. And to avoid injuries, teach children how to do the activity safely.
8. **Prevent nosebleeds.** If your child suffers from minor winter nosebleeds, use a cold-air humidifier in their room. Saline nose drops can help keep their nose moist.
9. **Keep them hydrated.** In drier winter air kids lose more water through their breath. Offer plenty of water, and try giving them warm drinks and soup for extra appeal.
10. **Watch for danger signs.** Signs of frostbite are pale, grey or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia call 9-1-1 immediately.



# Kebaowek Health and Wellness Center Programs and Activities

## 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



## 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](http://fnchildclaims.ca).

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

## FOOD BANK

### Registration:

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

### Pick-up Days:

Wednesday & Thursday  
10:00am - 4:00pm



### Food bank Reminders



#### Location

172 Ogima Street  
Kebaowek

Child & Family  
Services Doors

- 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

## SENIOR SOCIAL

ELDERS 55+

DATES:

THURSDAY JANUARY 8, 2026

THURSDAY JANUARY 15, 2026

THURSDAY JANUARY 22, 2026

THURSDAY JANUARY 29, 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



## Funfetti Cake Batter **GLUTEN FREE** Blondies

### INSTRUCTIONS

- 1) Preheat oven to 350 degrees
- 2) Whisk melted butter, eggs, light brown sugar, & vanilla extract
- 3) Fold in gluten free flour, baking soda and salt until well mixed. Then fold in sprinkles until evenly distributed.
- 4) Transfer batter to a pan lined with parchment paper, sprinkle extra sprinkles over batter.
- 5) Bake blondies for 20-25 minutes
- 6) Enjoy!



### INGREDIENTS

- 1/2 cup melted butter
- 1 cup light brown sugar
- 1 egg & 1 egg yolk
- 1 1/2 teaspoon vanilla extract
- 1 cup gluten free flour
- 1/8 teaspoon salt
- 1/2 cup rainbow sprinkles



## Community Shopping

9am -  
3pm

December 6th  
December 20th  
January 3, 2026  
February 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!

## 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



**FIRST ONE  
OF 2026**

## Community Breakfast

THURSDAY, JANUARY 29TH

**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)

## Women's Paint Night

with Michelle St-Denis

MONDAY, JANUARY 12TH &  
FEBRUARY 2ND

FROM 6:00 PM - 8:30 PM

@ THE HEALTH CENTER  
(BACK ENTRANCE)

COFFEE/TEA & LIGHT SNACK PROVIDED.

REGISTER WITH CASSANDRA  
@ 819-627-9877.



## Meals on Wheels

Upcoming Dates for  
Meals on Wheels

December 10, 2025

January 7, 2026

January 21, 2026

February 4, 2026

Cost per meal \$7.00

If you are not home please  
leave a cooler outside



## BABY & ME

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

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

January 2026 Dates:  
12th, 19th, 26th

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

Coffee/tea & snacks provided.



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




# Kebaowek Health and Wellness Center Programs and Activities

# 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.**



## 2025 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 11th, 2025 to be eligible for the draw.  
**THIS CONTEST WILL RUN ALL YEAR !!**



# Kebaowek First Nation Community Calendars

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
	1 Baby & Me Women's Paint Night	2	3	4 Senior Social Crib Tournament	5 Baking Spirits Bright	6 Community Shopping
7 Get Walking and Win Challenge Week →	8 Full Moon Ceremony	9	10 Meals on Wheels	11 Youth Christmas Dinner (Invitation Only)	12	13
14 Brunch with Santa (Invitation Only)	15	16	17	18. Medicine Clean Up Contest Ends	19	20 Community Shopping
21	22 Kebaowek Offices/Health Center are closed for Christmas Holidays	23 Kebaowek Offices/Health Center are closed for Christmas Holidays	24 Kebaowek Offices/Health Center are closed for Christmas Holidays	25 Kebaowek Offices/Health Center are closed for Christmas Holidays	26 Kebaowek Offices/Health Center are closed for Christmas Holidays	27
28	29 Kebaowek Offices/Health Center are closed for Christmas Holidays	30 Kebaowek Offices/Health Center are closed for Christmas Holidays	31 Kebaowek Offices/Health Center are closed for Christmas Holidays	<b>Pidji Pibon Kizis</b> <b>December 2025</b>		

Manadjitaganiwan	Metisowini-kijigan	Anjeni-kijigan	Sozep-kijigan	Ishpiniganiwan	Chibayatigo-kijigan	Mani-kijigan
<b>Kenozitc –Kizis</b> <b>January 2026</b>				1 Kebaowek Offices/Health Center are closed for Christmas Holidays	2 Kebaowek Offices/Health Center are closed for Christmas Holidays	3 Community Shopping
4 Get Active and Win Challenge Week →	5	6	7 Meals on Wheels	8 Senior Social	9	10
11	12 Baby & Me	13	14	15 Senior Social	16	17
18	19 Baby & Me	20	21 Meals on Wheels	22 Senior Social	23	24
25	26	27	28	29 Community Breakfast Senior Social	30	31