



KITIGAN ZIBI ANISHINABEG

P.O. Box 309, Maniwaki, QC J9E 3C9 Tel: (819) 449-5170 Fax: (819) 449-5673

NOTICE

Please be advised that the General Band Meeting that was scheduled for Saturday March 28, 2026 is postponed to Saturday April 11, 2026 due to the recent loss of a community member. Our deepest sympathies to the family and community during this difficult time.

We appreciate your understanding.

Respectfully,

Kitigan Zibi Anishinabeg Band Council



KITIGAN ZIBI ANISHINABEG

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**Income Security Cheques for April 2026
to be released on
Monday March 30, 2026.**

PICK-UP HOURS

8:30 A.M.TO 4:30 P.M.

**Income Security cheques will be release for
1 DAY on Monday March 30, 2026.**

Recipients will continue to receive direct bank deposits, {unless you received a letter indicating you must update} If you receive a paper cheque you have five (5) business days to pick up your cheque.

All persons who received a letter must make an appointment to update their file and sign a new application as per Income Security Program Requirements.

Please note that Income Security cheques (Welfare) require you to be living in KZ not just be from KZ.

**If you need more information, please contact
Debra Meness at 819-449-5170 Ext. 1404.**



SOPFEU—Call for Return

TO:

ALL Previously Trained Auxiliary SOPFEU FIREFIGHTERS

It's that time of year again to start the refresher training for this firefighting season!

All interested firefighters who have **previously followed the 32 hour SOPFEU training**, and wish to RETURN to the SOPFEU firefighting project this year, please contact **Jonathan Cote or Amy Morin, at 819-449-5170 by April 3, 2026, in order to put your name on the SOPFEU list.** Please note all firefighters who take the refresher training must be available for the fires this season. Dates for the refresher training will be provided at a later date.

Please note that a mandatory medical certificate, on SOPFEU medical forms, is required before commencing work with SOPFEU. Once you confirm you will be returning to take the refresher course, a SOPFEU medical form package will be sent to you, or can be picked up at the FORESTRY OFFICE. It is best that you start now to obtain the medical Certificate, by calling your Doctor's office for an appointment. All medical certificates must be received by May 1, 2026.

DEADLINE: April 3, 2026





*****NOTICE*****

TO: ALL Previously Trained SOPFEU FIREFIGHTERS

It's that time of year again to start the refresher course for this firefighting season! The 8 hour and 16 hour Refresher courses for firefighters who have previously received the 32 hour training within the last two years, will take place during the week of April (dates to be confirmed) 2026.

Therefore, all interested firefighters who have previously followed the 32 hour training course, and wish to take the refresher training, please contact Jonathan Cote 819-449-5170 or Amy Morin at the Forestry office, at 819-449-5170, in order to put your name on the SOPFEU list.

Please note that a mandatory medical certificate, on SOPFEU medical forms, is required before commencing work with SOPFEU.

Once you confirm you will be taking the refresher course, a SOPFEU medical form package will be provided to you, or can be picked up at the FORESTRY OFFICE. It is best that you start now to obtain the medical Certificate, by calling your Doctor's office for an appointment. All medical certificates must be received by **May 1, 2026**





NEW SOPFEU TRAINING COURSE

TO: All KZA Band Members

There will be a new 32-hour SOPFEU firefighter course, which will be starting April (dates to be determined), 2026.

At this time SOPFEU is interested in training 15 new firefighters. Interviews will not be held. Names will be chosen based on certain criteria, and preference will be given to those who don't hold a guaranteed seasonal position in the community.

. Please note the following criteria:

- ◇ 18 years of age and over
- ◇ Good health condition
- ◇ Good physical shape
- ◇ **Availability for fire season—(strict criteria)**
- ◇ Previous work history with KZA.

Please note that a mandatory medical certificate, on SOPFEU medical forms, is required to work with SOPFEU.

Those who meet the above criteria and are interested in taking this course are asked to call Amy Morin at 819-449-5170 ext: 1802, by Friday, April 3 at 12:00 p.m. (Please leave a message with your name and phone number for call-back).

DEADLINE: FRIDAY, APRIL 3, 2026 @ 12:00 p.m.



Blood Work Clinic is cancelled :

- April 2, 2026
- May 5-7, 2026
- June 24, 2026



**We apologize for
this inconvenience.**





BOWLING

Recovery & Wellness

Quille-O-Rama 105, Maniwaki

**FRIDAY
MARCH, 27**

**3:00 PM
TO 5:00 PM**

AN AFTERNOON OF CONNECTION,
LAUGHTER, AND FELLOWSHIP.
BECAUSE RECOVERY INCLUDES JOY,
COMMUNITY, AND LEARNING TO
LIVE LIFE ONE DAY AT A TIME.



REGISTRATION NEEDED: 819-449-5593
NNADAP: Darren McGregor & Patricia Brazeau



FAMILY WELLNESS
LEATHER
MINI DRUM KEYCHAINS
WORKSHOP



WEDNESDAY, APRIL 15, 2026
6PM TO 8PM
ÒDE WÌDÒKÀZOWIN ACTIVITY ROOM

CHILD CARE AVAILABLE

SNACKS AND BEVERAGES PROVIDED

PLEASE CALL KAREN TO REGISTER AT

819-449-2323 EXT. 2808



POSTPONED

Cooking for Wellness Challenge

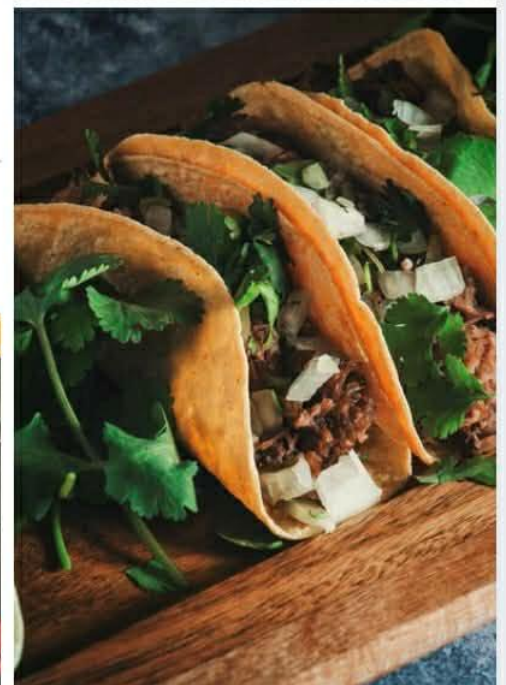
Kwey Kakina,
Our COOKING for WELLNESS CHALLENGE
is coming up at the Youth Center!
March 9 & March 16
2:00-4:00pm

Put your name in or find a partner and
sign up!
Two fun days of cooking, learning, and
building confidence together.
Healthy meals. Team spirit. Recovery
friendly space.
And yes...nice prizes to be won!

Spots are limited, register with the
NNADAP team today!
KZHSS: 819-449-5593



in Collaboration with Community
dietician: Marie-Eve Gagne



TO MARCH 30th

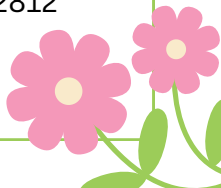


ÒDE WÌDÒKÀZOWIN PROGRAMS CALENDAR

APRIL 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
			1 Fitness First 9-11am Bigger Brain 12:30pm	2 Volleyball 6-8pm	3 Good Friday Holiday Easter Basket Making 10am-12pm	4	<p>Please keep an eye on the KZHSS + Òde Widokazowin Facebook Pages and the Community Flyers for all updates regarding Òde programming and activities.</p> <p>Pink: Youth Wellness Programs Green: Sports & Rec Programs Yellow: Òde Community Events</p> <p>Contact Information Òde: 819-449-2323</p> <p>Youth Wellness Extensions: Jayden: 2804 Annie: 2807</p> <p>Sports & Recreation Extensions: Kane: 2811 Colten: 2812</p>
5 EASTER SUNDAY	6 Easter Monday Holiday	7 Open Gym 6-8pm Yoga 7-8pm	8 Fitness First 9-11am Bigger Brain 12:30pm Cooking Night 4-6pm	9 Easter Family Bowling 5:30-7:30pm Volleyball 6-8pm	10 Fitness First 9-11am Youth Open Gym 6-8pm	11	
12	13 Fitness First 9-11am National Pretzel Day Activity 5-7pm Floor Hockey 6-8pm	14 Open Gym 6-8pm Yoga 7-8pm	15 Fitness First 9-11am Bigger Brain 12:30pm	16 Open Centre 4-6pm Volleyball 6-8pm	17 Fitness First 9-11am Teen Nerf Battle 5-8pm	18	
19	20 Fitness First 9-11am Floor Hockey 6-8pm	21 Open Gym 6-8pm Yoga 7-8pm	22 Fitness First 9-11am Bigger Brain 12:30pm Cooking Night 4-6pm	23 Volleyball 6-8pm	24 Fitness First 9-11am Youth Open Gym 6-8pm	25	
26	27 Fitness First 9-11am Floor Hockey 6-8pm	28 Open Gym 6-8pm Family Bingo 6-8pm Yoga 7-8pm	29 Fitness First 9-11am Bigger Brain 12:30pm	30 Open Centre 4-6pm Themed Volleyball 6-8pm			



Òde Wìdókàzowin



EASTER BASKET MAKING ACTIVITY



Friday April 3rd, 2026

***NOT A DROP OFF
ACTIVITY***

10am to 12pm

Community Hall

Chocolate Bunny Bundle Door Prize!

Meet the Easter Bunny

Face Painting

Arts & Crafts

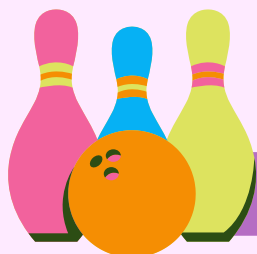
Cupcake Decorating

Snacks & Drinks Provided



Sports & Recreation

FAMILY EASTER BOWLING



DRINK & SNACKS PROVIDED

Thursday April 9th, 2026

5:30-7:30pm

Where: Quille-O-Rama 105

TO REGISTER:

**Please call Kane or Colten at
819-449-2323 ext 2811/2812**





LACROSSE

Meet & Greet & Try It Session



OTTAWA BLACKBEARS & CERTIFIED THEIR OPPORTUNITY COACHES INVITE FAMILIES WITH CHILDREN AGES 6+ FOR A LACROSSE LEARNING SESSION.

THE SESSION WILL INCLUDE HANDS-ON BASIC SKILLS:

- CRADLING ● PASSING ● SHOOTING ● BALL CONTROL ● GAME PLAY

MARCH 27, 2026

4:00 PM TO 6:00 PM

KZ SCHOOL GYM

REGISTRATION IS REQUIRED;

PLEASE CALL ÒDE WÌDÒKÀZOWIN AT 819-449-2323 TO LEAVE THE NAMES OF THE YOUTH WHO WILL ATTEND.

THIS LEARNING SESSION IS A LEAD UP EVENT TO THE SATURDAY, MARCH 28, 2026, OTTAWA BLACKBEARS GAME AT THE CANADIAN TIRE CENTRE.

COME LEARN MORE ABOUT "THE CREATORS GAME" WITH US!

FOOD AND DRINKS WILL BE PROVIDED.

Join us in celebrating



National Indigenous Languages Day

March 31, 2026

9:00am to 4:00pm

Oooh yesss, we are open at lunch

KZ Cultural Centre

Maple Bonus:
First 20 people
receive a bottle of
Awazibi Maple syrup

Pick up your Sigwan Anishinàbemowin Language Kits

Spring is a time of growth—and what better way to grow than through language!

What's inside your kit?



spring words
flash cards



location
flash cards



food
talk
poster



food fridge
magnets



bathroom
talk poster



A Bear's Life
storybook



feelings
booklet



Anishinàbe
Nigamodà
music CD



moose family
puzzle



balloons

Only 40 Kits Available

For more information call Cultural Centre @ (819) 441-1655



FULL CJIIC TUITION SCHOLARSHIPS AVAILABLE

For Indigenous students pursuing journalism at Carleton University

About

Because a land acknowledgement should be more than words, Carleton University is offering **three full tuition scholarships** for students accepted into the Certificate in Journalism in Indigenous Communities (CJIIC).



Apply now!:



Available to:

One student from each of the following communities:

- **Algonquins of Pikwàkanagàn First Nation**
- **Kitigan Zibi Anishinabeg First Nation**
- **Mohawk Nation of Akwesasne**



Eligibility Requirements

To be eligible, you must:

- Be a confirmed member of one of the **three eligible communities**
- Have received an **offer of admission** to the CJIIC program
- Confirmation of **Indigenous Identity**
- Provide a recent **academic record** (e.g. transcript, report card, GPA summary)
- Write a **250-word personal essay** on how you plan to use the skills gained through the certificate

Mark Your Calendars!

Applications close on
June 1, 2026



Journalism in
Indigenous
Communities



Support is here. Your story matters. Take the next step in your journalism journey.

Apply for a scholarship at: <https://forms.office.com/r/rB5KWZKyKH>



Let's join together to honor the upcoming Full Moon;

KA-WASÀKOTÒDJ KÌZIS

Sparkling Snow Moon

Wednesday, April 1st, 2026

6:00 pm - 8:00 pm

K.Z.E.S Admin Office - 37 Kikinamage Mikan

It is encouraged but not obligated to bring your hand drums and/or rattles, bundles, special items and a ribbon skirt if you have one.

Please dress for the weather.

This event is open for everyone. Please contact Mariah.Smith-Chabot@kza.qc.ca or at 819-598-8247 for more information.





March Grammar Contest



Complete the crossword puzzle below and drop it off at the Cultural Center or email it to odaminowin2021@gmail.com before March 30th.

\$100 KZ STORE GIFT CARD

RANDOM DRAW

Grammar Note
This is in 2nd Person- Past tense and means YOU WERE DOING THAT VERB.

1 K i G i d o D A M i t A
 2 K i G i i N
 3 K i G i M i N i K W E
 4 K i
 5 K i
 6 K i G i W i S i N
 7 K i G i d i J A
 8 K i
 9 K i G i d A s h K i H i S E
 10 K i G i B O D A W E
 11 K i G i N A M A D A B
 12 K i G i N i B A

Across

1. You played-worked
3. You drank
6. You ate
7. You went
9. You chopped wood
10. You made fire
11. You sat down
12. You slept

Down

1. You cooked
2. You sang
3. You walked
4. You were tired
5. You were sick
7. You fished
8. You played

The winner of the March Grammar Contest is.....

VANESSA (DODI) DECONTIE



Name: _____

April Grammar Contest

Complete the crossword puzzle below and email it to odaminowin2021@gmail.com or drop it off at the Cultural Center before April 27th.

**RANDOM DRAW for
\$100 Gift Certificate
from KZ STORE.**

Grammar Note :

Ki is the pronoun meaning you. The absence of a tense indicator means it is in the present tense. The addition of the preverb **wi** means a desire or a want. The grammar frame is **Kiwì _____** which translates to "You want to do the verb."

Created using the Crossword Maker on TheTeachersCorner.net

kiwì wìsin

kiwì namadab

kiwì nìm

kiwì nibà

kiwì nigam

kiwì kikinàmàgo

kiwì giwe

kiwì

minikwe

kiwì podawe

kiwì dòdamin

kiwì dijà

kiwì binchige

Across

1. You want to dance.
2. You want to eat.
5. You want to go home.
6. You want to play.
7. You want to clean up.
9. You want to sit.
10. You want to sing.
11. You want to sleep.

Down

1. You want to make fire.
3. You want to learn.
4. You want to drink.
8. You want to go.



KITIGAN ZIBI POLICE FORCE

P.O. Box 220, Maniwaki, QC J9E 3C9 Tel: (819) 449-6078 Fax: (819) 449-6055

Quebec Spring Thaw Load Restrictions for 2026

Ministère reminds users of heavy vehicles and shippers that the authorized load limits are reduced during the thaw period on all public roads. This is done every year to account for the road network's lower bearing capacity during this period.

For the thaw period of 2026, the official dates of the load restriction period for Kitigan Zibi thaw zone are indicated below.

Projected dates for 2026 - Kitigan Zibi - Zone 2

Zone 2: From Monday, March 30 th (00:01) to Friday, May 29 th (23:59)

There will be no hauling of heavy material during this period on Community roads. On the highway, the loads are reduced during the thaw period. Please consult the Ministry of Transport's website for details at [Thaw Period - Transports et Mobilité durable Québec \(gouv.qc.ca\)](https://www.gouv.qc.ca/transport)

Depending on changes in weather conditions, the end of the load restriction period can be moved ahead or postponed.

“Our Children, Our Community, Our Future”

CKWE 103.9



Presents

SUPER MONSTER BINGO

THURSDAY April 2nd at 7:00 PM

\$7150 in prizes!

Cost: **\$30** for a 5 strip pad (15 Faces)

\$2 for extra Jackpot Cards (1 Strip 3 Faces)

Outlets to purchase cards:

KZ Freshmart

Wabano's Gas

KZ Gaz

Star Tobacco

Smileys

CKWE

Hawks Trading Post

Spearhead Store

Arthur's Smoke Shop

(Cards are available for purchase starting Friday evenings. KZ Freshmart will only sell cards the day of the Bingo)

Game 1 – Regular Bingo \$200

Game 2 – Regular Bingo \$200

Game 3 – Regular Bingo \$200

Game 4 – Regular Bingo \$200

Game 5 – Regular Bingo \$200

Game 6 – Regular Bingo \$200

Game 7 – Regular Bingo \$200

Jackpot Game – Letter X \$750

Continuing for

Full Card \$5000

Outlets to purchase cards:

KZ Freshmart

Wabano's Gas

KZ Gaz

Star Tobacco

Smileys

CKWE

Hawks Trading Post

Spearhead Store

Arthur's Smoke Shop

(Cards are available for purchase starting Friday evenings. KZ Freshmart will only sell cards the day of the Bingo)

The inside or outside corners **WILL COUNT** for a Regular Bingo

For more information, contact CKWE at 819-449-5097



Walk Against Racism

Friday, March 27th

Join us for a community march in recognition of the Week of Action Against Racism, organized by Carrefour Jeunesse Emploi Vallée-de-la-Gatineau in collaboration with the Maniwaki Native Friendship Centre.

11:45 am - Gathering at CJEVG (252 Notre Dame street)

Noon - Walk

12:45 - Arrival at the Friendship Centre, soup and bannock will be served.

FOR MORE DETAILS

☎ 819-441-1165 ext. 225

☎ 819-892-0892 (MNFC)

✉ andree.david@cjevq.qc.ca

Québec



Carrefour
jeunesse
emploi

Vallée-de-la-Gatineau

Vallée d'accueil
Intégration des
personnes immigrantes

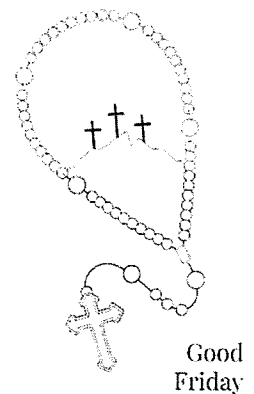


HOLY ROSARY CHURCH CELEBRATION

APRIL 3rd, 2026

2:00 p.m.

1. Hymn
2. Stations Of The Cross
3. Decade of the Rosary- Bring your Rosary
4. Hymn



There will also be three draws. **Easter Surprises** for one lucky little boy and one for a lucky little girl. Also one food basket for one lucky family!

Òndàs Kakina Awiyeg!

Everyone is Welcome!