

Monday, February 24, 2020



**Heart Health Clinic**  
2:00 - 4:00 PM @ Health

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**Homework Club**  
*Public & Fatima Schools*  
3:30 - 4:30 PM @ Band Office



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**Exercise BINGO (MAAM)**  
7:00 - 7:45 PM @ Band Office

Tuesday, February 25, 2020



**Town Run**

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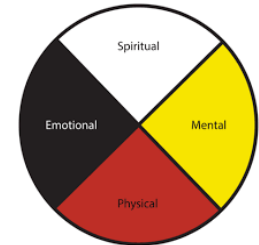
**Youth Program**  
3:30 - 5:30 PM @ LSJ

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**Weight Loss Support Group**  
3rd Meeting  
7:00 PM @ Health



Wednesday, February 26, 2020



**PINK SHIRT DAY**  
**"Anti Bullying"**

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**Games with Seniors**  
1:30 PM @ Mukeso House

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**Homework Club**  
*Public & Fatima Schools*  
3:30 - 4:30 PM @ Band Office



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**Community Dinner**  
5:30 PM @ Band Office

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**Community Walk**  
7:00 PM Meet @ Health

**Thursday, February 27, 2020**

**Town Run**

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**Foot Care with Barb**

**9:00 AM -4:00 PM @ Health**

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**LSJ's Building Our Bundle**

**5:00 - 7:00 PM @ Band Office**

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**Share Your Harvest**

**Potluck Feast & Recipes**

**5:30 PM @ Health**

**Friday, February 28, 2020**

**Female Sweat with Teresa Binda**

**3:00 PM @ Turtle Lodge**

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**Boys' Drumming with Paul**

**3:30 - 5:30 PM @ Health**

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**Feast**

**5:30 PM @ Health**

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**Teachings on Preparing for  
Feasting & Sharing Circle**

**with Paul Wesley**

**6:30 PM @ Health**

**Saturday, February 29, 2020**

**Snaring & Trapping Teachings**

**with Josh Raposo**

**Cree Language Translation**

**by Paul Wesley**

**9:00 AM @ Public Works**

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**Open Fire Feast 1:00 PM**

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**Family Snowshoeing/**

**Cross Country Skiing**

**2:00 - 4:00 PM @ Health**

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**Male Sweat with Paul Wesley**

**4:00 PM @ Turtle Lodge**

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**Feast**

**6:00 PM @ Health**

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**Heart Health Promotion Ballots  
End**

**Sunday, March 1, 2020**

**Checking Rabbit Snares**

**9:30 - 11:30 AM**

**@ Public Works**



**For the week of  
Feb. 24 - Mar. 1, 2020**

**Winter Hours  
Monday - Friday  
8:30 AM - 4:30 PM**

**Activities/Events/Programs  
Participation & feedback is  
always welcomed  
& greatly appreciated**

**The Great moon**

**The Final and Mightiest of moons blows  
its last breath upon the land completing  
the seasonal cycle.**

**Please come join the  
interesting/interactive  
activities, events and programs  
offered in our community.**



Chapleau Cree First Nation  
P.O. Box 400 ♦ Fox Lake Reserve, Ontario ♦ P0M 1K0  
Ph (705) 864-0784 ♦ Fax (705) 864-1760  
[reception@chapleaucree.ca](mailto:reception@chapleaucree.ca)



**Invitation to Bid  
For Provision of Catering Services to  
Chapleau Cree Health Services  
Community Program Brainstorming Wed. March 4<sup>th</sup>  
CCFN Band Office Hall at 5:30 PM**

Chapleau Cree Health Services will be hosting a Community Program Brainstorm Dinner on Wednesday March 4, 2020 at 5:30 PM

|                   |                                                                                                                                                                                                            |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Brief Description | Dinner for approximately 60 participants.<br>Entrée, Fruit, vegetables, dessert<br>Coffee, water, juice, tea<br>*Please Note: Adjustments will be made as for any increases in the number of participants* |
| Contract Duration | Wed. March 4, 2020                                                                                                                                                                                         |
| Venue             | CCFN Band Office - Hall                                                                                                                                                                                    |

- Interested bidders will be required to submit a healthy menu for the event, to be included with the bid.
- All shopping, storage, transportation, preparation, serving and clean-up of food supplies will be the responsibility of the successful bidder.
- Kitchen, cooking equipment, tablecloths, napkins, utensils will be provided by Chapleau Cree Health.
- The successful bidder will be responsible for all necessary clean up and disposal of leftover food. Kitchen must be returned to original condition.
- 50% holdback will be instituted on any advances to be released after inspection of kitchen/facility clean-up following the event.

Interested candidates are welcome to submit a bid and proposed menu plan to:

Edith Larocque, Band Administrator  
Chapleau Cree First Nation  
P.O. Box 400  
Chapleau, ON P0M 1K0

or by email to [bandadmin@chapleaucree.ca](mailto:bandadmin@chapleaucree.ca)

**Subject Line: Catering Bid: Feb. 27, Com. Program Brainstorm**

*Note: Electronic bids missing the above subject may be missed from consideration.*

**Deadline to submit bid and menu will be Wednesday February 27, 2020.**



Share the Harvest



Do you have a recipe of your harvest of berries/fruit, vegetables, fish etc. that you would like to share? Join us for a harvest potluck and share your harvest recipe and plate to contribute a different, homemade dish of food.

Sharing Your Harvest  
Potluck & Recipes  
Thursday, February 27<sup>th</sup>  
5:30 p.m. @ Health



# INDIGENOUS ME

## YOUTH PUBLICATION CONTEST

### CONCOURS DE PUBLICATION JEUNESSE

# LE « MOI » AUTOCHTONE

MÉTIS - INUIT - FIRST NATIONS/PREMIÈRES NATIONS

GRADE 7 — 12 STUDENTS:  
**SHARE YOUR  
STORIES!**

Celebrate cultural pride, get  
published and WIN \$!

ÉLÈVES DE 7E — 12E ANNÉE:  
**PARTAGEZ VOS  
HISTOIRES!**

Célébrez votre fierté culturelle,  
faites-vous publier et GAGNEZ DE L' \$!



DÉTAILS /  
RENSEIGNEMENTS:  
**USUDBURY.CA**

UNDER "HIGH SCHOOL  
INITIATIVES" / SOUS  
« POUR LE SECONDAIRE »

**SUBMISSION  
DEADLINE:**  
FEBRUARY 28, 2020  
**DATE LIMITE:**  
28 FÉVRIER 2020



Chapleau Cree Bandmembers are invited to participate in a Health Program Brainstorming/Planning Session.

We are looking for program ideas for youth, teens, adult, older adult and seniors.

Do you have ideas for programs or events that would be interesting?

Now is the time to voice your ideas.

*We want to hear from you.*

Planning for the new fiscal year 2020-2021 starts with you.

## **Health Program Brainstorming/Planning Session**

March 4<sup>th</sup>, 2020

Dinner served at 5:30 PM

At the Band Complex

Break out groups to follow immediately after dinner.



## MARCH BREAK ACTIVITIES ~ MARCH 16<sup>th</sup> – 20<sup>th</sup>, 2020

Chapleau Cree Health, Cultural, Education & Life Sacred Journey Services are planning March Break Activities for our families with school aged youth. Parents/adult guardians will be required to attend with youth during our activities involved in travelling out of town.

### Monday, March 16, 2020

9:00 AM Meet at Health & Travel to Sault Ste. Marie, ON

5:00 PM Dinner & Movie ~ Station Mall, 293 Bay St, Sault Ste. Marie

### Tuesday, March 17, 2020

9:00 AM Breakfast

10:00 AM Travel to Searchmont Ski Resort ~ Skiing (please see below for more details)

5:30 PM Dinner at Giovanni's Restaurant, 516 Great Northern Rd, Sault Ste. Marie

7:30 PM Swimming at Motel

### Wednesday, March 18, 2020

9:00 AM Breakfast

10:00 AM Travel to Cultural Engagement with Missanabie Cree First Nation ~ Family Well-Being Team

12:00 PM Lunch @ McDonalds

1:00 PM Travel back to Chapleau

### Thursday, March 19, 2020

8:30 AM – 4:30 PM Winter Games & Activities @ Fox Lake with Education & Life Sacred Journey

### Friday, March 20, 2020

10:00 AM – 1:00 PM March Break Activities Closing Sharing Circle, Outdoor Fire, Bannock/Scone Dogs Lunch (hot chocolate/beverages and roasting marshmallows/banana boats) with Culture and Life Sacred Journey at Turtle Lodge Grounds

For anyone who does not have ski equipment, arrangements will be made to rent the required equipment. There will be no cost to the families to participate in this event.

**Due to the limited accommodation and equipment rentals required, we are asking families to register for this event, no later than February 20<sup>th</sup>, 2020 with no exceptions. **Call Health ASAP to register****

When registering for event, please indicate the following for skiing:

1) shoe size    2) height    3) weight    4) food/diet restrictions

For more information/to register, please contact Tracy at Chapleau Cree Health Centre 705-864-0200.

### Outreach/Engagement: Building and Strengthening Relationships with Band Members

Chapleau Cree First Nation will be attending events and activities in Sault Ste. Marie, ON with the families and youth during the March break and would like to invite band members families with school aged children to join us for activities/events. If you would like more information about this activity or future engagements, please call Cheryl Dupuis at Health 705-864-0200 or email [culture@chapleaucree.ca](mailto:culture@chapleaucree.ca).