Monday, March 2, 2020

Heart Health Ballot Draw

11:00 AM @ Health

****

Homework Club

Public & Fatima Schools

3:30 - 4:30 PM @ Band Office

****

Porcupine Health Unit

Fluoride Varnish

(Ages 0-7 Years)

5:30 PM @ Health

Tuesday, March 3, 2020

Town Run

****

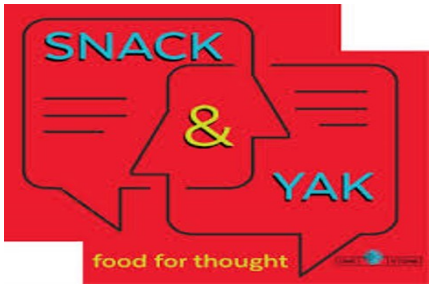
Youth Program

3:30 - 5:30 PM @ LSJ

****

Snack & Yak

6:30 PM @ Health



[Deadline] Register by 12:00 PM

Wednesday, March 4, 2020

Seniors Sharing Circle Luncheon

with Culture

12:00 PM @ Mukeso House

****

Homework Club

Public & Fatima Schools

3:30 - 4:30 PM @ Band Office

****

Community Program

Brainstorming Dinner

5:30 PM @ Band Office

Thursday, March 5, 2020

Town Run

****

Building Our Bundle

with LSJ

5:00 - 7:00 PM @ Band Office

****

[Deadline] Community Social Dinner & Activities Registration (Mar. 14th)

Friday, March 6, 2020

Fleece Tie Blanket Making

with LSJ

10:00 AM - 2:00 PM

@ Band Office

Light Lunch Provided

[Deadline] Register by 9:00 AM

Saturday, March 7, 2020

Sunday, March 8, 2020

Daylight Saving Time

This Photo by Unknown Au-

Chapleau Cree Health Services

For the week of March 2 - March 8, 2020

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

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

Eagle Moon

A New Cycle of Life.

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

Invitation to Bid
For Provision of Catering Services to
Chapleau Cree Health Services
Nutrition Lunch & Learn
Tuesday March 10, 2020 at Chapleau Cree Health Centre

Chapleau Cree Health Services will be hosting a Nutrition Lunch & Learn on Tues. Mar.10, 2020

Brief Description	Lunch for approximately 15 participants. Entrée, Fruit, vegetables, dessert Coffee, water, juice, tea *Please Note: Adjustments will be made as for any increases in the number of participants*
Contract Duration	Tuesday March 10, 2020
Venue	Chapleau Cree Health Services – Common Room

- 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
Subject Line: Catering Bid: Wed. Mar. 4th, 2020, Nutrition Lunch
Note: Electronic bids missing the above subject may be missed from consideration.

Deadline to submit bid and menu will be Wed. Mar. 4th, 2020

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

Invitation to Bid
For Provision of Catering Services to
Chapleau Cree Health Services
Diabetes & Foot Care Lunch & Learn
Wednesday March 11, 2020 at Chapleau Cree Health Centre

Chapleau Cree Health Services will be hosting a Diabetes & Foot Care Lunch & Learn on Wed. Mar. 11, 2020

Brief Description	Lunch for approximately 15 participants. Entrée, Fruit, vegetables, dessert Coffee, water, juice, tea *Please Note: Adjustments will be made as for any increases in the number of participants*
Contract Duration	Wednesday March 11, 2020
Venue	Chapleau Cree Health Services – Common Room

- 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
Subject Line: Catering Bid: Wed. Mar. 4th, 2020, Diabetes Lunch
Note: Electronic bids missing the above subject may be missed from consideration.

Deadline to submit bid and menu will be Wed. Mar. 4th, 2020

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

Invitation to Bid
For Provision of Catering Services to Culture & Life's Sacred Journey Community Social Dinner & Activities Band Office Hall at 5:00 PM

Culture & Life's Sacred Journey will be hosting a Community Social Dinner & Activities on Saturday, March 14, 2020 at 5:00 PM.

Brief Description	Dinner for approximately 30 participants (including youth). Entrée, fruit, vegetables, dessert Coffee, water, juice, tea *Please Note: Adjustments will be made as for any increases in the number of participants*
Contract Duration	March 14, 2020
Venue	Chapleau Cree First Nation 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
Subject Line: Catering Bid: March 3, Community Social Dinner
Note: Electronic bids missing the above subject may be missed from consideration.

Deadline to submit bid and menu will be March 3, 2020.

CHAPLEAU CREE FIRST NATION
P.O. Box 400 ✦ Fox Lake Reserve ✦ Chapleau, Ontario ✦ P0M 1K0
Tel: (705) 864-0784 ✦ Fax (705) 864-1760

EMPLOYMENT OPPORTUNITY

Position: Cook for Meals on Moccasins Program

Location: The Chapleau Cree First Nation (CCFN) is a member of the Mushkegowuk Council and is situated on the Fox Lake Reserve, located just outside the community of Chapleau. The community is approximately four hours north of Sault Ste. Marie and two hours southwest of Timmins.

Description: The Chapleau Cree First Nation Health Centre is seeking a highly motivated and professional individual to prepare and deliver meals to our clients.

Preferred Qualifications:
- ✓ Safe Food Handlers Certificate
- ✓ Valid Driver's License

Skills:
- ✓ Adaptable to change.
- ✓ Ability to prepare special diets for diabetes, cardiac etc.
- ✓ Ability to hand multi-tasks while preparing food.
- ✓ Ability to cook without supervision.
- ✓ Knowledge of methods and procedures for serving food, principles of sanitation and principles of safe food handling.
- ✓ Awareness of the Canada Food Guide.

Duties/Responsibilities:
- ✓ Assist in the development of a monthly nutritious menu for the Meals on Moccasins clients.
- ✓ To purchase the raw foods within the budgetary amount utilizing the purchase order system.
- ✓ To prepare dinner meals for our clients (numbers vary from week to week) three days per week in a sanitary and timely manner.
- ✓ Cleans and maintains kitchen by practicing good safety, sanitation and organization skills.
- ✓ To ensure the correct quantities are prepared to meet daily needs for clients.
- ✓ Ensure quality of food by performing standard and any additional sanitary measures such as sweeping floors, cleaning of surfaces as well as proper covering and storage of food items according to standards and procedures.
- ✓ To attend any in-service sessions to improve skill levels and job performance.
- ✓ Restock all items as required.
- ✓ Deliver prepared meals to on reserve clients.

Fee for Service Contract: 18 hours per week – Rate to be determined

Closing Date: March 13th, 2020

Individuals are invited to submit their application, résumé and three references to the following:

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

Subject Line: Employment: Cook Meals on Moccasins

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

We thank all applicants, but only those selected for an interview will be contacted.
First Nation individuals and CCFN band members are encouraged to apply!

CCFN 2020 March Break Activities Schedule for Families with School Aged Children

Monday, March 16, 2020

9:00 AM Meet @ Health - travel to SSM, ON

11:30 AM Lunch @ **Bobbers Restaurant, *Bruce Mines, ON***

1:00 PM Travel to SSM

4:00 PM Holiday Inn, **320 *Bay St. SSM***

5:00 PM Dinner @ Station Mall, ***293 Bay St., SSM***

5:30 PM Movie @ Galaxy Cinema, ***293 Bay St., SSM***

Evening at Motel with Family and or Guardians

Tuesday, March 17, 2020

8:00-9:00 AM Breakfast

10:00 AM Searchmont Ski Resort

103 Searchmont Rd., Searchmont

12:00 PM Lunch at Searchmont

5:30 PM Dinner @ Giovani's Restaurant, 516 Great Northern Rd., SSM

7:30 PM Swimming at Motel with Family/Guardians

Wednesday, March 18, 2020

8:00 – 9:30 AM Breakfast & Check Out

9:30 AM – Travel to Hiawatha Highlands, ***780 Landslide Rd, Sault Ste. Marie***

Missanabie Cree First Nation's (MCFN) Family Well Being Program Engagement with (MCFN) Families for Snow Shoeing and or Cross-country Skiing

(Back up plan due to weather – story telling @ Chalet)

12:00 PM Travel to McDonald's, ***371 Great Northern Rd., SSM***

12:30 – 1:30 PM Lunch at McDonald's

1:30 PM Travel back to CCFN Health Centre

4:30 – 5:30 PM Return to CCFN

Friendly reminder to all participants:
Please ensure to wear appropriate clothing for the weather/winter activities

Please call Health ASAP to provide shoe sizes for Skiing and Snowshoe Activities ~ 705-864-0200

Thursday, March 19, 2020

Life's Sacred Journey & Education

10:00 – 11:30 AM Snow Shoe Races **@ Ball Field**

11:30 AM – 12:30 PM Lunch ***@ Band Office***

12:30 – 2:00 PM Snowsnake Winter Game ***@ Outdoor Rink***

Friday, March 20, 2020

10:00 AM – 1:00 PM

Outdoor Fire at Turtle Lodge with Lunch & Closing Circle

(Chilli, Bannock on a Stick/Scone Dogs, Desserts & Beverages)

***Please bring your feast bundles to be eligible for prize**

Band & Community Members are WELCOME to attend Outdoor Fire with Lunch & Closing Circle 😊

Fatima & Public Schools

3:30 – 4:30 PM@ Band Office

Mon. Mar. 2nd
Wed. Mar. 4th
Mon. Mar. 9th
Wed. Mar. 11th (final Wed.)
Mon. Mar. 23rd
Mon. Mar. 30th

Porcupine
Health Unit • Bureau de santé

Fluoride Varnish Program

Porcupine Health Unit will be at CCFN Health,
Mon. March 2nd
5:30 PM @ Health
Ages 0 – 7 Years

Call Chapleau Cree Health 705-864-0200
if you are interested.

What is fluoride varnish?
Fluoride varnish is a protective coating painted onto teeth. It helps prevent new cavities by making the tooth enamel harder.

Is fluoride varnish safe?
Yes. Fluoride varnish is safe, even for children and babies. The use of fluoride varnish is approved and recommended by Health Canada and the Canadian Dental Association.

Why is fluoride varnish recommended?
Children can get cavities soon after their first baby teeth appear. Cavities in baby teeth may cause pain and prevent children from being able to eat, speak, sleep and learn properly.
We are trying to reduce the high decay rates found in our preschool population.
http://www.porcupinehu.on.ca/en/your-family/dental-services/fluoride-varnish-program/

Life's Sacred Journey Youth Program
March 3rd and 31, 2020
3:30-5:30pm at Life's Sacred Journey office
Contact Life's Sacred Journey- Brenda Armstrong 705-860-0001 to sign up for program.

Snack & Yak

Tues. March 3rd
6:30 PM @ Health

Call Health 705-864-0200 to register

Before 12:00 PM

Seniors Activities

Wed. Mar. 4th; Seniors Sharing Circle Luncheon
12:00 PM @ Mukeso House

Wed. Mar. 11th; BINGO with Seniors
2:00 PM @ Mukeso House

Wed. Mar. 18th; BINGO with Seniors
2:00 PM @ Mukeso House

Wed. Mar 25th; Games with Seniors
1:30 PM @ Mukeso House

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 4th, 2020

Dinner served at 5:30 PM

At the Band Complex

Break out groups to follow immediately after dinner.

Building Our Bundle

Dinner and Workshop

March 5, 2020

Time: 5:00-7:00

Band Office Hall

What is in Our bundle?
Our bundle is all of our strengths, knowledge, talents, gifts, resources, and teachings that we have within our community.
We, are rich with culture and traditional teachings that can enhance all our lives.
Let's share our knowledge and support one another in bringing our community closer together.

For More information please contact Heather Murray –Band Representative at Life's Sacred Journey, CCFN
Tel 705-860-0003
Email : bandrep@lifessacredjourney.ca

Fleece Tie Blanket Making

March 6, 2020

Times 10:00 to 2:00

Light Lunch Provided

Band Office Hall

Register with

Lifes Sacred Journey

Tel: 705-860-0003

Girls' Drumming Group's

Jr. Girls' (3-10 yrs.)

- Mon. Mar. 9th 3:30 - 4:30 PM @ Health
- Mon. Mar. 23rd 3:30 – 4:30 PM @ Health

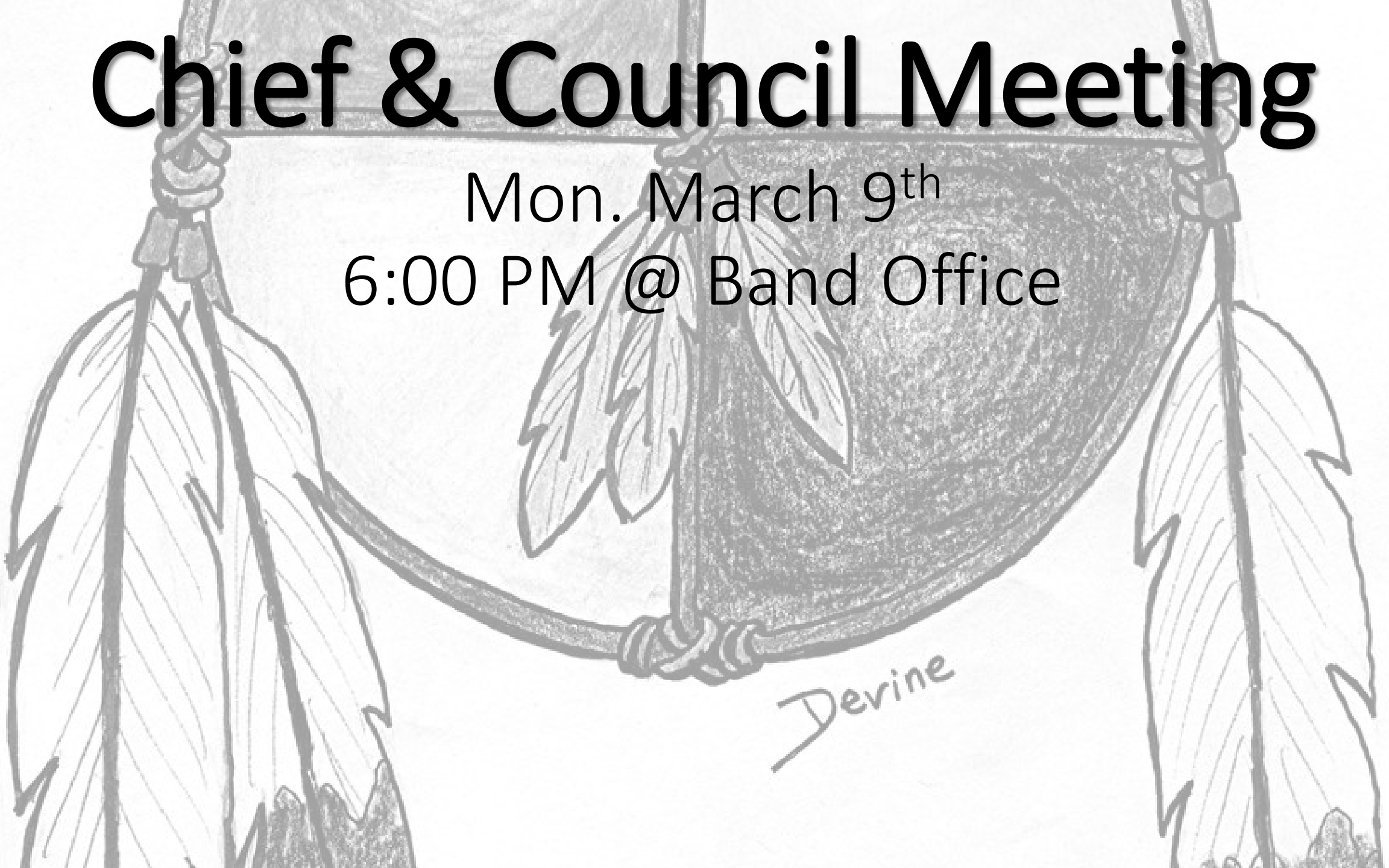
Sr. Girls' (11-18 yrs.)

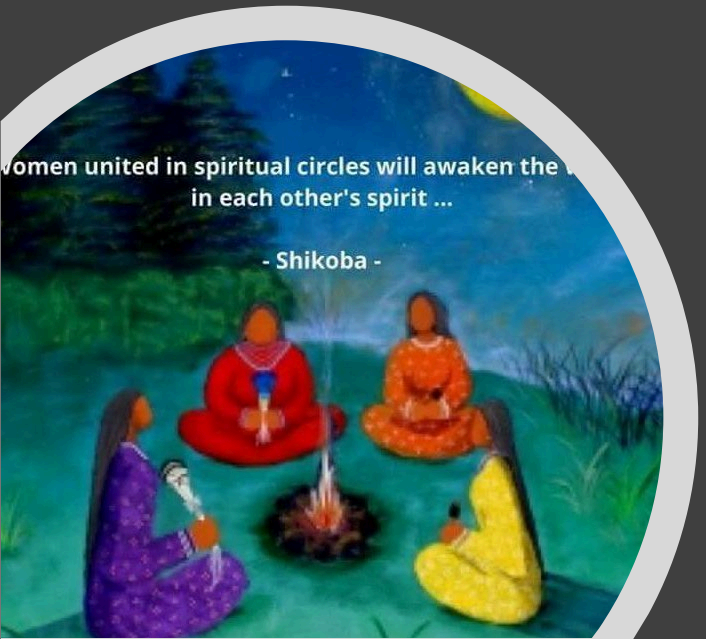
- Tues. March 10th 3:30 – 4:30 PM @Health
- Tues. Mar. 24th 3:30 – 4:30 PM @ Health

Chief & Council Meeting

Mon. March 9th

6:00 PM @ Band Office





Women's Activities'

- **Wed. Mar. 9th ;** Women's Drumming
  Dinner
  5:30 PM @ Health
- **Wed. Mar. 11th;** Women's Sewing Circle
  (Girls Drum Project)
  6:00 PM @ Health
- **Mon. Mar. 23rd;** Women's Sewing Circle
  (Boys Drum Project)
  6:00 PM @ Health
- **Mon. Mar. 30th;** Women's Sharing Circle
  Dinner
  5:30 PM @ Health

Nutrition Lunch & Learn

- With Robin Greer
- Tues. Mar. 10th
- 12:00 PM @ Health

Please Call Health to sign up

705-864-0200

Diabetes & Foot Care

Diabetic Foot Screening

- Wed. Mar. 11th
- 9:00 – 11:40 AM
- With Kasey (MAAM)
- Call health to book your 20 min. appointment 705-864-0200

Diabetes & Foot Care Lunch & Learn

- Wed. Mar. 11th
- 12:00 PM @ Health
- With Kasey (MAAM)

Please call Health to sign up

705-864-0200

Boy's Drum Group

- Wed. Mar. 11th ; 3:30 – 4:30 PM
  @ Hospital-Activation
- Wed. Mar. 25th : 3:30 – 4:30 PM
  @ Health

Please join us for a

Ontario Trillium Foundation Recognition Dinner

as well as an

Economic Development Project Information Session

on March 11th, 2020 in the Band Community Hall commencing at 5:30 PM

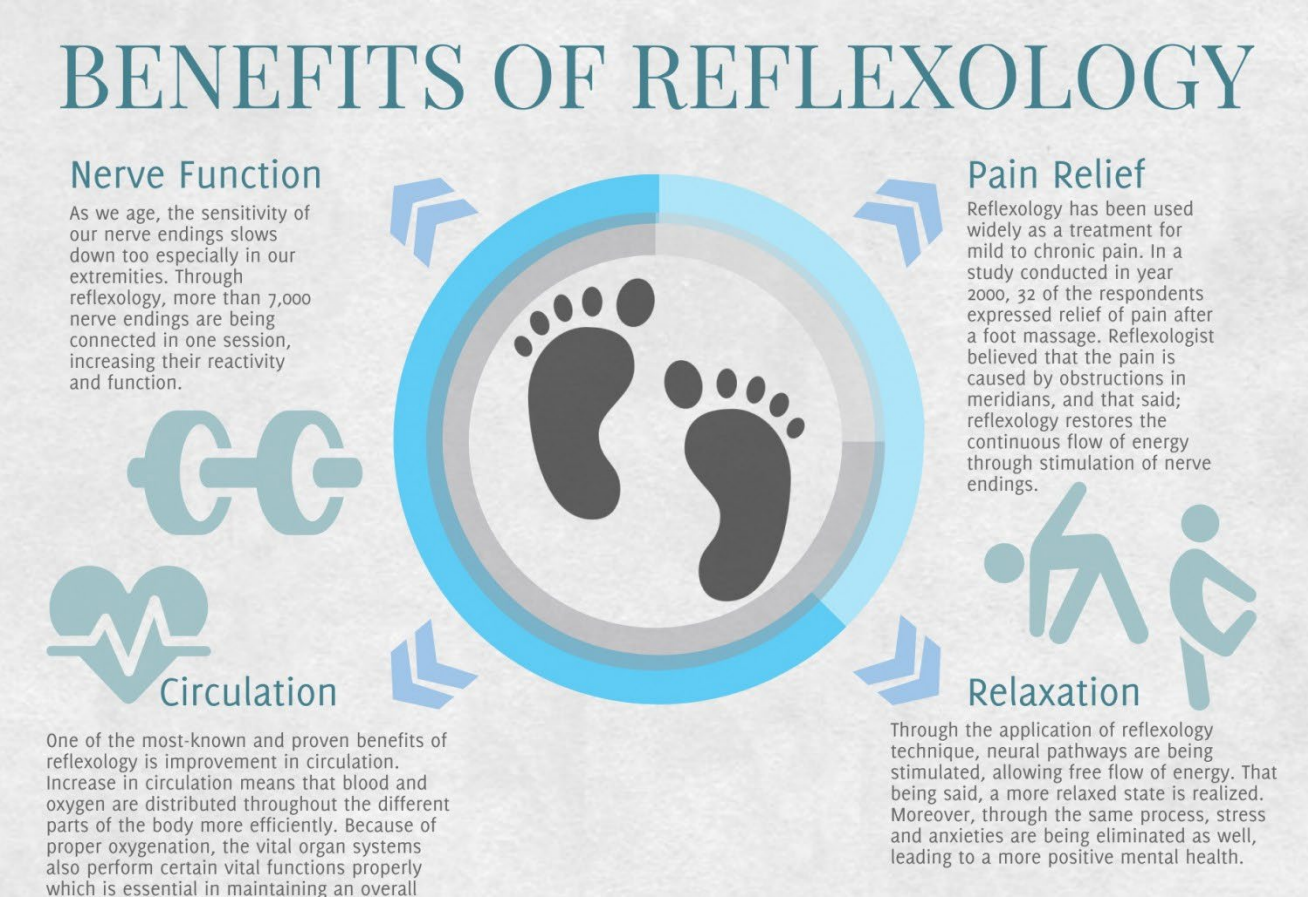
Guest Speakers will be in attendance to provide an overview of past, current and ongoing projects.

Please call Peggy or Cheryl at 705-864-0784 to register for the dinner by March 6th.

We will also have a brainstorming session for new ideas on future economic development activities and what economic development looks like to you!

Reflexology with Kathleen

- Thurs. March 12th , 2020
- 1:00 – 4:30 PM
- Call Health to schedule an appointment. 705-864-0200

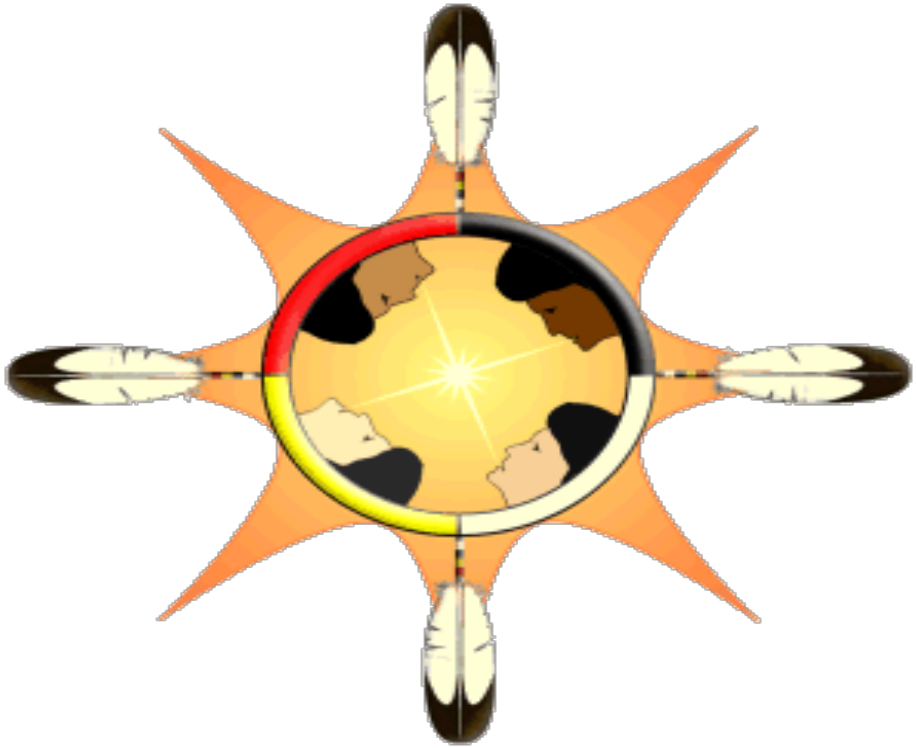


Life's Sacred Journey Parent Caregiver Support Program

March 12, 2020

6:30-8:30pm Lifes Sacred Journey Office

Contact Life's Sacred Journey- Brenda Armstrong 705-860-0001
to sign up for program.



Meals on Mocs

- On Reserve Senior's
- $3.00 a meal
- 3 Day's a week.
- Call Health 705-864-0200 to sign up before March 13th,2020.

- Tues. Mar. 24th – Salisbury Steak, Mashed Potatoes/Veg. Salad, Beef Barley Soup, Chocolate Chip Cookie.
- Thurs. Mar. 26th – Baked Beans, Ham, Coleslaw, Italian Wedding Soup, Cake.
- Fri. Mar. 27th – Chicken Stew, Bannock, Tossed Salad, Chicken Noodle Soup, Fresh Fruit.
- Mon. Mar. 31st – BBQ Chicken, Roasted Potatoes/Veg. Tossed Salad, Pea Soup, Apple Crisp.
- Wed. Apr. 1st – Meatloaf, Mashed Potatoes, Cauliflower, Spinach Salad, Ham/Mac Soup, Pudding.
- Thur. Apr. 2nd – Fish & Chips, Coleslaw, Tomato Soup, Cupcake.

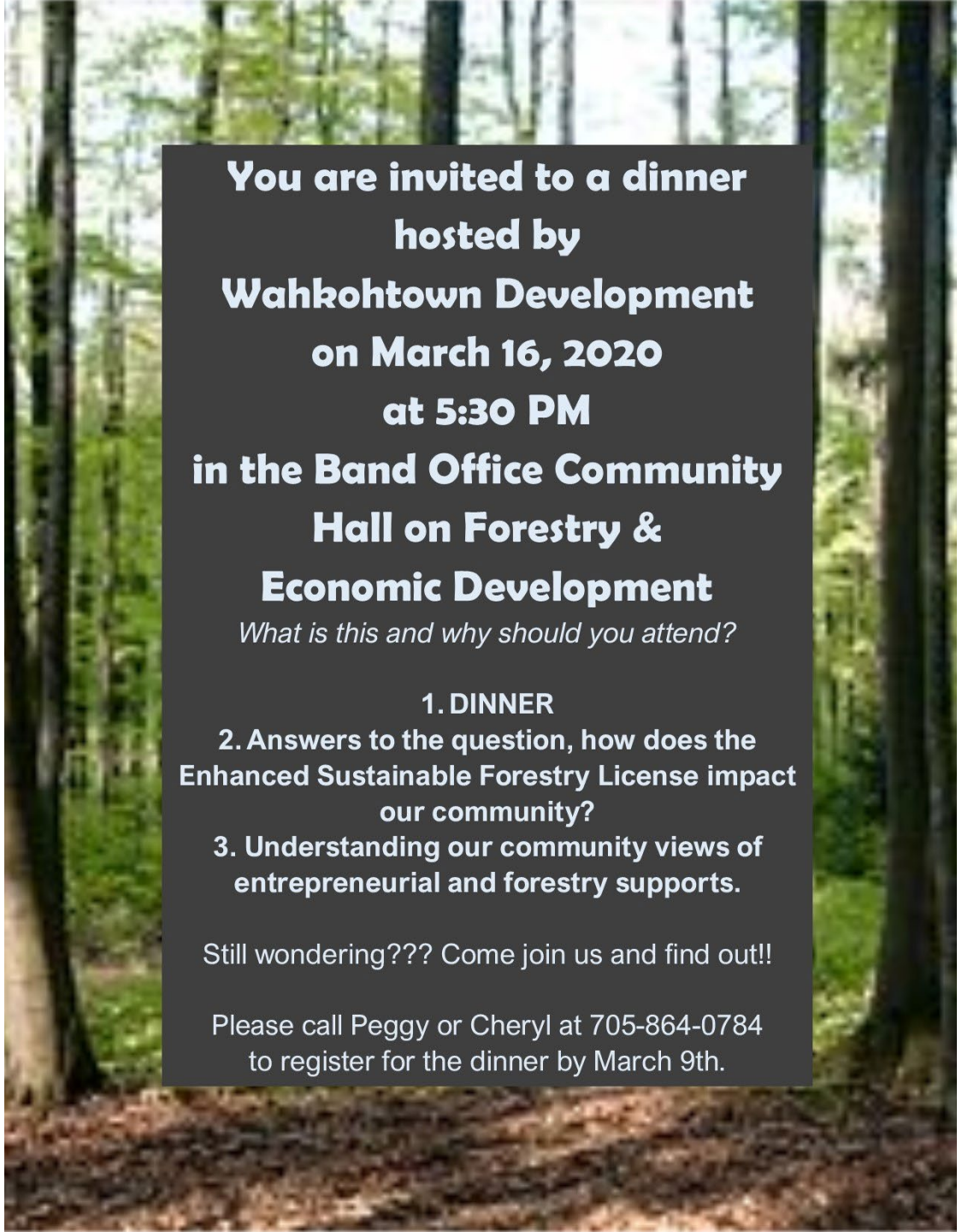
Community Social Dinner & Activities

with Culture & Life's Sacred Journey

Sat. March 14th,2020
5:00 PM @ Band Office

Limited tickets available @ Health

Stop by and get a ticket while quantities last.



You are invited to a dinner hosted by Wahkohtown Development on March 16, 2020 at 5:30 PM in the Band Office Community Hall on Forestry & Economic Development

What is this and why should you attend?

1. DINNER
2. Answers to the question, how does the Enhanced Sustainable Forestry License impact our community?
3. Understanding our community views of entrepreneurial and forestry supports.

Still wondering??? Come join us and find out!!

Please call Peggy or Cheryl at 705-864-0784
to register for the dinner by March 9th.

World Water Day
Sunday, March 22, 2020

Water Teaching & Pipe Ceremony

11:00 AM @ Turtle Lodge

Light Feast to Follow at Health

If you are able, please come to ceremony dressed in Ribbon Skirts and Shirts
Please contact Health to Sign Up for Ceremony & Feast
@ 705-864-0200 by Tuesday, March 17, 2020

Lifes Sacred Journey

P.O. Box 400, Fox Lake Reserve
Chapleau, ON P0M 1K0
Tel: 705-860-0003
Fax: 705-860-0004

Human Trafficking Information Session

March 23, 2020

5:00 p.m. Dinner Provided

At Band Office Hall

For more information & to Register call

Heather at LSJ Tel: 705-860-0003

Lifes Sacred Journey

P.O. Box 400, Fox Lake Reserve
Chapleau, ON P0M 1K0
Tel: 705-860-0003
Fax: 705-860-0004

Human Trafficking Information Session

March 24, 2020 at 9:00 a.m.

At Band Office Hall

For more information & to Register call

Heather at LSJ Tel: 705-860-0003

Community Dinner

- Wed. Mar. 25th 5:30 PM @ Band Office

Nutrition BINGO

Wed. Mar. 25th

7:00 PM @ Health

Please call Health to sign up

705-864-0200

Youth GAME night

Thursday, March 26th, 2020
6:30 PM @ Band Office Hall

Foot Care with Barb

Thurs. Mar. 26th

9:00 AM – 4:00 PM @ Health

Call health 705-864-0200 to schedule appointment.

Youth BINGO NIGHT

Monday, March 30th, 2020

6:30 PM @ Band Office Hall