

Monday, November 2, 2020



COVID-19 Mental Health  
Challenge Begins!

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**MOVEMBER®**  
Begins!

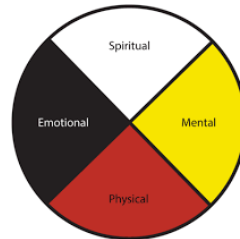
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Younger Girls' Drumming  
(Ages 3-8) With Sandy

**3:30 - 4:30 PM @ Health**

Tuesday, November 3, 2020



Town Run

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Older Girls' Drumming  
(Ages 9-18) with Sandy

**3:30-4:30 PM @ Health**

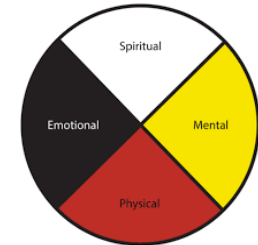


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**REGISTRATION DEADLINE**

**ZOOM Meeting**  
(Call Health to provide  
your email address)

Wednesday, November 4, 2020



Women's Drumming  
**6:00 PM @ Health**

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**REGISTRATION DEADLINE**

*Honouring Our Ancestors*  
Pipe Ceremony Indigenous  
Show & Tell & Ancestral Feast

**Due to COVID-19**  
**LIMITED SEATING AVAILABLE**

Thursday, November 5, 2020

**BINGO Numbers**  
*Drawn in Morning*

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**Town Run**

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**Alzheimer's Awareness**

**ZOOM Meeting @ 2:00 PM**

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**Honouring Our Ancestors**

**Pipe Ceremony**

**3:00 PM @ Turtle Lodge**

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**Indigenous Show & Tell  
& Ancestral Feast**

**5:00 PM @ Band Office**

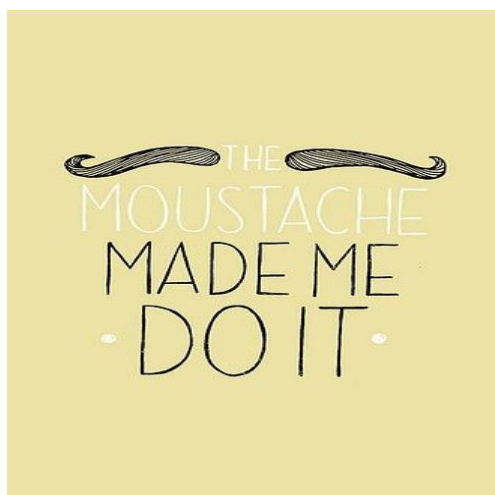
***Pre-Register by Nov. 4th***  
***Limited seating available***

Friday, November 6, 2020

**BINGO #s Drawn**  
*(As of Oct. 29, 2020)*

**B 14, I 21, O 65, O 72, O 75**  
**I 27, I 29, N 40, G 59, O 71**  
**B 4, I 20, G 56, I 30, G 50**

Saturday, November 7, 2020



Sunday, November 8, 2020

**Friendly Reminders:**

**Participants must PRE-REGISTER, BRING and WEAR facemask for ALL programs/activities.**

**705-864-0200**



**For the week of the  
Nov. 2 - Nov. 8, 2020**

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

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

**Freezing Up Moon**

**Earth and waterways begin to freeze to**  
**protect the land for the wintering**  
**moons.**

**Please pre-register for the**  
**interesting/interactive programs,**  
**activities and events offered**  
**in our community.**

# Covid Mental Health Challenge 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Complete a puzzle	2 Meditate	3 Organize one cupboard in your home	4 Facetime or call a loved one and talk for 20 minutes	5 Do 10 minutes of yoga	6 Colour a picture	7 Make a campout in the Livingroom
8 Make a photobook of at least 10 pictures	9 Go for a walk	10 Write a letter	11 Mail that letter	12 Play cards	13 Make a new snack recipe	14 Make a family tree
15 Learn how to sign your name in ASL	16 Write 10 interesting things about your family	17 Make your Christmas wish list	18 Make homemade bread	19 Paint a rock, paper or picture of one of the 7 Grandfather teachings	20 Take 3 family photos Silly one Serious one Smiling one	21 Go on a scavenger hunt
22 Have a PJ Day	23 Plant a flower or vegetable	24 Taco Tuesday! Make tacos for supper!	25 Have a dance party	26 Learn to whistle	27 Make a snowman (Use clay, dough or rocks if you have no snow)	28 Bake cookies
29 Write 10 things all about you	30 Start a Christmas countdown					

Record your progress by making a video or taking a picture of each completed item. Once you have finished them, email them to [Programfacilitator@chapleaucreehealth.ca](mailto:Programfacilitator@chapleaucreehealth.ca) to be entered into a draw!

**I'M HELPING  
TO CHANGE  
THE FACE  
OF MEN'S  
HEALTH**

**Sign up for  
your chance  
to win  
amazing  
prizes!!**

  
**MOVEMBER.COM**  
DONATE NOW

**MAN UP AND  
TAKE ACTION  
ON MEN'S  
HEALTH**





# ALZHEIMERS AWARENESS

## **ALZHEIMER'S AWARENESS ZOOM MEETING.**

WHEN: THURSDAY, NOVEMBER 5, 2020

(DEADLINE TO REGISTER TUESDAY, NOVEMBER 3RD)

TIME: 2:00 PM

WHERE: ZOOM

**PRE-REGISTRATION IS A MUST**

PLEASE CALL AMANDA @ 705-864-0200 EXT. 206 TO  
REGISTER.



# PINK PUMPKIN SUBMISSIONS



Health Centre



Peggy Domingue



Keenan Domingue

3rd Place

**Thank you for all your support to  
Breast Cancer Awareness!!!**

**We have raised \$106**



Chase Cachagee  
1st Place



Peyton Domingue



Alain Domingue  
2nd Place

HONOURING OUR  
ANCESTOR'S PIPE  
CEREMONY

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INDIGENOUS  
SHOW & TELL

~~~~

ANCESTRAL FEAST

*Bring your sacred items, bundles, drums or keepsake  
from your ancestors to the ceremony and feast  
if you would like to be feasted*

**Thursday, November 5, 2020**

**Pipe Ceremony:**

3:00 PM @ TURTLE LODGE

**Indigenous Show & Tell with Ancestral Feast:**

5:00 PM @ Band Office

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Registration Deadline: Wed., Nov. 4/2020

**Limited seating available**

**Indigenous Show & Tell**

Recognizing and Honouring  
our Ancestors & Gifts

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**CCFN Elder Speaker:** Marjorie Lee

**Show & Tell:** Adrienne Beaupre

Amara Ruffo

Allan & Hunter Dupuis

Brenda Armstrong

If you would like to Show & Tell your Ancestors or Gifts;  
Regalia, Drum, Medicines, Story, etc. please contact  
Cheryl Dupuis @ 705-864-0200 ext. 217 on or  
before Wednesday, November 4/2020  
Due to COVID-19 limited seating is available (25)  
**5 min. maximum for Show & Tell**



# *Snack & Yak*

**TUESDAY, NOVEMBER 10**

*Procedure:*

**Call Amanda at  
705-864-0200 to register  
before Novemebr 10th at  
Noon.**

**Ingredients will be dropped  
off before the event**

**Log on to Zoom and cook  
together!**





All CCFN Offices  
& Businesses Are  
Closed in  
Recognition of



*Remembrance Day*

Wednesday, November 11<sup>th</sup>, 2020

**Pimii Kamik Gas Bar Remains Open**







# NUTRITION BINGO

Thursday,  
November 18

7:00-9:00PM

Via Zoom!!

Play bingo from the comfort of your own home.

Call Amanda at 705-864-0200 with your email to register!

**GREAT PRIZES!  
FUN FOR ALL!**



The **negative extraction removal** is a personal ceremony that removes negative energy from body and spirit. **The cedar bath** is also a personal ceremony that brings healing and comfort to the body. This gentle and relaxing ceremony provides healing from past traumas, grief, negativity, fear and toxins.



## Negative Extraction Removal & Cedar Baths with Traditional Healer, Isabelle Meawasige & Knowledge Keeper Helper, Margaret Jackson

Negative Extraction Removal 1/1 ~ 1.0 hr. for Traditional Healing

Cedar Baths (Full Body) 1/1 ~ 1.5 hr. for Traditional Healing

**Friday, November 20, 2020 ~ 2:00 PM @ Health**

Negative Extractions: 2:00 & 3:00 PM

Cedar Baths: 4:00 & 5:30 PM

**Saturday, November 21, 2020 ~ 9:30 AM – 5:30 PM**

Negative Extractions: 9:30, 10:30, 11:30 AM

Cedar Baths: 12:30, 2:00 & 3:30 & 5:00 PM

*\*Registration deadline for Traditional Healing  
appointment is November 10/2020*

*\*Bring an extra pair of clothing for Cedar Bath Healing*



CHAPLEAU CREE HEALTH PRESENTS

# UFC



**MEN ONLY EVENT**

# FIGHT NIGHT NOVEMBER 21

@BAND OFFICE DINNER PROVIDED

*POOL AND DARTS ALSO AVAILABLE*

## IN SUPPORT OF MOVEMBER

Limited Spots available. Call Amanda at 705-864-0200 to register

Social Distancing and masks required





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  
UFC Men's Night  
Band Office Complex at 6:00 PM**

Chapleau Cree Health Services will be hosting a UFC Men's Night on  
Saturday, November 21, 2020 at 6 PM.

Brief Description	Dinner for approximately 25 participants. Main dish with salad, 2 sides, fruit, vegetables, dessert Coffee, water, juice, tea
Contract Duration	November 21, 2020
Venue	Chapleau Cree Band Complex - Hall

- **Interested bidders will be required to submit a healthy menu (to be included with the bid) and must follow the current Ontario best practices guidelines for food handling/serving to prevent the spread of COVID-19**
- 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: UFC Night**

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

**Deadline to submit bid and menu will be November 13, 2020**