

Monday, November 16, 2020

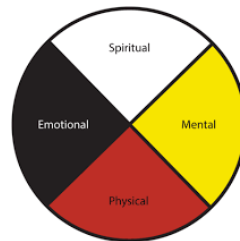


Younger Girls Drumming
with Sandy

3:30 - 4:30 PM @ Health



Tuesday, November 17, 2020



Town Run

Seniors' & Elders' Sharing
Circle & Lunch

12:00 PM @ Mukeso House

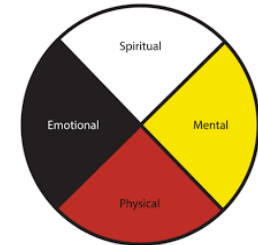
Older Girls Drumming
with Sandy

3:30 - 4:30 PM @ Health

Nutrition BINGO
Please call Health with
your email to register.

REGISTRATION DEADLINE

Wednesday, November 18, 2020



Nutrition BINGO

7:00 - 9:00 PM via ZOOM



Thursday, November 19, 2020

BINGO Numbers
Drawn in Morning

Town Run

BINGO Numbers
Drawn in Morning

Town Run

Friday, November 20, 2020

BINGO #s Drawn
(As of Nov. 12, 2020)

Playing for 2 Lines

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
I 18, N 38, G 49, G 52, O 74
N 31, N 32, N 43, O 61, O 68

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**Negative Extraction Removal
& Cedar Baths
with Traditional Healer,
Grandmother
Isabelle Meawasige**

Saturday, November 21, 2020

**Negative Extraction Removal
& Cedar Baths
with Traditional Healer,
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Movember Dinner,
UFC & Pool Night
6:00 PM @ Band Office**

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Sunday, November 22, 2020

Friendly Reminders:

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

705-864-0200

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**For the week of the
Nov. 16 - Nov. 22, 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.**

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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 First Nation
National Addictions Awareness Lunch/Feast
Chapleau Cree FN, Band Complex
Tuesday, November 24, 2020**

Chapleau Cree First Nation will be having the National Addictions Awareness Lunch/Feast Tuesday, November 24, 2020 at 12:00 P.M.

Brief Description	Light Lunch for approximately 30 participants (traditional lunch/feast preferred) 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, November 24, 2020
Venue	Chapleau Cree First Nation Band Complex

- **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 and cooking equipment will be provided by Chapleau Cree First Nation.
- The successful bidder will be responsible for purchasing all take out containers and 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: November 24, 2020

CCFN National Addictions Awareness Lunch/Feast 2020

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

Deadline to submit bid and menu will be Thursday, November 19, 2020.



NUTRITION BINGO

Wednesday,
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!

DEADLINE TO REGISTER : NOVEMBER 17

**GREAT PRIZES!
FUN FOR ALL!**



November 27th – 29th, 2020

Chapleau Cree First Nation bandmembers residing in the Chapleau Area are invited to participate in the Annual Community Christmas Shopping Trip on the weekend of November 27-29, 2020 (Black Friday weekend).

This year's Christmas Shopping Trip will be adjusted due to Covid-19 and larger cities have increasing positive Covid cases. If Chapleau Area bandmembers wish to participate in the Christmas Shopping Trip, you can choose one of three locations to travel independently to; Sudbury, Timmins or Sault Ste. Marie. Chapleau Cree Health Services will reimburse 1 standard room rate (1 room per family) at a hotel to a maximum of 2 nights stay, applicable to these dates only. Also, a \$100 Pimii Kamik gas voucher (1 voucher per family) will be given to help cover the cost of travelling to this event. The gas vouchers will be given after hotel receipts are submitted for reimbursement.

Are you interested in participating in this event? Do you need assistance booking your hotel room? Please contact Dianna at Health reception 705-864-0200 immediately if you are planning to attend this event.



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



CCFN FLU SHOTS

CALL HEALTH CENTRE TODAY TO BOOK
YOUR FLU SHOT APPOINTMENT.

NO WALK INS

705-864-0200

COVID-19 SCREENING PROTOCOLS IN PLACE

THE FLU SHOT:

Protect yourself, protect your community



The flu can spread easily and quickly to anyone, even before you know you are sick. Indigenous people with chronic health conditions or living in overcrowded homes are at a higher risk of hospitalization and serious health complications from the flu.

Getting the flu shot can help keep you and your community healthy!

THE FLU SHOT CAN SAVE LIVES

- ▶ Young children, people over age 65, pregnant women, and those who are in poor health are more likely to become very sick from the flu.
- ▶ The flu shot can help protect you and your family from the flu.

THE FLU SHOT WORKS

- ▶ There are many different types of flu viruses. Every year, the flu shot protects against the expected 3 or 4 most common types of the virus.
- ▶ Everyone responds differently to the flu shot. The shot can either prevent the flu entirely or reduce the severity of the sickness.
- ▶ It usually takes 2 to 4 weeks to build protection after you get the flu shot.
- ▶ The flu shot does not prevent colds because they are caused by different germs.

THE FLU SHOT IS SAFE

- ▶ You cannot get the flu virus from the flu shot.
- ▶ Most people do not have significant side effects from the flu shot.
- ▶ Serious side effects are very rare.
- ▶ If you have concerns or questions about the flu shot, talk to your nurse or doctor.

WHO SHOULD GET THE FLU SHOT

- ▶ **Everyone** 6 months of age and older.
- ▶ If you are pregnant or have an allergy to eggs, you can still safely get the flu shot.

Visit your community health centre, nursing station, or local healthcare provider to get your flu shot!

To learn more about the flu shot and other ways to prevent the flu, visit: **Canada.ca/flu**



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada