

Thursday, January 7, 2021 Town Run DEADLINE to submit Photos for "Christmas Family Photo Scavenger Hunt" to Life's Sacred Journey @ 12:00 PM

Friday, January 8, 2021

LEGEND				
	NUMBERS DRAWN THIS WEEK			
В	1	N	G	0
1	16	31	46	61
2	17	32	47	62
3	18	33	48	63
4	19	34	49	64
5	20	35	50	65
6	21	36	51	66
7	22	37	52	67
8	23	38	53	68
9	24	39	54	69
10	25	40	55	70
11	26	41	56	71
12	27	42	57	72
13	28	43	58	73
14	29	44	59	74
15	30	45	60	75

Saturday, January 9, 2021 Good Wishing you a wonderful Saturday Sunday, January 10, 2021 **Friendly Reminders: Participants must PRE-REGISTER, BRING and** WEAR facemask for ALL programs/activities.

705-864-0200



For the week of the Jan. 4 - Jan. 10, 2021

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

Please PRE-REGISTER and WEAR A FACE MASK for the interesting/ interactive programs, activities and events offered in our community.

Great Shedding Needle Moon

The winter gains strength forcing and scattering evergreen needles.

Participation and feedback for Activities/Events/Programs are encouraged and greatly appreciated. Submit feedback to Tracy Martin via (705)-864-0200 or healthcarecoordinator@chapleaucreehealth.ca



NOTICE CORRECTION:

Phone Number on Town Run Notice Updated

WHOM: Local Email and Mail Recipients WHEN: Friday, December 18, 2020

The phone number for the original Town Run (holidays) notice has an incorrect phone number listed.

The CORRECT number has been added and attached.

We apologize for the confusion this may have caused.

Holiday Closure Town Run Schedule

Wednesday, December 23rd, 2020

10:00 AM - 12:00 PM

Wednesday, December 30th, 2020

10:00 AM - 12:00 PM

Contact Tracy Martin should you want to be added to the Town Run Schedule

705-951-0291

If urgent or an emergency, DIAL 911 From all of us at Chapleau Cree First Nation



CHRISTMAS! Happy Mew Year!

Christmas Family Photo Scavenger Hunt EXTENDED

Christmas, a time of year when all your loved ones gather and enjoy each other's presence.

This year has been challenging, so we would like to spread a little Christmas Cheer!

Encouraging families to take some photos and have some fun!

Take a RECENT photo of you, or you and your family with each of the

following items in the attached list!

All photos must be recent, you can email each photo with their description to

prevention@lifessacredjourney.ca or drop off at Life's Sacred Journey.

Deadline to submit photos: January 7th 2021 @ 12:00 PM

Once photos are received all participants will be entered into a draw!



Christmas Family Scavenger Hunt

Hot chocolate
Christmas Tree

A fire
Sunset/ sunrise
The wilderness

Something that makes you happy

Your favorite place to be
What Christmas means to you
A Christmas tradition

A spot you think Santa's reindeer would love

A winter wonderland



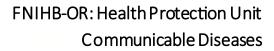
Healthy Habits and You!



Join us on January 11, 2021 at 7 pm for a new health challenge! For 6 Weeks we will be focusing on Healthy Habits and a Healthier you via Zoom Please call Amanda at 705-864-0200 or email programfacilitator@chapleaucreehealth.ca to register and to book an appointment for your starting weigh in.









10 DECEMBER 2020

Public Health Alert – Holiday Gatherings

Dear Chief and Health Director:

We are writing to you today to provide public health recommendations to take **immediate action** to prevent the spread of COVID-19 in your communities over the next several weeks as we wait for the rollout of vaccines. While we cannot eliminate all risks, there are things that can be done to reduce the risk of spread within communities.

Social Gatherings

As the holiday season is rapidly approaching, many people have questions about social gatherings and if they can take place safely. We know from the experience in First Nations communities in Ontario, Manitoba, Saskatchewan and Alberta that gatherings have been a major source of transmission of COVID-19.

In order to avoid this risk, we are advising that people **not gather** in other people's homes for holiday celebrations. Holiday **gatherings and celebrations should only include those living in an immediate house hold**, because every gathering can quickly contribute to the spread of the virus and overwhelm a community.

Continuing to Follow Public Health Recommendations

As you know, work is ongoing to plan for vaccine distribution in Ontario. However, we must take action now to prevent the spread of the virus and keep communities safe.

Please advise your residents to continue to practice public health recommendations to prevent the spread of COVID-19:

- DO NOT VISIT OTHER PEOPLE'S HOMES
- Holiday gatherings should only include members of an immediate household
- Wash hands often and practice good hygiene you cannot do this too much
- Cover your cough or sneeze
- IF YOU HAVE ANY SYMPTOMS get tested immediately and stay away from others as much as possible
- Self-isolate until you have your test results and are notified by your provider about next steps
- Practice physical distancing of 2-metres and wear a mask when out of your home to get needed supplies
 of groceries, medications, etc.

This advice for holiday gatherings and celebrations is to supplement, not replace, the advice of local public health authorities. Together, this advice provides First Nations communities with the resources they need to plan a safer holiday celebration.



Holiday Travel

Canadian citizens and permanent residents should avoid non-essential travel outside Canada until further notice to limit the spread of COVID-19. If any of your members must travel outside Canada during the holidays, advise them to check the latest <u>travel advice</u> before they leave to reduce their risk.

Advise your members to consider avoiding all non-essential trips within Canada, especially to areas that may have more COVID-19 transmission in communities. If they must travel during the holidays, they can visit Canada.ca/travel to check the latest travel advice before they leave and learn how they can lower their risk.

Mental Health

Feelings of stress are common during the holiday season and may become amplified by the COVID-19 pandemic.

This holiday season your community members may be experiencing:

- o worry about finances and gift-giving;
- o fear of getting sick with COVID-19 or of making others sick;
- o family conflict resulting from differences in risk comfort level;
- o sadness about breaking important family traditions or being away from loved ones.

Advise your members to take care of their mental health. Advise members to start coping with their emotions early and acknowledge any negative emotions. They need to know that it's okay to skip family gatherings to protect themselves, their families and their community.

The outdoors has been a refuge for many during the pandemic. Going outside for exercise promotes lower-risk socializing, and positive mental health and well-being. This can still be the case even in colder temperatures, as long as your members continue practicing physical distancing and other public health measures.

Let's put on our hats, mittens and masks, and keep COVID-19 outside of our homes.

If any of your members are in crisis, or need urgent medical support, call:

- 911 or the local emergency help line. They can also get support from a local crisis centre, the Canada Suicide Prevention Service (1-833-456-4566) and @KidsHelpPhone.
- The Hope for Wellness Help Line (1-855-242-3310) offers immediate mental health counselling and crisis intervention to all Indigenous Peoples, including an online Chat Counselling Service: https://hopeforwellness.ca

Canada.ca/Coronavirus has a wide range of immediate mental health and substance use resources and supports for Canadians, including the online <u>Wellness Together Canada portal</u>.

Thank you for all of your efforts in protecting your communities,

Dr. Maurica Maher

Regional Public Health Physician, FNIHB ON Region

THE WINTER SOLSTICE IS A SPECIAL TIME FOR THOSE WHO HONOR AND ACKNOWLEDGE THE PATTERNS OF OUR NATURAL WORLD

On this day, the sun is at its lowest point in the sky, traveling across the sky world above us in a short stride, resulting in the shortest day and the longest night of the year in the Northern Hemisphere. For Indigenous people across the globe, the natural world is a source of teachings about natural and universal laws. In understanding the interconnectedness of all things, we recognize that the cosmos– the sun, moon, stars, and other planets– affect us and connect us in undeniable ways.

The winter solstice is an event that has been observed for millennia by many of our Indigenous ancestors. While some Tribal Nations have traditionally held special ceremonies during celestial events like the winter and summer solstices, others may have simpler ways of observing these moments. Some Tribal Nations have maintained teachings around solstice time, while others may be seeking to revive the teachings, practices and ceremonies that were forcibly taken from us.

In its period of darkness, the winter solstice is an opportunity to go inward with deep intention, to care for our spiritual selves, our bodies and minds, our loved ones and families, and to prepare for the longer days ahead.

THE WINTER SOLSTICE FALLS ON DECEMBER 21 EACH YEAR

In the spirit of self care, community care, accessing our ancestral memory and our most powerful selves, here are 14 different ways that you and your loved ones can spend the winter solstice in observance of a natural phenomena that comes only once a year. Take what works for you from this list, and if possible, consult with elders and your own traditional teachings for guidance on the best ways to acknowledge this event and deepen your spiritual connection during this time.

1. TAKE THE DAY OFF OF WORK OR JUST SLOW DOWN AND REST

Whether you have to pull a full or double shift on winter solstice day, or if you have the day off already, set aside time to just, be. No guilt. No intrusive thoughts about what needs to get done. Set down your electronic devices and smart phones and be present in the moment. And if you have kids, housemates, friends or loved ones, spend that quality time together and totally unplugged from technology.

2. COOK AND SHARE A HEALTHY, COMFORTING MEAL WITH LOVED ONES

As Indigenous people of the Earth, kinship is what has always held us together. Sharing space and time to cook, eat, and nourish our bodies and our loved ones' bodies through the preparation of healthy meals is both physical, communal and spiritual. Seek out traditional and clean foods to prepare or cook your favorite recipe from a loved one!

3. REFLECT ON THE PAST YEAR

Take time to reflect on the highs and even lows of the past year. Acknowledge and celebrate your growth, your resilience, your strength and the blessings you may have overlooked. And last but not least, let go of what doesn't serve you in order to create space for the positive ahead of you in the coming year. Make amends with others if you need to and set yourself up for new possibilities, new friendships and deepened connections.

4. GIVE THANKS FOR ALL OF YOUR BLESSINGS

It's so easy to get wrapped up in what isn't working for us, what didn't happen for us in the past year or loss we may have endured. But the fact that we are all still here, breathing and living right now, is evidence of SO many blessings. Start with the small things, like, clean air, a warm space to be in, your physical abilities, the gift of your intelligence and creativity. Recount these things in your mind, in a prayer or meditation, or even write them down on a piece of paper. There is no limit to how long this gratitude list can be! And in fact, the longer the list the better.

5. CLEAN AND HONOR YOUR LIVING SPACE BY DECLUTTERING

Our homes are the sacred spaces where so many important things happen. We rest in our homes, we eat in our homes. We gather, commune, and even raise children in our homes. Creating a sacred space in your home sets you and your family up for success each day. Create an atmosphere on solstice day that allows you to just be present in your home and to focus on the things that nourish and inspire you. This might mean getting a lot of the heavy lifting-type cleaning done in the days leading up to solstice day.

6. SHOW THE PEOPLE WHO YOU CARE FOR THAT YOU APPRECIATE THEM

This could be as simple as a written card, a text message, a phone call or a home visit. You can show up for them with a favor, a simple gift, or just with your presence. Not only express your gratitude for them and the ways they have brought value and nourishment to your life, but ask genuine questions about how they are doing, and be an attentive and compassionate listener.

7. CHANNEL YOUR CREATIVE ENERGY THROUGH ARTS, CRAFTS AND EXERCISING YOUR IMAGINATION

One of the most powerful gifts that we all have, is the gift of our creative thoughts. We are born with creativity, and we exercise this daily with our thoughts and actions, actively co-creating the world around us. We are ALL creatives in some way! Channel your creativity by dreaming up something new, by making something with your hands and your mind, and savor the process. Sew, bead, paint, write, cook, design, change the layout of your bedroom or living room, and even strategize movements. The possibilities are endless!

8. DRINK NATURAL AND MEDICINAL TEAS

Our natural world is rich with medicines, for both body, mind and spirit, and our ancestors knew the power of drinking medicinal teas. If possible, prepare and drink teas from your or other Indigenous homelands. Drink tea with loved ones. Pray over your tea, pray to the root and plant nations, to ancestors, and to the water, and know that you are activating medicine on a cellular and even generational level.

9. PRACTICE SPECIAL SELF-CARE RITUALS FOR SELF AND OTHERS

Care for your physical and spiritual self with a warm shower or bath, with rich lotions, essential oils, etc. Put on a luxurious face mask if that's your thing. Give yourself a manicure or pedicure. Get a massage or give a massage. Braid someone else's hair for them or ask them to braid your hair. Name your practice and make time for that.

10. GO TO A CEREMONY OR HOLD A PERSONAL MOMENT OF PRAYER IN YOUR HOME

If you have access to a ceremonial space, go to that space. Show up with something to give while you receive. This looks different for everyone, depending on tribe, nation, and regional and clan teachings.

11. PAY ATTENTION TO THE MOVEMENT OF THE SUN

The sun is revered by Indigenous nations for a reason. It literally gives us life! It's so valuable to observe the natural patterns of the sun and to consider the teachings we have related to the sun. By sitting in deep observation on solstice day, and in fact, on any day, we sharpen our senses and our intuitive relationship to the natural world.

12. LIGHT A FIRE

Winter solstice and winter in general is a time of fires, and fire is an old soul. Fire is also comforting, beautiful and mesmerizing to look at. You can put medicines on the fire, like sage or cedar. You can sit around a fire and feel its warmth. You can cook over a fire, put offerings into a fire, even pray, sing and tell stories next to a fire.

13. MAKE OFFERINGS

While we ask for good things for the upcoming year and give thanks for our blessings, it's so important to also give back and make offerings. Reciprocity, even to the spiritual world, matters. Set out food, make prayer ties, or whichever offering is prescribed by your own teachings.

14. SET INTENTIONS FOR THE LONGER DAYS AHEAD

In the same way we co-create each moment of our day, we have the power to co-create the future that is ahead of us simply with the power of our thoughts. So, set and declare your best intentions for the coming days, for the winter season, and upcoming year. Write your intentions down. Journal your intentions. Pray about them and ask for support. Believe that you can achieve those things, whether they are personal, physical, spiritual, relational or professional.

We know and our ancestors knew that in order to show up for our communities as good relatives and as energized agents of change, we have to be grounded and strong. Replenishing your spirit in a time of growing social unrest is also a revolutionary act.

We all have the power to create a world where we are better and more connected, and it all starts within— within self and within community in carving out time and space to reflect, grow and always give back. Remember we must also show care and compassion to our relatives who are less fortunate, who are living in less than ideal situations, who are grieving or struggling with their most basic needs. Remember our Earth and our non-human relations. Remember those who are suffering injustice in different corners of the world. And remember the generations that have come before and those who will come after us.

With warmth and solidarity, happy winter solstice to everyone!



From Chapleau Cree First Nation's Cultural & Family Well Being Program

Chapleau Cree First Nation - Holiday Hours: Friday Dec. 18th CLOSED @ 12:00 PM Monday Dec. 21st CLOSED Tuesday Dec. 22nd CLOSED Wednesday Dec. 23rd CLOSED Thursday Dec. 24th CLOSED Friday Dec. 25th CLOSED

Monday Dec. 28th **CLOSED** Tuesday Dec. 29th **CLOSED** Wednesday Dec. 30th 2020 **CLOSED** Thursday Dec. 31st 2020 **CLOSED** Friday Jan. 1st,2021 **CLOSED**

Regular Business Hours Resume Monday Jan. 4th, 2021

WISHING ONE AND ALL A SAFE & HAPPY HOLIDAY!

Chapleau Cree Small Engines - Holiday Hours:

Monday Dec. 21st **OPEN** Tuesday Dec. 22nd **OPEN** Wednesday Dec. 23rd **OPEN** Thursday Dec. 24th **CLOSED** Friday Dec. 25th **CLOSED**

Monday Dec. 28th CLOSED Tuesday Dec. 29th OPEN Wednesday Dec. 30th OPEN Thursday Dec. 31st CLOSED Friday January 1, 2021 - CLOSED

Regular Business Hours Resume Mon. Jan. 4th, 2021

WISHING ONE AND ALL A SAFE & HAPPY HOLIDAY!

Chapleau Cree Auto/Truck - Holiday Hours:

Monday Dec. 21st **OPEN** Tuesday Dec. 22nd **OPEN** Wednesday Dec. 23rd **OPEN** Thursday Dec. 24th **CLOSED** Friday Dec. 25th **CLOSED**

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Monday Dec. 28th **CLOSED** Tuesday Dec. 29th **OPEN** Wednesday Dec. 30th **OPEN** Thursday Dec. 31st **CLOSED Friday January 1, 2021 - CLOSED**

Regular Business Hours Resume Mon. Jan. 4th, 2021

WISHING ONE AND ALL A SAFE & HAPPY HOLIDAY!



Regular Hours of Operation 7:00 AM – 9:00 PM Daily

Holiday Hours of OperationDec 247:00 AM – 4:00 PMDec 25CLOSEDDec 317:00 AM – 4:00 PMJan 1CLOSED

WISHING ONE AND ALL A SAFE & HAPPY HOLIDAY!



REMINDER

All CCFN Businesses and Offices

Re-Open Monday, January 4th, 2021