



**Public Health  
Santé publique**  
SUDBURY & DISTRICTS

January 27, 2021

VIA EMAIL

Dear Community Partner:

**Re: Relocation of Public Health Sudbury & Districts – Chapleau Office**

We are excited to announce that Public Health Sudbury & Districts' Chapleau office is moving. We will be closed at 4:30 p.m. on January 29, 2021 to begin the moving process and will re-open to the public on February 1, 2021.

Our services, including website, email, and telephones, will be fully operational during the moving process and you will not experience any changes or delays in service during this time.

Please update your records with our new contact information:

Public Health Sudbury & Districts – Chapleau Office  
34 Birch Street (entrance on Lorne Street)  
Box 485  
Chapleau, ON P0M 1K0  
Telephone: 705.860.9200  
Fax: 705.864.0820

Business hours are 8:30 a.m. to 4:30 p.m., Monday to Friday, however, due to the COVID-19 pandemic, our office is open to the public from 11:00 a.m. to 12 p.m. and 1 p.m. to 4:30 p.m. Services are available beyond these hours, by appointment.

Other contact information will remain the same:

Website: <https://www.phsd.ca/>

Facebook: @PublicHealthSD

Twitter: @PublicHealthSD

As a valued partner we appreciate you taking the time to update your records.

**Sudbury**

1300 rue Paris Street  
Sudbury ON P3E 3A3  
t: 705.522.9200  
f: 705.522.5182

**Elm Place**

10 rue Elm Street  
Unit / Unité 130  
Sudbury ON P3C 5N3  
t: 705.522.9200  
f: 705.677.9611

**Sudbury East / Sudbury-Est**

1 rue King Street  
Box / Boîte 58  
St.-Charles ON P0M 2W0  
t: 705.222.9201  
f: 705.867.0474

**Espanola**

800 rue Centre Street  
Unit / Unité 100 C  
Espanola ON P5E 1J3  
t: 705.222.9202  
f: 705.869.5583

**Île Manitoulin Island**

6163 Highway / Route 542  
Box / Boîte 87  
Mindemoya ON P0P 1S0  
t: 705.370.9200  
f: 705.377.5580

**Chapleau**

34 rue Birch Street  
Box / Boîte 485  
Chapleau ON P0M 1K0  
t: 705.860.9200  
f: 705.864.0820

**toll-free / sans frais**

1.866.522.9200

**phsd.ca**



Re: Relocation of Public Health Sudbury & Districts – Chapleau Office

January 27, 2021

Page 2

On behalf of the Public Health Sudbury & Districts' Chapleau office staff, I would like to thank you for your continued partnership and your commitment to serving the residents of Chapleau and area, together.

Please feel free to contact us at 705.860.9200 with any questions.

Sincerely,



Dr. Penny Sutcliffe  
Medical Officer of Health and Chief Executive Officer

cc: Helene McNiece, Office Assistant  
Nathalie Barsalou, Public Health Inspector  
Rachel Martel, Public Health Nurse  
Tawnya Parry, Public Health Nurse  
Susie McColeman, Casual Office Assistant



**Public Health**  
**Santé publique**  
SUDBURY & DISTRICTS

27 janvier 2021

PAR COURRIEL

Madame,  
Monsieur,

**Objet : Déménagement du bureau de Chapleau de Santé publique Sudbury et districts**

C'est avec enthousiasme que nous annonçons le changement d'adresse du bureau de Chapleau de Santé publique Sudbury et districts. Il sera fermé le 29 janvier 2021, à 16 h 30, afin que le processus de déménagement s'amorce et il rouvrira ses portes à la population le 1<sup>er</sup> février 2021.

Nos services, y compris le site Web et les communications par courriel et par téléphone, seront entièrement opérationnels pendant le déménagement. Leur prestation ne sera aucunement modifiée ou retardée durant cette période.

Veuillez mettre à jour vos dossiers en indiquant nos nouvelles coordonnées :

Santé publique Sudbury et districts – bureau de Chapleau  
34, rue Birch (entrée sur la rue Lorne)  
Boîte 485  
Chapleau ON P0M 1K0  
Téléphone : 705.860.9200  
Télécopieur : 705.864.0820

Les heures d'ouverture sont du lundi au vendredi, de 8 h 30 à 16 h 30. Cependant, en raison de la pandémie de COVID-19, notre bureau est ouvert au public de 11 h à midi et de 13 h à 16 h 30. Les services sont offerts après ces heures, sur rendez-vous.

Les autres coordonnées demeurent les mêmes :

Site Web : [phsd.ca/fr](https://phsd.ca/fr)  
Facebook : @SantePubliqueSD  
Twitter : @SantePubliqueSD

Nous apprécions qu'en tant que partenaire précieux, vous preniez le temps de mettre à jour vos dossiers.

**Sudbury**

1300 rue Paris Street  
Sudbury ON P3E 3A3  
t: 705.522.9200  
f: 705.522.5182

**Elm Place**

10 rue Elm Street  
Unit / Unité 130  
Sudbury ON P3C 5N3  
t: 705.522.9200  
f: 705.677.9611

**Sudbury East / Sudbury-Est**

1 rue King Street  
Box / Boîte 58  
St.-Charles ON P0M 2W0  
t: 705.222.9201  
f: 705.867.0474

**Espanola**

800 rue Centre Street  
Unit / Unité 100 C  
Espanola ON P5E 1J3  
t: 705.222.9202  
f: 705.869.5583

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f: 705.864.0820

**toll-free / sans frais**

1.866.522.9200

[phsd.ca](https://phsd.ca)



Objet : Déménagement du bureau de Santé publique Sudbury et districts à Chapleau

27 janvier 2021

Page 2

Au nom du personnel du bureau de Chapleau de Santé publique Sudbury et districts, j'aimerais vous remercier de votre partenariat continu et de votre engagement à servir avec nous la population de Chapleau et des environs.

Si vous avez des questions, n'hésitez pas à nous appeler au 705.860.9200.

Veuillez agréer, Madame, Monsieur, l'expression de mes sentiments distingués.



D<sup>re</sup> Penny Sutcliffe

Médecin-hygiéniste et directrice générale

c.c. : Hélène McNiece, adjointe de bureau  
Nathalie Barsalou, inspectrice de la santé publique  
Rachel Martel, infirmière-hygiéniste  
Tawnya Parry, infirmière-hygiéniste  
Susie McColeman, adjointe de bureau occasionnelle

## Northern Clinic February 2021 Schedule

**David O'Hara – Nurse Practitioner**

~ WEEKLY PHONE APPOINTMENTS AVAILABLE ~

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
9:00 am – 2:30 pm	9:00 am – 2:30 pm	9:00 am – 2:30 pm	9:00 am – 2:30 pm	9:00 am – 2:30 pm
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
STAT	9:00 am – 2:30 pm	9:00 am – 2:30 pm	PD	9:00 am – 2:30 pm
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
FAMILY DAY	9:00 am – 2:30 pm	9:00 am – 2:30 pm	9:00 am – 2:30 pm	PD
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
9:00 am – 2:30 pm	9:00 am – 2:30 pm	9:00 am – 2:30 pm	9:00 am – 2:30 pm	PD

*Book an Appointment (Monday – Friday 8:30am-4:00pm)*

*Call Toll Free: 1-833-564-2726 or (705) 856-0129*

**Melody Hawdon – Mental Health Wellness Worker**

~ WEEKLY PHONE APPOINTMENTS OR VIRTUAL FACE TO FACE ~

EXTENDED HOURS AVAILABLE!

Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-4:30pm	10am-6:00pm	8:30am-4:30pm	10am – 6:00pm	10am- 6:00pm

*Contact Melody Directly at (705) 904-4158*

*Email [melody.hawdon@nmninoeyaa.ca](mailto:melody.hawdon@nmninoeyaa.ca)*

*or*

*Appointment Line (Monday – Friday 8:30am-4:00pm)*

*Toll Free: 1-833-564-2726 or (705) 856-0129 Ext. 241*

***Maamwesying kina gweyahn N'Minobimaadizing – Working As One for the Wellbeing of All***

# CARDIOVASCULAR HEALTH PART 1

## WHAT IS HIGH BLOOD PRESSURE?

High blood pressure is when the blood pressure in your arteries rises and your heart has to work harder than normal to pump blood through the blood vessels. Blood pressure is the force of blood pushing against artery walls as it flows through the body. Too much pressure can hurt your arteries and lead to life threatening conditions like a stroke.



## Hypertension 101

### FACTORS THAT CAUSE HIGH BLOOD PRESSURES

*Modifiable risk factors include unhealthy diets (excessive salt consumption, a diet high in saturated fat and trans fats, low intake of fruits and vegetables), physical inactivity, use of tobacco and alcohol, and being overweight or obese. Non-modifiable risk factors include a family history of hypertension, age over 65 years and co-existing diseases such as diabetes or kidney disease.*

### How can I reduce the burden of hypertension?

- Reduce salt intake to 5g (2000 mg) daily
- Increase fruit and vegetable intake daily
- Regular physical activity
- Avoiding tobacco
- Reducing alcohol consumption
- Limiting foods high in saturated fats and reducing or eliminating trans fats

High sources of sodium are found in highly processed foods such as fast foods, processed meats (hot dogs and lunch meats), canned and dried soups, bottled dressing, packaged sauces, condiments and salty snacks. Also try to limit your use of salt in cooking and at the table. -Heart&Stroke

## MAINTAIN A HEALTHY BODY WEIGHT

If overweight, losing even 5% to 10% of your weight can help to reduce your blood pressure and decrease your risk of having a stroke or heart attack.





## Tips on Self-Managing Diabetes

- **Good Glycemic Control** – This can help prevent & delay complications associated with Diabetes
- **Physical Activity**- Can improve glycemic control, and help with reducing the need for antihyperglycemic agents and insulin.
- **Healthy Dietary Choices**- Food is key in the management of diabetes and weight management, it also reduces the risk of heart attack and stroke
- **Pharmacological Intervention**- some people can achieve their target blood sugar levels with nutrition and physical activity alone, but most also need glucose-lowering medications. Medication depends on factors like blood glucose level, symptoms, and other health problems you may have.
- **Treatment of Hypoglycemia**- People with diabetes who are at high risk for hypoglycemia should be identified and counselled about ways to prevent low blood glucose.
- **Mental Health**- Living with diabetes can be burdensome and cause some anxiety, it is important to have proper supports in place.

# Heart Health Month

Diabetes Monthly Newsletter ~ February 2021 ~



## Diabetes & Hypertension

~ Hypertension or high blood pressure occurs when the force of your blood pushing against the walls of your blood vessels, is consistently too high.

~ Hypertension is common among patients with diabetes, they may have some of the same underlying causes and risk factors. Hypertension and Diabetes contribute to the worsening of each other's symptoms and management of both conditions often overlaps.

~ Blood pressure should be measured at every routine visit with your diabetes team. Patients found to have an elevated blood pressure ( $\geq 140/90$  mmHg) can begin the HTN diagnosis process with continued blood pressure monitoring.

~ All hypertensive patients with diabetes should have at home blood pressure monitoring.

~ Having one or both conditions increase the risk of various complications, including: Heart attack or stroke, decreased kidney function, problems with the blood vessels in the eyes, and peripheral vascular disease.

### CONTACT THE DIABETES CARE TEAM

KASEY BISSAILLION- DIABETES NURSE  
EDUCATOR

DAVID O'HARA -NURSE PRACTITIONER

(705) 856-0219 EXT. 241



TOLL FREE: 1-833-564-2726

TO BOOK A PHONE APPOINTMENT

By: Kasey Bissailion, RPN, DME, Food Care Nurse

 **MAAMWESYING**  
NORTH ABORIGINAL COMMUNITY HEALTH SERVICES INC.





# Heart Health Education Program

Join Angela Fletcher, RPN on ZOOM  
for hypertension support and  
education

Tuesday, February 23<sup>rd</sup>  
12:00 Noon – 1:00 PM

Register with Amanda Domingue for  
giveaways by Emailing

[programfacilitator@chapleaucreehealth.ca](mailto:programfacilitator@chapleaucreehealth.ca)

Zoom Meeting ID: 306 708 5721  
Passcode: Health







# N'mekwendun

**NEW**

Do you wonder if your childhood experience impacted you?  
Have you wondered how trauma affects the mind, body and spirit?  
Are you curious about the Naandwe Noojimowin 5½ Day Program?  
Then join us for this informative workshop!

**FREE VIRTUAL WORKSHOP 9:00 a.m. – 3:30 p.m.**

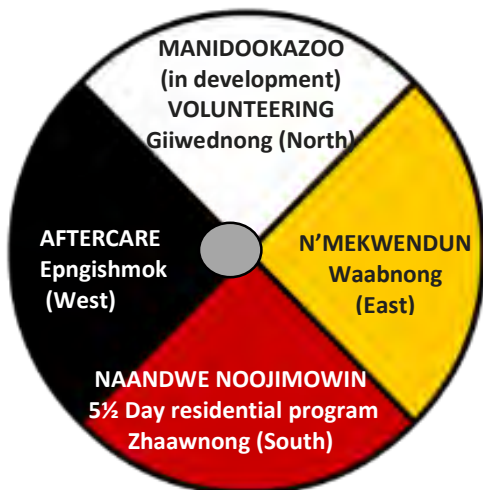
N'mekwendun translation, *"Thinking about something that has come up; to recall, to recollect or come to think of."*

Join the Naandwe Noojimowin program team at their latest workshop geared to community members, front line workers and leaders. The focus is creating awareness about the lasting impacts of childhood trauma through a simplified approach.

Participants will be introduced to:

- How trauma/stress impact the mind, body & spirit
- Adverse Childhood Experiences Study & Intergenerational Trauma
- Naandwe Noojimowin program background
- Explore how shame and anger are connected, and
- Gain awareness of how, childhood coping strategies can lead to difficulty in adult relationships and communication styles.

We invite you to join in one of workshops held throughout the year.



**MAAMWESYING**  
NORTH SHORE COMMUNITY HEALTH SERVICES INC.

## LOCATION:

CURRENTLY OFFERED BY  
ZOOM

## REGISTRATION REQUIRED

FREE to attend. Call for more information or a registration form.

## WORKSHOP DATES:

- ❖ Mar. 10, 2021
- ❖ May 7, 2021
- ❖ July 9, 2021
- ❖ Oct. 22, 2021
- ❖ Jan. 14, 2022

## Interested in NN Program?

Attending N'mekwendun is a requirement for the Naandwe Noojimowin program.

Registration form available by request to Mental Wellness Minobimaadizing Program  
**Toll-free 1-844-864-0523 or,**  
[mwmintake@nmninoeyaa.ca](mailto:mwmintake@nmninoeyaa.ca)



473B Hwy 17, Cutler, ON P0P1B0  
Head Office: (705) 844-2021  
[www.maamwesying.ca](http://www.maamwesying.ca)



## N'MEKWENDUN – REGISTRATION FORM

N'mekwendun Event Information:

Program Date Preferred:

Location:

Have you previously attended a Naandwe Noojimowin program? ☐ Y ☐ N

If yes: Event:

Date:

### Registration Contact Information

Name:

First:

Middle:

Last:

Address:

City:

Apt. #:

Province:

Postal Code:

PO Box #:

Primary Phone #:

Work/Alternate Phone #:

Email address:

**To help us with future planning – we appreciate your response to the following (check all that apply):**

***I am attending the N'mekwendun workshop because:***

- ☐ I am interested in learning more about trauma
- ☐ I want to understand how childhood trauma impacts relationships
- ☐ I want to learn more about how trauma impacts the mind, body and spirit
- ☐ Learning about how trauma affects people will help me personally and/or professionally
- ☐ I am preparing to attend the 5 ½ day Naandwe Noojimowin program.
- ☐ Other – please explain:

**For Information please contact our Toll Free #: 1-844-864-0523**

**Forward completed applications to:**

**Naandwe Noojimowin Intake Worker**

Maamwesying North Shore Community Health Services  
 473 B Hwy. 17 West, Cutler ON., P0P1B0

**Email:** [mwmintake@nmninoeyaa.ca](mailto:mwmintake@nmninoeyaa.ca)

**Fax:** 1-705-844-2844



# Walkin' Mocs Challenge!

February 15 to March 26  
2021

Mushkegowuk Health and Wellness

- Registration Mandatory
- Open to ALL Mushkegowuk Members
- Free Activity Tracker Wristlet & Shirt for Registrants
- **GRAND PRIZE-Kayak Package** valued at \$4000.00—must walk over 228 kms (300,000 steps) over 6 week period
- **SECOND PRIZE-Yeti Package** valued at \$2000.00—must walk over 152 kms (200,000 steps) over six week period
- **THIRD PRIZE-Snowshoe Package** valued at \$1000.00—must walk over 76 kms (100,000 steps) over 6 week period
- All participants will be given a log sheet/coloring moc upon registration
- Only participants registered for full 6 week program will be eligible for the Prize Packages, shorter time registrants will be eligible for weekly draws valued at \$100
- For more info/register, please email [roxannemartin@mushkegowuk.ca](mailto:roxannemartin@mushkegowuk.ca)



Mushkegowuk  
Council





# **MUSHKEGOWUK YOUTH DEPARTMENT PRESENTS**

# **ON THE LAND**

## **PHOTO ACTIVITY**



**SPENDING TIME ON THE LAND TO ENGAGE IN TRADITIONAL AND NON  
TRADITIONAL ACTIVITIES IS VERY BENEFICIAL FOR OUR HOLISTIC  
HEALTH & WELLNESS. HOW DOES YOUR FAMILY MAINTAIN YOUR  
CONNECTION TO THE LAND?**

**SHOW YOUR "ON THE LAND" ACTIVITY WITH YOUR FAMILY AND YOU  
WILL BE ELIGIBLE FOR SOME GREAT PRIZES**

**SUBMIT YOUR PICS USING THE HASTAG**

**#MUSHYOUTHWELLNESS**

**DEADLINE TO SUBMIT: FEBRUARY 15, 2021**





*The Prevention House*  
NURTURING RESILIENCE IN FAMILIES

IMA

For Adults (18+)

**PRESENTS**

# **FIREKEEPERS:**

**ROLES AND RESPONSIBILITIES OF  
AN INDIGENOUS MAN**

**A 4-Part Webinar Series  
for Men**

**Topics include:**

- Firekeeping**
  - Protecting**
  - Providing**
  - Walking the good path**
- with Special Guest Speakers**

**February 23, 25 &  
March 2, 4 2021**

**@ 6:30 pm**

**Under 18 Must Register  
with and Be  
Accompanied By A  
Parent or Guardian**

**To register & for more info  
contact: Touchan Fiddler @  
[touchan.fiddler@cyms.ca](mailto:touchan.fiddler@cyms.ca)**





# **February**

## **Heart Health Clinics**

### **KNOW YOUR NUMBERS**

**Get your weight, blood pressure, pulse, oxygen saturation, BMI, blood sugars and cholesterol checked to find out your numbers.**

**Please call the Health Centre at (705)864-0200 and book an appointment with Barb Cormier RN**

**February 1st 1:00-3:00 PM**

**February 8<sup>th</sup> 1:00-3:00 PM**

**February 15<sup>th</sup> 1:00-3:00 PM**

**February 22<sup>th</sup> 1:00-3:00 PM**



# 4 Week Snowshoe Challenge



Join us virtually from February 1 - 28, 2021  
on a snowshoe adventure!

Over the next 4 weeks, send us a photo or video of  
your snowshoe adventure. For each entry, your name  
will be entered into a draw to be held at the end of the  
4 week challenge.

Grab your snowshoes and spend 30 minutes out on the  
trail once a week for 4 weeks!

Send pictures to  
[programfacilitator@chapleaucreechealth.ca](mailto:programfacilitator@chapleaucreechealth.ca)

## 28 Day Walking Challenge

# February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Walk 1 KM Or 5,000 steps	2 Walk 1.5 KM Or 5,500 steps	3 Walk 2 KM Or 6,000 steps	4 Walk 1 KM Or 5,000 steps	5 Walk 1 KM Or 5,000 steps	6 Walk 1 KM Or 5,000 steps
7 Walk 1 KM Or 5,000 steps	8 Walk 1 KM Or 5,000 steps	9 Walk 1.5 KM Or 5,500 steps	10 Walk 1.5 KM Or 5,500 steps	11 Walk 1.5 KM Or 5,500 steps	12 Walk 1.5 KM Or 5,500 steps	13 Walk 1.5 KM Or 5,500 steps
14 Walk 1.5 KM Or 5,500 steps	15 Walk 2 KM Or 6,000 steps	16 Walk 1.5 KM Or 5,500 steps	17 Walk 2 KM Or 6,000 steps	18 Walk 2 KM Or 6,000 steps	19 Walk 2 KM Or 6,000 steps	20 Walk 2 KM Or 6,000 steps
21 Walk 2 KM Or 6,000 steps	22 Walk 2.5 KM Or 6,500 steps	23 Walk 2.5 KM Or 6,500 steps	24 Walk 2 KM Or 6,000 steps	25 Walk 2.5 KM Or 6,500 steps	26 Walk 2.5 KM Or 6,500 steps	27 Walk 2.5 KM Or 6,500 steps
28 Walk 2.5 KM Or 6,500 steps	<b>Complete each day as required. You can choose to do steps or km.</b> <b>Please see the Fox Lake Walking routes for distances.</b>					

# Fox Lake Reserve Walking Routes

Health to Band Office and  
back to Health 0.8 km

Health to Steve Caldwell's  
and back to Health 1.5 km

Health to Bill Cachagee's  
to Steve Caldwell's to Peggy  
Domingue's and back to  
Health 2.3 km

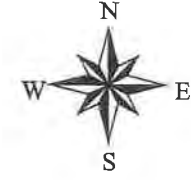
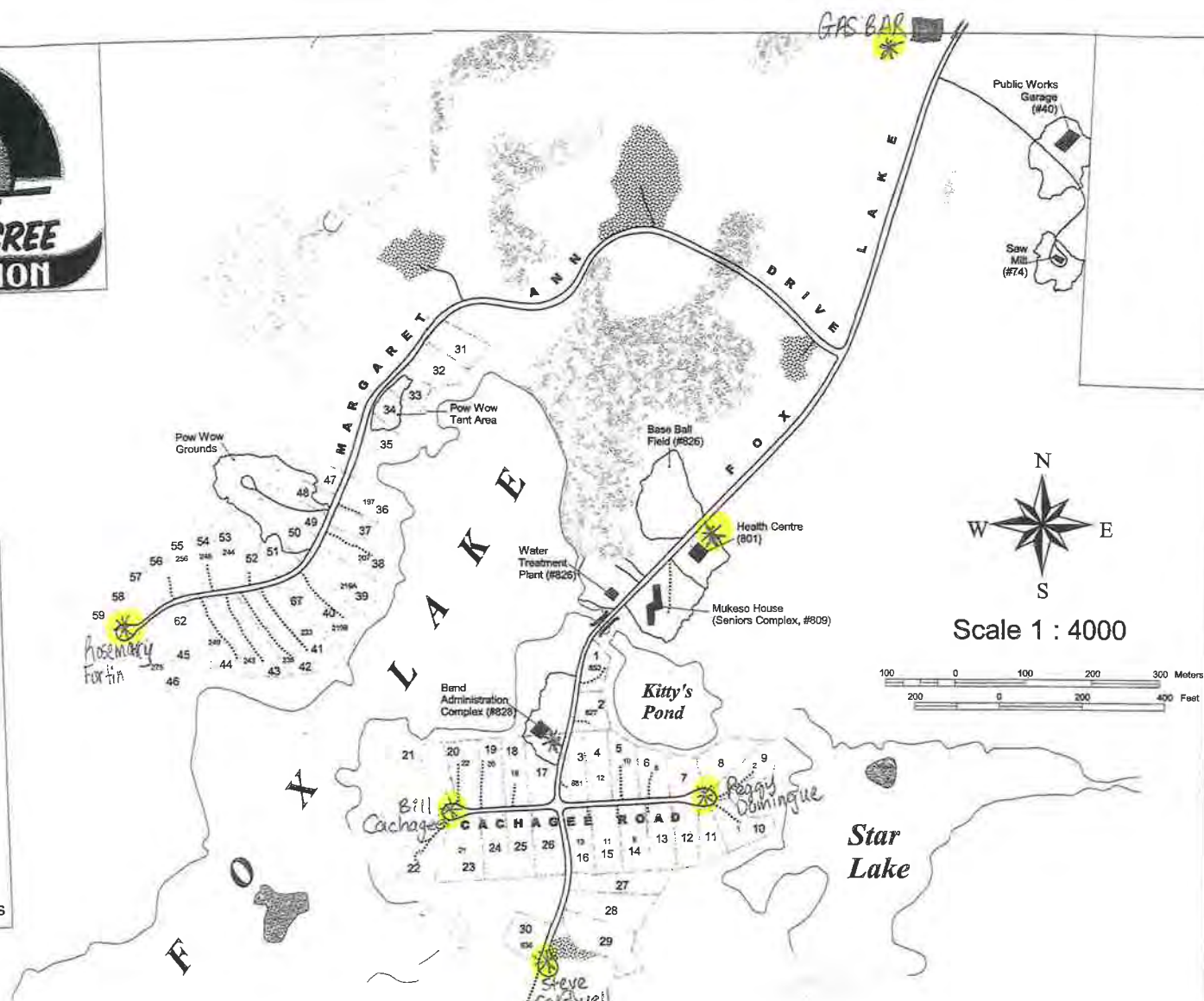
Health to Gas Bar and  
back to Health 2.5 km

- Health to Rosemary Fortin's  
and back to Health 3.6 km

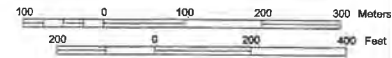


**Legend**

- Islands
- Water
- Marsh
- Water Flow
- Ski-doo trail
- Buildings
- Driveways
- Main Roads
- Highway
- Landuse
- Lots
- Pits
- Reserve
- Lot Numbers
- Civic Address



Scale 1 : 4000





# Heart Health Promotion

## Get Active Contest

### RULES

February is Heart Health month. The Heart Health Promotion – Get Active Contest is a health initiative to get community members active and healthy while also earning a chance to win a prize.

**1<sup>st</sup> DRAW - \$300 Cash**

**2<sup>nd</sup> DRAW - \$200 Cash**

**3<sup>rd</sup> DRAW - \$100 Cash**

The contest begins **February 1<sup>st</sup>, 2021** and ends **February 28<sup>th</sup>, 2021**.

The Heart Health Promotions – Get Active Contest is open to all Chapleau Cree bandmembers and their immediate family (spouses & children).

One ballot is to be completed for every 15 minutes of exercise. Example: if you walked for 30 minutes, you would complete 2 ballots. Ballots are available for pickup at the Chapleau Cree Health Centre.

All entries will be entered into the Heart Health Promotion – Get Active Ballot Box located at Health. **The draw will take place on March 1, 2021 at 11:00 AM.**

Get Active and submit your exercise ballots for your chance to win a great prize.

For those that want to kick start their heart, check out the enclosed February calendar for group activity opportunities.

**NOTE: Please consult your family physician before starting any type of new exercise program.**





# RECIPE COOK BOOK CONTEST

## From the heart of your home

There's no shame in shortcuts especially on weekdays. Semi-homemade recipes count, too. Bring on the boxed mixes, canned goods and frozen veggies if you cannot use fresh. Looking for breakfast, lunch, dinner, snacks, etc.

**February 1 - March 25, 2021**

Email recipes to **CULTURE@CHAPLEAUCREE.CA** before **March 26, 2021** to be eligible to win one of three amazing prizes.

- ◆ More than one recipe can be submitted
- ◆ One entry/ticket per recipe
- ◆ Must include recipe history or author



**ALL AGES EVENT  
INCLUDING YOUTH**

## PRIZES/GIFT CARDS

1. Cookware Set  
*Approx. Value \$1000.00*
2. Stand Mixer  
*Approx. Value \$500.00*
3. Keurig Coffee Machine  
*Approx. Value \$250.00*

## TICKETS

- Will be issued via email upon receiving clear recipe and pictures, if provided
- One ticket per recipe submitted

## SPONSORS

Chapleau Cree First Nation  
**Culture & Health**

SELECTED RECIPES WILL BE  
ADDED TO CCFN'S COOK  
BOOK, 2<sup>ND</sup> EDITION

LEGEND				
	NUMBERS DRAWN THIS WEEK			
	NUMBERS DRAWN PREVIOUSLY			
B	I	N	G	O
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



# **THE AMAZING WINTER WONDERLAND**

**Participants will start off with their first clue (sent via email on February 1) that will lead them to Checkpoint 1.**

*When they find Checkpoint 1, they will have to take a selfie of themselves or their group in front of the checkpoint sign.*

**They will read the clue to find the next checkpoint.**

*Repeat until you have found all 10 checkpoints.*

**Submit all 10 checkpoint pictures to  
[programfacilitator@chapleaucreehealth.ca](mailto:programfacilitator@chapleaucreehealth.ca)**

*Participants can drive, walk, snowshoe or cross country ski  
to each checkpoint.*

**Contest will run from February 1- February 8.**



**Email [programfacilitator@chapleaucreehealth.ca](mailto:programfacilitator@chapleaucreehealth.ca) to register  
you and your team!**



# WOMEN'S VIRTUAL SHARING CIRCLE

FOR AGES 17+

**Tuesday, February 2 & 16, 2021**  
**1:15 PM via Zoom**

Once registered a link for the event will  
be emailed to you to just log in. No fee.

**To register please email [culture@chapleaucree.ca](mailto:culture@chapleaucree.ca)**



Women united in sacred spiritual  
circles will waken the  
wisdom in each other's spirit

In keeping with traditional protocol  
please remember to wear your skirt.  
If you do not have a smudge bowl  
or sacred medicine do not worry as  
we will be smudging and praying  
for everyone ☺ Meegwetch



Moose Cree is a severely endangered dialect of Cree. It has very few fluent speakers and revitalization is the conscious effort to save the language from falling out of use for generations to come.

# Introducing the **Indigenous Language Revitalization (ILR)** *with the Moose Cree (L-Dialect)*

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The weekly classes are focused on helping people build their vocabulary and conversational skills. Classes will consist of casual conversation with other learners and fluent speakers on a variety of topics.

No prior knowledge of or fluency in Cree is necessary. All levels of fluency are encouraged to join!

Weekly resources will be provided which may include Word of the Day & Infographics, virtual flashcards, lessons, worksheets and **crash classes available**.

**ILR Cree Class – via Zoom**  
**Weekly, Beginning Wed., Feb., 3rd @ 7:00 PM – 9:00 PM**  
**For Adults & Youth Age 14+**

If younger youth are interested in learning Moose Cree (L-Dialect) please email so we can arrange alternative dates and times.

Indigenous Language Revitalization (ILR) is an organization created to keep the Moose Cree “L-Dialect alive. The zoom classes are hosted by ILR Lead, Terrance Sutherland, a member of the Moose Cree First Nation and ILR Coordinator, Ricki Archilles, Ph.D. Candidate, University of Western Ontario both residing in Kapuskasing, ON and other co-host speakers of the L-Dialect.

If you are interested in registering for Cree Classes, please email Cheryl Dupuis at **[culture@chapleaucree.ca](mailto:culture@chapleaucree.ca)**



# *Snack & Yak*

**WEDNESDAY, FEBRUARY 3RD  
6:30 PM**

*Procedure:*

**Email Amanda at  
Programfacilitator@chapleaucree.ca  
before February 3rd at Noon.**

**Meeting ID: 306 708 5721**

**Passcode: Health**

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

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





# NUTRITION BINGO

**VALENTINE'S EDITION**

Thursday,  
February 4

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!

Meeting ID: 306 708 5721

Passcode: Health

Please Call Health to arrange pickup of cards.

**DEADLINE TO REGISTER : February 3**

**GREAT PRIZES!  
FUN FOR ALL!**

# Chapleau Cree First Nation

## 27th YOUTH Fish Derby



**\*Please Note: Due to COVID-19, this event is a Virtual Fish Derby & Private Event and therefore will NOT be Open to the Public**

**For CCFN ON Reserve, Local Band Members  
Community Members ONLY**

***Sunday, February 14, 2021***



- \* YOUTH Fish Derby Prizes for Ages 0-16 years ONLY**
- \* Location is your choice. Must bring own rods, bait, measuring tape and supplies etc. and you are required to drill own fish holes**
- \* 11:59 PM Deadline to email clear visible pictures that must include youth with their measured fish. Unclear measurements will be disqualified.**

**To register and qualify for a FREE registration gift, email [culture@chapleaucree.ca](mailto:culture@chapleaucree.ca)**

**Deadline to register for event is 1:00 PM on Friday, February 12, 2021**

**Gifts must be retrieved from Feb. 8-12, 2021  
between 1:00 PM—3:00 PM @ Health**

**Youth Prizes: SMALLEST & BIGGEST FISH  
for each of the three (3) age groups(0-6, 7-10 & 11-16)**

**YOUTH GRAND PRIZE: Approx. Value \$350.00**

All registrants will receive participation gift upon providing proof of participation photo via email.

Youth Grand Prize will be based on youth participating following the criteria above and will be provided a ticket number after pictures are received by email only

**All winners will be notified by email on February 16, 2021**

**Be safe, have fun and fish on everyone!**

***Sponsored by Cultural & Health Centre***

***Chapleau Cree First Nation will not be held liable for any loss/injury during this event***



# FAMILY DAY GIVEAWAY

## Family Day Giveaway

Tell us your favourite family friendly activities!

Do you spend time outdoors?  
Play board games?  
Cook dinner together?  
Share your favourite activities  
with us, and be entered to win  
a Family Fun prize pack!



**You could win one of three \$50.00 gift certificates from**

Local Restaurant, Pimii Kamik/Gas, Valumart or Visa

### **How to Enter:**

Submit your short story (pictures too if you like) to [culture@chapleaucree.ca](mailto:culture@chapleaucree.ca) about your favorite way to spend time together as a family. Do you get creative, get moving, or get silly? There are no wrong answers, we want to hear how you are having **family day fun together!**

**Deadline for entries is Tuesday, February 16th at 11:59 pm.**

Tickets will be provided once email is received.

Winner will be chosen at random and will be notified on February 17th.

*Only one entry per household member; same person cannot win twice.*

Giveaway open to Chapleau Cree First Nation On Reserve & Local Band Members and Authorized Community Members only.

**Proudly sponsored by Chapleau Cree First Nation  
Cultural & Health Services**

**“I AM A Provider”**

Values of Success

2<sup>nd</sup> Mens Initiative Zoom

Presentation

**Special Guest Speaker:**

**Touchan Fiddler**

Zoom Presentation Host: Kris Morrison

Co-Host: Cheryl Dupuis (Grandmother)



Wednesday, February 17, 2021

6:30 PM Meet & Greet

7:00 PM Presentation

**To register for zoom presentation**

**please email**

**[culture@chapleaucree.ca](mailto:culture@chapleaucree.ca)**

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**The Mens Initiative Goals**

To teach the men to be leaders so the men can teach the youth that need to follow men. The presentation is offered in a safe space where men are respected through the truth of learning and are encouraged to learn and be better brave men with courage.

**Supporting Men on Building The Fire.**



# DIABETES SUPPORT

Join on Zoom with

Kasey Bissaillion, RPN- Diabetes Nurse  
Educator

To talk about diabetes management &  
Continued support for 2021

\*Nurse Practitioner David O'Hara will be  
joining in for introductions and questions!

**February 18<sup>th</sup> 2021 (12 noon-1:00 pm)**

Please Email Amanda Domingue to Register  
[programfacilitator@chapleaucreehealth.ca](mailto:programfacilitator@chapleaucreehealth.ca)

**Meeting ID: 306 708 5721**

**Passcode: Health**



# VIRTUAL HAND DRUM CIRCLE

**For Adults and  
Youth Ages 13+**

**6:00 PM via Zoom  
Thursday, February 18, 2021**

Host: Joanne Gelinas

Co-Host: Cheryl Dupuis, Cultural Coordinator

**Drum Circle for Adult Women, Men & Youth Ages 13+**



Are you interested in learning more teachings on the meaning of songs, want to focus on the spirit of songs or just want to learn more Cree and other language dialect songs?

**If so, please email Cheryl Dupuis at [culture@chapleaucree.ca](mailto:culture@chapleaucree.ca) as registration is required**

If younger youth are interested in drum circle's please email me ☺



## Taking Care of Your Bundles

Preparing and Feasting Your Spiritual Bundles.

The video link describe what items you will need and how to prepare to conduct your very own Feast at home. This can be done in any season; spring or fall.



### Items you will need:

- Tobacco
- 
- Food - amount depending on how many are feasting
- 
- Bowl
- 
- Cup for water
- 
- Three (3) offering dishes - for the land, the water, and the fire
- 
- Cloth for offerings
- 
- Smudging - sage or sweetgrass
- 
- Sacred items - example: feathers, drums, regalia



**COPY LINK:** <https://www.onwa.ca/seasonal-feasting>