

Weekly Bingo Draw

Week 2
No Winners Announced



Playing for **ONE (1) LINE**

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

Snack & Yak

March 4, 2021

6:30 PM via Zoom

Procedure:

Email Amanda at

programfacilitator@chapleaucreehealth.ca

before March 4th at Noon.

Meeting ID: **306 708 5721**

Passcode: **Health**

Ingredients and grocery bag will be dropped off
before the event.

Log on to Zoom and cook together!

NUTRITION BINGO

Thursday March 18, 2021

7:00-9:00 PM

Via Zoom

Play bingo from the comfort of your own home

Call Amanda at **(705) 864-0200** to register
or email

programfacilitator@chapleaucreehealth.ca

Meeting ID: **306 708 5721**

Passcode: **Health**

Great Prizes!

Fun for all!!

DEADLINE to Register: March 17, 2021



EMPLOYMENT OPPORTUNITY

Attawapiskat
First Nation

POSITION: Community Regional Engagement Workers
COMPETITION #: **2021-001**
LOCATION: Mushkegowuk Communities – Attawapiskat, Kashechewan,
Fort Albany, Moose Factory and Chapleau Cree Nation
DURATION: Fixed Term
CLOSING DATE: **January 25, 2021 (4:00 PM EST)**

Kashechewan
First Nation

SUMMARY OF POSITION:

The Community Regional Engagement Worker is responsible to provide support and assistance to the Nation Rebuilding Initiative Staff. This position coordinates all the community meetings and distribution of materials (posters, questionnaires, newsletters, pamphlets) as required to inform the community members of our project.

Fort Albany
First Nation

REQUIREMENTS:

- Must be knowledgeable with Microsoft word, teams, outlook
- Ability to do presentations with the assistance of NRI Team/Lands & Resources Team
- Must have the ability to speak Cree and to translate the materials as presented
- Must be able organized and able to meet timelines
- Must self-motivated and able to work efficiently
- Able to multi-task and manage time effectively
- Excellent listening skills and communication skills
- Must be outgoing and have good people skills
- Able to maintain professionalism when conducting NRI business

Moose Cree
First Nation

EDUCATION:

- To have knowledge of Mushkegowuk Council, Governance, treaties etc.
- Graduate of Ontario Secondary School Diploma, or Equivalent
- Knowledge of the Cree language is an asset (communities that is fluent speakers)

Taykwa Tagamou
Nation

Job Description available upon request

Chapleau Cree
First Nation

SUBMIT RESUME AND THREE (3) RECENT WORK REFERENCES with their phone numbers and e-mails, quoting Competition# **2021-001** by no later than **January 25, 2021 at 4:00 P.M** to:

Human Resources Department
MUSHKEGOWUK COUNCIL
P.O. Box 370
Moose Factory, ON P0L 1W0

Missanabie Cree
First Nation

Resumes can be emailed to: hr@mushkegowuk.ca or faxed to 705-658-2293

January 18, 2021



GUARDIAN VIDEOGRAPHER NEEDED!

→ Position starts in March!

→ Pay starts @ \$15/hr



Job Description:

Looking for someone who can join our Guardian team in Chapleau to take progress videos and photos. Next, we need you to create small scale video productions to help us promote our Guardian Program!

You Will:

- ✓ Receive support and mentorship
- ✓ Use professional video design software and equipment
- ✓ Build a portfolio for personal use
- ✓ Create promotional videos
- ✓ Participate in Guardianship work



Art
Film

**Skills &
Assets**

Photography
Videography



Contact Us!

Amberly Quakegesic

Cell #249-879-0298

amberly@wahkohtowin.com



Follow us!



www.wahkohtowin.com

Deadline to apply: March 1st, 2021

NORTHERN ONTARIO
INDIGENOUS FOOD
SOVEREIGNTY
COLLABRATIVE

SOVEREIGN HOUSEHOLD GRANT

GRANT APPLICATION TIME:

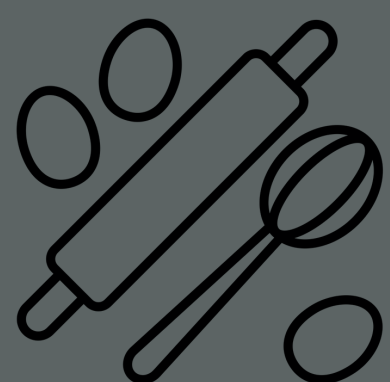
FEBRUARY 2021 - APRIL 16, 2021

The Big Picture Goal

Support Indigenous people in Northern Ontario as they assert control over their food systems

Where does that happen?

We believe that the household is one of the places where Indigenous Food Sovereignty lives and thrives. We are hoping to help households increase thier ability to feed themselves and others in ways that align with rights and teachings of their cultures.



How to apply or inquire?

Apply by clicking this link:

<https://survey.spno.ca/index.php/352222?lang=en>

For a printable version, talk to a NOIFSC Co-Lead via foodsovnoront@gmail.com; Facebook Msg, or call 807-355-1986 or 289-697-2248

"Abundance in one household is abundance shared with relations throughout the community"

What are sovereign household grants for?

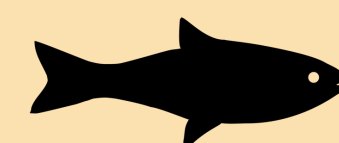
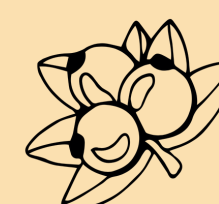
Increase your household's ability grow, hunt, fish, trap, harvest, process, prepare, and/or store food. This could include, but is not limited to:

- Equipment or supplies for food harvest, butchery, or processing
- Training and workshops for the development of food skills
- Raw materials, agricultural and horticultural products/supplies



Increase your household's income through food related activities. This could include, but is not limited to:

- Equipment and supplies that will enable the selling, bartering and/or trading of food and food related items grown, raised or harvested by a household
- Food safety, food processing, or other training that will enable household food-economic activity
- Art or craftwork production related to the household's food activities



Northern Ontario Indigenous Food Sovereignty Collaborative

Sovereign Household Grant Application

Introduction

Aanii, wâciye, boozhoo welcome to the Northern Ontario Indigenous Food Sovereignty Collaborative's (NOIFSC) Sovereign Household Grant application!

NOIFSC provides small grants to Indigenous households to help increase their ability to feed themselves and others in ways that align with the rights and teachings of their cultures. The application itself is pretty easy: we'll ask you for your contact information, and there are 6 straightforward questions to answer.

Grants can be used to support:

- An increase in your household's ability to grow, hunt, fish, trap, harvest, process, prepare and/or store food.
- An increase to your household's income through food related activities.

There are more examples of the kinds of things we mean in the application questions themselves, but we are pretty flexible and we want you to succeed!

We're interested in supporting things that will make it easier for your household and your relations to access food over the long run. It's important that you help us understand how you will do this with the grant you're asking for. Household grants are not for emergency food relief.

We believe that learning more about traditional, cultural, spiritual elements of Indigenous food systems can all play an important role in household food sovereignty, so we invite you to include that in your application if you see fit.

Who are household grants for?

If you answer yes to the following two questions, then this grant is for you!

1. Are you a member of an Indigenous household in Northern Ontario?
2. Are you committed to asserting Indigenous food sovereignty in your household?

If you're not sure if your idea is eligible, email us at foodsovnoront@gmail.com, and we'll help get you sorted.

Northern Ontario Indigenous Food Sovereignty Collaborative

Sovereign Household Grant Application

Application

Contact Information:

Name:

Address:

Email:

Phone:

This grant is for Indigenous households only. Are you a member of an Indigenous household in Northern Ontario?

☐ **Yes**

☐ **No**

Northern Ontario Indigenous Food Sovereignty Collaborative

Sovereign Household Grant Application

Tell us about your household food sovereignty goals!

1. How will this grant help your household be more food self-reliant and sovereign in ways that align with your cultural values (check box for all that apply):

☐ ***Increase your household's ability to access food through hunting, fishing, trapping, growing, harvesting, processing, preparing and/or storing?***

This could include, but is not limited to:

- Equipment or supplies for food harvest, butchery, or processing (traps, meat grinder, sap buckets, vacuum sealer, pressure canner, etc.)
- Training and workshops for the development of food skills (butchery, permaculture design, plant identification, hide tanning, etc.)
- Raw materials, agricultural and horticultural products/supplies (building supplies, seed, breed stock, soil amendments, etc.)

☐ ***Increase your household income through food related economic activity?***

This could include, but is not limited to:

- Equipment and supplies that will enable the selling, bartering and/or trading of food and food related items grown, raised or harvested by your household (selling blueberries, trading household produced foods for other resources, etc.)
- Food safety, food processing, or other training that will enable household food-economic activity (certifying a food safe home kitchen, taking a canning workshop, etc.)
- Art or craftwork production related to the household's food activities (exchange of furs, quills, and other food bi-products for cultural creations, etc.)

☐ **Other (please explain):**

Northern Ontario Indigenous Food Sovereignty Collaborative

Sovereign Household Grant Application

- 2. How much money are you asking for?** *If you live in a remote community, you are eligible for up to \$2000.00. If you live in a rural/urban household, you are eligible for up to \$1000.00:*

- 3. Tell us about your household, and what you are trying to do to be more food sovereign or self sufficient, and why it is important to you.** *This is your chance to help us understand the bigger picture. You could tell us about who's a part of your household, who you're trying to feed. You could tell us about how this food stuff impacts the wellbeing of your household, about your goals, or anything else that you think is important for us to understand. You can write for a little or as long as you want:*

Northern Ontario Indigenous Food Sovereignty Collaborative

Sovereign Household Grant Application

4. What specifically will you use the grant for? *For example: you want to start a family sugar bush, but you need sap buckets. Or you want to keep laying hens, but what you need are building supplies to make a chicken coop. Give us an idea of what supplies you are going to buy. If the grant is not going to pay for the whole project, help us understand what the plan is to cover the rest.*

5. How will this grant impact your broader household community? *Help us understand if this will benefit your neighbors, aunties, cousins, non-human relations, the land, the water etc. There is no wrong answer:*

Northern Ontario Indigenous Food Sovereignty Collaborative

Sovereign Household Grant Application

6. We want to be able to share the learnings and successes that this grant supports, and we want to be able to help find better ways to express Indigenous values around food and community support. **Are you willing to be contacted in the future for evaluation and educational purposes?**

☐ Yes Please

☐ No Thanks

All Done!

Thank you for filling out the Sovereign Household Grant application!

To submit the application, just email us at foodsovnoront@gmail.com with the subject heading "Household Grant Application"



Northern Clinic

PROVIDING APPOINTMENTS at CHAPLEAU CREE FIRST NATION HEALTH CENTRE

David O'Hara, Nurse Practitioner

Wednesday, March 3 rd	Thursday, March 4 th
1:00pm – 4:00pm	8:30 am – 12:00pm

Appointment Line Open Monday – Friday 8:30am to 4:00pm
1-833-564-2726

Melody Hawdon – Mental Health Wellness Worker

~ APPOINTMENTS ~

Contact Melody directly @ 705-904-4158 or melody.hawdon@nmninoeyaa.ca
Appointment Line: 1-833-564-2726 (M – F - 8:30am to 4:00pm)

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

This year's Nutrition Month Theme:

~Good for You~

Exploring how your culture, food traditions, personal circumstances & nutritional needs all contribute to what healthy looks like for you.

Healthy Eating Tips for Living with Diabetes

- Pay attention to portion size.
- Pick healthy Carbohydrates (quinoa, oats, bananas, sweet potatoes, apples, oranges, kidney beans, chickpeas)
- Eat more whole foods & less processed foods.
- Eat more fruits & Vegetables and eat less sweets and sugars.
- Choose "Good fats" (Nuts, seeds, avocado, fatty fish, vegetable oils, soft margarine)
- Drink more water!

Nutrition Month



Diabetes Newsletter ~ March 2021~

"Though our diets have significantly changed, the benefits of eating original foods remain the same. They are highly nutritious, which keeps us strong and healthy, and the hunting, fishing, trapping, and gathering of original food keeps us physically active and spiritually grounded. These are all parts of living a healthy life. Our personal health is something we have the power to change. It is the condition we keep our bodies in and results directly from what we eat and how active we are." – *NIDA Traditional Foods Guide.*

Types of Wild Food Sources

MOOSE: An excellent source of B Vitamins, Vitamin B12, Iron, and Zinc. Moose meat has the least amount of fat out of other game meat (1%), compared to beef, pork or poultry (35-55%).

FISH: A source of Vitamin A, B Vitamins, Choline and Iodine. Fish are high in protein and low in saturated fat. Many types of fish are a good source of the essential nutrient omega-3 and vitamin D. It is recommended for people to eat fish about 2 to 3 times per week

WILD RICE: A source of Antioxidants, Fibre, Folate, Magnesium, and Zinc. Wild rice is a *healthy carbohydrate* that is higher in protein (builds and repairs muscles, skin and blood) and Fibre (lowers blood sugar levels) than white rice and will help you feel full for longer. It is also higher in antioxidants than white rice which will help protect against certain disease and maintain health.

CORN: High in B Vitamins, Fibre, and Phosphorus. When corn was grown alongside beans and squash they were known as the "Three Sisters". Always planted together the corn would provide structure for the beans to grow on, while the squash helped reduce weeds and provide shade for the soil.

NUTS & SEEDS: Filled with Antioxidants, B vitamins, Fibre, Magnesium, healthy fats and Protein. Eating one serving of nuts per day (1/4 cup) five times a week, is associated with a 20% decrease in risk of heart disease and coronary artery disease.

By: Kasey Bissaillon, RPN, Diabetes Nurse Educator, Foot Care Nurse

Benefits of choosing Wild Foods

~ When wild foods are eaten more often there is an overall decrease in calories and saturated fat.

~ Diets higher in wild foods often contain more lean meats and fish, and have been shown to be higher in zinc, iron, vitamin A and calcium.

~ Wild meat, fish and seafood don't contain any antibiotics, preservatives and additives, and wild plants are free of pesticides and herbicides and are often higher in antioxidants.

Book an appointment call
1-833-564-2726

~Angie's Philly Moose Steak Recipe ~



Ingredients:

- Thinly sliced moose meat with either a meat slicer or knife. (small roasts work best slice semi frozen)
- Sliced red and green peppers, onions and mushrooms, Mrs. Dash Herb and garlic seasoning
- Onion powder Salt (use sparingly, daily recommended intake is 1 teaspoon, remember other ingredients also have salt already in them)
- Water or low sodium beef broth until ingredients are covered, Bistro gravy powder
- Provolone cheese, Buns (whole wheat or multigrain are a healthy choice like PC thins)

~Cooking Put all ingredients but the Bistro gravy mix into Dutch oven at 325 degrees F for 1.5 hours or until the meat is tender and cooked through. For Dutch ovens to make the gravy you can use a stove top. Add Bistro gravy powder into some water and stir. About 2 tablespoons and ½ cup of water will do to thicken the broth add to Dutch oven. Stir well and let thicken on low heat.

~Once thickened remove from heat and rest stirring occasionally. For slow cookers you start this at lunchtime, if you put it on a high heat setting make sure you have enough water or broth added. To make the gravy, begin approximately 30 minutes before serving, add 2 tablespoons of Bistro gravy to ½ cup of water and mix. Add to slow cooker stirring well and reduce heat.

~Toast buns in oven lightly buttered with margarine. On toasted buns add your moose and peppers, top with provolone cheese. (if you want the cheese melted you can return to the oven)

~Some condiments that go well with this sandwich is PC Not So Secret Sauce or PC Garlic Mayo sauce.

~Serve sandwiches with a healthy salad or sweet potato fries made in an air fryer or Actifry. You can also spread the sweet potato fries onto a cookie sheet lined with parchment paper and lightly brushed with olive oil, baked in the oven at 425 degrees F for about 45 minutes. Turn the fries halfway through so they cook evenly. Enjoy!

