Monday, March 15, 2021



**Moccasin Trail Challenge Begins** 



7PM—9PM via ZOOM

**Iron Sharpens Iron** Men's Event

Register with Amanda

7PM—9PM via ZOOM

ILR—Learn Moose Cree "L" Dialect Beginner's Crash Course Mondays Register with Culture



Tuesday, March 16, 2021



**Town Run** 

6:30PM Sessions via ZOOM

Omushkego Aski Way of Life & Traditional Customs Teachings with Elder Annie Metat & Knowledge Keepers

Wednesday, March 17, 2021



7PM—9PM via ZOOM

ILR—Learn Moose Cree "L" Dialect Register with Culture



Thursday, March 18, 2021

#### **Town Run**

7PM via ZOOM

**Nutrition Bingo** 

Register with Amanda

Friday, March 19, 2021

#### **BINGO #'s Drawn**

1-Line Winner: Louis Martin (As of Mar. 11, 2021) Playing for TWO-LINES

| LEGEND |                          |    |    |    |  |
|--------|--------------------------|----|----|----|--|
|        | NUMBERS DRAWN THIS WEEK  |    |    |    |  |
|        | NUMBERS DRAWN PREVIOUSLY |    |    |    |  |
| В      | _                        | 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, March 20, 2021



Sunday, March 21, 2021

**Friendly Reminders:** 

Participants must

PRE-REGISTER, BRING and

WEAR facemask for ALL

programs/activities.

705-864-0200



For the week of the March 15-21, 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.

#### **Eagle Moon**

The eagle and other birds of talons are the first to return, signifying a new cycle of life.

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



#### **Vaccine Clinics in Algoma**

For **Indigenous Adults Age 55+** and their household members

## **Urban Indigenous Population**

COVID-19 Vaccination for the Algoma District - Registration for 55+

## **REGISTRATION OPEN MARCH 11, 2021**

BOOK BY PHONE OR ONLINE http://ALGOMAPUBLICHEALTH.com



## **REGISTRATION OPEN MARCH 11, 2021**

**BOOK BY PHONE with Indian Friendship Centre** 

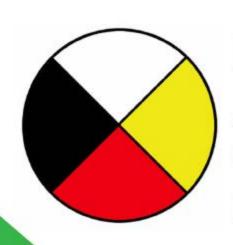
(705) 256-5634

| Select from four (4) av    | ailable regions:      |                    | MINING STATES |
|----------------------------|-----------------------|--------------------|---------------|
| Sault Ste. Marie &<br>Area | Central & East Algoma | Elliot Lake & Area | North Algoma  |
| Sault Ste. Marie           | E NEWS DOLLANDS       |                    |               |
| 🛨 Sault Ste. Marie - GFL   | Memorial Gardens      |                    |               |
| + Batchewana Health C      | entre                 |                    |               |
| + Garden River Wellnes     | s Centre              |                    |               |





# COVID-19 VACCINATION CLINICS NOW AVAILABLE FOR FIRST NATIONS, MÉTIS AND INUIT INDIVIDUALS 55+ in TIMMINS



Wednesday, March 17, 2021 Mountjoy Arena - 10 a.m. to 6 p.m.

Appointments are necessary.

Walk-ins will not be accepted.

Book online: phu.fyi/covid-vaccine or call 1-800-461-1818.



For Chapleau Cree Band Members and Members of their household (Age 18+)

Date March 23<sup>rd</sup>, 2021 4:00 PM-7:00 PM

Time (Tentative)

(may be subject to change)

Location

Chapleau Cree Band Office — Basement Hall

#### APPOINTMENT ONLY!

Please call the Health Centre at (705) 864-0200 to register for an appointment

## MEN'S EVENT

THE POWER OF POSITIVITY TOWARDS OURSELVES AND OTHERS

MARCH 15<sup>TH</sup>, 2021







MAR 15<sup>th</sup> JOIN US FOR A

MOTIVATIONAL ZOOM WORKSHOP THAT INCLUDES AN AMAZING WORKSHOP PACKAGE: HOODIE, MASK, SELF-CARE ITEMS, WORKSHEET & ARTISTIC SUPPLIES.

TO REGISTER PLEASE CONTACT AMANDA DOMINGUE @ 705-864-0200 EXT 206

#### **OMUSHKEGO ASKI**



### Way of Life & Traditional Customs Teachings

with Elder, Annie Metat & Knowledge Keepers

### CREATING A SENSE OF CALM AND BALANCE

What children learn from Grandparents & Elders stick with them
Singing to the baby before birth is very important
Role models of the Grandparents, Elders, Aunts, Uncles and older Siblings
Being open and honest & standing up for what you believe
Dances, songs and language connects you to traditions and identity

#### 6:30 PM ZOOM SESSIONS | Begins Tuesday, March 16, 2021



#### Session 1: Values & Beliefs Teachings | Tuesday, March 16/21

Purpose and use of the legends to empower our parents, youth and families that bring unity in helping each other with making life choices and to connect as families within the community

Session 2: Traditional Parenting | Tuesday, March 23/21

Session 3: Walking Out Ceremony Preparation | Tuesday, March 30/21

Session 4: Rights of Passage | Tuesday, April 6/21

Session 5: Grandmother Teachings & Roles within Families | Tuesday, April 13/21

Session 6\*: Moss Bags & Tikinagan Teachings | April 23, 24 & 25/21

Session 7\*: Clan, Seasonal Cycles and Grandmother Moon Teaching | April 26/21

<sup>\*</sup> More information to follow on Session 6 & 7

## 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** 

## YOUTH ZOOM HANG OUT

7:00PM - 8:30PM

**POWER \* PROTECTION \* STRENGTH** 

JOIN US FOR A FUN NIGHT OF DISCUSSION, ARTISTIC ACTIVITIES, PRIZES & MORE

TO REGISTER PLEASE CONTACT AMANDA DOMINGUE @ (705) 864-0200 EXT 206



WHEN YOU REGISTER FOR THIS WORKSHOP YOU WILL RECEIVE A PACKAGE WITH:

A HOODIE

A BAG

A MASK

WORKSHOP SUPPLIES SELF-CARE ITEMS





## **TEACHINGS & TEA**





Life's Sacred Journey Prevention Dakota Souliere will be having a share and learn traditional knowledge on respecting ourselves, our family, our community and Elders. There will be an Elders' "Teachings & Tea". We will make tea and bannock for our Elders. Adrienne Beaupré will present some teachings on various teas and their medicinal purposes.

With respects to covid and social distancing, we kindly ask the youth to cook outdoors with their stoves, and to bring a mask.



**When**: March 23<sup>rd</sup>, 2021

Time: 3:30pm – 4:30pm

Meet: Mukeso House

Bring:

small propane stove

• mask.

To register please email: <a href="mailto:prevention@lifessacredjourney.ca">prevention@lifessacredjourney.ca</a>

or call (705) 860-0001 (Dakota @ Life's Sacred Journey)





# Well-Being

Values of Success

# Men's Program

Featuring Indigenous Mens Alliance (IMA)
(on Zoom)

Zoom Presentation Host: Kris Morrison Co-Host: Cheryl Dupuis (Grandmother)

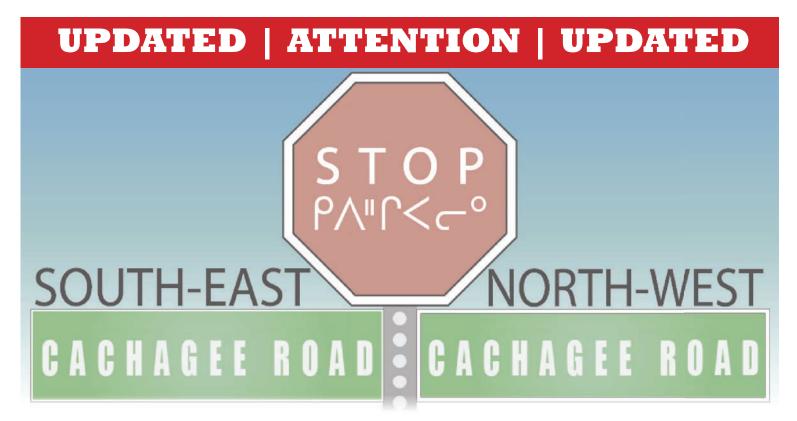
Thursday, March 25, 2021
6:30 PM Meet & Greet
7:00 PM Presentation

To register for Zoom presentation please email culture@chapleaucree.ca

#### 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.



UPDATED: March 10th, 2021

Chief & Council extends warm and welcome thanks to the Members who lent their support and to those who shared their views regarding the proposed road name change of the

#### **SOUTH-EAST SECTION** of

#### CACHAGEE ROAD to FLETCHER ROAD.

Each and every question, comment and concern were given with consideration, and helpful to the overall deliberation.

The proposal for a road name change has been politely declined by Chief & Council.

Sincerest thanks and regards to our Members.

## Chief & Council

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)

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: Word of the Day & infographics, virtual flashcards, lessons, worksheets

Crash Introductory Classes offered on Monday Evenings @ 7:00 PM

via Zoom <a href="https://westernuniversity.zoom.us/j/98824871041">https://westernuniversity.zoom.us/j/98824871041</a> (direct link)



# Weekly ILR Intermediate Classes offered on Wednesday Evenings @ 7:00 PM – 9:00 PM For Adults & Youth Age 14+

If 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.



Interested in making healthy life changes to your weight?

Tired of feeling sluggish?

Chapleau Cree Health will be holding weekly weigh-ins and online Zoom meetings for those that are interested in making this change.

If you are interested in joining, please call Health: (705) 864-0200 or email Amanda at programfacilitator@chapleaucreehealth.ca to register.

Start date: To Be Determined