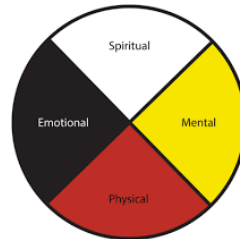


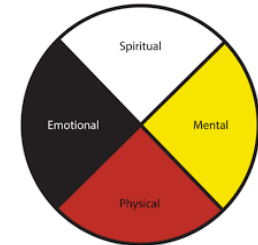
Monday, April 12, 2021



Tuesday, April 13, 2021



Wednesday, April 14, 2021



Moccasin Trail Challenge Continues

Town Run

\*\*\*\*\*

**ILR—Learn Moose Cree “L” Dialect**  
*Beginner’s Crash Course Mondays*  
*Register with Culture*

7PM—9PM via ZOOM



6:30PM Sessions via ZOOM

**Omushkego Aski**  
**Traditional Customs Teachings**  
Grandmother Teachings,  
Roles within Families  
*with Elder Annie Metat & Knowledge Keepers*

7PM via ZOOM

**Pilates**  
*Register with Amanda*

\*\*\*\*\*

7PM—9PM via ZOOM

**ILR—Learn Moose Cree “L” Dialect**  
*Register with Culture*



Thursday, April 15, 2021

Town Run

Friday, April 16, 2021

7PM via ZOOM

**Women's Virtual  
Sharing Circle**

*Register with Culture*

\*\*\*\*\*

**BINGO #'s Drawn**

3-Line Winner: **Peggy Domingue**

**Playing for Full-Card**

**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

Saturday, April 17, 2021

Happy  
**Saturday**

Sunday, April 18, 2021

*Friendly Reminders:*

**Health Centre**

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

**705-864-0200**



**For the week of the  
April 12-18, 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.

**Goose Moon**

The goose is an essential part of the  
Cree Community. The call of the goose  
is greatly anticipated and its return is a  
joy to the heart of people.

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](mailto:healthcarecoordinator@chapleaucreehealth.ca)**



P.O. Box 400 ♦ Fox Lake Reserve, Ontario ♦ P0M 1K0

Ph (705) 864-0784 ♦ Fax (705) 864-1760

[reception@chapleaucree.ca](mailto:reception@chapleaucree.ca)

COVID-19 COVID-19 COVID-19 COVID-19 COVID-19 COVID-19 COVID-19 COVID-19 COVID-19 COVID-19

# NOTICE

## COVID-19 MEASURES

**EFFECTIVE: *April 8, 2021***

Chapleau Cree First Nation offices are operating under an **ESSENTIAL-SERVICES ONLY** with staff WORKING FROM HOME, when possible. We will continue to provide services to our Members and business associates. We have modified the way we do business and put additional restrictions in place to reduce the risk of exposure to our employees, Members, guests, and the community at large.

Meetings are held via teleconference or virtually through a variety of software programs whenever possible. Masks continue to be mandatory in the office. Guests and visitors are discouraged from **NON-ESSENTIAL VISITS** to our offices; However, if necessary, they must sign in upon entry to assist with contact tracing. Hand sanitizing, temperature checking and limiting capacity inside offices has been implemented and is enforced.

Chapleau Cree First Nation staff will be available by phone, email, and other forms of communication during regular business hours. To reiterate, for your safety and that of our employees and community Members, we ask that you limit office visits during this time.

Furthermore, social circle and gathering guidelines provided by the Government of Ontario will continue to be followed.

Our Councillors will continue to keep abreast of the current COVID-19 Pandemic and will meet as necessary to review operation planning for Chapleau Cree First Nation. We thank you for patience during this time. I can assure you that we are doing everything possible to assist and support our community, keeping safety and security as our primary concern, while we navigate through this difficult time together.

As this situation evolves, we will continue to keep you informed to the best of our ability. Please continue to see our website at [www.chapleaucree.ca](http://www.chapleaucree.ca) for further information and updates.

Meegwetch

Chief Keith Corston.



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COVID-19 COVID-19 COVID-19 COVID-19 COVID-19 COVID-19 COVID-19 COVID-19 COVID-19 COVID-19

# NOTICE

## CHAPLEAU CREE AUTO/TRUCK GARAGE & SMALL-ENGINE REPAIR

WHEN: **UNTIL FURTHER NOTICE**

**BY APPOINTMENT ONLY**

5 DAYS A WEEK

**8:30 AM – 4:30 PM**

**BEGINNING MAY 3, 2021**

MONDAY-THURSDAY

**8:00 AM – 5:00 PM**

FRIDAY

**8:00 AM – 12:00 PM**

*Please call during the hours above to book an appointment.*

Chapleau Cree Auto/Truck Garage: **705-864-9090**

Chapleau Cree Small Engine Repair: **705-864-1045**



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**

*\* More information to follow on Session 6 & 7*

**To REGISTER** please call Health at (705) 864-0200 or email Cheryl at [culture@chapleaucree.ca](mailto:culture@chapleaucree.ca)



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 <https://westernuniversity.zoom.us/j/98824871041> (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.

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





# Womens Virtual Sharing Circle

Friday, April 16 & 30, 2021

2:30 PM via Zoom

Ages 18 +



**Women united in spiritual circles  
will awaken the wisdom  
in each other's spirit**

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



**REMINDER to Pre-Register**



# Mass Second-Dose Moderna COVID-19 Vaccine Clinic

For Chapleau Cree

Band Members and Members of their household

(Age 18+)

*First-Dose Date*

*Second-Dose Date*

March 23<sup>rd</sup>, 2021 → April 20<sup>th</sup>, 2021

4:00 PM-7:00 PM

*(may be subject to change)*

*Location*

**Chapleau Cree Band Office — Basement Hall**

**BY APPOINTMENT ONLY!**

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





# ATTENTION INDIGENOUS YOUTH we want to hear from you

## WHAT

Share your thoughts with us on recreational cannabis use.  
You can submit a short story, video or digital / traditional artwork.

## WHY

The Ontario Native Education Counselling Association (ONECA) is developing culturally-appropriate resources and training related to recreational cannabis use and vaping. We need your input and perspectives.

## HOW

Send your submissions to Linda Sullivan,  
Project Coordinator at [linda@oneca.com](mailto:linda@oneca.com)  
Include your name, email address and phone number.

1st Prize is a Laptop! All participants will receive a gift card.

DEADLINE FOR SUBMISSIONS  
**APRIL 30, 2021**

Producers of the top content could be asked to participate in an online forum to develop key messaging that will influence healthy choices and harm reduction.

