

Monday, May 10, 2021

Summer Hours Begin

Pimii Kamik Gas Bar
7AM - 10PM

Offices

8:00 AM - 5:00 PM (*Mon-Thur*)
8:00 AM - 12:00 PM (*Fri*)

7PM—9PM via ZOOM

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

Register with Culture



Tuesday, May 11, 2021

Town Run

6:30 PM Sessions via ZOOM

**Omushkego Aski
Traditional Customs Teachings**

with Elder Annie Metat
Grandmother Teachings &
Roles within Families
Register with Culture

Wednesday, May 12, 2021

6PM—9PM via ZOOM

Virtual Ribbon-Skirt Making
Session 1 of 2
Register with Culture

7PM—9PM via ZOOM

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



Town Run

Virtual Ribbon-Skirt Making

Session 2 of 2

Register with Culture

Saturday

BINGO #'s Drawn

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

Friendly Reminders:

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

Health Centre
705-864-0200



**For the week of
May 10-16, 2021**

Summer Hours
Monday—Thursday
8:00 AM - 5:00 PM
Friday
8:00 AM - 12:00 PM

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

Frog Moon

According to Cree legend, the frog is the prime figure in the birth and creation of all the moons.

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



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

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

reception@chapleaucree.ca

UPDATED **NOTICE** UPDATED **SPRING CLEAN UP DAYS** **2021**

WHOM: All Fox Lake Reserve Residents

WHEN: **May 17 – 28, 2021**

Public Works staff will be collecting waste:

Household (Large-bagged), Yard Waste (bagged),
Metal/Appliances, Electronics, Batteries, and Tires

PLEASE ENSURE ITEMS ARE ACCESSIBLE AND SEPARATED INTO PILES

FEES REMOVED

✓ **Deadline for waste to be
picked up is May 28th**

- ✓ Batteries
 - ✓ Electronics
 - ✓ Metal/Appliances
 - ✓ Propane bottles/tanks
(unless the valves have been removed)
 - ✓ Tires (limit 4 per household)
 - ✓ Wood/Yard Waste
(no nails/screws)
- Must be manageable;
No decks or structures.

- ✓ Refrigerators
 - ✓ Derelict vehicles
- Contact **Gord Garito,**
AIM Recycling to make
arrangements.

Tel: **705-267-7222**

Cell: **647-229-1604**

ggarito@aim-recycling.com

Any questions, comments, or concerns?

Please contact **Eric Caldwell**, Public Works Supervisor, via **705-465-3452** or publicworks@chapleaucree.ca



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NOTICE

FREE WOOD AT BURKHOLDER GARAGE

WHOM: FIRST-COME, FIRST-SERVED
WHEN: **IMMEDIATE (May 3, 2021)**
WHERE: **Burkholder Garage**

Wood is close to or is showing signs of rot.

All wood reserves located at Burkholder Garage must go. Members are welcome to collect as much as they desire; First-come, first-served basis, while reserves last.

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





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

REVISED SCHEDULE



Session 1: Traditional Parenting | Tues., April 20/21

Session 2: Clan, Seasonal Cycles and Grandmother Moon Teaching | Mon., April 26/21

Session 3: Rights of Passage | Tues., May 4/21

Session 4: Grandmother Teachings & Roles within Families | Tues., May 11/21

Session 5: Moss Bags & Tikinagan Teachings | Dates to be determined

** More information to follow on Session 5*

To **REGISTER** please email Cheryl at culture@chapleaucree.ca

ZOOM Meeting ID: 616 368 0181

Password: 7058640200

REVISED **NOTICE** REVISED

BEADING LESSONS



HOW TO BEAD YOUR OWN EARRINGS



Sign up Deadline, or until spots filled: **May 13th!**

Dates have been revised.

Beading kits will be delivered to your home.

Drop off date will be May 18th.



16 SPOTS AVAILABLE



WHEN: Every Thursday, starting:

May 20th @ 6:30 PM- 8:00 PM

May 27th @ 6:30 PM- 8:00 PM

Until completed.

ZOOM LINK WILL BE SENT VIA EMAIL

To sign up please email **Dakota Souliere:**

prevention@lifessacredjourney.ca



INDIGENOUS WHOLISTIC HEALING SERVICES

PO Box 8935 Saskatoon, SK S7K 6S7

STRESS MANAGEMENT VIRTUAL TRAINING WORKSHOP

TIME: 9:45 A.M. - 11:45 A.M. & 1:00 P.M. - 3:00 P.M.

MAY 27TH & MAY 28TH, 2021

Stress is a normal psychological and physical reaction to the demands of life. A small amount of stress can be good, motivating you to perform well. But multiple challenges daily, such as sitting in traffic, meeting deadlines, and paying bills, can push you beyond your ability to cope.

Your brain comes hard-wired with an alarm system for your protection. When your brain perceives a threat, it signals your body to release a burst of hormones that increase your heart rate and raise your blood pressure. This “fight-or-flight” response fuels you to deal with the threat.

Once the threat is gone, your body is meant to return to a normal, relaxed state. Unfortunately, the nonstop complications of modern life mean that some people’s alarm systems rarely shut off.

Stress management gives you a range of tools to reset your alarm system. It can help your mind and body adapt (resilience). Without it, your body might always be on high alert. Over time, chronic stress can lead to serious health problems.

Don’t wait until the stress damages your health, relationships, or quality of life.

START PRACTICING STRESS MANAGEMENT TECHNIQUES TODAY.



To Sign up please call your Prevention and Wellness Worker, Dakota, at 705-860-0001

Or Email: prevention@lifessacredjourney.ca



Let's talk
energy
savings

**APPLY NOW TO BE ENTERED IN A FREE
DRAW! as part of the
FIRST NATIONS CONSERVATION PROGRAM**

FIRST NATIONS ENGINEERING SERVICES LTD.
is offering a free draw.

TO QUALIFY:

Must own or rent a home on **Chapleau Cree First Nation**
1 entry per each approved application to the FNCP

PRIZE:

\$50 VISA Gift Card

Sign up Today!
Accepting applications until
MAY 31, 2021

To sign up, or for more information, please
contact **Cheryl MacDonald** at **705-864-0784** or
email reception@chapleaucree.ca





Interested in taking the **Non-Restricted Firearms & Ontario Hunter Education Safety** Courses Online?

The Non-Restricted Firearms Course & Ontario Hunter Education Safety Course are now offered online.

Chapleau Cree First Nation status Band Members are eligible to be reimbursed by providing:

1. Certificate of completion(s)
2. Receipt(s) for courses from instruction/online



If you would like Chapleau Cree FN to sponsor you in taking this accredited course in your area or online, please contact:

Cheryl Dupuis, Cultural Coordinator at **705-864-0200** ext. **217** or email culture@chapleaucree.ca

Listed below are a couple of online resources for your information:

- http://www.firearmsandhunterscourse.ca/dt_courses/one-stop-pal-hunter-education-course/
- <https://www.ohep.net/courses/online-huntered/>



**Are you interested in taking any of these courses?
Would like Chapleau Cree First Nation to sponsor you?**

- ♦ **The Boater Exam Course**
- ♦ **The Non-Restricted Firearms Course**
- ♦ **The Ontario Hunter Education Safety Course**

The courses above may be offered on line or you may take them locally if offered in your residential area. Chapleau Cree First Nation status band members may be eligible to be reimbursed by providing the following:

- ⇒ Certificate of ***successful*** completion
- ⇒ Receipt for course from instruction/online

Below are the following links for your reference:

- ⇒ boaterexam.com/canada
- ⇒ firearmsandhunterscourse.ca
- ⇒ ohcp.net/courses/online-huntered

For more information please contact, **Cheryl Dupuis**, Cultural Coordinator via email culture@chapleaucree.ca or call **705-864-0200**



Hello Everyone

My name is Chalias Caldwell and I am the new Financial Programmer at Chapleau Cree Health Centre. I have a background in Medical Office Administration. I come to you from the Band Office as their previous Finance Trainee. I look forward to working with the community. I can be reached by email at financialprogrammer@chapleaucreehealth.ca or by telephone at (705) 864-0200 X204.



Tamarack Harvesting & Geese Making Teachings with John Etherington 6:30 PM Virtual Teachings on ZOOM

- ♦ **Tamarack Harvesting: Wed., May 19, 2021**
- ♦ **Tamarack Geese Making Part 1 of 2 : Wed., May 26, 2021**
- ♦ **Tamarack Geese Making Part 2 of 2 : Thurs., May 27, 2021**

The Cree have made traditional use of the tamarack, called 'wachinakin' or 'wageenakin', for millenia. In addition to it's medicinal uses, the Cree (or Eeyou) use parts of the tamarack tree for making toboggans, snow shoes, canoes and even firewood. But, perhaps the most well-known use is the elegant and lifelike goose hunting decoy made by the Cree from tamarack twigs. Making of the tamarack twig goose decoys, as an aid in hunting, has been passed down among the Cree people, generation to generation. It is a necessary technology which has, among some Cree craftspeople, evolved into a remarkable contemporary art.

Band Members that live outside our local community may participate, however, supplies will be provided to Chapleau Cree FN Band Members On Reserve & Local Members only.

Deadline to register is Wednesday, May 19, 2021 @ 12:30 PM

To register please contact **Cheryl** at culture@chapleaucree.ca or call 705-864-0200

Zoom.com ~ Meeting ID: 616 368 0181 ~ Password: 7058640200