

**Monday, May 17, 2021**

**7PM—9PM via ZOOM**

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

*Register with Culture*



**Tuesday, May 18, 2021**

**Town Run**

**Wednesday, May 19, 2021**

**6:30 PM—8:30 PM via ZOOM**

**Tamarack Harvesting Teaching**  
With John Etherington  
*Register with Culture*

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**7PM—9PM via ZOOM**

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





Thursday, May 20, 2021

Town Run

\*\*\*\*\*

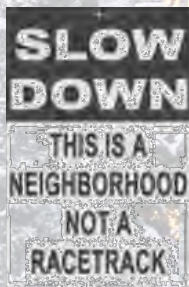
6:30 PM—8:00 PM via ZOOM

Bead Your Own Earrings

Register with LSJ

Saturday, May 22, 2021

It is gorgeous outside.  
Please drive with  
pedestrian safety in mind.



Friday, May 21, 2021

OFFICES CLOSED

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

Sunday, May 23, 2021

Friendly Reminders:

Participants must

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

Health Centre

**705-864-0200**

MONDAY, MAY 24, 2021  
VICTORIA DAY HOLIDAY  
OFFICES CLOSED



For the week of  
May 17-23, 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](mailto:healthcarecoordinator@chapleaucreehealth.ca)



**Public Health  
Santé publique**  
SUDBURY & DISTRICTS

# Advisory Alert

## Ontario pauses rollout and administration of AstraZeneca's COVID-19 vaccine

### Advisory Alert

**May 11, 2020**

*\*Cette information est seulement disponible en anglais.*

To: Local Health System Partners

**FOR IMMEDIATE ATTENTION**

### Effective today, administration of AstraZeneca is on pause

As of May 11, 2021, the province of Ontario has paused the rollout and administration of first doses of the AstraZeneca COVID-19 due to an observed increase in the rare blood clotting condition known as vaccine-induced immune thrombotic thrombocytopenia (VITT). This decision was also based on the increasing mRNA vaccine supply and decreasing rates of COVID-19.

In collaboration with health experts at Public Health Ontario, the Science Advisory Table and federal, provincial, and territorial partners, the provincial government is reviewing the data to consider options for the use of the AstraZeneca vaccine for second doses and more broadly moving forward.

**Sudbury**

705.522.9200

**Sudbury East /  
Sudbury-Est**

705.222.9201

**Espanola**

705.222.9202

**Île Manitoulin  
Island**

705.370.9200

**Chapleau**

705.860.9200

**Toll-free /  
Sans frais**

1.866.522.9200

**phsd.ca**





**Public Health  
Santé publique**  
SUDBURY & DISTRICTS

# Advisory Alert

Early studies have shown promising results with the administration of two doses of different vaccines and the province is seeking guidance from the National Advisory Committee on Immunization (NACI) on the interchangeability of COVID-19 vaccines moving forward.

Based on the much higher risks of COVID-19 infection and with the variants of concern stronger and more transmissible, those who received their first dose of the AstraZeneca vaccine did the right thing to prevent severe illness and to protect their communities. Additional details on second dose recommendations will be shared following further evaluation.

Within the Public Health Sudbury & Districts service area, 459 doses of AstraZeneca have been administered by primary care and 2801 doses by local pharmacies.

All [eligible](#) individuals, who are not yet immunized, are encouraged to book an appointment to receive an mRNA COVID-19 vaccine when it is available to them.

For further details, read [Ontario's statement](#) on pausing the administration of the AstraZeneca vaccine.

Sincerely,

*Original Signed By*

Dr. Penny Sutcliffe

Medical Officer of Health and Chief Executive Officer

NOTE: All [Advisory Alerts](#) are found on our website.

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# REMINDER

**Bears are now awake!**

Please use the bear bins provided.  
Remind your families to be mindful when  
enjoying the outdoors.

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)





# **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.

**Youth must be registered with adult/family member for assistance with geese making**

***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 for kits is Wednesday, May 19, 2021 @ 12:30 PM**

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

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





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

**7:00 PM ZOOM SESSIONS**

**REVISED SCHEDULE**



- Traditional Parenting | Tues., May 22/21
- Seasonal Cycles & Grandmother Moon Teaching | Wed. May 26/21
- Moss Bags & Tikinagan Teachings | Dates to be determined
- Spirit Names, Clans & Colours | Dates to be determined

*\* More information to follow*

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

**(Updated) Meeting ID: 224 600 4355**

**Password: 7058640200**





# 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 27<sup>TH</sup> & MAY 28<sup>TH</sup>, 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](mailto:prevention@lifessacredjourney.ca)

***Northern Clinic***

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**~ PHONE APPOINTMENTS AVAILABLE ~**

**MONDAY TO FRIDAY 9:30 AM TO 2:30 PM** (*REGULAR BUSINESS DAYS*)

**David O'Hara, Nurse Practitioner**

**Shirley Hale, Nurse Practitioner**

**APPOINTMENT BOOKING LINE (MON – FRI, 8:30AM-4PM)**

**(705) 856-8282 OR TOLL FREE: 1-833-564-2726**

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**Melody Hawdon – Mental Health Wellness Worker**

**~ PHONE APPOINTMENTS AND VIRTUAL ~**

**EXTENDED HOURS AVAILABLE!**

*To book an appointment contact Melody directly at (705) 904-4158*

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



Please make copies and post on  
your Community Bulletin Board



## Get Your Career Moving!



### Train Conductor Positions Available:

**Grande Cache  
Saskatoon**

**Jasper  
Humboldt**

**Grande Prairie  
North Battleford**

**Melville  
Regina**

### About the Job

Enjoying physical labour, teamwork and working outdoors as well as being safety-minded are vital to a career in rail operations at CN. With a vibrant, 24/7 schedule, no two days will ever be alike. You can expect fresh challenges, a safety-focused work environment, paid training and supportive colleagues who share your passion for motion. The careers we offer are meaningful because the work we do matters. Join us!

Conductors work as members of two or three person train crews and perform duties associated with the movement of trains, rail cars, and locomotives in rail yards and on the road. They coordinate the assembly of trains and execute any ground work outside the locomotive cab while in the yard or en-route (ex: operating track switches, picking up rail cars, making emergency repairs, etc.).

### Responsibilities

The statements in this section are essential job functions that an employee must be able to perform with or without accommodations in order to achieve the objectives of the Conductor job.

- Ensuring compliance with all train orders, signals, railroad rules and regulations related to safety and operations
- Providing and receiving various forms of oral and printed instructions concerning the movement and placement of rail cars
- Assembling/dismantling trains in the rail yard, and picking up/setting off rail cars en-route
- Observing, interpreting, and relaying signals to ensure safe train and locomotive movement
- Operating track switches to change locomotive and rail car routes
- Inspecting the condition of a train and equipment
- Making effective decisions when in unfamiliar locations or emergency situations
- Communicating effectively with the Rail Traffic Control centre, other train crews and other departments on a regular basis via handheld radio

Join Us! For more information or to apply:  
**[GotoApply.ca/Conductor](https://www.gotoapply.ca/conductor)**



*CN is a proud partner of  
Indigenous Link's  
Community Connections*



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Indigenous Link, PO Box 109 Keewatin, ON P0X 1C0 Phone/ Fax: 1-866-440-7257

ID 495



Wahkohtowin  
Development GP Inc.

# WE'RE HIRING!

Position: Guardian Team Lead

Contract: June-August

Location: Chapleau Area

Pay: \$21/hour (full-time)



## Duties and Responsibilities

- Provide group leadership to team of youth Guardians, ages 16+.
- Participate in and support a variety of field projects.
- Report to program managers daily.
- Ensure compliance with workplace safety regulations.
- Work cooperatively with program manager and community partners.
- Ensure that equipment is safe to use and serviceable.

## Assets and Eligibility

- ✓ Hold a valid Ontario driver's licence – class "G".
- ✓ Experience driving on dirt roads using CB radio communication.
- ✓ Standard First Aid Certificate.
- ✓ Orienteering skills using compass, GPS and reading maps.
- ✓ ATV driving experience.

*If you do not have these skills but have the ability to participate in training to obtain them, please apply!*

## Application Deadline

**Wednesday May 26<sup>th</sup>, 2021**

Send resume and cover letter to:  
[amberly@wahkohtowin.com](mailto:amberly@wahkohtowin.com)

## Visit Us Online!

[www.wahkohtowin.com](http://www.wahkohtowin.com)

