

For the week of  
**April 10 to**  
**April 16, 2023**

**Winter Hours**  
 Monday - Friday  
**8:30AM - 4:30PM**

Participation and Feedback on  
 Activities/Events/Programs is  
 always welcomed

Please submit feedback to  
**Marlene Kapashesit @ 705 864 0200**  
 or [hcd@chapleaucree.ca](mailto:hcd@chapleaucree.ca)

**Please register for the programs,  
 activities and events offered  
 in our community.**

**Chapleau Cree First Nation**

P.O. Box 400  
 828 Fox Lake Road  
 Chapleau ON  
 P0M 1K0

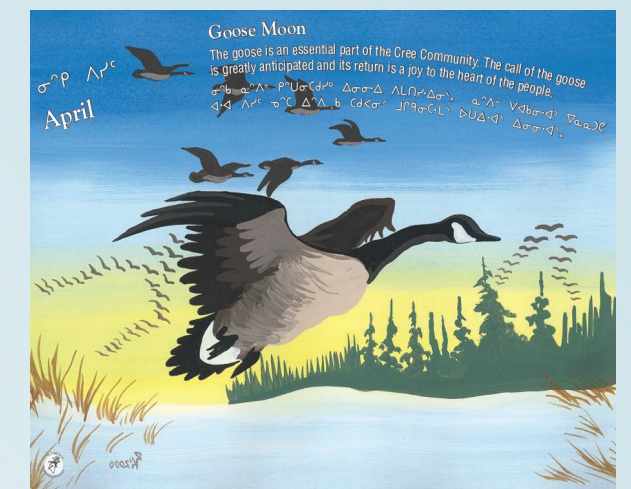
Phone: 705-864-0784  
 Fax: 705-864-1760  
 E-mail:  
[reception@chapleaucree.ca](mailto:reception@chapleaucree.ca)



**The Week's Highlights:**

**Offices Closed Easter  
 Monday—Happy Easter!**

**Youth Guitar Lessons  
 with Wayne Kapashesit**



**Oški-kīšikāw**  
**MONDAY**  
Niskipīsim  
April 10

**EASTER MONDAY**  
**OFFICES CLOSED**

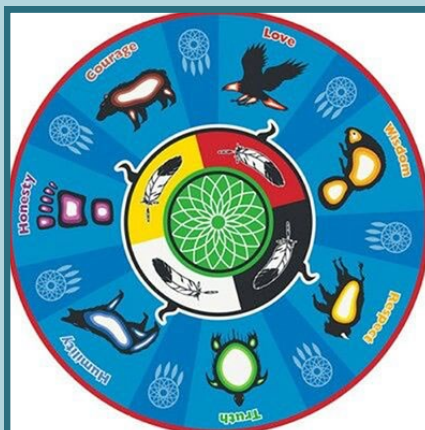
**HAPPY**  
*Easter*  
**MONDAY**

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Cree Class will be held on Monday April 10th @ 7:00 pm

ILR-Learn Moose Cree  
"L" Dialect  
Register with **Health** at  
**705-864-0200**

**7:00 pm - 8:00 pm**  
on ZOOM



**Nīso-kīšikāw**  
**TUESDAY**  
Niskipīsim  
April 11



**Town Run**  
10:00 a.m.  
Call **Health** at  
**705-864-0200** to get  
picked up



**Weight**  
**Watchers**

**7:00 PM — 8:00 PM**  
@ Health



**Apihtawan**  
**WEDNESDAY**  
Niskipīsim  
April 12



**YOUTH (8-17)**  
**GUITAR LESSONS**  
April 12-13  
6pm-8pm  
@ Health  
Call 705-864-0200  
to register.  
Instructor:  
Wayne Kapashesit



**Nēwi-kīšikāw**  
**THURSDAY**  
Niskipīsim  
April 13



**Town Run**  
10:00 a.m.  
Call **Health** at  
**705-864-0200** to get  
picked up



**YOUTH (8-17)**  
**GUITAR LESSONS**  
April 12-13  
6pm-8pm  
@ Health  
Call 705-864-0200  
to register.  
Instructor:  
Wayne Kapashesit



**Pahkwēšikani-kīšikāw**  
**FRIDAY**  
Niskipīsim  
April 14



Not Receiving the  
Weekly Pamphlet in a  
timely manner?  
Call **Kyle Corston** at the  
**Band office 705 864**  
**0784** and give your  
email—you'll  
receive the pamphlet  
right to your in-box

**Matinawe-Kisikaw**  
**SATURDAY**  
Niskipīsim  
April 15

*HAVE*  
*a Great*  
*Weekend*  
*RELAX &*  
*ENJOY*



**Ayamihēwi-kīšikāw**  
**SUNDAY**  
Niskipīsim  
April 16

**CREE CLASS**

ILR-Learn Moose Cree  
"L" Dialect  
Register with **Health** at  
**705-864-0200**

**7:00 pm - 8:00 pm**  
on ZOOM

## Guitar Lessons for Youth 8 to 17

Are you interested in learning how to play the guitar. Now is your chance. Health is offering guitar lessons  
The maximum number of Students 4 There will be

four sessions. The first set is:

April 12– 13, 2023

@ Health Center

6:00 pm to 8:00 pm



Guitars are available for learning, but, if you have your own bring it along, best to learn on your own.

This is the first group. Further groups will be announced.

Facilitator: Wayne Kapashesit



# Pow Wow

We are looking for enthusiastic and committed committee members to help with organizing our CCFN Pow Wow this year on August 12-13, 2023

All community members wishing to join must be registered by April 14, 2023

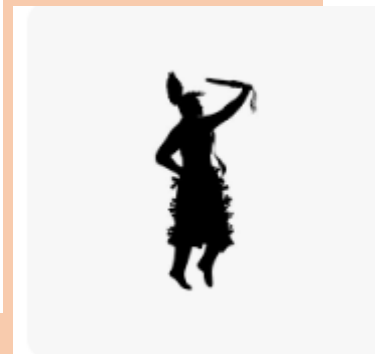
First meeting will be at the Band Office in April, date to be confirmed

Please Call or Email Debbie at the Health Center

705-864-0200 or [h.adminassist@chapleaucree.ca](mailto:h.adminassist@chapleaucree.ca)

Please make sure to Leave your email address and Phone numbers with her.

Lets get together and make this Pow Wow as wonderful as we possible can



# April 2023

Appointments available daily

9:30am-2:00pm

705-856-8282 or

Toll Free—1-833-564-2726

Monday	Tuesday	Wednesday	Thursday
3 Chapleau Cree Clinic	4 Chapleau Cree Clinic	5 Chapleau Cree Clinic	6 Chapleau Cree Clinic
10 <b>Easter Monday</b> - Office Closed	11 Chapleau Cree Clinic	12 Chapleau Cree Clinic	13 Chapleau Cree Clinic
17 <b>Heart Health Day</b> Chapleau Cree Clinic	18 Brunswick House Health Centre	19 Chapleau Cree Clinic	20 Chapleau Cree Clinic
24 <b>Cancer Screening Clinic</b> Chapleau Cree Clinic	25 Brunswick House Health Centre	26 Chapleau Cree Clinic	27 <b>Foot Care Clinic</b> Chapleau Cree Clinic

**Monday April 17th**

Heart Health Day



All-Day

Appointments

**Monday April 24th**

Cancer Screening  
Clinic



All-day Appointments

**Friday April 28th**

Foot Care Clinic



All- Day Appointments

**REMINDER**

Clinic Closed for  
Easter Holidays

April 7th & 10th



# **We're heading to Gilbertson's Pancake House!!!!!!**

April 18th, 2023

Departure time: 9:30 AM from Health Centre

Return time: 5:30 PM (approximately)

**MAXIMUM of 25 participants!**

**Seniors Only! Transport Provided!**

Please call Health to register for this event 705-864-0200.





## **NEW SESSION STARTING APRIL 18th 2023**

Are you concerned about your weight? Are you diabetic? Do you have concerns with your current diet and eating habits? Are you looking for support with your weight loss journey?

Join our new session!

Participants can join our CCFN Weight Watchers Health Group for weigh ins and group support.

Meetings are held on Tuesday's at 7:00 PM at Health.

Please call the Health Centre at 705-864-0200 if interested in joining this program.

## Community Consultation Dinner

We are looking for suggestions for activities from the community for Children, Youth, Adults and Elders.

If you have ideas of activities that you would like to see brought to life, come enjoy a dinner and see what we have in mind for the future, and tell us about what you think would be fun for the community.

Dinner will be on **Thursday April 20, 2023 at 5:30** at the Band Office, followed by a presentation. Looking forward to hearing all the excellent Ideas.

Presenters will be Marlene Kapashesit and Tracy Martin







Chapleau Cree First Nation  
 P.O. Box 400 ♦ Fox Lake Reserve ♦ Chapleau, Ontario ♦ P0M 1K0  
 Tel: (705) 864-0784 ♦ Fax (705)864-1760  
[reception@chapleaucree.ca](mailto:reception@chapleaucree.ca)



**BIDDING OPPORTUNITY**  
**Provision of Catering Services to**  
**Chapleau Cree FN – Health Center**

Community Consultation Dinner  
 Thursday April 20, 2023

Chapleau Cree First Nation will be hosting a Community Consultation Dinner on Thursday April 20, 2023

Brief Description	Dinner for approximately 50 participants. Entrée, fruit, vegetables, dessert Coffee, water, juice, tea *Please Note: Adjustments will be made as for any increases in the number of participants. Menu should be tradition Christmas Dinner.
Contract Duration	Thursday April 20, 2023
Venue	<b>Chapleau Cree FN – Band Office</b>

- **Interested bidders will be required to submit a healthy menu (to be included with the bid) and must follow the current Ontario best practices guidelines for food handling/serving to prevent the spread of COVID-19**
- All shopping, storage, transportation, preparation, serving and clean-up of food supplies will be the responsibility of the successful bidder.
- Kitchen, cooking equipment, tablecloths, napkins, utensils will be provided by Chapleau Cree Health.
- The successful bidder must provide their own take-out containers.
- The successful bidder will be responsible for all necessary clean up
- Remaining food and refreshments are to be left at the event
- Kitchen must be returned to original condition.
- 50% holdback will be instituted on any advances to be released after inspection of kitchen/facility clean-up following the event.

Interested candidates are welcome to submit a bid and proposed menu plan to:

Marlene Kapashesit  
 Chapleau Cree Health Services  
 P.O. Box 400  
 Chapleau, ON P0M 1K0

or by email to [hcd@chapleaucree.ca](mailto:hcd@chapleaucree.ca)

Subject Line: **Catering Bid: April 20, 2023 Community Consultation Dinner**

*Note: Electronic bids missing the above subject may be missed from consideration.*

**Deadline to submit bid and menu will be April 14, 2023 by 12:00 pm**