

**Please register for the programs,
activities and events offered**

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

Chapleau Cree Health Centre

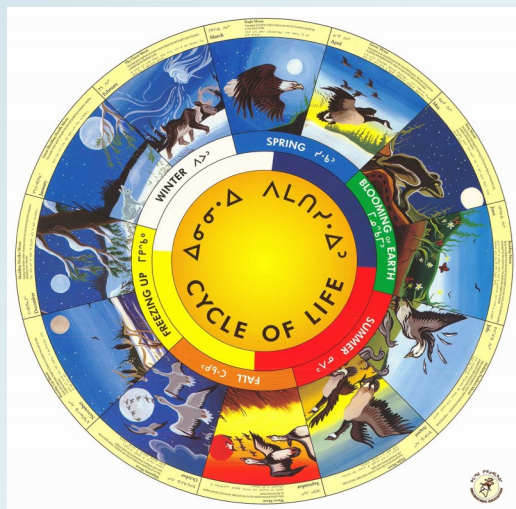
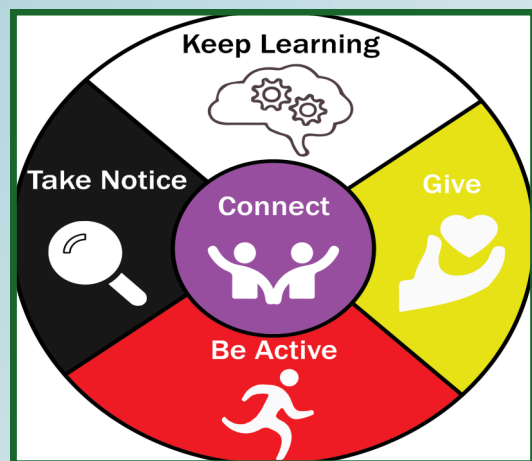
P.O. Box 400
801 Fox Lake Road
Chapleau ON
P0M 1K0

Phone: 705-864-0200
Fax: 705-864-0206
E-mail: h.adminassist@chapleaucree.ca

Life's Sacred Journey

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

Phone: 705-860-0003
Fax: 705-860-0004
E-mail: bandrep@lifessacredjourney.ca



For the week of
**July 29 to
August 4, 2024**

Summer Hours:

**Monday - Thursday
8:00AM - 5:00PM**

**Friday
8:00AM - NOON**

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

Please submit feedback to
Kyle Corston @ 705-864-0784 or
communityrelations@chapleaucree.ca



This Week's Highlights:

- Bowen Therapy w/ D. Barnes
- Powwow Dance Teachings & Practice
- Community Dinner (BBQ ribs & Baked Beans)
- Youth Regalia Preparation



Oški-kīšikāw
MONDAY
Opaskowi-Pisim
July 29

IT'S
MONDAY
TIME TO
SPARKLE AND SHINE



Nīso-kīšikāw
TUESDAY
Opaskowi-Pisim
July 30



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

Bowen Therapy
w/ D. Barnes



1pm-8pm @ Health

Powwow Dance Teachings
& Practice



6pm-7:30pm @ Band Office



Apihtawan
WEDNESDAY
Opaskowi-Pisim
July 31

Bowen Therapy
w/ D. Barnes



10am-5pm @ Health



COMMUNITY DINNER



5:30-6:30pm @ B. Office Hall
(BBQ Ribs & Baked Beans!)

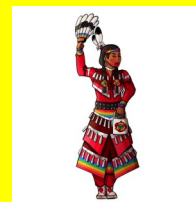


Nēwi-kīšikāw
THURSDAY
Ohpahowi-Pisim
August 1

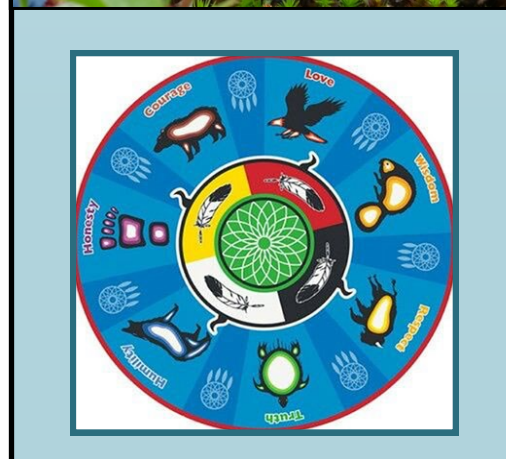


Town Run
10:00 a.m.
Call **Health** at
705-864-0200 to get
picked up

Youth Regalia
Preparation



6pm-9pm @ Health



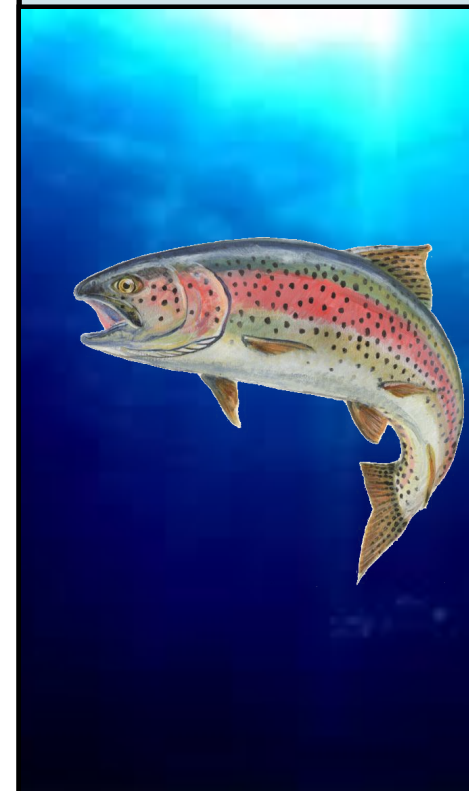
Pahkwēšikani-kīšikāw
FRIDAY
Ohpahowi-Pisim
August 2

HAVE A NICE
Weekend

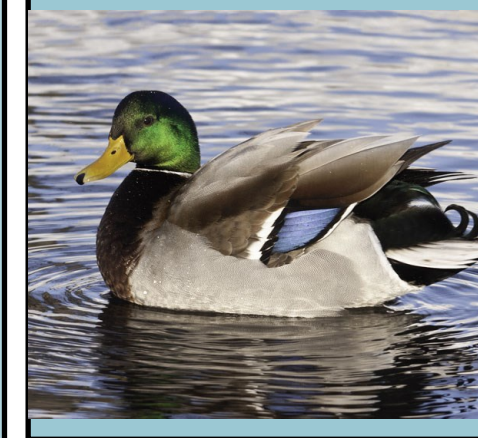


Not Receiving the
Weekly Pamphlet in a
timely manner?
Call **Kyle Corston** at the
Band Office 705 864 0784
and give your email—
you'll
receive the pamphlet
right to your in-box

Matinawe-Kisikaw
SATURDAY
Ohpahowi-Pisim
August 3



Ayamihēwi-kīšikāw
SUNDAY
Ohpahowi-Pisim
August 4





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

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

reception@chapleaucree.ca

ZERO TOLERANCE

We believe in promoting a welcoming environment in creating a safe, comfortable experience for both visitors and employees in our businesses and offices.

We will not tolerate violence, physical aggression, discrimination, harassment, verbal abuse, including shouting, yelling, cruel comments, insults, and swearing towards our staff.

Unequal treatment due to race, gender, age, size, religion, or country of origin.

Failure to comply may result in offenders being asked to leave, and NAPS being called.

Meegwetch.

Community Powwow

Practice Nights

open to all ages
facilitated instruction
open practice
CCFN Band Members only

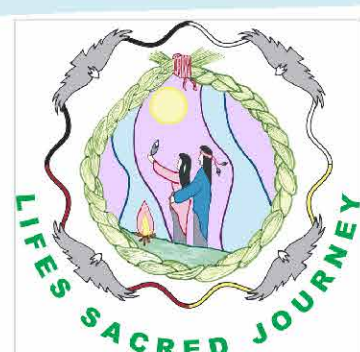
Practice sessions will take place on the
following evenings:

First session:
Tuesday, July 23, 2024
6-7:30pm

Second session:
Tuesday, July 30, 2024
6-7:30pm

Third session:
Tuesday, August 6, 2024
6-7:30pm

Location: Band Office Basement



Must register with:

Charnelle 705-860-0001 Or Hilary 705-860-0003

Bowen Therapy

Dorcas Barnes – Bowen Practitioner

Give your body the best treatment

Date: July 30th, 2024, 1:00 pm to 8:00 pm

July 31st, 2024, 10:00 am to 5:00 pm

Call Health to Register

705 864 0200

CCFN Members

Others Welcome to Waitlist

Your paragraph text



JOIN US FOR THE

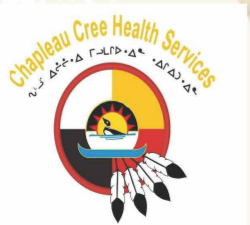
COMMUNITY Dinner

FOOD, DRINK, GOOD MOOD

July 31, 2024

Band Office: 5:30

CALL HEALTH AT 705 864 0200,
YOU MUST REGISTER FOR THE
COMMUNITY DINNER.



**Let's finish our Youth's Regalia
for upcoming CCFN Pow Wow**

Youth Regalia Preparation

We will create & design youth's regalia
(Jingle, Traditional, or Grass Dancer
styles. Fabric & Supplies Provided.

August 1, 2024

6:00 - 9:00 pm

At Health Centre

Facilitated by Marlene

Call Health Centre to Register

705-864-0200

CCFN Registrations

Waitlist is welcome





Life's Sacred Journey presents:

WOMEN'S SHARING CIRCLE

POSTPONED



In a circle, we are all equal.
No one in front of you,
No one behind you,
No one above you and
No one below you.

CCFN Members only
Light refreshments provided

NEW DATE:

WEDNESDAY AUGUST 7, 2024

6-8PM

CCFN BAND OFFICE BASEMENT

Registration please contact:
Charnelle Kapashesit 705-860-0001





BACK TO SCHOOL SHOPPING TRIP

AUGUST 22-26, 2024

OPTION 1: NIAGARA FALLS, ON

Option 2: Updates

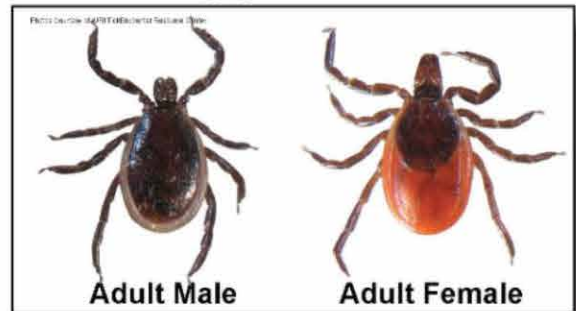
- Registration Deadline Extended to **July 31, 2024 @ 4:30 pm**
- Must be school-age children AND CCFN Band Members.
- Permanent Residence of Fox Lake/Chapleau
- Trip within Canadian Cities: Trip must take place in August 2024
- Up to **4 nights accommodation** @ \$250.00 per night/one standard room plus taxes included 1 room per family.
- Submit Hotel Receipts to Health Office no later than September 30, 2024
- Reimbursement claim will provide flat rates for meals, activity and gas voucher
- To register, call Health: Debbie--705-864-0200
- For inquiries contact: Marlene 705-864-0200 or Hilary 705-860-0003

American Dog Tick



does **Not** transmit Lyme disease

Blacklegged Tick (Deer Tick)



can transmit Lyme disease

Ticks have been found on the reserve.

Chapleau is not considered to be a high-risk area for tick-borne illnesses such as Lyme disease or Anaplasmosis, which can be carried by Blacklegged ticks.

However, ticks can be transported by migratory birds and can be encountered anywhere there is a habitat for them.

Long grass and weeds are an ideal habitat for ticks.

To help discourage ticks from being on your property, do the following:

- **Mow the lawn regularly.**
- Remove leaf litter, brush and weeds.
- Keep tree branches and shrubs trimmed to let in more sunlight.

For all rental units except Mukeso House, tenants are responsible for grass cutting.

To help prevent tick bites, do the following:

- Wear light coloured clothing so ticks are easier to spot.
- Keep covered with long pants and a long-sleeved shirt.
- Wear closed footwear, socks, and tuck your pants into your socks.
- Use a tick repellent that has "DEET" (follow the manufacturer's directions).
- Put a tick and flea collar on your pets, and check them for ticks periodically.
- Search your body well for ticks after being in grass or bushy areas. Pay special attention to groin, scalp, and armpits. Use a mirror to check your back.

FREE OF CHARGE

Wills and Estate Management

Nicole Richmond, an Anishinabe lawyer from Biigtigong Nishnaabeg, is returning to provide Wills and Estate Planning to On-Reserve Band Members for Singles and Couples.

**A limited number of places are available for
Off-Reserve Band Members who live
in the Chapleau area.**

If you are interested in making an appointment, please contact Padraic Taaffe at 705-864-0784 or email edo@chapleaucree.ca

Appointments Available

Monday July 22nd

All Day

Tuesday July 23rd

Morning

September 9th to 13th

Call Padraic Taaffe to make an appointment

Worlds Best **Indigenous** Marketplace.

Turn your paintings into monthly income
Licensing opportunity!

Want to see your paintings on home décor products? Biskane.com has a licensing partnership that could be perfect for you!

It's easy – the company licenses your images, you retain ownership of your image.

It's profitable – you earn money from sales of products featuring your art.

If interested, please contact info@biskane.com or sign up directly:

Sign up on Biskane.com/sign-up (it's FREE)



Handmade



Cultural Design



Indigenous Artist



Join today on Biskane.com



August 2024
Meals on Mocs Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Macaroni Salad Italian Wedding Soup Ham & Cheese Sliders Lemon Raspberry Cupcakes		
4	5	6	7	8	9	10
	Coleslaw Mushroom Soup Fish & Chips Rice Pudding		Fruit Salad Cream of Tomato Soup Baked Mac & Cheese with Smoked Sausage Tres Leches Cake	Spinach Salad Potato Leek Soup Beef Stir Fry Bread Pudding		
11	12	13	14	15	16	17
	BLT Salad Chicken Noodle Soup Smash Burgers with Fries NY Style Strawberry Cheesecake		Quinoa Salad Cream of Potato Soup Maple Balsamic Porkchops with Rice Cinnamon Buns	Tossed Salad Creamy Chicken Soup Spaghetti & Meatballs Lemon Blueberry Cake		
18	19	20	21	22	23	24
	Greek Salad Lasagna Soup Swiss Steak with Mashed Potatoes Fresh Fruit		Cesar Salad Chicken Tortellini Soup Peperoni & Cheese Pizza Lemon Chiffon Parfait	Spinach Salad Beef Stew with Dumplings Strawberry Cheesecake Poke Cake		
25	26	27	28			
	Cucumber Salad Hamburger Macaroni Soup Steak on a Bun Chocolate Chunk Blondies		Community Dinner	Broccoli Salad Indian Tacos Snickerdoodle Cake		



CHAPLEAU CREE FIRST NATION
P.O. Box 400 ♦ Fox Lake Reserve ♦ Chapleau, Ontario ♦ P0M 1K0
Tel: (705) 864-0784 ♦ Fax (705) 864-1760



EMPLOYMENT/TRAINING OPPORTUNITY

Position:	Housing Internship
Location:	The Chapleau Cree First Nation (CCFN) is a member of the Mushkegowuk Council and is situated on the Fox Lake Reserve, located just outside the community of Chapleau. The community is approximately four hours north of Sault Ste. Marie and two hours southwest of Timmins.
Description:	<p>A youth employment initiative providing work experience and on-the-job training for First Nations and Inuit Youth. The goal of the program is to assist youth in pursuing long-term employment in the housing sector. For the Indigenous Workforce Development Stream.</p> <p>This opportunity is proudly supported by Northern Ontario Heritage Fund Corporation and is part funded through the Indigenous Workforce Development Program. It is a requirement under this program that the selected candidate for this position self-identify as an Indigenous person.</p>
Trainee Qualifications:	<ul style="list-style-type: none">✓ Indigenous Youth between ages of 15-30✓ Must not be otherwise employed throughout the internship✓ Not receiving Employment Insurance benefits or agree to discontinue the benefits before the start of the internship✓ Not required to reside in First Nation Community
Skills:	<ul style="list-style-type: none">✓ Training provided
Duties/Responsibilities:	<ul style="list-style-type: none">✓ This position provides work experience or on-the-job training in the area of housing. This will include;✓ Assisting with the scheduling maintenance and repairs on houses and apartments owned and/or managed by CCFN✓ Assisting the Housing Manager with construction and renovation projects✓ Liaising with Public Works and other departments concerned in ongoing tasks✓ Preparing and delivering notices, letters, emails and other communications as directed✓ Assisting in cleaning and preparing houses and apartments for tenants✓ Other related duties as deemed necessary
Hourly Wage:	\$25.00
Closing Date:	Until filled



Individuals are invited to submit their application, résumé and three references to the following:

Edith Larocque, Band Administrator
Chapleau Cree First Nation
P.O. Box 400
Chapleau, ON P0M 1K0
bandadmin@chapleaucree.ca

Subject Line: **Employment:** Housing Intern

Note: Electronic bids missing the above subject may be missed from consideration.
We thank all applicants, but only those selected for an interview will be contacted.
First Nation individuals and CCFN band members are encouraged to apply!



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BIDDING OPPORTUNITY Provision of Catering Services to Chapleau Cree First Nation Services

Brief Description	For approximately 50 Entrée, fruit, vegetables, dessert as well as sugar free desserts. Coffee, water, juice, tea. *Please Note: Adjustments will be made as for any increases in the number of participants*
Venue	Chapleau Cree Band Office

- Breakfast
 Lunch
 Snacks
 Dinner

- Interested bidders will be required to submit a healthy menu for the event, to be included with the bid.
- All shopping, storage, transportation, preparation, serving and clean-up of food supplies will be the responsibility of the successful bidder.
- Kitchen, kitchen cooking equipment, food warmer, tablecloths, napkins, utensils will be provided by Chapleau Cree Health Services
- Any leftover food and refreshments shall remain on site.
- The successful bidder will be responsible for clean up of all cooking equipment being used.
- Kitchen must be returned to original condition.
- Any additional kitchen supplies and/or special equipment, caterer must consult directly with the event contact indicated below and provide a 3-day advance notice of any requests.
- If successful bidder has any special requests, must speak directly with the event contact.
- Bidder to communicate with event contact for all other details.

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

Marlene Kapashesit
 Chapleau Cree First Nation
 P.O. Box 400
 Chapleau, ON P0M 1K0
 or hcd@chapleaucree.ca

Subject Line: St. John Memorial August 9, 2024 at 11:30 am
Note: Electronic bids missing the above subject may be missed from consideration.

Deadline to submit bid and menu is: 08/01/2024