

**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

Life's Sacred Journey

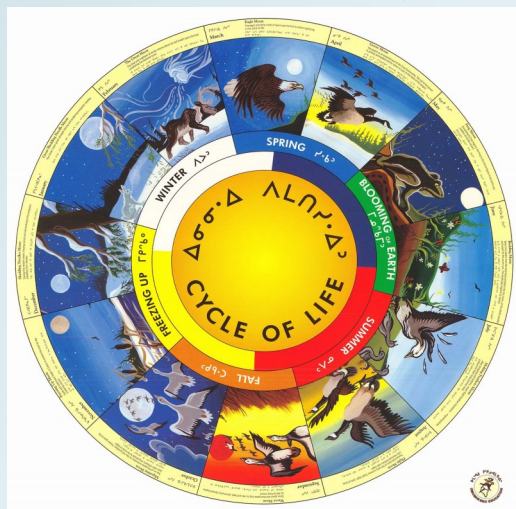
P.O. Box 400
814 Fox Lake Road
Chapleau ON
P0M 1K0

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

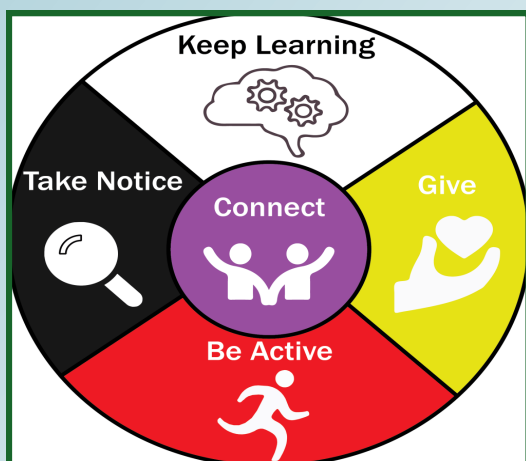
Chapleau Cree Health Centre

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



 <https://www.facebook.com/groups/118989737892773>



For the week of
**September 30 to
October 6, 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:

- **STAT HOLIDAY—National Day of Truth and Reconciliation & Orange Shirt Day**
- **Wear PINK for Breast Cancer Awareness Month**
 - **Beading Social**
 - **Nutrition BINGO—Thanksgiving SPECIAL!!!**
 - **Reflexology**
- **Senior's Thanksgiving Adventure!**



Oški-kíšikâw
MONDAY
Wehwewi-Pisim
September 30

STAT HOLIDAY
(Offices Closed)



NATIONAL DAY OF
TRUTH AND
RECONCILIATION
SEPTEMBER 30TH



ORANGE
SHIRT
DAY
SEPT. 30



Nîso-kíšikâw
TUESDAY
Pimahamowi-Pisim
October 1



Town Run
10:00 a.m.
Call **Health** at
705-864-0200 before 9am
to get picked up

WEAR PINK FOR
BREAST CANCER
AWARENESS MONTH!

wear it
pink

Beading Social



7pm-9pm @ Health



Apihtawan
WEDNESDAY
Pimahamowi-Pisim
October 2



Nutrition Bingo
Thanksgiving Special!



7-9pm @Band Office



Nêwi-kíšikâw
THURSDAY
Pimahamowi-Pisim
October 3



Town Run
10:00 a.m.
Call **Health** at
705-864-0200 before 9am
to get picked up

REFLEXOLOGY



3pm-8pm @ Health

Senior's Thanksgiving
Adventure!



1 Over Night
@ Sault Ste Marie



Pahkwêšikani-kíšikâw
FRIDAY
Pimahamowi-Pisim
October 4

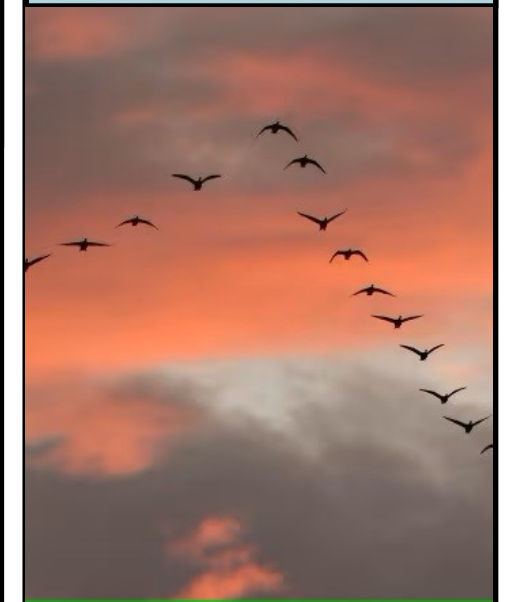


Not Receiving the
Weekly Pamphlet in a
timely manner?
Call **Kyle Corston** at the
Band Office 705 864 0784
and give your email—
you'll
receive the pamphlet
right to your in-box

Matinawe-Kisikaw
SATURDAY
Pimahamowi-Pisim
October 5



Ayamihêwi-kíšikâw
SUNDAY
Pimahamowi-Pisim
October 6



GO PINK OCTOBER

BREAST CANCER
AWARENESS
MONTH
GO PINK CONTEST

SHOW YOUR SUPPORT FOR OCTOBER BREAST CANCER AWARENESS BY WEARING PINK. EVERY DAY YOU WEAR PINK FROM OCT 1ST-OCT 31ST TAKE A SELFIE SHOWING YOUR PINK AND EMAIL PIC TO PROGRAMS@CHAPLEAUCREE.CA WITH PINK IN THE SUBJECT LINE FOR AN ENTRY BALLOT FOR A CHANCE TO WIN A 10.9-INCH IPAD WI-FI 256GB. DRAW WILL TAKE PLACE ON NOV 1ST AT NOON.





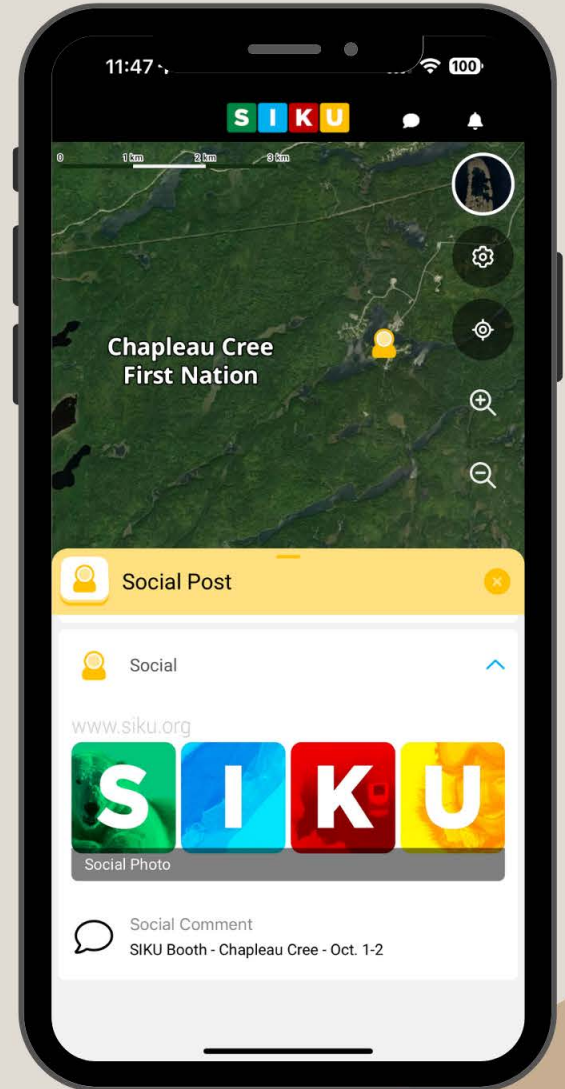
OUTREACH EVENT! 

Chapleau Cree First Nation

VISIT THE SIKU BOOTH FOR
SWAG AND INFORMATION
ABOUT THE APP

OCTOBER 1-2 | 12:00-4:00PM

BAND OFFICE - ENTRANCE
CHAPLEAU CREE FIRST NATION





Mushkegowuk Council has partnered with the Arctic Eider Society to bring the SIKU app to the Omushkego Region!

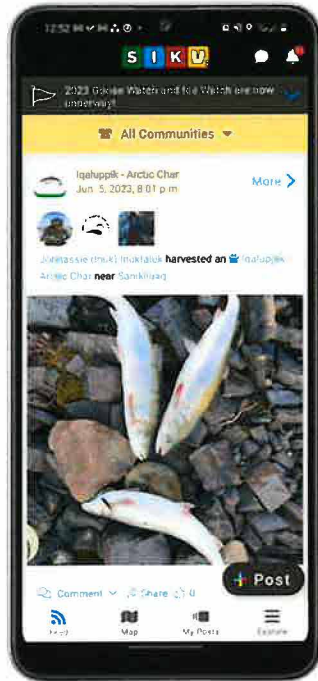
SIKU is a free tool developed by and for Northern Indigenous communities to support land safety and Indigenous self-determination in research. With SIKU, you can:

Share Knowledge on the land

Share dangerous conditions, trip tracks, harvesting stories and more

Own your own data and can choose who you want to share with

Learn from others across the North and contribute to Community Driven Monitoring



Access Maps & Safety Tools

Use it as a GPS out on the land

Find marine charts and topo maps

View conditions using recent satellite imagery

See Indigenous Place Names

Updates coming soon for Omushkego Communities!



Download SIKU!

Open your camera app and point it at this code or go to siku.org/download



Questions? Contact:

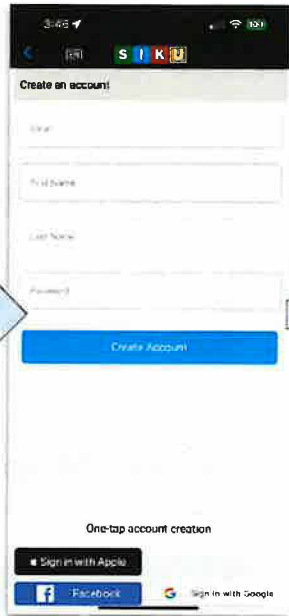
Briana Chevrier:
brianachevrier@mushkegowuk.ca

Hope Hill:
hopehill@mushkegowuk.ca

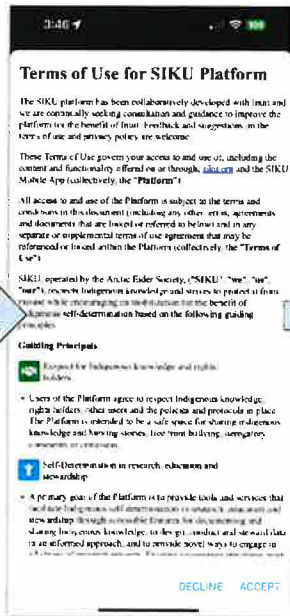
How to create a SIKU Account



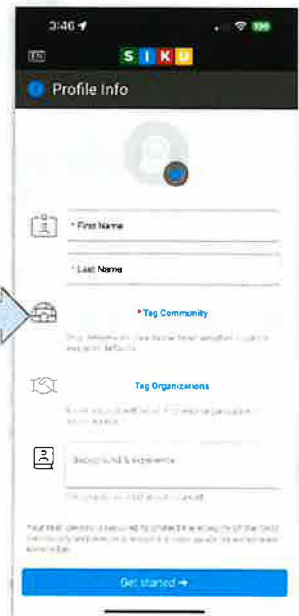
Tap Create Account



Sign up



Agree to terms



Create your profile

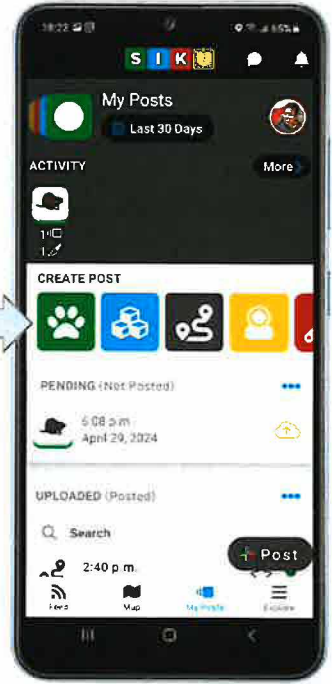
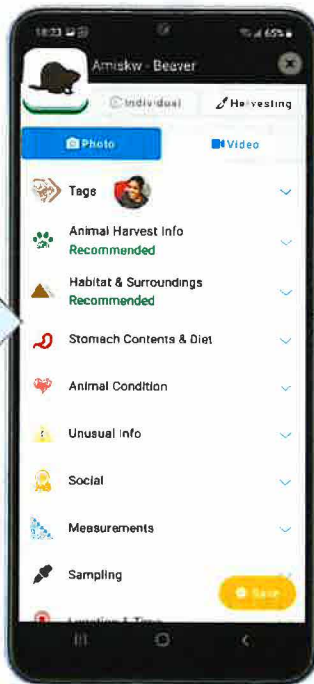
How to create a Post



Choose post type



**Add photos, details & choose privacy
Tap Save to save it to your phone**



Under Pending (Not Posted) tap the yellow cloud to upload

JOIN THE MUSHKEGOWUK KNOWLEDGE KEEPERS PROJECT ON **S I K U**

Purpose

To document and monitor wildlife and environmental conditions in the Mushkegowuk region. Over time, the data collected may reveal trends in wildlife status & movements, environmental changes, & more.

Who Owns The Data?

Project participants maintain full ownership, access, and control over the content they contribute, as outlined in the agreement and the Terms of Use and Privacy Policy of SIKU.

Honoraria

Certain posts may qualify for an honorarium. To learn more about the honoraria criteria and to join the project, please reach out to Briana Chevrier, SIKU Coordinator, at Mushkegowuk Council.

COMMUNITY-BASED MONITORING



Download the SIKU app and create a profile.



JOIN NOW >

Request to join the Mushkegowuk Knowledge Keepers project via computer OR contact Briana Chevrier for a project invite on SIKU.



Start posting!
Don't forget to tag Mushkegowuk Knowledge Keepers and your community.



For more information,
text/call/email



705-288-1609

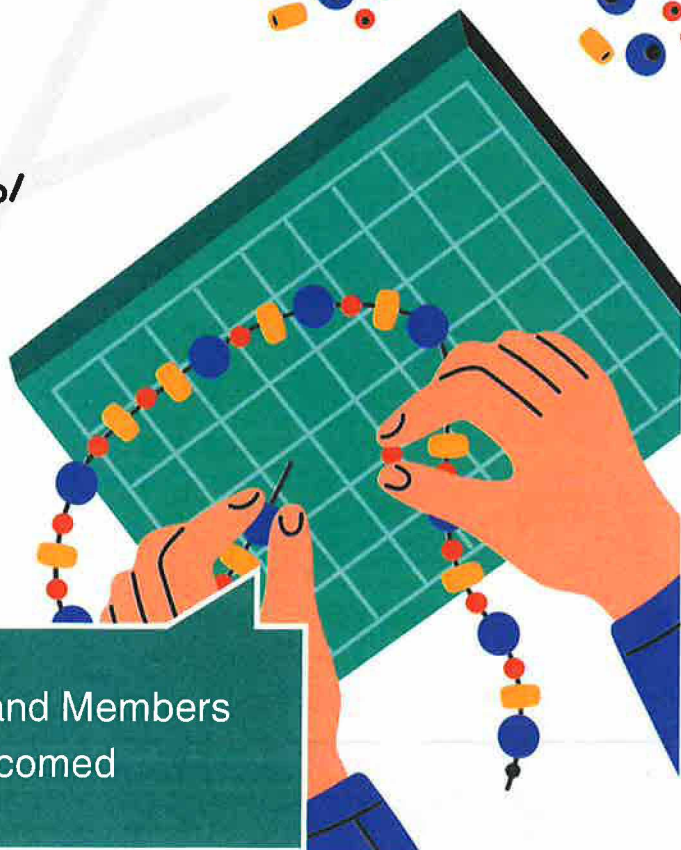
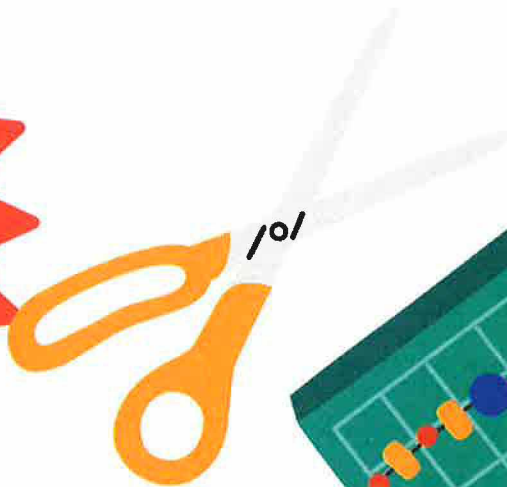


brianachevrier@mushkegowuk.ca

ADULTS ONLY BEADING SOCIAL



**TUESDAYS
OCTOBER 1, 15 & 29
7PM - 9PM
AT HEALTH CENTRE**



to register call: Chapleau Cree Health
Centre - 705-864-0200

for inquiries call: Nathalie - ext. 203

10 participants only

Open to CCFN Band Members
Waitlist welcomed



NUTRITION BINGO NIGHT

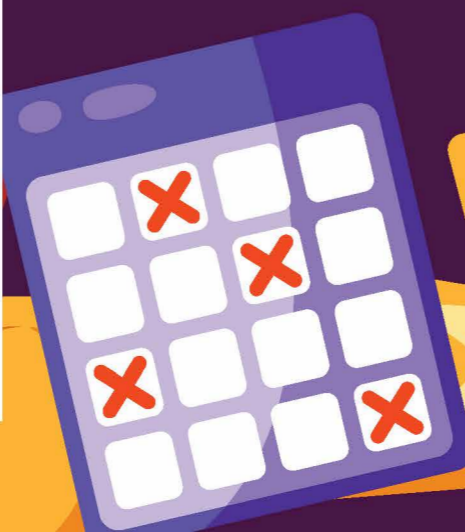
*Thanksgiving SPECIAL
Turkey & Ham Prizes!*

**OCTOBER 2ND AT 7:00 PM
BAND OFFICE**

Bring your BINGO dabbers & reuseable
grocery bags

LET'S PLAY BINGO!

Register with Health 705-864-0200





REFLEXOLOGY

with Kathleen Bouchard

*October 3rd
3:00 PM-8:00 PM
at Health Centre*

*Call Health to book
your appointment.
Priority CCFN
Members, waitlist
welcomed.*

705-864-0200





APRON & BAG MAKING WORKSHOP

OCTOBER 19 & 20, 2024
9AM - 3:30PM

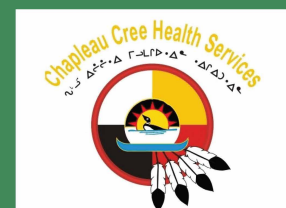
FACILITATED BY:
RAVEN MARTIN OF
RAVEN CREATIONS

TO REGISTER CALL:
CHAPLEAU CREE HEALTH
CENTRE - 705-864-0200

10 PARTICIPANTS ONLY

FOR INQUIRIES CALL:
NATHALIE - EXT. 203

OPEN TO CCFN BAND MEMBERS
WAITLIST WELCOME





HAPPY HALLOWEEN PARTY

CRAFTS

PRIZES

GAMES

SNACKS



**SATURDAY,
OCTOBER 26, 2024**

1PM - 5PM

**TO REGISTER CALL:
CHAPLEAU CREE HEALTH CENTRE - 705-864-0200**
for inquiries call Nathalie -
ext. 203

**LOCATION: BAND OFFICE BASEMENT
OPEN TO CCFN BAND MEMBERS
CHILDREN 6 YEARS OLD AND YOUNGER TO BE ACCOMPANIED BY PARENT
WAITLIST WELCOMED**

PIZZA



SNACKS

POPCORN

HALLOWEEN MOVIE NIGHT

ALL TREATS NO TRICKS

MONDAY, OCTOBER 28, 2024

6:00PM - 8:00PM

**TO REGISTER CALL: CHAPLEAU CREE HEALTH CENTRE -
705-864-0200**

for inquiries call Nathalie - ext. 203

LOCATION: BAND OFFICE BASEMENT

OPEN TO CCFN BAND MEMBERS
CHILDREN 6 YEARS AND YOUNGER TO BE ACCOMPANIED BY PARENT
WAITLIST WELCOMED



October 2024 Meals on Mocs Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		N/A	N/A	N/A		
6	7	8	9	10	11	12
	Cultural Harvest	Cultural Harvest	Cultural Harvest	Cultural Harvest		
13	14	15	16	17	18	19
Thanksgiving		Beef Barley Soup Tossed Salad Perogies and Sausage Pumpkin Tarts	Pes Soup Coleslaw Fish and Chips Apple Pie	Minestrone Soup Spinach Salad Meat Pie Blondies		
20	21	22	23	24	25	26
		Vegetable Soup Macaroni Salad Ham and Baked Beans Boston Cream	Hamburger Macaroni Soup Greek Salad Chicken Scallopini Pineapple Upside	Italian Wedding Soup Tomato/Cucumber Salad Stuffed Shells Banana Split Cake		
27	28	29	30	31		
	Tomato Soup BLT Salad Salsbury Steak Carrot Cake	Community Dinner		Chicken Noodle Soup Spinach Salad Pork Chops with Rice and Vegetables Cupcakes		