

**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**

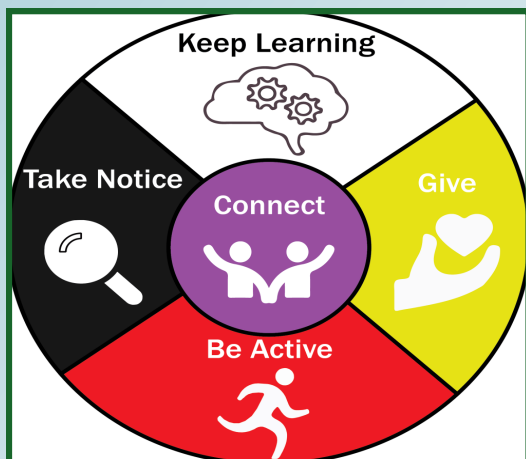
P.O. Box 400  
814 Fox Lake Road  
Chapleau ON  
P0M 1K0  
Phone: 705-860-0003  
Fax: 705-860-0004  
E-mail: bandrep@lifessacredjourney.ca

**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:  
**January 13 to  
January 19, 2025**

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

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

Please submit feedback to  
**Kyle Corston @ 705-864-0784** or  
[communityrelations@chapleaucree.ca](mailto:communityrelations@chapleaucree.ca)



***This Week's Highlights:***

- Family Haircut Day
- Nutrition BINGO
- Reflexology
- Ladies Parka Making Workshop



**Oški-kíšikâw**  
**MONDAY**  
**Kise-Pahpiwahtakinam**  
**January 13**



**Nîso-kíšikâw**  
**TUESDAY**  
**Kise-Pahpiwahtakinam**  
**January 14**

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

**COMMUNITY HAIRCUT DAY**

**FAMILY HAIRCUT**




**10am-4pm @ Health**



**Apihtawan**  
**WEDNESDAY**  
**Kise-Pahpiwahtakinam**  
**January 15**



**Nutrition Bingo**




**7-9pm @Band Office**



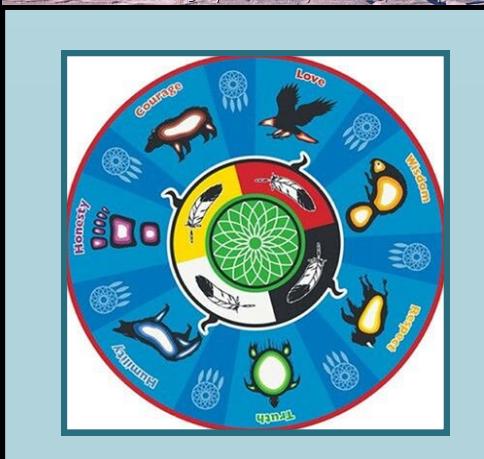
**Nêwi-kíšikâw**  
**THURSDAY**  
**Kise-Pahpiwahtakinam**  
**January 16**

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

**REFLEXOLOGY**



**3pm-8pm @ Health**



**Pahkwêšikani-kíšikâw**  
**FRIDAY**  
**Kise-Pahpiwahtakinam**  
**January 17**



**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**  
**Kise-Pahpiwahtakinam**  
**January 18**

**Ladies Parka Making Workshop Session 1**



**9am-4pm @ Health**

**Ayamihêwi-kíšikâw**  
**SUNDAY**  
**Kise-Pahpiwahtakinam**  
**January 19**

**Ladies Parka Making Workshop Session 2**



**9am-4pm @ Health**

# Haircut Day

**Jennifer Hoover-Simon**

January 14th  
2025

FREE of charge  
Gratuity encouraged

CALL HEALTH 705-864-0200 TO  
BOOK YOUR APPOINTMENT

CCFN Members. Waitlist Welcome.





# NUTRITION BINGO

Jan 15th, 2025

★ GAME | NIGHT | FUN

Band Office Door Opens At 7:00 pm

CALL 705 864 0200 TO REGISTER





# REFLEXOLOGY

*with Kathleen Bouchard*

*January 16, 2025  
3:00 PM-8:00 PM  
at Health Centre*

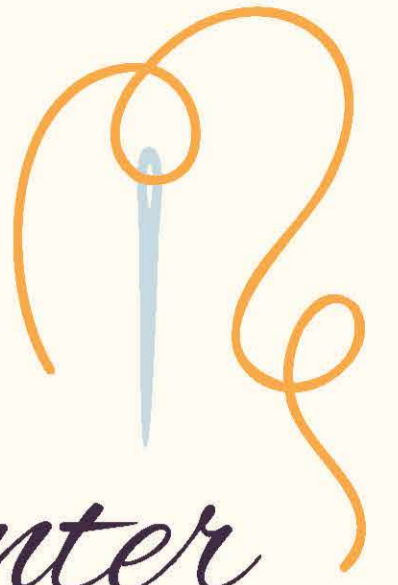
*Call Health to book  
your appointment.  
Priority CCFN  
Members, waitlist  
welcomed.*

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*705-864-0200*

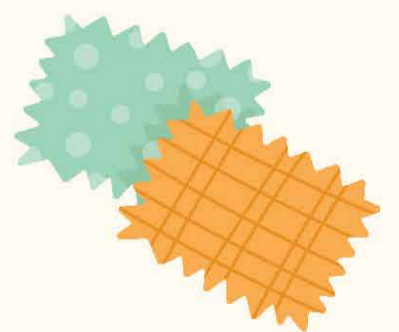
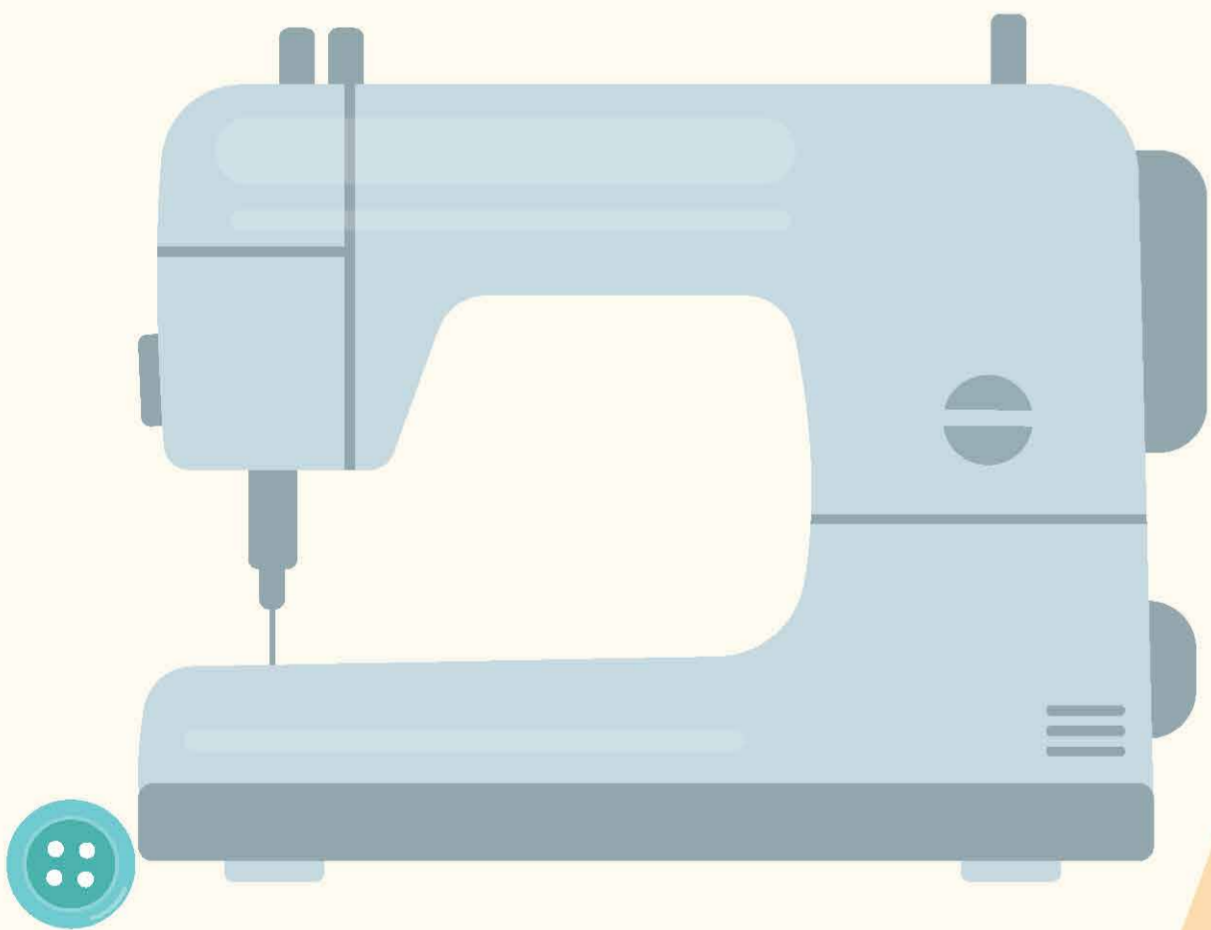


# Ladies Parka Making Workshop



*Time to sew our Parkas for Winter*

- Maximum 6 **committed** participants will be chosen
- Must have basic sewing experience
- Date Sessions for this group: January 18, 19 and February 1 and 2, 9:00am - 4:00pm



CCFN Members, selected participants will be notified by January 16, 2025

Contact Health Centre to submit name  
705-864-0200

for inquiries call Nathalie - ext. 203

**Participants will be selected and notified**





# **NON RESTRICTED FIREARMS SAFETY COURSE**

*Friday, January 24, 2025 - 6:00pm-10:00pm*  
*Saturday, January 25, 2025 - 8:30am-5:30pm*  
*Sunday, January 26, 2025 - 8:30am to 3:00pm*

To register: call Health Centre  
For inquiries: call Nathalie - ext. 203

10 participants only  
must be committed to all 3 days

**OPEN TO CCFN BAND MEMBERS  
WAITLIST WELCOMED**

# Attention CCFN Residents:

***Wolves have been spotted*** in the community both day and night recently.

**Please use caution when outdoors during all hours. Refrain from feeding any wildlife as it attracts hungry wild animals.**

**These animals are hungry and will return to places where they can get regular nourishment.**

**Meegwetch!**





# **NOTICE to Chapleau Cree First Nation Residents:**

For the safety and well-being of our community members and as per order of **BCR 2024-16 Nicholas Dillon** and **BCR-2023-14 Calvin Lecuyer Jr.**, this is a notice from Chapleau Cree leadership informing members of two individuals that are prohibited from entering the reserve.

If anyone sees either one entering the reserve they are asked to please contact **Nishnawbe-Aski Police** at **1-888-310-1122** to have them removed.

Meegwetch.



# Forestry Community Engagement Session 2025

It's that time of year again where the forestry companies are submitting their Annual Work Schedules to the MNR for the 2025-26 Forestry Season. They start cutting on April 1st 2025 so it is crucial we hear from our members!

Present will be staff from Wahkohtowin, Mushkegowuk Council, GreenFirst Forest Products (formerly RYAM/Tembec), Interfor Corporation (formerly EACOM Timber) they will go over each Forest and outline their predicted operations for the 2025-26 season.

**Date:** Thursday, January 30th 2025

**Location:** Band Office Hall

**Time:** 5:30pm-8pm

**Door Prize!**

To register please call Kyle Corston at 705-864-0784 ext. 232 or [landsdirector@chapleaucree.ca](mailto:landsdirector@chapleaucree.ca)

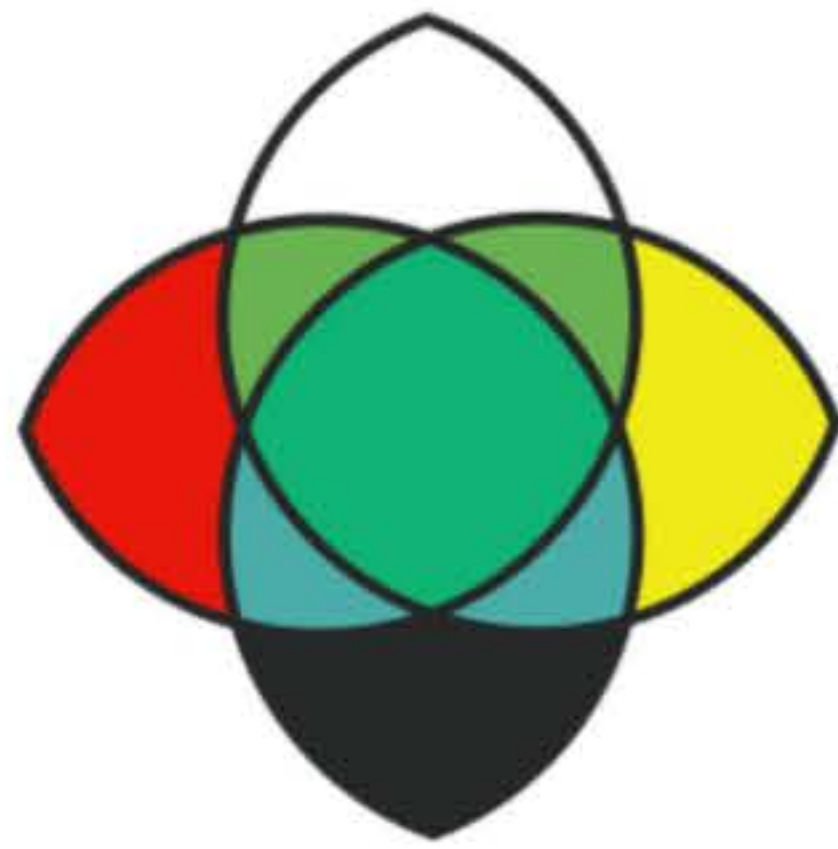


Wahkohtowin  
Development GP Inc.

# Height of Land Ecological Corridor

## Webinar

January 25th at 1pm EST on Zoom  
\$50 Honorarium for participants



HEIGHT OF LAND  
ECOLOGICAL CORRIDOR



**Come learn about and share your input on a conservation project that will connect and protect Land across our Nations traditional territories for future generations.**

**Hear what feedback we've gotten from our in-person sessions so far and what the next steps are for 2025!**

**Email [conservation@wahkohtowin.com](mailto:conservation@wahkohtowin.com) to register**



Wahkohtowin



# SMOKING CESSATION PROGRAM

Are you thinking about quitting Smoking?

Do you have a family member or friend that you want to support?

Call our appointment line to book an appointment

Appointment Line:  
705-856-8282 or  
Toll-free 1-833-564-2726

PRIMARY HEALTH CARE SERVICES for all Indigenous Individuals and  
their Families in the Chapleau and Wawa Area

# CEDAR BATH CEREMONY

The Cedar Bath Ceremony is a powerful but gentle Ceremony conducted primarily by Indigenous Women. The Ceremony is done in a quiet room, where the space and Ceremony bundle have been smudged down. For those experiencing the Cedar Bath for the first time, the conductor will provide information about what will happen during the Ceremony ensuring that body sovereignty and consent will be confirmed throughout the Ceremony.



## WHAT TO EXPECT

Cedar water medicine is prepared prior to the Ceremony starting and the person receiving the Ceremony will offer their prayer/intention while holding cedar and tobacco to start the Ceremony. The tobacco will be offered to the pipe and set aside. The person receiving the Cedar Bath is always clothed and is asked to lay down on a massage table that has been prepared with cedar and covered with a red cloth for protection.

The person will then be covered by a sheet or a thin blanket with pillows at the head and/or under the knees for comfort. There may be soft music playing in the background. With consent the conductor will place face cloths soaked

in warm cedar water over the head, over the eyes, over the throat, and one in each hand so that the person's energy goes into the cedar water. The conductor will then lay out four face cloths on the chest area then slowly and gently pull the face cloths down the body, ending at the toes. With this action, the medicine pulls off energetic debris the body maybe holding onto. This process is repeated four times.

Once this is complete, the person is covered with a warm blanket and may be fanned down with eagle fans, feathers, a rattle, and or a reiki comb to complete the healing work. The pipe is lifted using the tobacco that has been offered.

## AFTER THE CEREMONY

Both, the individual receiving the cedar bath and the conductor may receive visions/images or messages through the Ceremony which may be shared with one another. When the person receiving the bath is ready, they are asked to take their time getting up, given a cup of water. Reminded to continue to be gentle with their spirit. The Cedar Bath is powerful, gentle, relaxing, healing, and a loving ceremony for everyone.

## BOOKING AN APPOINTMENT

Cedar Bath Ceremonies take place by appointment at one of our clinic sites (approx. one hour).

Please connect with us to book your Cedar Bath Ceremony, or if you have any questions please call 705-856-8282 Toll Free 1-833-564-2726.

## PRE-APPOINTMENT CHECKLIST

1. Complete Intake form and signed consent.
2. Advise of any allergies to smoke or cedar
3. Females may wear skirt and T-shirt
4. Males may wear comfy clothing

*(We recommend an extra top in case you get wet)*

**January  
2025**



**SERVICE SCHEDULE  
Northern Clinic**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	1	2	3
<b>Happy New Year from the Northern Clinic Maamwesying Staff</b>				
6	7	8	9	10
Alicia NP – 3 Maple Clinic Angie RPN – 814 Fox Lake Clinic Melody MHWW-Chapleau Jackie C&WW – 3 Maple	Alicia NP – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE – 3 Maple Clinic- Foot Care Melody MHWW-Chapleau Jackie C&WW – 3 Maple	Alicia NP – 8 14 Fox Lake Clinic Angie RPN- 3 Maple Foot Care Kasey DNE – 814 Fox Lake Clinic Melody MHWW-Chap AM/ Wawa PM Shirley NP- 3 Maple PM Jackie C&WW – 3 Maple	Alicia NP – 8 14 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE – 814 Fox Lake Clinic Melody MHWW- 3 Maple Shirley NP- 3 Maple Jackie C&WW – 3 Maple	Angie RPN – 3 Maple Kasey DNE – 814 Fox Lake Clinic Jackie C&WW – 3 Maple
13	14	15	16	17
Alicia NP – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE – 814 Fox Lake Clinic Melody MHWW – OTN/Phone Jackie C&WW –Chapleau	Alicia NP – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE – 3 Maple Clinic –DEP Day Melody MHWW – OTN/Phone Jackie C&WW – Chapleau Shirley NP – MFN PM	Alicia NP – 814 Fox Lake Clinic Angie RPN- 3 Maple - Foot Care Kasey DNE – 814 Fox Lake Rd Melody MHWW – OTN/Phone Jackie C&WW – Chapleau Shirley NP – 3 Maple P.M	Dr. Oberai – 3 Maple St. AM Angie RPN – 3 Maple St. Alicia NP – Brunswick House HC Kasey DNE – Brunswick House HC Melody MHWW – OTN/Phone Jackie C&WW – Chapleau	Angie RPN – 814 Fox Lake Clinic Kasey DNE – 814 Fox Lake Clinic Melody MHWW-OTN/Phone Jackie C&WW –Chapleau
20	21	22	23	24
Alicia NP – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE – 814 Fox Lake Clinic Melody MHWW-Chapleau Jackie C&WW – 3 Maple	Alicia NP – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE – 3 Maple Clinic- Foot Care Shirley NP – MFN PM Melody MHWW-Chapleau Jackie C&WW – 3 Maple	Alicia NP – 814 Fox Lake Clinic Angie RPN- 3 Maple - Foot Care Kasey DNE – 814 Fox Lake Clinic Melody MHWW-Chap AM/ Wawa PM Jackie C&WW – 3 Maple Shirley NP – 3 Maple P.M	Alicia NP – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE – 814 Fox Lake Clinic Melody MHWW- 3 Maple Jackie C&WW – 3 Maple Shirley NP – 3 Maple A.M	Angie RPN – 814 Fox Lake Clinic Kasey DNE – 814 Fox Lake Clinic Jackie C&WW – 3 Maple Shirley NP – 3 Maple A.M
27	28	29	30	31
<b>All Day Training</b>	<b>Training AM</b>	Alicia NP – 814 Fox Lake Clinic Angie RPN- 3 Maple Foot Care Kasey DNE – 814 Fox Lake- Foot Care Melody MHWW – OTN/Phone Jackie C&WW –Chapleau Shirley NP – 3 Maple PM	Dr. Oberai – 3 Maple St. AM Alicia NP – 3 Maple Clinic Angie RPN – 3 Maple St. Kasey DNE – 814 Fox Lake Clinic Melody MHWW – OTN/Phone Jackie C&WW –Chapleau	Angie RPN – 814 Fox Lake Clinic Kasey DNE – 814 Fox Lake Clinic Melody MHWW – OTN/Phone Jackie C&WW –Chapleau

**Appointments: 1-833-564-2726 or 705-856-8282**

**Hours: Monday to Friday — 8:30 am to 4:00 pm (Closed for Lunch).**

Notice: our team frequently travels between clinic sites, which may prevent us from answering your call immediately. However, all calls will be handled by a trained Client Care Coordinator within Maamwesying, who is available to assist you or direct your message appropriately. If you are unable to reach us directly, please leave a detailed message, and we will return your call at the earliest opportunity. Miigwetch for your patience and understanding.

**Nurse Practitioner (RN – PHC)**

**Location: Northern Clinic, Wawa, Chapleau and Area**

**Full-Time Permanent**

**Who you are?** You are highly motivated in sharing your interest in providing primary health care within an inter-disciplinary team environment. Acknowledging the Seven Grandfather Teachings in your work to build relationships. In addition, you have the ability to draw on your own knowledge and life skills to support and maintain efficient operational functions, with a positive outlook.

**Who we are?** We are a leader in First Nation Health. Our foundation is Indigenous Health in Indigenous Hands. We provide accessible, quality, culturally safe and holistic health care that supports and enhances the wellness of individuals, families, and communities. We work with our 11 First Nation community partners and one Indigenous Friendship Centre in the provision of primary health care, traditional healing, mental wellness and addictions, home and community support services and health promotion services. We have recently been approved as the first Indigenous led Ontario Health Team by the Ministry of Health.

**The opportunity:** Under the direction of the Integrated Care Manager, the Nurse Practitioner is responsible to provide primary health care services for Maamwesying, North Shore Community Health Services Inc, Northern Clinic. The scope of this service is within an inter-disciplinary team to provide client-centered comprehensive care to clients and their families.

**What you need to bring with you:**

- A Master's in Nursing Degree and valid certificate as a Nurse Practitioner, preferably with a Primary Health Care Focus
- Bachelors of Science in Nursing degree
- Current registration and good standing with the College of Nurses of Ontario as an RN(EC)
- Three to five years of work-related work experience as a Nurse Practitioner
- Experience working within Indigenous communities is an asset
- Experience working within electronic medical records
- Ability to multi-task, organize multiple projects and programs
- Ability to work within an interdisciplinary team environment
- Demonstrated competence in conflict resolution
- Knowledge of Anishinabek Health and Traditional health practices
- Excellent oral and written communication skills
- Possess a valid driver's license, safe driving record as demonstrated in a driver's abstract and access to a reliable vehicle

**Why Work with Us?**

- Competitive Salary based on experience
- Paid Extended Health Benefits
- Healthcare of Ontario Pension Plan (HOOPP)
- Competitive vacation package; with an additional 6 Indigenous statutory holidays
- Life-long learning is a priority, offering 10 Professional Development Days and \$3200/Annual Budget

- Technology Amenities provided (i.e., laptop, electronic medical record system, cell phone)
- All travel expenses covered
- Daytime hours of work 8:30 a.m. to 4:00 p.m. Monday to Friday
- Relocation expenses are negotiable
- High staff satisfaction rated work environment, priority on provider and client experience
- Access to Cultural and Traditional teachings of the Indigenous People
- 15 days of Personal Leave

**What to expect?** Given the traditional practices of Indigenous people, from time-to-time exposure to smoke from the burning of sacred medicines such as tobacco, sweet grass, sage, or cedar may occur. Accessibility accommodations will be available upon request.

An offer of employment will be conditional upon an acceptable vulnerable sector police records check. Hiring of Indigenous People will be given preference, as allowed under Section 14 of the Ontario Human Rights Code – Special Programs.

Qualified individuals are invited to submit a cover letter along with a current resume, certificates, diplomas, along with three current work-related references to the link provided that will go directly to our organization. Please ensure that “Nurse Practitioner” appears in the subject line.

<https://maamwesying.bamboohr.com/careers/143>

**Posting Deadline: January 6, 2025**

Thank you to all applicants however, only those selected for an interview will be contacted.