

**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

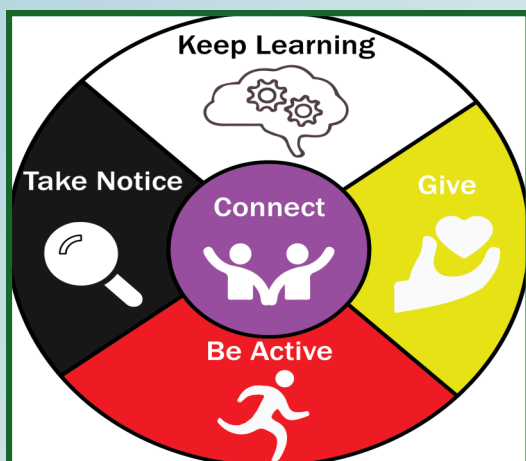
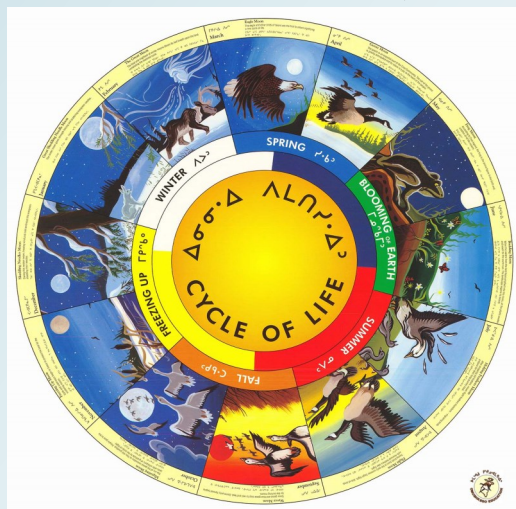
Phone: 705-860-0003
Fax: 705-860-0004
E-mail: bandrep@lifessacredjourney.ca

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

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



For the week of:
**January 20 to
January 26, 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



This Week's Highlights:

- Adult Beading Social
- Opioid Poisoning & Naloxone Nasal Response Training VIRTUAL (Microsoft Teams)
- Lunch & Learn (Health Goals)
 - Massage w/ Kathleen
- Non Restricted Firearms Safety Course



Oški-kīšikāw
MONDAY
Kise-Pahpiwahtakinam
January 20



Nīso-kīšikāw
TUESDAY
Kise-Pahpiwahtakinam
January 21

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



Adult Beading Social

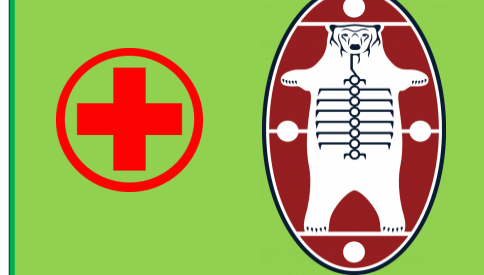


7pm-9pm @ Health



Apihtawan
WEDNESDAY
Kise-Pahpiwahtakinam
January 22

Opioid Poisoning & Nasal Naloxone Response Training
VIRTUAL (Teams)



2pm-3pm @
Microsoft Teams



Nēwi-kīšikāw
THURSDAY
Kise-Pahpiwahtakinam
January 23

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

Lunch & Learn (Health Goals)

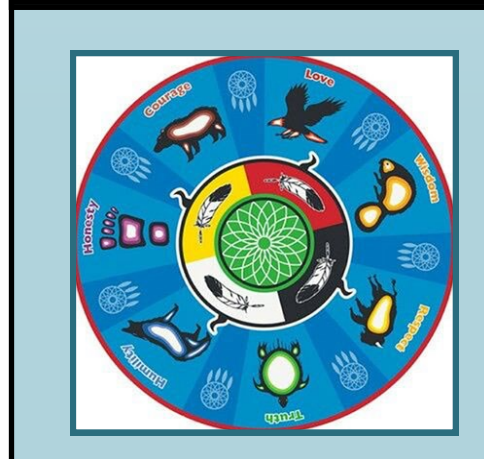


12pm-1pm @ Health

MASSAGE W/ KATHLEEN



3pm-8pm @ Health



Pahkwēšikani-kīšikāw
FRIDAY
Kise-Pahpiwahtakinam
January 24



Non Restricted Firearms Safety Course



6pm-10pm @ Band Office

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 25

Non Restricted Firearms Safety Course



8:30am-5:30pm @ Band Office



Ayamihēwi-kīšikāw
SUNDAY
Kise-Pahpiwahtakinam
January 26

Non Restricted Firearms Safety Course



8:30am-3pm @ Band Office



ADULTS ONLY BEADING SOCIAL

TUESDAYS - JANUARY 21, 2025- 7PM - 9PM



TO REGISTER CALL DEBBIE - 705-864-0200
FOR INQUIRIES CALL NATHALIE - EXT. 203

10 PARTICIPANTS ONLY
OPEN TO CCFN BAND MEMBERS
WAITLIST WELCOMED

Opioid Poisoning Awareness & Nasal Naloxone Response Training



VIRTUAL WORKSHOP

January 22, 1:30 - 3:30p.m. | Chapleau Cree First Nation

To sign up please scan the QR code
and fill out the information.



For more information please reach out to
Tracy at programs@chapleaucree.ca or
Brian at bedwards@nan.ca



Nishnawbe Aski Nation
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ESSENTIAL NASAL NALOXONE RESPONSE TRAINING

**TRAINING INCLUDES:
VIRTUAL PRESENTATION
FROM BRIAN EDWARDS OF NAN**

- ✓ Opioid Poisoning Training
- ✓ Nasal Naloxone Administration
- ✓ Lunch
- ✓ Nasal Naloxone Kit

22 JAN 2025

LUNCH AT 12:00 PM

TRAINING AT 1:30-3:30 PM

BAND OFFICE OPTION

**FOR PEOPLE WHO WOULD PREFER TO DO
TRAINING AS A GROUP RATHER THAN
ON THEIR OWN**



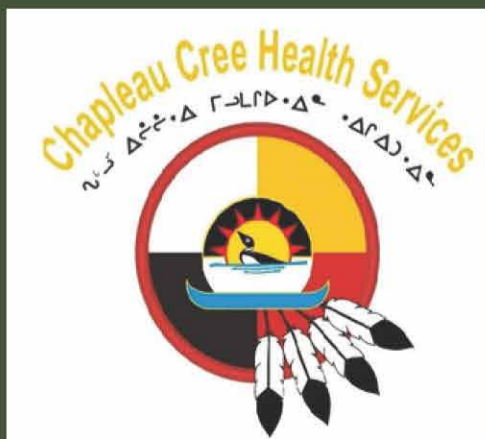
**TO REGISTER CONTACT TRACY AT HEALTH
705-864-0200 OR
BRIAN AT BEDWARDS@NAN.CA (SEE NAN
POSTER TO SIGN UP WITH QR CODE)**

HEALTHY GOALS

Lunch & Learn



Chapleau Cree Health Centre
Thursday, January 23rd 2025
12 Noon





Massage Day

with Kathleen Bouchard

January 23, 2025
3:00 PM - 8:00 PM
at Health Centre.



*Call Health to book your
appointment 705-864-0200
Priority CCEN Members.
Waitlist welcomed.*



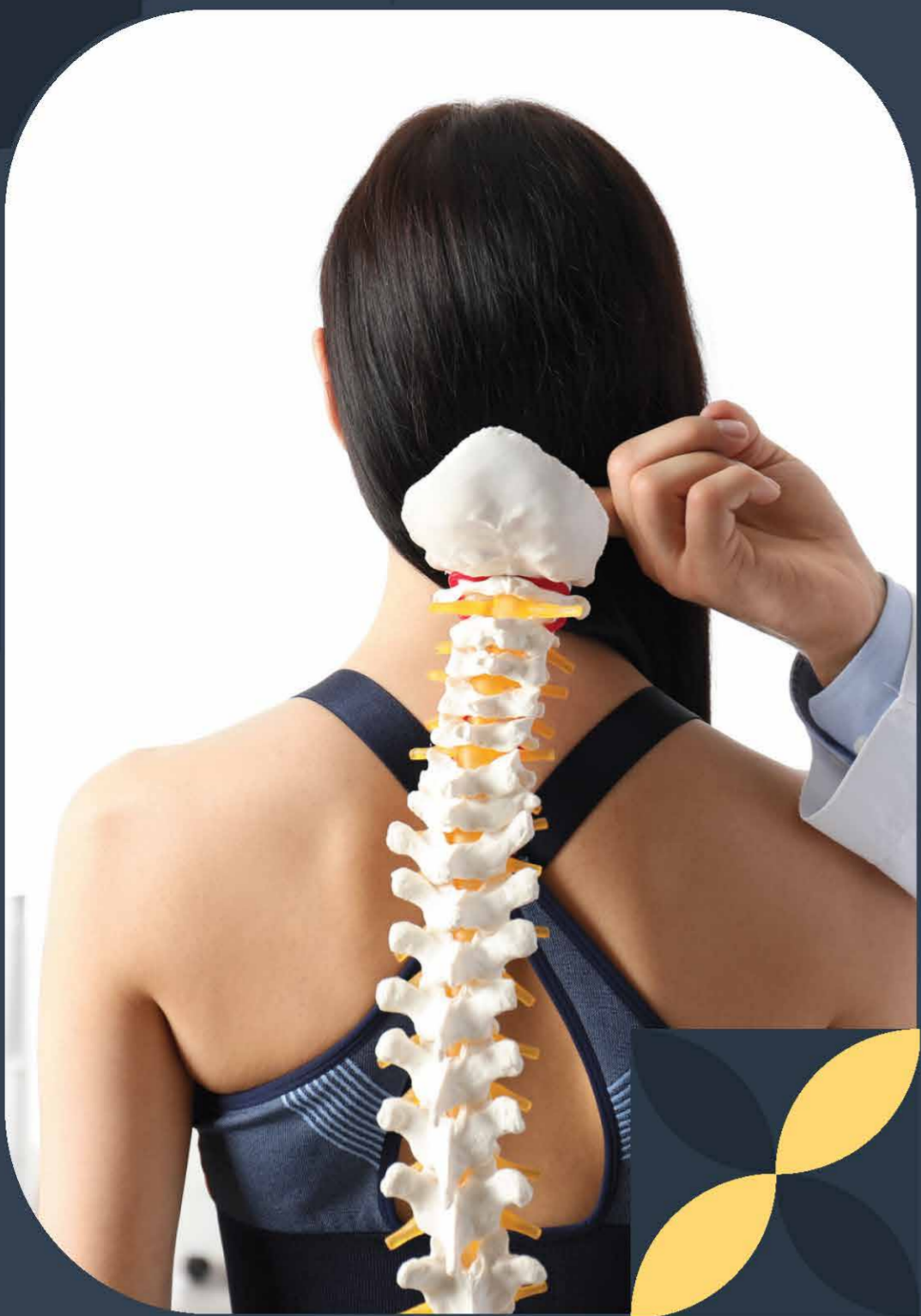
NON RESTRICTED FIREARMS SAFETY COURSE

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**



WELLNESS THROUGH CHIROPRACTIC CARE

Welcome to Mushkegowuk Health , where we prioritize your well-being through personalized chiropractic care. Our experienced team is dedicated to helping you achieve optimal health and vitality.

Services Offered



Spinal Adjustments

Expert chiropractors restoring balance to your spine.



Peripheral Joint

Relax and rejuvenate with therapeutic massages.



Rehabilitation Exercises

Strengthen and enhance your body's natural healing abilities.

Meet Our Expert

DR. David Popovic

Expert chiropractor

January 29 , 2025

10:00 am to 4:00 pm



Ready to prioritize your well-being? Contact us today

HEALTH CENTRE

 705 864 0200

CCFN Members Waitlist for others Welcome.



REIKI LEVEL 1



REIKI AND ENERGY HEALING

Heal Yourself and Others

29TH
JANUARY

10:00 AM - 4:00 PM
AT HEALTH

Anne-Marie Leblanc
Reiki Master



REGISTER AT HEALTH
705-864-0200
MAX 10 PARTICIPANTS





Meet Our **NEW** Staff

Lou Martin has joined the Chapleau Cree First Nation team as Public Works Supervisor!

Hello!

I have been a commercial truck driver for almost 40 years and wanted to offer my experience and guidance to the younger workforce here at Chapleau Cree First Nation.

I enjoy hunting and fishing as well as spending time with my family and grand kids.

Lou can be reached by:

Phone: (705) 206-7942

Email: publicworks@chapleaucree.ca

Welcome



Meet Our **NEW** Staff

Katherine Piche has joined the Chapleau Cree First Nation team as the Prevention/Jordan's Principle Co-Ordinator.

Hello! The reason's I decided to work for Chapleau Cree First Nation, in the role of 'Jordan's Principle Co-ordinator', is this role/area is in-line with the Social Services Diploma I obtained; which was 'Social Services Worker, Native Specialization'. I also have a 'Personal Support Worker Certificate; and this qualification helps my role also in working with Elder's. I have also worked in the Chapleau Cree F.N. Community with it's members for Kunuwanimano Child and Family Services, as a 'Family Support Worker'. As an Indigenous person myself, I have a strong desire to work with and for Aboriginal Peoples; in order to benefit their lives where-ever I can. I will be able to assist and advocate for Chapleau Cree Band members, both on and off reserve – both near and far, to secure the necessary assistance for families and all age groups; right up to our Elder's. I am also a proud member of Chapleau Cree First Nation. My mother, Lila Gaye Merlin Moreau (nee Linklater), was the daughter of: Sydney Gal) Barnett Linklater (Moose Factory Cree) and Annie Kirkness (Norway House, Manitoba Cree). My grandfather, Sydney Linklater travelled to Chapeau via Freighter-Canoe' with his parents, William Linklater and Jane Linklater (nee McAuley) along with a few of his older siblings. William and Jane Linklater were among the 'Original Chapleau Cree' families. Jane Linklater is #29 on the Chapleau Cree List; and signed her name in 'Cree Syllabic'. My father was French with Aboriginal ties. I am the fourth eldest in a family of ten children. We were exposed to the bush by our parents; and as a result, love the outdoors with all it has to offer. My father called it 'God's Country'....

Katherine Piche can be reached by:

Phone: (705) 860-0001

E-Mail: Prevention@lifessacredjourney.ca

Welcome



Meet Our **NEW** Staff

Pamela Drynan has joined the Chapleau Cree First Nation team as Registered Nurse!

Hello!

I am so pleased to continue my nursing career here at Chapleau Cree First Nation Health Centre. Community health nursing is where my heart is. I am new to the Chapleau area as of this Fall (2024) and I find Chapleau Cree First Nation to be a vibrant and innovated that is dedicated to the growth and development of their community. It means a lot to me to work within an organization that cares about the health and wellbeing of their community.

I have been a nurse for over 18 years, with extensive experience in community, public health, and education, caring for people throughout the lifespan, 0-99+ years old! I am a clinical specialist in perinatal health as an International Board Certified Lactation Consultant (IBCLC) with a passion to help families care for their newborns and children. I hope to be able to share my knowledge and skills with the residents of Chapleau Cree First Nation while gaining new knowledge from the families around here.

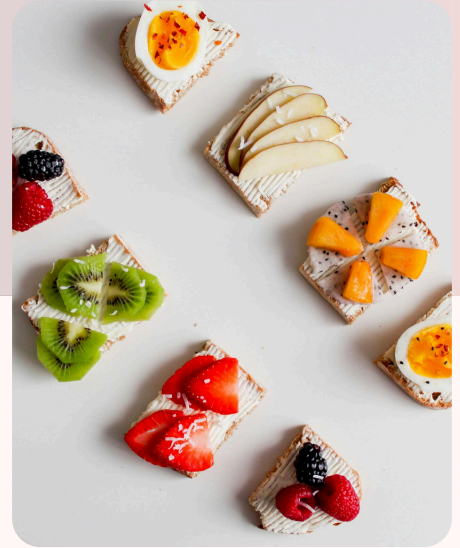
I am an outdoor enthusiast who loves to hike, explore, and kayak, and I have a newfound love for feeding the birds. I am a loving mother of two boys, a dedicated wife for over 20 years, and a fur-baby parent as well. I welcome everyone to come to the Health Centre to come say hello as I get to know everyone.

Pamela can be reached by:

Phone: (705) 864-0200 ext. 205

Email: rn@chapleaucree.ca

Welcome



Healthy Toast Toppings ~ Healthy Blood Sugars

Try these NEW toppings.
Share your experience with the nurse at the
CCFN Health Centre.

1) Avocado Toast with
Poached Eggs

2) Hummus and radishes

3) Cream cheese and
strawberries
(or any berry including thawed
frozen berries)

7) Mashed avocado mixed with
everything bagel spice blend.

4) Peanut butter and bananas
with ground flax or chia seeds

5) Tomato and mozzarella with
sea salt and pepper

6) Turkey bacon with mayo,
radish, and cucumbers



Healthy Toast Toppings



5-Minute read ~ by Pamela Drynan, RN, IBCLC
Nurse at Chapleau Cree First Nation Health Centre

Managing blood sugar levels is essential for diabetics, and choosing **healthy toast toppings** can make a big difference.

Key Considerations:

- Choose Whole Grain or Low-Glycemic Bread: Opt for bread made from 100% whole grains, sprouted grains, sour dough or low-carb options like almond or coconut flour bread.
- **Avoid white bread or highly processed options.**
- Portion Control: Stick to one or two slices of toast to avoid overloading on carbohydrates.
- Balance Macronutrients: Pair carbohydrates with healthy fats, protein, and fiber to slow digestion and prevent blood sugar spikes.

Tips to Minimize Blood Sugar Spikes:

- Monitor Serving Size: Even healthy toppings can add up in carbs and calories.
- **Avoid Sugary Additions: Steer clear of honey, jam, or sweetened spreads.**
- Incorporate Protein and Fiber: These help slow the absorption of carbohydrates.
- Stay Hydrated: Drinking water can help maintain blood sugar balance.
- Track Your Blood Sugar: Experiment with different toppings and check how they affect your glucose levels.



705-864-0200



801 Fox Lake Rd



rn@chapleaucree.ca

Healthy Toast Toppings continued...



5-Minute read ~ by Pamela Drynan, RN, IBCLC
Nurse at Chapleau Cree First Nation Health Centre

Try these on your whole grain toast:

- **Avocado:** Mash half an avocado and spread it on toast. Add a sprinkle of chia seeds or a squeeze of lemon for extra flavor, or mix in everything bagel spice blend.
- **Nut Butter:** Use unsweetened almond, peanut, or cashew butter. Add a sprinkle of cinnamon for natural sweetness without sugar.
- **Cottage Cheese:** Spread low-fat or full-fat cottage cheese on toast and top with sliced cucumbers or cherry tomatoes.
- **Hummus:** Spread hummus for a savory, protein-rich option. Add toppings like spinach, sprouts, or roasted red peppers.
- **Eggs:** Top your toast with a poached, scrambled, or fried egg. Add a handful of greens like arugula or spinach.
- **Greek Yogurt and Berries:** Spread plain, unsweetened Greek yogurt on toast and top with a few fresh or frozen berries. Add crushed nuts for crunch.
- **Smoked Salmon:** Add a layer of smoked salmon with cream cheese or avocado. Sprinkle with dill or capers.
- **Sliced Vegetables:** Use thinly sliced cucumbers, radishes, or zucchini for a fresh, crunchy topping.
- **Guacamole:** Spread guacamole for a flavorful twist. Add a boiled egg slice for extra protein.
- **Cheese and Tomatoes:** Spread ricotta or mozzarella cheese and add sliced cherry tomatoes. Drizzle with balsamic vinegar for added flavour.



705-864-0200



801 Fox Lake Rd



rn@chapleaucree.ca



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

reception@chapleaucree.ca



BIDDING OPPORTUNITY

Provision of Catering Services for Monthly Dinners ~ 11 Month Contract

Brief Description	For approximately 60 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

- | | |
|------------------------------------|--|
| <input type="checkbox"/> Breakfast | <input type="checkbox"/> Lunch |
| <input type="checkbox"/> Snacks | <input checked="" type="checkbox"/> Dinner |

- The successful bidder will be responsible for submitting a menu for each monthly dinner, excluding December. If the bidder is unavailable to cater for that month, it is their responsibility to find a suitable, prior approved, replacement caterer.
- 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
- 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 and table cloths washed and returned to their proper cabinets.
- 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:

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

Subject Line: Monthly Community Dinners 25/24

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

Deadline to submit bid and menu is: 02/14/2025



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



EMPLOYMENT OPPORTUNITY

Position:	Cook for Meals on Moccasins Program
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:	The Chapleau Cree First Nation Health Centre is seeking a highly motivated and professional individual to prepare and deliver meals to our clients.
Preferred Qualifications:	<ul style="list-style-type: none">✓ Safe Food Handlers Certificate✓ Valid Driver's License
Skills:	<ul style="list-style-type: none">✓ Adaptable to change.✓ Ability to prepare special diets for diabetes, cardiac etc.✓ Ability to hand multi-tasks while preparing food.✓ Ability to cook without supervision.✓ Knowledge of methods and procedures for serving food, principles of sanitation and principles of safe food handling.✓ Awareness of the Canada Food Guide.
Duties/Responsibilities:	<ul style="list-style-type: none">✓ Assist in the development of a monthly nutritious menu for the Meals on Moccasins clients.✓ To purchase the raw foods within the budgetary amount utilizing the purchase order system.✓ To prepare dinner meals for our clients (numbers vary from week to week) three days, Tuesday, Wednesday and Thursday, per week in a sanitary and timely manner.✓ Cleans and maintains kitchen by practicing good safety, sanitation and organization skills.✓ To ensure the correct quantities are prepared to meet daily needs for clients.✓ Ensure quality of food by performing standard and any additional sanitary measures such as sweeping floors, cleaning of surfaces as well as proper covering and storage of food items according to standards and procedures.✓ To attend any in-service sessions to improve skill levels and job performance.✓ Restock all items as required.✓ Deliver prepared meals to on reserve clients.
Fee for Service Contract:	18 hours per week – Rate to be determined
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 POM 1K0

bandadmin@chapleaucree.ca

Subject Line: Employment: Cook Meals on Mocs

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!