

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

**Chapleau Cree First Nation**

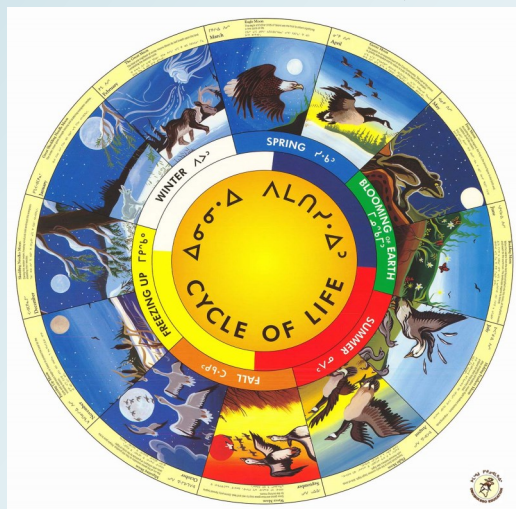
P.O. Box 400  
828 Fox Lake Road  
Chapleau ON  
P0M 1K0  
Phone: 705-864-0784  
Fax: 705-864-1760  
E-mail: reception@chapleaucree.ca

**Life's Sacred Journey**

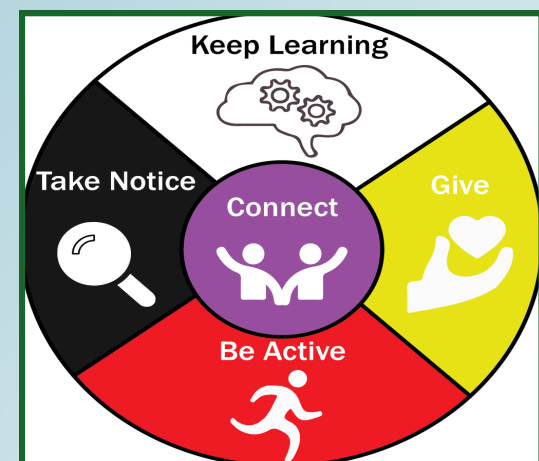
P.O. Box 400  
814 Fox Lake Road  
Chapleau ON  
P0M 1K0  
Phone: 705-860-0003  
Fax: 705-860-0004  
E-mail: bandrep@lifessacredjourney.ca

**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 27 to  
February 2, 2025**

**Winter Hours:**

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

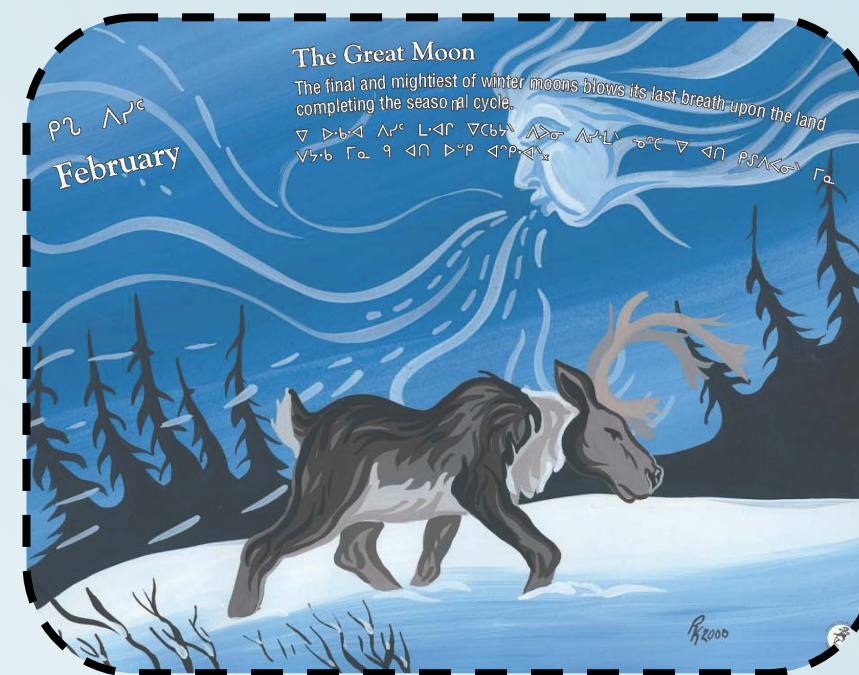
Participation and Feedback on  
Activities/Events/Programs is  
always welcomed

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



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

- **Lunch & Learn—Grief and Types of Grief**
  - **Grief Support Group**
  - **Reiki Level 1 Beginners**
  - **Community Dinner (Spaghetti & Meatballs)**
- **1:1 Sessions with Ann Marie Leblanc**
- **Male & Female Youth Teachings and Activities with Ann Marie Leblanc**
- **February Heart Health Challenge**
- **Ladies Parka Making Workshop**



**Oški-kíšikâw**  
**MONDAY**  
**Kise-Pahpiwahtakinam**  
**January 27**

**— OK —**  
**MONDAY**  
*Let's do.*  
**THIS**



**Nîso-kíšikâw**  
**TUESDAY**  
**Kise-Pahpiwahtakinam**  
**January 28**

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

**LUNCH & LEARN**  
 (Grief and Types of Grief)



**12pm-1pm @ Health**

**Grief Support Group**



**5:30pm-8:30pm @ Health**



**Apihtawan**  
**WEDNESDAY**  
**Kise-Pahpiwahtakinam**  
**January 29**

**Reiki Level 1**  
**Beginners**  


**9am-4pm @ Health**

**Chiropractor in Spa**  
**Room**

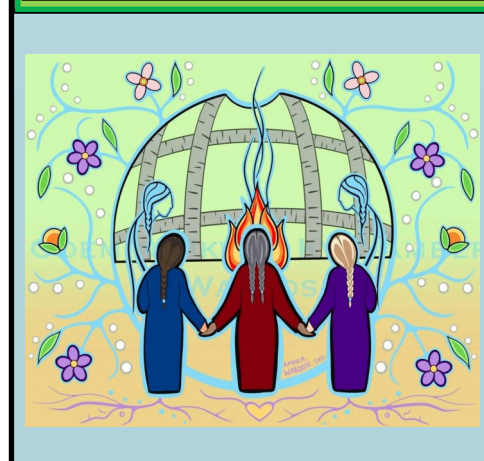


**10am-3pm @ Health**

**COMMUNITY DINNER**



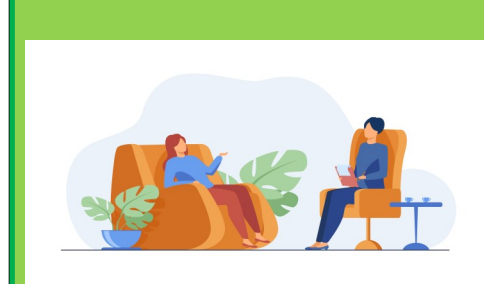
**5:30-6:30pm @ B. Office Hall**  
 (Spaghetti & Meatballs)



**Nêwi-kíšikâw**  
**THURSDAY**  
**Kise-Pahpiwahtakinam**  
**January 30**

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

**1:1 Sessions with**  
**Anne-Marie Leblanc**

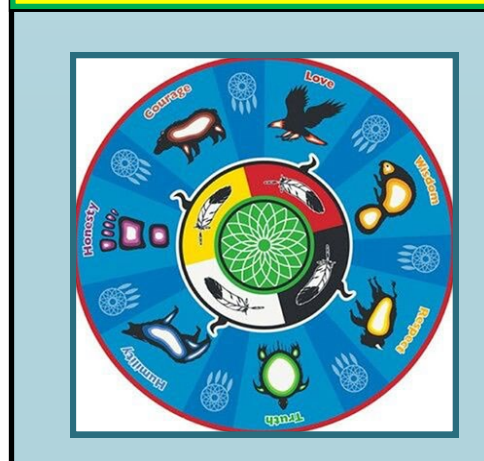


**9am-7pm @ Health**

**Forestry Community**  
**Engagement DINNER—**  
**Forestry Annual Work Schedules**



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



**Pahkwêšikani-kíšikâw**  
**FRIDAY**  
**Kise-Pahpiwahtakinam**  
**January 31**

**1:1 Sessions w/ Anne**  
**Marie Leblanc**  


**9am-12pm @ Health**

**Female Youth Teachings &**  
**Activities with Anne Marie**  
**Leblanc**



**9:30am-1pm @ Health**

**Male Youth Teachings &**  
**Activities with Al Dupuis**



**9:30am-1pm @ Health**

**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-Pisim**  
**February 1**

**Heart Health Get Active**  
**Challenge**



**@CCFN—Month of February**

**Ladies Parka Making**  
**Workshop Session 3**



**9am-4pm @ Health**

**Ayamihêwi-kíšikâw**  
**SUNDAY**  
**Kise-Pisim**  
**February 2**

**Ladies Parka Making**  
**Workshop Session 4**



**9am-4pm @ Health**

# January 28th - Jan 31st 2025 Events with Anne-Marie Leblanc

28th

## Lunch & Learn - NOON

Grief - having difficult conversations with aging loved ones on preparing for death, discuss living wills, process of grief and remembering our loved ones after their journey to spirit world, holistic grief counselling

28th

## Grief Workshop 1:00-4:00 PM

Types of grief, preparing for grief, processing grief, stages of grief and living through grieving process

29th

## Reiki Level 1 Training 10:00 AM - 4:00 PM

Level 1 Training to learn how to heal yourself as well as others  
Max 10 Participants. MUST PRE-REGISTER at Health

30th

## One on One's 12:00 PM - 7:00 PM

Book your private 1:1 appointment (1 hour)  
Call Health to schedule your time.  
\*\*Anne-Marie may have some flexibility for appointments outside of this timeline\*\*

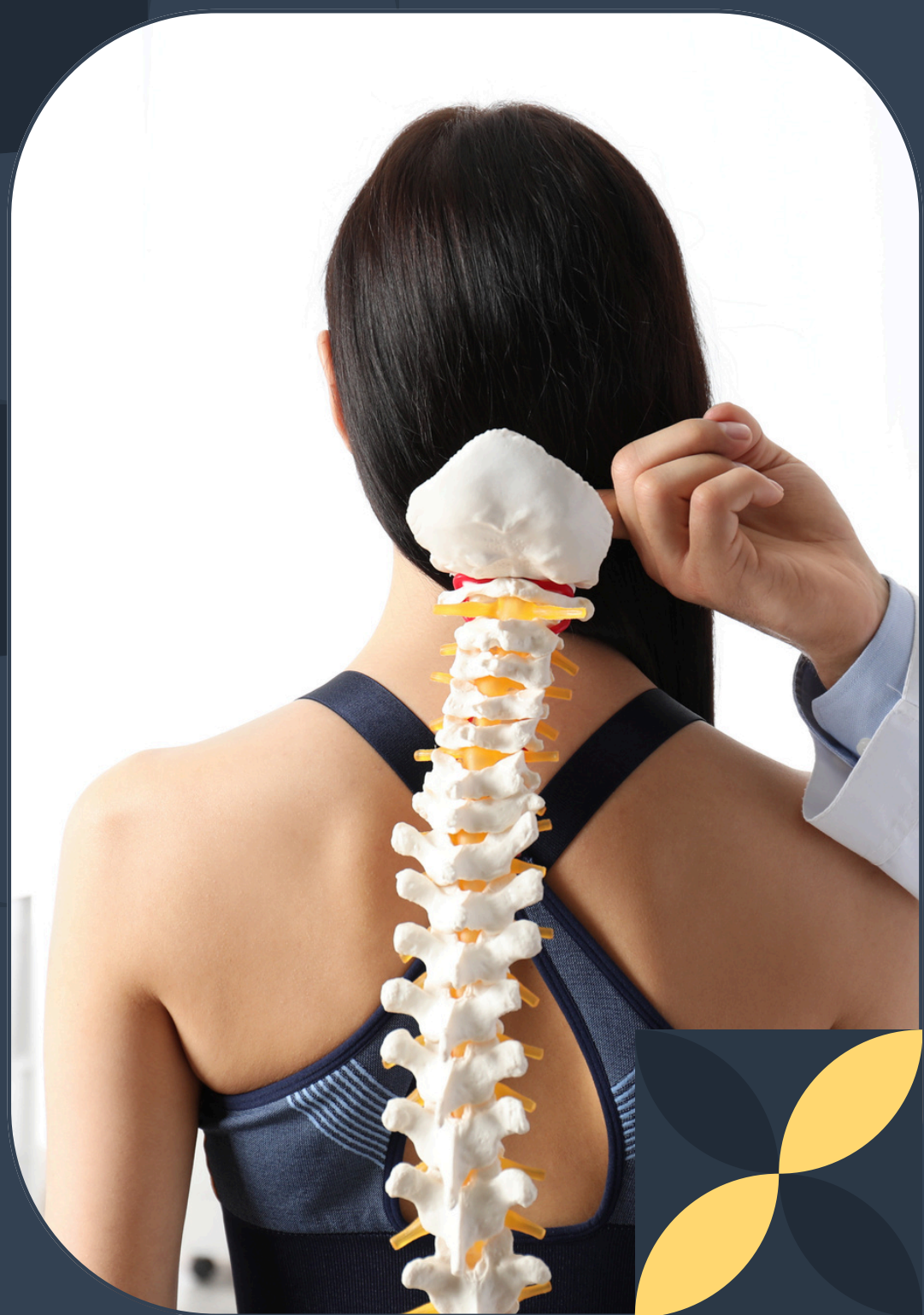
31st

## Young Female Youth 9:30 AM - 1:00 PM

Crystals and Oils workshop  
Moontime Teachings  
Closing activities with a lunch for the youth.

Health 705-864-0200 to register for any of these events.





# 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.





JOIN US FOR THE

# COMMUNITY Dinner

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**FOOD, DRINK, GOOD MOOD**

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January 29, 2025

*Band Office: 5:30*



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

# Forestry Community Engagement

## Session

# 2025

**DINNER PROVIDED!**

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)



PRODUITS FORESTIERS  
**GREENFIRST**  
FOREST PRODUCTS



Wahkohtowin  
Development GP Inc.

**Male Youth  
Outdoor Teaching  
With Al Dupuis  
January 31, 2025  
9:30 am- 1:00 pm  
At the Health  
Centre.**



**With setting  
rabbit snares,  
starting a small  
Cook fire, fishing  
and other winter  
outdoor  
activities. Lunch  
provided.  
Dress for  
outdoors**



# **Heart Health Promotions**

## **GET ACTIVE**

## **CONTEST**

### **2025**

February is Heart Health month. **The Heart Health Promotion – Get Active Contest** is a health initiative to get community members active and healthy while also earning a chance to win get prizes.

**1<sup>st</sup> DRAW - Ksports 16.5” Wide Foldable Home Treadmill w/ Bluetooth & Fitness Tracking App**

**2<sup>nd</sup> DRAW - Apple Watch Series 10 (GPS + Cellular) 46mm Jet Black**

**3<sup>rd</sup> DRAW - Megelin Music Boxing Machine with Boxing Gloves**

**4<sup>th</sup> DRAW - Costway Indoor Cycling Exercise Bike Stationary with Flywheel, LCD Display**

**Begins February 1<sup>st</sup>, 2025 at 12:01 AM**

**Ends February 28<sup>th</sup>, 2025 at 11:59 PM.**

The Heart Health Promotions – Get Active Contest is open to all local Chapleau Cree bandmembers and their immediate family (spouses & children) residing within the same household.

One red ballot is to be completed for every 15 minutes of exercise. Example: if you walked for 30 minutes, you would complete 2 ballots. **Red ballots** are available for pickup at the **Chapleau Cree Health Centre**.

All entries will be entered into the Heart Health Promotion – Get Active Ballot Box located at Health. **The draw will take place on March 3rd, 2023 at 2:00 PM.** So be sure to enter all your ballots prior to the draw, 1:00 PM deadline. Winners can only win 1 prize.

Get Active and submit your exercise ballots for your chance to win a great prize.



# CHAPLEAU CREE 2025 YOUTH PIKE FISH DERBY

Prizes for everyone!

FREE hot lunch, hot chocolate, pop & drinks

Holes can be drilled for participants (arrive early)

Open to ALL local youth!



1st Place:  
PS5 Digital edition

2nd Place:  
43" Smart TV

3rd Place:  
Apple AirPods

5 Registration draw prizes!  
Ice-fishing kit

Bring your own:

- fishing rod
- bait
- tackle
- chair
- warm clothes

**SUNDAY, FEBRUARY 16TH 2025**

Must be present to win draws

10:00AM-2:00PM

Ages 0-17 (all children MUST have a parent or guardian)

Fox Lake

Please register with the Health Centre: 705-864-0200 ext. 1



# FAMILY DAY ACTIVITY

# WINTER TUBING AT KAMISKOTIA

ALL AGES

FAMILY FUN

VALID FROM  
FEBRUARY 1-  
28, 2025

DAYTIME TUBING  
KAMISKOTIA SKI  
RESORT

**VOUCHERS AVAILABLE AT HEALTH, FAMILIES MUST  
PRE-REGISTER AT HEALTH - 705-864-0200**

**CALL NATHALIE FOR INQUIRIES - EXT. 203**

**vouchers are single use and available for CCFN members and  
immediate family residing in the Chapleau area -  
upon submission of receipts, families are eligible for a  
\$150.00 gas voucher (one per household) and \$75.00/person  
for meals - receipts to be submitted by March 5, 2025**

A romantic dinner setting is shown in the top half of the image. It includes a white plate with a fork and knife, a white heart-shaped box with a red heart inside, and several red roses and rose petals scattered around. A red heart is also visible in the bottom right corner of the image.

# Valentine's Day Dinner for 2

**FRIDAY, FEBRUARY 7TH**

**BAND OFFICE  
6:00 PM**

**ADULT COUPLES ONLY - FREE - ROMANTIC SETTING**

**BY RESERVATION ONLY ~ Limited seating ~ Call Health at  
705-864-0200 ~ Deadline to register is Jan 31st, 2025**

*Adult Couple's Only  
Valentine's Dinner*



*Appetizer*

Individual Charcuterie Boards with fruit, meat, cheese, crackers

*Main Course*

Please choose your option

Prime Rib

or

Cornish Game Hens

with mashed potatoes, beef / poultry gravy, garlic butter green beans, homemade buns

*Dessert*

Red Velvet Cheesecake

*Drinks*

coffee, tea, juice, soda, water & sparkling water



*February 7th, 2025*



# **NASAL NALOXONE KITS**

# **AVAILABLE TO COMMUNITY**



**LIMITED QUANTITIES  
1 PER HOUSEHOLD  
AVAILABLE AT HEALTH CENTRE**



# BENEFITS OF BONE BROTH

*“Boiling bones is perhaps the one of the great examples of how our thrifty ancestors honored wild game and seafood by using every part of them”.*



## 1. Rich in Nutrients

- Collagen and Gelatin: Supports skin elasticity, joint health, and gut lining repair.
- Amino Acids: Contains glycine, proline, and glutamine, which promote muscle repair, detoxification, and gut health.
- Minerals: Provides calcium, magnesium, phosphorus, potassium, and trace minerals essential for bone and overall health.

## 2. Supports Joint Health

- Collagen and gelatin in bone broth may improve joint function and reduce inflammation, helping with conditions like arthritis or general stiffness.

## 3. Promotes Gut Health

- Bone broth helps seal the gut lining, which can reduce symptoms of leaky gut syndrome and improve digestion.
- Glutamine, an amino acid in bone broth, is particularly beneficial for gut healing.

## 4. Boosts Skin, Hair, and Nails

- Collagen promotes healthy, youthful skin and strengthens hair and nails.

## 5. Improves Sleep and Brain Function

- Glycine, a calming amino acid in bone broth, can enhance sleep quality and support cognitive functions.

.....continued





# BENEFITS OF BONE BROTH

.....Continued



## 6. Supports the Immune System

- Bone broth contains compounds that help reduce inflammation and boost immunity, including amino acids and minerals.

## 7. Aids in Muscle Recovery

- Its nutrient profile supports tissue repair, making it an excellent post-workout option for athletes or those recovering from physical exertion.

## 8. Helps with Weight Management

- Bone broth is low in calories but high in protein, which promotes satiety and helps maintain lean muscle mass.

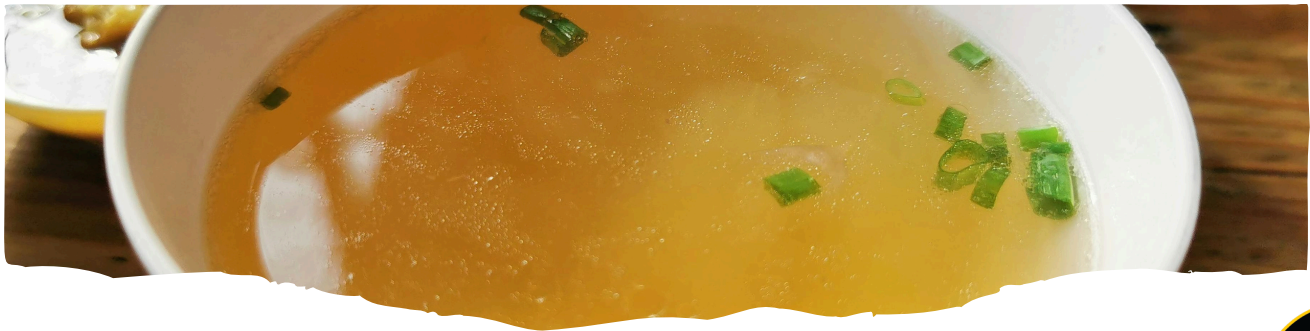
## 9. Easy on Digestion

- Bone broth is gentle on the stomach and provides easily absorbed nutrients, making it ideal for those recovering from illness or with digestive issues.

## 10. Hydration Support

- Bone broth contains electrolytes like potassium and magnesium, which help maintain proper hydration and balance body fluids.





# BONE BROTH RECIPES



## *Poultry Bone Broth*

### Ingredients

- 3 pounds chicken bones (backs, feet, wing tips, etc.)
- 1 yellow onion (quartered)
- 1 bulb garlic (smashed)
- 2 tablespoons extra virgin olive oil
- 1 cup white wine
- 12 cups water
- 2 bay leaves
- 1 tablespoon black peppercorns
- 1 bunch fresh parsley
- fine sea salt

### Instructions

- Heat the oven to 400 F, and line a baking sheet with parchment paper.
- Arrange the bones, garlic, and onions on the baking sheet, and drizzle with extra virgin olive oil. Next, roast them for 30 minutes or until slightly brown. Turn halfway through to promote even cooking.
- Using a pair of kitchen tongs, transfer the bones, garlic and onions to a heavy stock pot. And then pour in the wine and water. Drop in the bay leaves and peppercorns.
- Bring the pot to a boil over medium-high heat, and then immediately turn the heat down to medium-low. Skim any foam that appears on the surface of the broth. Simmer, uncovered, at least 8 hours and up to 12 hours. About a half hour before the broth is finished, add the parsley.
- Strain the broth, and season it with fine sea salt as you like it. Serve immediately, or pour it into jars and store it in the fridge for up to 5 days and in the freezer for up to 6 months.







# BONE BROTH RECIPES



## *Moose/Beef Bone Broth*

### Ingredients

- 10 -15 of Meaty Beef Soup Bones
- 2 Large Onion diced
- 5 Large Carrots diced
- 5 Stalks of Celery diced
- 4 Cloves of Garlic diced
- 2 Bay Leaves
- 2 Tbsp Sea Salt
- 2 Tbsp Black Peppercorns
- 2 Tbsp Apple Cider Vinegar – This helps draw the nutrients out of the bones.
- 3 gallons of water
- 4 tbsp olive oil

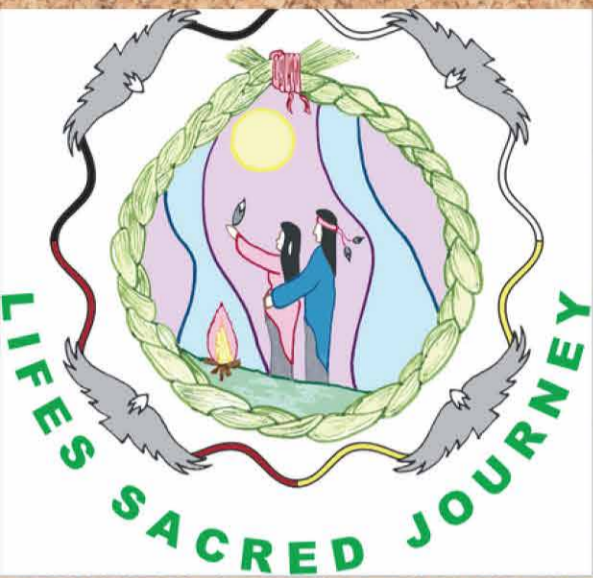
### Instructions

- 1) Place the beef bones into a roasting pan and sprinkle with olive oil, salt and pepper. Roast at 450 degrees for 30 minutes.
- 2) Heat a large stock pot and add 4 tbsp olive oil. Heat oil and then add the carrots, onion, celery, garlic and bay leaves. Cook the vegetables until medium soft.
- 3) Place the roasted bones and their juices into the stock pot, add the 3 gallons of water, apple cider vinegar, salt and peppercorns. Bring the contents of the pot to a boil. Reduce to a slow simmer and cover.
- 4) I simmer the broth for at least 24 hours. During the last 4 hours I remove the lid and allow it to reduce. I prefer to simmer my broth for 48-72 hours. This long period of time allows for the maximum amount of flavor and nutrients to enter the broth. I will leave the timing up to you.
- 5) After the broth has simmered for your preferred time it will have reduced. The amount of reduction will vary depending upon simmering time. Take the broth and strain through a pasta strainer into another pot. The pasta strainer will catch all of the big pieces of bone, vegetable and meat.





# MARCH BREAK TRIP



Chapleau Cree First Nation Band Members who reside in the Chapleau area and have school aged children are eligible to register for March Break Trip reimbursement funds between March 6-18, 2025



Life's Sacred Journey & CCHC will reimburse as follows:

- One standard room rate per family to a maximum of \$250.00 (including taxes) per night for a maximum of 3 nights stay.



MEALS

\$75.00 PER PERSON/DAY, FOR A MAXIMUM OF 4 PER FAMILY FOR 4 DAYS.

\$300 PIMII KAMIK GAS VOUCHER PER FAMILY. ONE REIMBURSEMENT PER FAMILY. ACTIVITY FUNDS UP TO \$200 PER FAMILY.

Must Register with Kathy Piche @ 705-860-0001 **prior** to the trip. Submit all receipts (hotel and activities) by March 24, 2025.