

**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

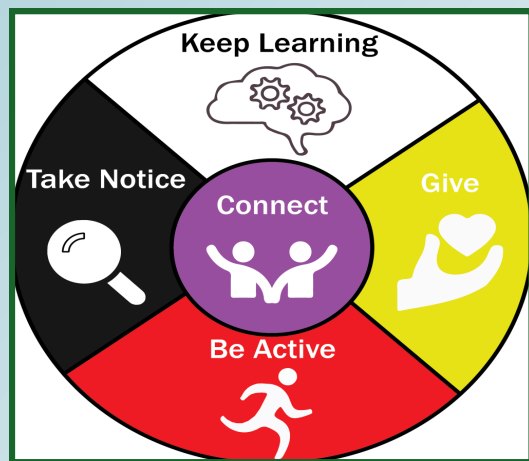
**Chapleau Cree Health Centre**

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:  
**February 17, to  
February 23, 2025**

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

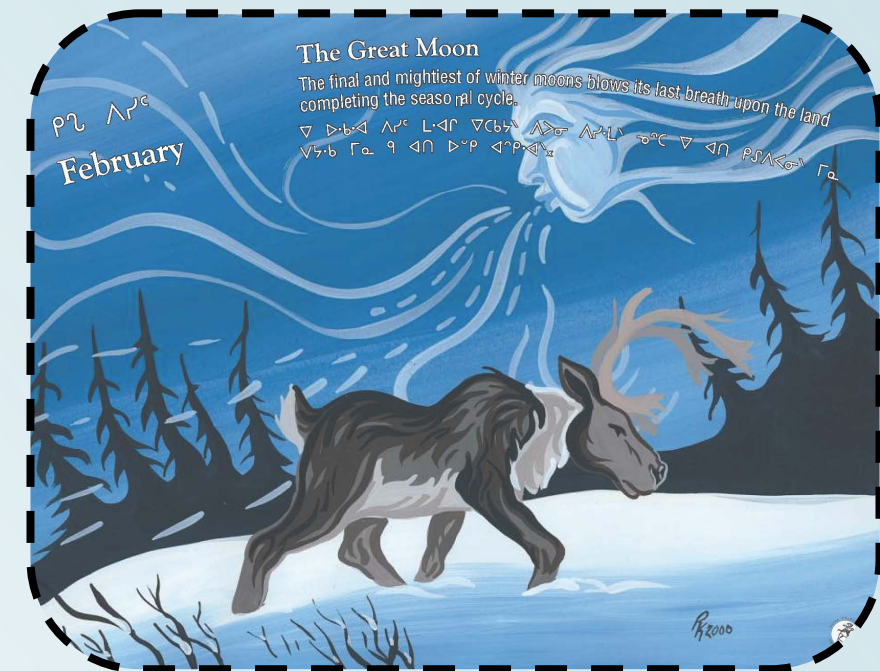
Participation and Feedback on  
Activities/Events/Programs is  
always welcomed

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



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

- **FAMILY DAY (STAT HOLIDAY)**
  - Yoga Class
  - Adult Beading Social
- **Lunch n' Learn (Heart Health)**
  - Nutrition BINGO
  - Heart Health Drop-In
  - Massage with Kathleen
- **Adult Parka Making Workshops**



**Oški-kīšikāw**  
**MONDAY**  
**Kise-Pisim**  
**February 17**

**STAT HOLIDAY**  
**(Offices Closed)**



**FAMILY DAY**

**Nīso-kīšikāw**  
**TUESDAY**  
**Kise-Pisim**  
**February 18**



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

**Adult Beading Social**



**7pm-9pm @ Health**

**Yoga Class**



**7pm-8pm @ Band Office Hall**

**Apihtawan**  
**WEDNESDAY**  
**Kise-Pisim**  
**February 19**

**LUNCH & LEARN**  
**(Heart Health)**



**12pm-1pm @ Health**



**Nutrition Bingo**



**7-9pm @Band Office**



**Nēwi-kīšikāw**  
**THURSDAY**  
**Kise-Pisim**  
**February 20**



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

**Heart Health Drop In**

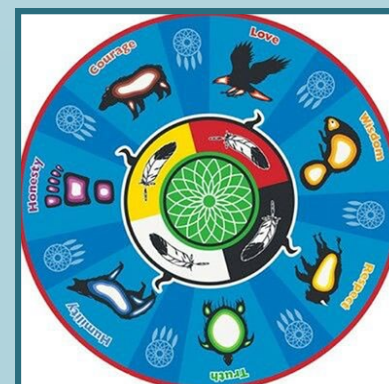


**1:30pm-3:30pm@ Health**

**MASSAGE**  
**W/ KATHLEEN**



**3pm-8pm @ Health**



**Pahkwēšikani-kīšikāw**  
**FRIDAY**  
**Kise-Pisim**  
**February 21**



**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 22**

**Adult Parka Making Workshop—Session 1**



**9am-4pm @ Health**

**Ayamihêwi-kīšikāw**  
**SUNDAY**  
**Kise-Pisim**  
**February 23**

**Adult Parka Making Workshop—Session 2**



**9am-4pm @ Health**



# 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



# ADULTS ONLY BEADING SOCIAL

TUESDAY - FEBRUARY 18, 2025  
- 7PM - 9PM



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

10 PARTICIPANTS ONLY  
OPEN TO CCFN BAND MEMBERS  
WAITLIST WELCOMED



# YOGA CLASS



**MON. FEB. 3RD  
MON. FEB. 10TH  
TUES. FEB. 18TH  
MON. FEB. 24TH**

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7PM - 8 PM  
at Band Office



**REGISTER NOW**  
@ Health 705-864-0200



**BRING YOUR YOGA MAT IF YOU HAVE ONE**



# *Lunch & Learn*

## **Heart Health**



*Time: Noon*

*Location: Health  
Centre*

*Date: Feb 19, 2025*

*Door Prizes!*

*Please call Health  
705-864-0200 to  
register for this event  
as limited lunch &  
seating available*





# NUTRITION BINGO

Feb 19, 2025

★ GAME | NIGHT | FUN

Band Office Door Opens At 7:00 pm

CALL 705 864 0200 TO REGISTER



# Heart Health Drop-In Clinic

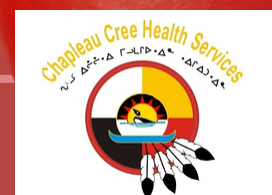
Protect Your  
Heart Live  
Longer!

February 11th  
5:00 - 7:00 PM  
&  
February 20th  
1:30-3:30 PM

## Prevention Tips

- Eat a balanced diet rich in fruits, vegetables, and whole grains.
- Stay active with at least 30 minutes of exercise daily.
- Avoid smoking and limit alcohol consumption.
- Regular check-ups: Monitor your blood pressure, cholesterol, and blood sugar levels.

More information  Pam @ 705-864-0200







# Adult Parka Making Workshop

- Maximum 6 committed participants will be chosen
- Must have basic sewing experience

**Dates for this session:  
February 22 and 23 and  
March 8 and 9, 2025  
9:00am - 4:00pm**

**CCFN Members, selected participants will be notified by February 21, 2025**

**Contact Health Centre to submit name - 705-864-0200**

**for inquiries call Nathalie - ext. 203  
Participants will be selected and notified**





## Patrick Champagne, RSW

### Therapist

I am a Registered Social Worker and Therapist with a professional career spanning over a decade.

My approach to managing and treating addictions is based on assisting clients in identifying the root cause(s) of their addiction with a focus on harm reduction and relapse prevention and Trauma.

I aim to help clients build connections to traditional medicine and overcome barriers to cultural reconnection. I also helps clients work through intergenerational trauma by focusing on how this trauma impacts clients in their daily life.

My promise and dedication is to provide a safe, and non-judgemental space to support you in taking meaningful steps in their healing journey. While I do have a concentration in counselling for Indigenous peoples, I am also open to other cultural backgrounds and non-indigenous clients dealing with addiction, trauma, and mental health.



#### Areas of Focus:

- Trauma Therapy
- Grief Counselling
- Culturally Informed Practice
- Addictions, Harm Reduction & Relapse Prevention
- Intergenerational or Residential School Trauma
- Indigenous Social Work

**Approved NIHB Provider!**

**Accept Private Insurances!**

**Accepting New Clients!**

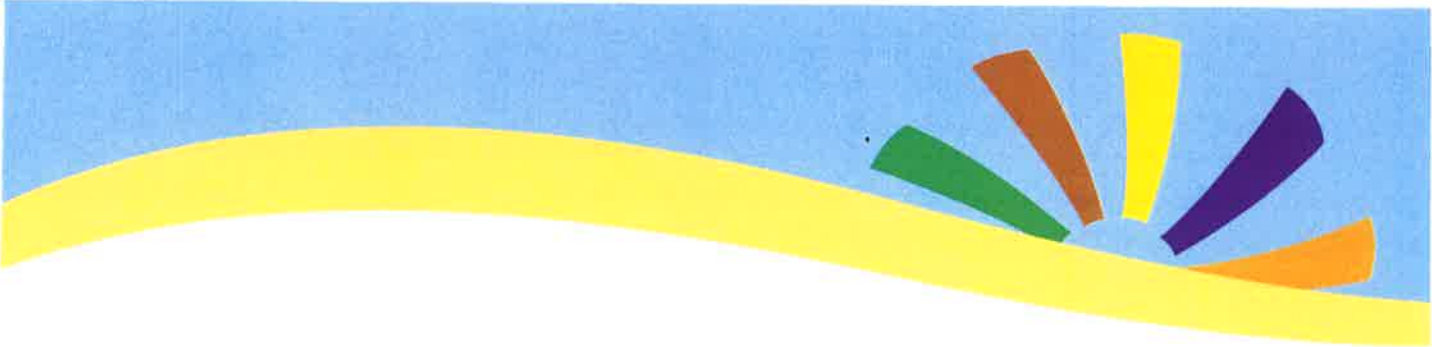
**Patrick Champagne, RSW, HBSW,AC(HON),  
Timmins, Ontario Canada**

**705-360-3132**

**[info@patchampagne.com](mailto:info@patchampagne.com)**

**[www.patchampagne.com](http://www.patchampagne.com)**

**Free 20 minute consultation available!**



Registered Social Worker/Therapist  
**Patrick Champagne** will be visiting  
the LIFE'S SACRED JOURNEY Office to  
Offer his services to the Community



**Tuesday, February 18th, 2025, 10am –12pm  
and 1pm—4pm at the LSJ Office**

**Feel free to drop in and speak with him about his  
services, request a 20 minute consultation, or call  
Hilary at 705 860-0003 to book an appointment.**

**See Patrick's Poster below to learn more about him  
and how he can help.**



# Learn to sleep like a baby!



Your HEART  
beats day in and  
day out for you.

Treat your  
HEART to a  
healthy sleep  
each night.

Keep  
reading to  
learn how to  
get  
more quality  
sleep from  
Andrew  
Huberman's  
Toolkit for  
Sleep



CCFN  
Health Centre  
Pamela Drynan, RN  
705-864-0200  
rn@chapleaucree.ca



View sunlight by going outside within 30-60 minutes of waking. Do that again in the late afternoon, prior to sunset

Avoid caffeine within 8-10 hours of bedtime



If you wake up in the middle of the night (which, by the way, is normal to do once or so each night) but you can't fall back asleep, consider doing Yoga Nidra when you wake to get back to sleep.



<https://www.hubermanlab.com/newsletter/toolkit-for-sleep>

Pamela Drynan, RN 705-864-0200 rn@chapleaucree.ca



Use low level lighting in the evening. Avoid viewing bright lights—especially bright overhead lights between 10 pm and 4 am. Use night lights if you wake at night to go to washroom instead of turning the room lights on.

Keep the room you sleep in cool and dark and layer on blankets that you can remove.



Avoid drinking alcohol before bed as alcohol messes up your sleep cycles and quality.

<https://www.hubermanlab.com/newsletter/toolkit-for-sleep>



Pamela Drynan, RN 705-864-0200 rn@chapleaucree.ca



READY FOR THE FUTURE?

# *She* LEADS

Celebrating Women In Business

Networking | Dinner | Presentations

**WEDNESDAY, MARCH 5TH 2025**

**DOORS OPEN AT 5:30PM**

**DINNER AT 6:00PM**

**PRESENTATIONS START AT 7:00PM**

*Michipicoten Memorial Community Centre*

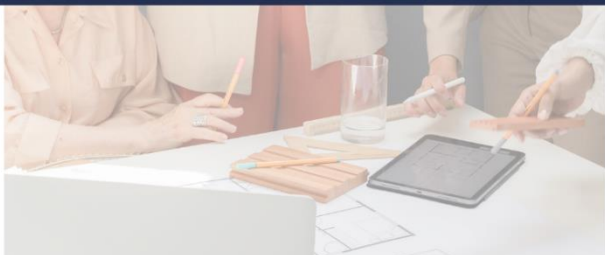
*3 Chris Simon Dr, Wawa, ON P0S 1K0*

*Limited space available (50 max)*

*MUST REGISTER through EventBrite*

*or email [intern@chadwichome.com](mailto:intern@chadwichome.com) by February 26th*

*\* This is a FREE event \**





Chapleau Cree First Nation  
P.O. Box 400 ♦ Fox Lake Reserve ♦ Chapleau, Ontario ♦ P0M 1K0  
Tel: (705) 864-0784 ♦ Fax (705) 864-1760  
[reception@chapleaucree.ca](mailto:reception@chapleaucree.ca)

## EMPLOYMENT OPPORTUNITY

<b>Position:</b>	Gas Bar Manager - Interim
<b>Location:</b>	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.
<b>Description:</b>	The Gas Bar Manager is responsible for the operation and maintenance of Pimii Kamik Gas Bar. This includes ensuring that the store is safe for customers and staff and that its appearance is clean and orderly. Supervise the Attendants in their duties and ensure that all financial transactions are properly conducted and reported. Follow CCFN policies for cash handling and take all other measures as directed to ensure the safety and security of the goods, valuables, and assets in the Gas Bar.
<b>Preferred Qualifications:</b>	<ul style="list-style-type: none"><li>✓ Knowledge of debit machine and cash register</li><li>✓ Customer Relations/Service</li><li>✓ Provide a Criminal Record Check</li><li>✓ First Aid/CPR Training</li><li>✓ Propane Refilling Certificate</li><li>✓ Have own transportation</li><li>✓ Must provide a valid driver's license</li></ul>
<b>Skills:</b>	<ul style="list-style-type: none"><li>✓ Good communication skills</li><li>✓ Ability to stand for long periods of time</li><li>✓ Able to take and follow direction</li><li>✓ Must be able to work under pressure</li><li>✓ Able to work independently and as a team player</li></ul>
<b>Duties/Responsibilities:</b>	<ul style="list-style-type: none"><li>✓ Use CCFN's Public Works Work Order system for necessary maintenance and repairs.</li><li>✓ Able to work evenings and weekends</li><li>✓ Pump Gas/Diesel</li><li>✓ Supervise Gas Bar Attendants, including assigning tasks, completing hours into HR system, and managing schedules.</li><li>✓ Responsible for Opening/Closing Store</li><li>✓ Work with numbers- including cash and inventory control</li><li>✓ Light janitorial duties</li><li>✓ Maintain up-keep of Gas Bar and surroundings</li><li>✓ Other related duties as deemed necessary</li></ul>
<b>Hourly rate:</b>	\$ 52,500.00 - \$57,500.00
<b>Closing Date:</b>	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](mailto:bandadmin@chapleaucree.ca)  
Subject Line: Gas Bar Manager - Interim

*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!