

**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

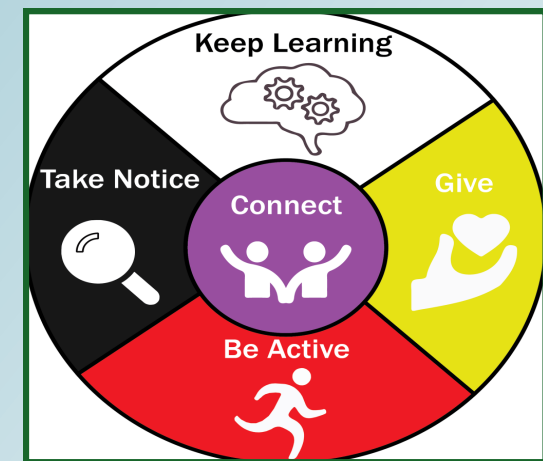
**Chapleau Cree Health Centre**

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 10, to  
February 16, 2025**

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

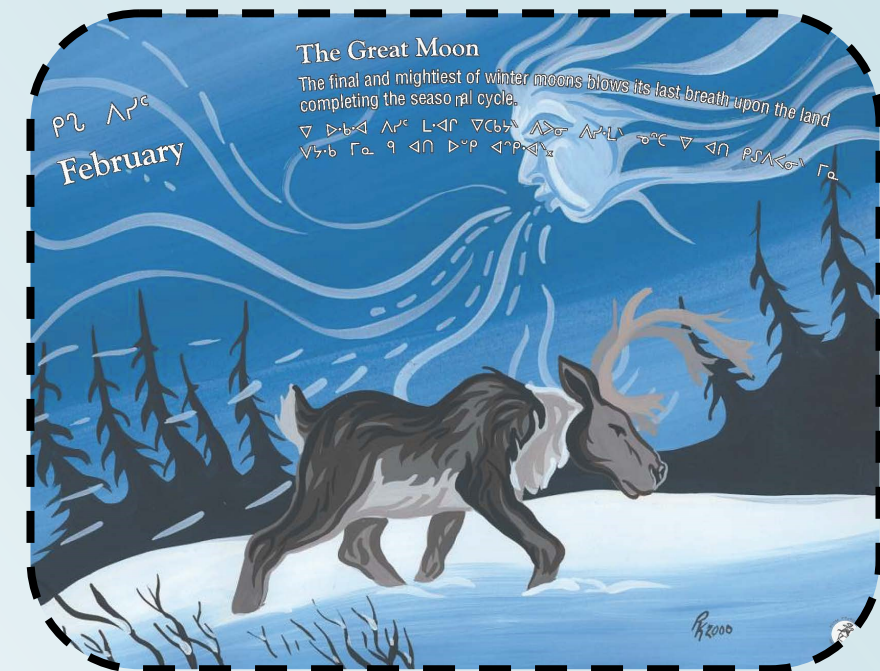
Participation and Feedback on  
Activities/Events/Programs is  
always welcomed

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



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

- Chief and Council Meeting
- Yoga Class
- Heart Health Drop In
- Valentines Community Dinner
- CCFN Youth Pike Fishing Derby



**Oški-kíšikâw**  
**MONDAY**  
**Kise-Pisim**  
**February 10**

**Nîso-kíšikâw**  
**TUESDAY**  
**Kise-Pisim**  
**February 11**

**Apihtawan**  
**WEDNESDAY**  
**Kise-Pisim**  
**February 12**

**Nêwi-kíšikâw**  
**THURSDAY**  
**Kise-Pisim**  
**February 13**

**Pahkwêšikani-kíšikâw**  
**FRIDAY**  
**Kise-Pisim**  
**February 14**

**Matinawe-Kisikaw**  
**SATURDAY**  
**Kise-Pisim**  
**February 15**



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

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

**Chief & Council Meeting 6pm @ Band Office**



**Yoga Class**

**Heart Health Drop In**  
**Healthy Heart**  
  
**Healthy You**

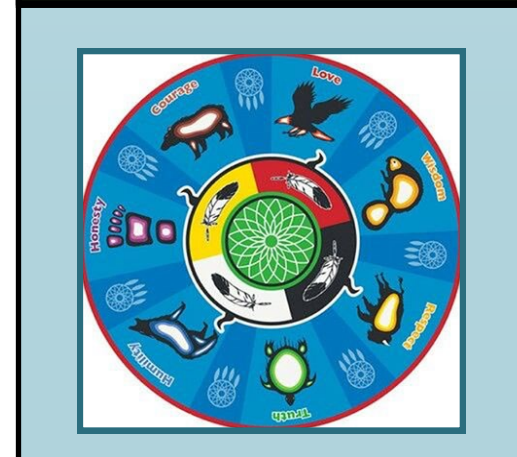
**Valentines Community Dinner**

7pm-8pm @ Band Office Hall

5pm-7pm @ Health

5:30pm-6:30pm @ Band Office

**Ayamihêwi-kíšikâw**  
**SUNDAY**  
**Kise-Pisim**  
**February 16**



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

**CCFN Youth Pike Fishing Derby**

10am-2pm @ Fox Lake

# Pow Wow Committee

**CALL OUT**

**CCFN is looking for volunteers to help plan  
the 2025 Pow Wow**

**to submit your name for the committee call  
Nathalie - 705-864-0200 ext. 203**





# **Elections Ontario is hiring poll officials for the provincial election on February 27th!**

Visit [jobs.elections.on.ca](https://jobs.elections.on.ca) to apply.





# YOGA CLASS



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

---

7PM - 8 PM  
at Band Office



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



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



# 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



A large arrangement of vibrant red roses and scattered red hearts is positioned on the right side of the poster, extending from the top to the bottom. The roses are in various stages of bloom, and the hearts are small and glossy.

# Valentine's Day

Community Dinner at the  
Band Office  
5:30 to 6:30

**February 13, 2025**

**Call to Register.**

**705 864 0200**



# 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



# *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*



**MAAMWESYING**  
NORTH SHORE COMMUNITY HEALTH SERVICES INC.





# NUTRITION BINGO

Feb 19, 2025

★ GAME | NIGHT | FUN

Band Office Door Opens At 7:00 pm

CALL 705 864 0200 TO REGISTER





# 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



# Indspire SOARING

Indigenous Youth Empowerment Gathering

April 8 and 9, 2025

Virtual informative workshops that will help you learn about careers and post-secondary educational options!

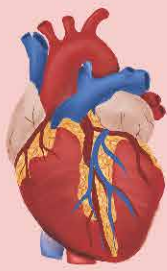
10 seats available for local members participating in the event at the Health Centre.

For students and parents residing outside the community who are interested please follow the link (<https://indspire.ca/events/soaring/>) to register for free at home.

For more information on past SOARING gatherings, click the following link to last year's Soaring Experience Guide: <https://files.constantcontact.com/c428f979001/696c0add-0a42-4b0f-888f-080f4a99f0fa.pdf>

to register and for inquiries call Nathalie - 705-864-0200 ext. 203





# HEART HEALTHY FOODS



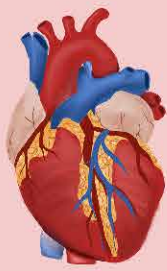
Your **heart** works tirelessly, beating around **100,000 times each day** to deliver oxygen and nutrients throughout your body. The quality of what you eat can either lighten its load or make this job harder.

**Heart**-healthy nutrients give your cardiovascular system what it needs to run smoothly and efficiently.

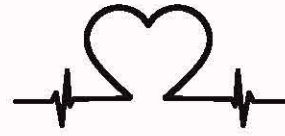


Call the RN at the Health Center to discuss how to maximize your heart health 705-864-0200 Ext 205





# HEART HEALTHY FOODS



## BERRIES:

Blueberries, strawberries, raspberries, blackberries

Berries are tiny yet powerful. Their vibrant colors come from antioxidants which help reduce inflammation and improve artery function.



## SALMON AND OTHER FATTY FISH:

Mackerel, sardines, tuna

Fatty fish are loaded with omega-3 fatty acids, which we learned were great for lowering triglycerides and supporting heart health.

Regular servings of fatty fish can help stabilize your heartbeat and prevent arterial plaque buildup.

## OATS:

**Oats** have long been considered an important part of a heart-healthy diet. **Oats** contain a compound called beta-glucan that can help raise HDL cholesterol (*good cholesterol*) and lower LDL cholesterol (*troublesome cholesterol*). It can also lower a type of protein called apolipoprotein B that is closely linked to the formation of plaque.



Call the RN at the Health Center to discuss how to maximize your heart health 705-864-0200

Ext 205

