

**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

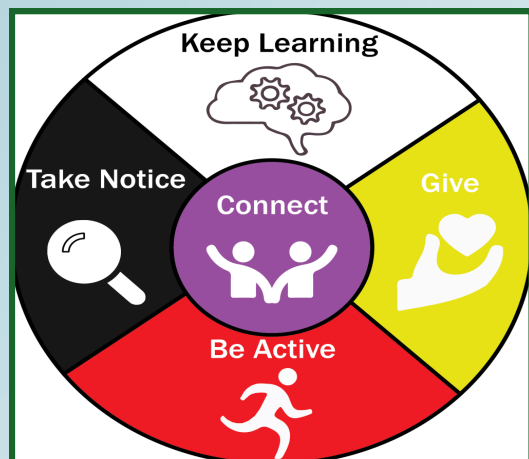
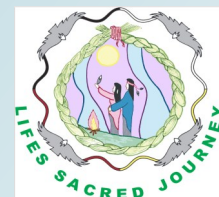
Chapleau Cree Health Centre

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

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>



For the week of:

**March 3, to
March 9, 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:

- **Mushkegowuk Bird Monitoring
Open House Dinner**
- **Info Session on joining the
WHOLE30 Program (lunch provided)**
- **Reflexology**
- **Adult Parka Making Workshop**



Oški-kīšikāw
MONDAY
Mikisiwi-Pisim
March 3



MONDAY.



Nīso-kīšikāw
TUESDAY
Mikisiwi-Pisim
March 4



Town Run
10:00 a.m.

Call **Health** at
705-864-0200 before 9am
to get picked up



Mushkegowuk Bird
Monitoring Open House
DINNER

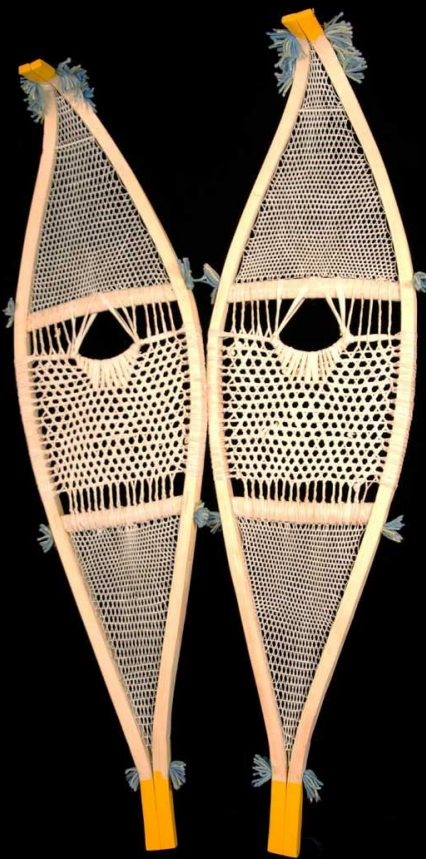


MUSHKEGOWUK
COUNCIL

5:30-7:30pm @ Band Office



Apihtawan
WEDNESDAY
Mikisiwi-Pisim
March 5



Nēwi-kīšikāw
THURSDAY
Mikisiwi-Pisim
March 6



Town Run
10:00 a.m.

Call **Health** at
705-864-0200 before 9am
to get picked up

Info Session
WHOLE30 Program



12pm-1pm @ Health

REFLEXOLOGY



3pm-8pm @ Health



Pahkwēšikani-kīšikāw
FRIDAY
Mikisiwi-Pisim
March 7



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
Mikisiwi-Pisim
March 8

Adult Parka Making
Workshop—Session 3



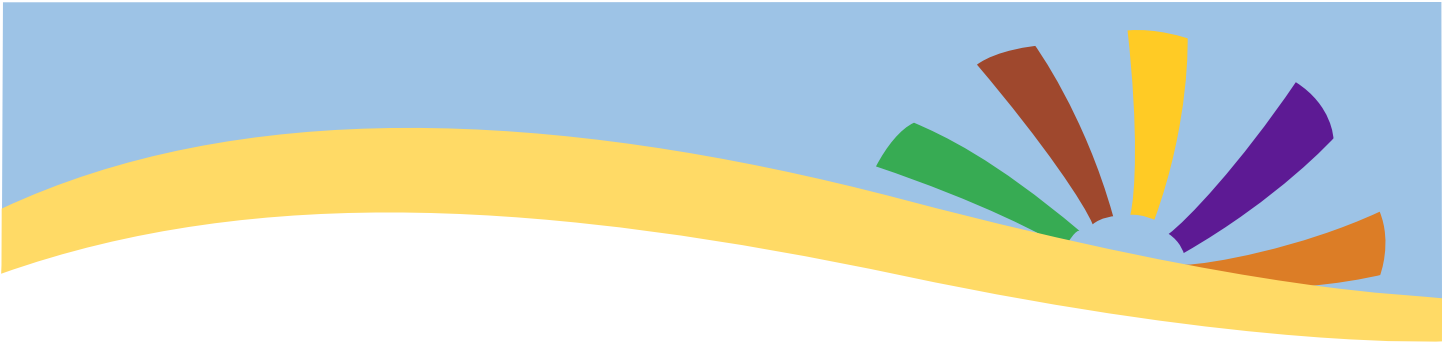
9am-4pm @ Health

Ayamihēwi-kīšikāw
SUNDAY
Mikisiwi-Pisim
March 9

Adult Parka Making
Workshop—Session 4



9am-4pm @ Health



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



**Tuesday, March 4th, 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 to learn more about him and how he can help.





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

www.patchampagne.com

Free 20 minute consultation available!



RESEARCH & MONITORING

The Lands and Resources Department will provide information on research & monitoring projects. Are you interested in community-based research and monitoring? Join us to learn and provide your input.

OPEN HOUSE FREE EVENT



Community-based research and monitoring are projects guided by and developed with community members to address their priorities, questions and interests.

Chapleau Cree First Nation Tuesday, March 4 5:30-7:30 p.m. Location: Band Office Hall

Everyone is welcome. There will be food, refreshments & giveaways.



Health **RESET** with **WHOLE 30**

WELLNESS 8-WEEK PROGRAM

- Low Energy
- Sore muscles or joints
- Food cravings
- Poor sleep
- Brain Fog
- Bloating
- Bowel Issues

Are you tired of being tired? Fed up of limited activity due to aching muscles or joints? Feel helpless to your food cravings? Waking in the night and struggling to get back to sleep? Find that brain fog interferes with your memory, thinking or motivation? Pants get too tight as the day goes on from bloating? Irritable bowel symptoms interfere with outings? These are just SOME of the MANY symptoms that challenge us each day.

If you want to learn more about the program, there is an information session on March 6th at 12pm at the CCFN Health Centre.

Pamela Drynan, RN will explain the program while we share a WHOLE30 lunch together. Registration for the 8-week program limited. Email rn@chapleaucree.ca if you can't make the lunch but are interested.

Call CCFC Health Centre to sign up for the lunch (705-864-0200)

WHOLE 30

Wellness 8-Week Program

RESET YOUR HEALTH

“Push the reset button on your health, habits, and relationship with food, wipe the slate clean, and create a new foundation on which to build the perfect balanced, sustainable, healthy diet and lifestyle for you”

~ Melissa Urban (Hartwig)



HOW DOES WHOLE 30 WORK?

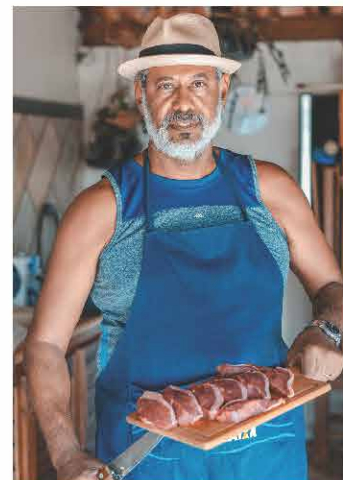
In a nutshell, for 30 days you completely eliminate the foods that scientific literature and clinical experience have noted to be the most commonly problematic in one of the four areas of health & wellness: 1) cravings, 2) metabolism, 3) digestion, and 4) immune system. During the Elimination phase, you will learn what your “new normal” feels like - a healthy baseline; then at the end of 30 days we strategically reintroduce each food group over the course of two weeks.

SO WHAT WILL I BE EATING?

Wonderfully nutritious, fullfilling and accessible
WHOLEFOODS.

We will be filling our plates and bowls with moderate portions of meat, seafood and eggs, lots of vegetables, some fruit, plenty of natural fats, and herbs and spices.

Email Pamela Drynan, RN for more information: rn@chapleaucree.ca



WHOLE 30

Wellness 8-Week Program

During the 30 day program, we will focus on “Non-Scale Victories” rather than weighing ourselves. In fact, the founder of the program strongly discourages weighing yourself. We want to focus on how your symptoms that ‘weigh’ you down are improving rather than stressing over the scale.



WHY 8 WEEKS IF IT'S FOR 30 DAYS?

Starting Monday, March 17th, 2025, we will take two weeks to learn more specifics of the program, start developing habits that will be a part of our success on the program, and start practice eating WHOLE 30 foods before we start officially on Monday March 31st, 2025. Then we take two weeks to reintroduce the foods eliminated to learn how you respond to each of the food groups. During the 30 days of elimination you will have a Day to Day workbook to track your response to the changes. The workbook has detailed information for you to support and coach you each day of elimination to promote success. Plus you have me, the nurse, and peers from the group to help your journey through your transformation.

You will be provided the program guide textbook, the Day by Day workbook, and the Food freedom forever book to help build you up for success. Bonus: a cookbook and food prep containers.

March 6th, 2025 at 12pm is an information session with lunch provided for those who would like to learn more before signing up. You can register by calling the Health Centre 705-864-0200. Attending the lunch is not mandatory, you can register before March 17th as space is limited.

Email Pamela Drynan, RN for more information: rn@chapleaucree.ca





REFLEXOLOGY

with Kathleen Bouchard

*March 6, 2025
3:00 PM-8:00 PM
at Health Centre*

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

705-864-0200





Kids March Break Activities



March 10, 2025	Slime Making	2:00pm-4:00pm
March 11, 2025	Macramé Feather	1:30pm-4:00pm
March 12, 2025	Painting	1:30pm-4:00pm

To register call health – 705-864-0200

**Children 6 and younger to be
accompanied by adult**





ADULTS ONLY BEADING SOCIAL

TUESDAYS - MARCH 11 & 25, 2025
- 6:30 PM - 9PM



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

10 PARTICIPANTS ONLY
OPEN TO CCFN BAND MEMBERS
WAITLIST WELCOMED

YOUTH (7-18 YEARS)



Winter Day Camp

It's a Fun
Winter Time!



**FRIDAY, MARCH 22ND
TO - SUNDAY, MARCH
24TH, 2025**

*Come & Enjoy some Winter Fun
Cultural Activities & Survival
Game Challenges*

**FRIDAY 5:30 PM - 8:00 PM AT HEALTH
SATURDAY 9:00AM TO 5:00PM AT HEALTH
SUNDAY 9:00AM TO 3:00PM AT HEALTH**

- LAND-BASED CULTURAL TEACHINGS, RABBIT
- SNARING - SNOW GAMES - ICE FISHING -
- SURVIVAL SKILLS - BONFIRE & MORE
- PROPER OUTDOOR CLOTHING REQUIRED
AS EVENT IS OUTDOORS ALL DAY!

FOR MORE INFORMATION

CONTACT HEALTH AT 705-864-0200 TO REGISTER





MUSHKEGOWUK HEALTH



MUSHKEGOWUK COUNCIL
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Healing Through Dreams and Understanding Trauma



Gabriel Herodier

Facilitator, Trauma-Informed Counsellor



Lisa V. Wesley

Mental Health and Wellness Manager, Registered Trainer

Workshop

1PM - 9:30 PM
March 24, 2025
Health Centre
Chapleau Cree FN

One-on-one counselling

9AM - 4:30PM
March 25, 2025
Health Centre
Chapleau Cree FN

To register for the workshop or a one-on-one session call Health at 705-864-0200
Open to CCFN Band members
Waitlist welcome








Feather Light Defence with Samantha Duhamel

Join us for 3 days of self defense classes for youth and women to get out of bullying/sexual assault/domestic violence scenarios while promoting a healthy, traditional, inspirational and fun environment.

Class Schedules

-  Monday, March 31, 2025
youth class: 3:30pm - 5:00pm
women's class: 6:00pm - 7:30pm
-  Tuesday, April 1, 2025
youth class: 3:30pm - 5:00pm
women's class: 6:00pm - 7:30pm
-  Wednesday, April 2, 2025
youth class: 3:30pm - 5:00pm
women's class: 6:00pm - 7:30pm

Open to youth ages 8-13 and women ages 14 and up.

Open to CCFN band members.

To register call health at 705-864-0200

For inquiries call Nathalie at ext. 203





NOMINATION MEETING



REMINDER NOTICE

CHIEF AND COUNCIL

&

CCFN COMMUNITY TRUST

~ **Saturday, April 5, 2025** ~

10:00 AM

BAND OFFICE HALL



P.O. Box 400 ♦ Fox Lake reserve ♦ Chapleau, Ontario ♦ P0M 1K0
Ph (705) 864-0784 ♦ Fax (705)864-1760
reception@chapleaucree.ca

NOTICE OF ELECTION – 2025

As per the Chapleau Cree First Nation (CCFN) Peoples Election Code let the following serve as notice to the eligible electorate of the CCFN for the nomination and election of Chief and Council 2025.

Nomination Meeting

The Chapleau Cree First Nation will be holding its Nomination meeting April 5, 2025 beginning at 10:00 am. Please consider this as notice to all eligible members to attend the Band Office on the above noted date to participate in the Nomination process.

Advance Poll

The Chapleau Cree First Nation will make available an advance poll for eligible membership as per the Election Code rules. The poll will be situated at the Band Office on the Fox Lake Reserve and will operate on June 7, 2025 between the hours of 9:00 am and 5:00 pm.

Election Day

The Chapleau Cree First Nation will hold the Election Day poll at the Band Office on the Fox Lake Reserve June 14, 2025 as per Election Code rules. Poll will be open between the hours of 8:00 am and 6:00 pm.

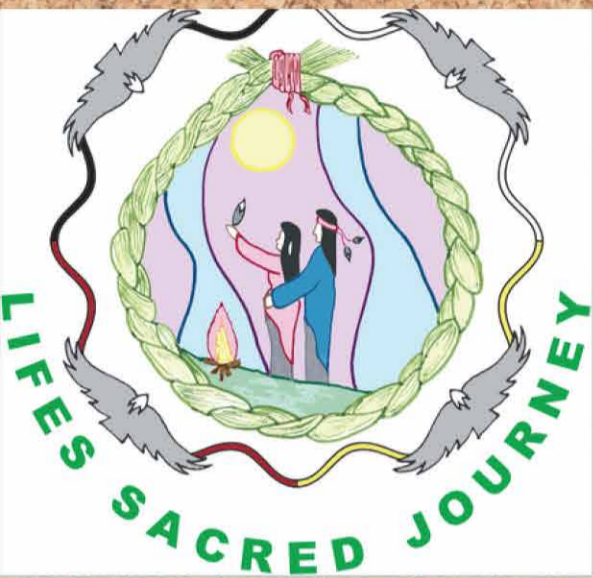
All eligible members are encouraged to participate in the Election Process.

Please contact the Band Administrator, Edith Larocque (705)864-0784 or at email bandadmin@chapleaucree.ca Monday to Friday for more information.





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.



Location: Chapleau, Ontario

Schedule 7/7

Chapleau Relocation Incentive Program (\$)

The maintenance supervisor is responsible for planning and supervising mechanical work on the mine site. He/She verifies and approves the work identified and the equipment required for the work. Ensures safe work environment, planning and facilitation of monthly safety meetings and shift start huddles. He/She also shares his/her knowledge to support the maintenance team in carrying out the work properly.

Key Responsibilities:

- Ensures timely coordination of equipment maintenance and repair activities to maximize productivity on job sites.
- Oversees his/her work team ensuring activities are conducted in a safe and healthy environment and that policies and procedures are followed.
- Organizing and facilitating monthly safety and shift start meetings.

Profile requirements:

- Minimum 5 years of supervisory experience
- Heavy Equipment Technician Licence
- Be a member of the Ontario College of Trades
- Ability to manage multiple projects
- Excellent communication in English
- Ability to work 7/7 shifts day/night and weekend
- Knowledge of SAP software (an asset)

send your application to: emplois@meglab.ca