

**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>



**RESPECT TOBACCO!!!
SAY NO TO SMOKING!**

CCFN
**Small
Engine
Repair**



705-864-1045

**Pimii Kamik
Gas Bar
& Gift Shop**
Located on the Chapleau Cree
First Nation

7 DAYS A WEEK
Authentic
Native Crafts

705-864-0781

Your
Propane
Refilling
Station 

For the week of:
**March 10, to
March 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



This Week's Highlights:

- **MARCH BREAK!!!**
- **Chief and Council Meeting**
- **Kids Slime Making Workshop**
- **Kids Macrame Feathers**
- **Adult Beading Social**
- **Kids Painting Activity**



Oški-kíšikâw
MONDAY
Mikisiwi-Pisim
March 10



Kids Slime Making Workshop!



2pm-4pm @ Health

Chief & Council Meeting
6pm @ Band Office



Nîso-kíšikâw
TUESDAY
Mikisiwi-Pisim
March 11



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

Kid's Macrame Feathers



2pm-4pm @ Health

Adult Beading Social



7pm-9pm @ Health



Apihtawan
WEDNESDAY
Mikisiwi-Pisim
March 12

Kids Painting Activity



1:30pm-4pm @ Health



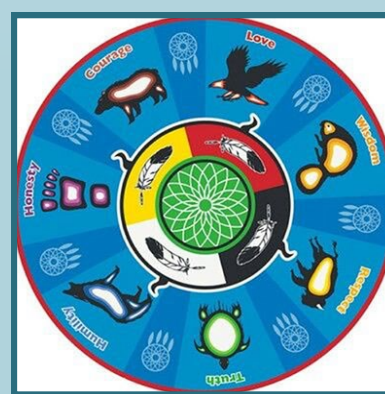
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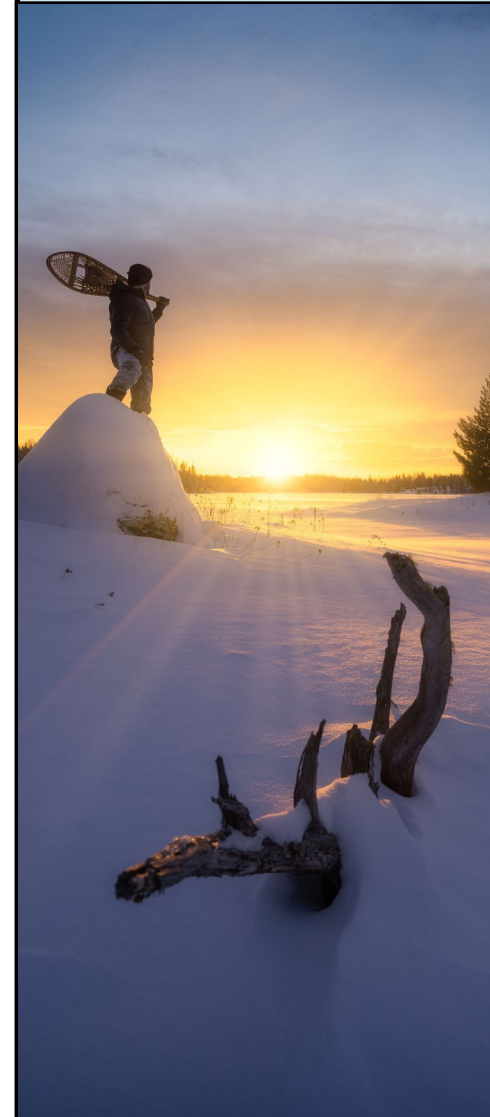
Nêwi-kíšikâw
THURSDAY
Mikisiwi-Pisim
March 13



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



Pahkwêšikani-kíšikâw
FRIDAY
Mikisiwi-Pisim
March 14



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 15



Ayamihêwi-kíšikâw
SUNDAY
Mikisiwi-Pisim
March 16



NOTICE to Chapleau Cree First Nation Residents:

For the safety and well-being of our community members and as per order of **BCR 2024-16 Nicholas Dillon** and **BCR-2023-14 Calvin Lecuyer Jr.** and **BCR 2025-06 Jean Micheal Branchaud**, this is a notice from Chapleau Cree leadership informing members of three individuals that are prohibited from entering the reserve.

If anyone sees either one entering the reserve they are asked to please contact **Nishnawbe-Aski Police** at **1-888-310-1122** to have them removed.

Meegwetch.





Kids March Break Activities



March 10, 2025	Slime Making	2:00pm-4:00pm
March 11, 2025	Macramé Feather	2:00pm-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



Nutrition Month Lunch & Learn

**MONDAY
MARCH 17TH**

📍Chapleau Cree Health
Centre



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

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





RSVP TODAY

TUESDAY MARCH 25TH

Reconnecting Our Lands and Voices Webinar

**CONSERVATION OF TREATY 9 TERRITORY
PROJECT UPDATES | CONVERSATION
6:30PM - 7:30PM | ZOOM**

**EMAIL CONSERVATION@WAHKOHTOWIN.COM
TO REGISTER**

MARCH IS NUTRITION MONTH



Let's challenge ourselves as a community and learn how to eat more vegetables and fruit.
Here are some tips:



Breakfast boost

Is your breakfast barren of vegetables and fruits? Let's try and change that! Try these ideas - add fresh berries to your cereal, stir in pumpkin puree in your morning oats, spread avocado on your toast, add chopped greens to your eggs.

CCFN Health Centre - 705-864-0200
Pamela Drynan, RN, CFNC





Double up

Following your favourite recipe? Make it a habit to double the amount of vegetables called for the ingredients. Try this with soups, pasta, stews, and stir-fries.

Sassy Sauces

Sauce can make the meal and veggies can make the sauce. Blend all sorts of vegetables into tasty sauces for pasta, rice, or to top other veggies. Artichokes, greens, sweet potatoes, zucchini and butternut squash are all sassy sauce additions!



Be adventurous!

Stuck in a veggie rut? There are so many vegetables to explore. Commit to trying one new vegetable a week this month!

March 2025



**SERVICE SCHEDULE
Northern Clinic**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Alicia NP – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE – 814 Fox Lake Clinic Melody MHWW-Chapleau Jackie C&WW – Chapleau	4 Alicia NP – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE – 3 Maple Clinic Melody MHWW-Chapleau Jackie C&WW – 3 Maple	5 Alicia NP – 8 14 Fox Lake Clinic Kasey DNE – 814 Fox Lake Clinic Angie RPN- 3 Maple Foot Care Melody MHWW-Chap AM/ Wawa PM Jackie C&WW – 3 Maple	6 Alicia NP – 8 14 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE – 814 Fox Lake Clinic Melody MHWW- 3 Maple Jackie C&WW – 3 Maple	7 Angie RPN – 814 Fox Lake Clinic Kasey DNE – 814 Fox Lake Clinic Melody MHWW-OTN/Phone
10 Angie RPN – 814 Fox Lake Clinic Kasey DNE -814 Fox Lake Clinic Melody MHWW-OTN/Phone Jackie C&WW – Chapleau	11 Angie RPN – 814 Fox Lake Clinic Kasey DNE – 3 Maple Clinic Melody MHWW-OTN/Phone Jackie C&WW – Chapleau	12 Alicia NP – 8 14 Fox Lake Clinic Kasey DNE – 814 Fox Lake Clinic Angie RPN- 3 Maple Foot Care Jackie C&WW – Chapleau	13 Alicia NP – BHFN Clinic Kasey DNE – BHFN Clinic Dr. Oberai – 3 Maple St. AM Angie RPN – 3 Maple Jackie C&WW – Chapleau	14 Angie RPN – 3 Maple Kasey DNE – 814 Fox Lake Clinic
17 Alicia NP – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE – 814 Fox Lake Clinic Melody MHWW-Chapleau Jackie C&WW – Chapleau	18 Alicia NP – 3 Maple Kasey DNE – 3 Maple Angie RPN – 814 Fox Lake Clinic Melody MHWW-Chapleau Jackie C&WW – Chapleau	19 814 Fox Lake Clinic Open AM Melody MHWW-Chap AM/ Wawa PM	20 814 Fox Lake Clinic Closed Melody MHWW- Wawa	21 Angie RPN – 814 Fox Lake Clinic Kasey DNE – 814 Fox Lake Clinic
24 Alicia NP – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Melody MHWW-OTN/Phone	25 Alicia NP – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Melody MHWW-OTN/Phone	26 Alicia NP – 3 Maple Angie RPN- 3 Maple - Foot Care Melody MHWW-OTN/Phone	27 Alicia NP – BHFN Clinic Angie RPN – BHFN Clinic Dr. Oberai – 3 Maple St. AM Melody MHWW-OTN/Phone	28 Angie RPN – 814 Fox Lake Clinic Melody MHWW-OTN/Phone
31 Kasey DNE – 814 Fox Lake Clinic Melody MHWW-Chapleau Jackie C&WW – 3 Maple	Hours: Monday to Friday 8:30 am to 4:00 pm (Closed for Lunch) Appointments: 1-833-564-2726 or 705-856-8282		Your call is important, if we are unable to answer please leave a detailed message & we'll call you back ASAP	

Northern Clinic Team

- Alicia Castonguay Nurse Practitioner
- Dr. Anjali Oberai
- Kasey Bissaillion RPN, Diabetes Nurse Educator
- Angela Fletcher RPN, Advanced Foot Care
- Jackie Tangie-Roy, Cultural and Wellness Worker
- Melody Hawdon, Mental Health & Wellness Worker
- Emily Pirano, Art Therapy Student
- Christine Stoycheff, Client Care Coordinator



SMOKING CESSATION PROGRAM
Are you thinking about quitting Smoking?
Do you have a family member or friend that you want to support?
Call our appointment line for more information to book an appointment?



Cedar Cleanse CEREMONY

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

The Cedar Cleanse Ceremony is a powerful but gentle Ceremony conducted primarily by Indigenous Women. The Ceremony is done in a quiet room, where the space and Ceremony bundle have been smudged down. For those experiencing the Cedar Cleanse for the first time, the conductor will provide information about what will happen during the Ceremony ensuring that body sovereignty and consent will be confirmed throughout the Ceremony.

WHAT TO EXPECT

Cedar water medicine is prepared prior to the Ceremony starting and the person receiving the Ceremony will offer their prayer/intention while holding cedar and tobacco to start the Ceremony. The tobacco will be offered to the pipe and set aside. The person receiving the Cedar Cleanse is always clothed and is asked to lay down on a massage table that has been prepared with cedar and covered with a red cloth for protection. The person will then be covered by a sheet or a thin blanket with pillows at the head and/or under the knees for comfort. There may be soft music playing in the background. With consent the conductor will place face cloths soaked in warm cedar water over the head, over the eyes, over the throat, and one in each hand so that the person's energy goes into the cedar water. The conductor will then lay out four face cloths on the chest area then slowly and gently pull the face cloths down the body, ending at the toes. With this action, the medicine pulls off energetic debris the body maybe holding onto. This process is repeated four times. Once this is complete, the person is covered with a warm blanket and may be fanned down with eagle fans, feathers, a rattle, and or a reiki comb to complete the healing work. The pipe is lifted using the tobacco that has been offered.

AFTER THE CEREMONY

Both, the individual receiving the cedar cleanse and the conductor may receive visions/images or messages through the Ceremony which may be shared with one another. When the person receiving the cleanse is ready, they are asked to take their time getting up, given a cup of water. Reminded to continue to be gentle with their spirit. The Cedar Cleanse is powerful, gentle, relaxing, healing, and a loving ceremony for everyone.

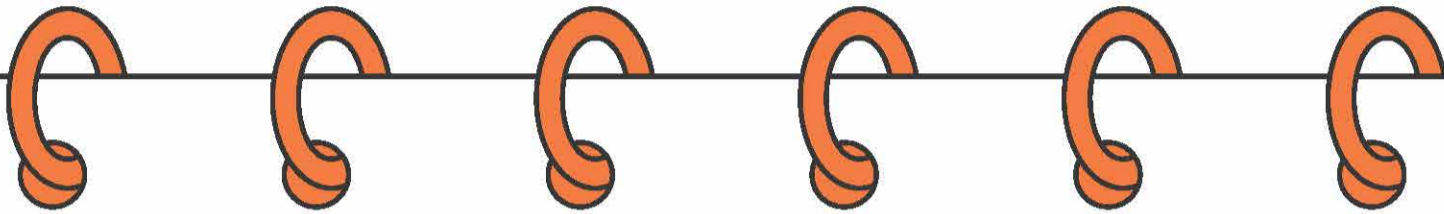
BOOKING AN APPOINTMENT

Cedar Cleanse Ceremonies take place by appointment at one of our clinic sites (approx. one hour). Please connect with us to book your Cedar Cleanse Ceremony, or if you have any questions please call 705-856-8282 Toll Free 1-833-564-2726.

PRE-APPOINTMENT CHECKLIST

1. Complete Intake form and signed consent.
 2. Advise of any allergies to smoke or cedar
 3. Females may wear skirt and T-shirt
 4. Males may wear comfy clothing
- (We recommend an extra top in case you get wet)*

ANNOUNCEMENT



Northern Clinic Team Updates

Shirley Hale, Nurse Practitioner, retired Jan. 31, 2025. She has been a dedicated and compassionate provider, offering outstanding health care to our clients for many years. Her warm and caring approach has made a lasting impact on the lives of those she has served, and we wish her the very best in her well-deserved retirement.

We'd also like to announce that Deidre Dupuis has been seconded to the Maamwesying Ontario Health Team, where she'll continue contributing her skills and expertise as the Digital Health and Quality Improvement Project Assistant.

Finally, please join us in welcoming our newest team member, Christine Stoycheff who joins us as our Client Care Coordinator. Christine will be facilitating all intake calls moving forward, and we're excited to have her on board.



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



BIDDING OPPORTUNITY Provision of Catering Services to Chapleau Cree First Nation Services

Brief Description	For approximately 25 Individuals 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 Health Centre

- Breakfast
 Lunch
 Snacks
 Dinner

- Interested bidders will be required to submit a healthy menu for the event, to be included with the bid.
- 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 Health Services
- 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.
- 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:

Tracy Martin
Chapleau Cree First Nation
P.O. Box 400
Chapleau, ON P0M 1K0

or programs@chapleaucree.ca

Subject Line: Lunch and Learn Topic: Nutrition March 17, 2025
Note: Electronic bids missing the above subject may be missed from consideration.

Deadline to submit bid and menu is: 03/13/2025



P.O. Box 400 ♦ Fox Lake Reserve ♦ Chapleau, Ontario ♦ P0M 1K0

Tel: (705) 864-0784 ♦ Fax (705)864-1760

reception@chapleaucree.ca

EMPLOYMENT OPPORTUNITY

Position: Administrative Support Technician - Full Time

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 incumbent is required to interact with the general public in person, via telephone and electronic transactions, receiving messages for other administrative positions and requests for information that may sometimes be of a sensitive nature. As a result, the incumbent's duties include compliance to confidentiality requirements. A large portion of the work activity involves records and document management, and the position demands a high degree of discipline and adherence to policy and established procedure. The incumbent will be directly responsible to the Community Healthcare Coordinator.

Required Qualifications:

- ✓ Valid G driver's license
- ✓ May be required to provide a Canadian Police Information Check

Skills:

- ✓ Excellent use of technology for collaboration.
- ✓ Strong computer skills, including Microsoft applications.
- ✓ Rigorous analytical and research skills.
- ✓ Innovative, supportive, highly driven and attention to detail.
- ✓ Ability to communicate with all levels of the organization.
- ✓ Dedicated self-starter, ability to work well under pressure and deadlines.
- ✓ Excellent time management and organizational skills.
- ✓ Ability to complete multiple tasks while dealing with frequent interruptions and tight timelines.

Duties/Responsibilities:

- ✓ Greeting/assisting walk-in clients
- ✓ Development of databases for statistical data entry
- ✓ Answering telephone, responding to inquiries, and directing calls to appropriate staff
- ✓ Preparation of memos and other correspondence
- ✓ Maintenance of voicemail system and other business equipment
- ✓ Store and retrieve copies of documents and information to/from CCHC file systems
- ✓ Photocopying and faxing
- ✓ Assist with program facilitation and development
- ✓ Group, categorize and redirect communiqués to appropriate individuals within the CCHC and CCFN offices
- ✓ Order and receive consumable supply items, verify delivery against purchase orders, forward received purchase order data to Financial Programmer
- ✓ Collate information and documents for monthly/weekly community calendars and prepare digital signage for various locations
- ✓ On request of the Healthcare Coordinator or other health staff, perform sundry clerical assignments, and project and research activities such as internet searches, telephone inquiries, and fax requests to gather information for a project or report
- ✓ Provide word processing services and prepare outgoing documents for mailing or courier pickup
- ✓ Maintain the annual office calendar of activities and events, and informs those affected of upcoming obligations and commitments
- ✓ Maintain a daily log in which requests for service are described and activity towards the requests are noted
- ✓ Other related duties as requested

Wage: \$ 37,000.00 - 42,000.00

Closing Date: March 14, 2025

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

**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!**



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 Tel: (705) 864-0784 ♦ Fax (705) 864-1760
reception@chapleaucree.ca



EMPLOYMENT OPPORTUNITY

Position:	Health Director (Full-Time)
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 Health Director will provide leadership and direction in planning, organizing, implementing, maintaining, and evaluating programs and services. These responsibilities need to be conducted in a manner that is respectful of diversity and in alignment with the culture and traditions of Chapleau Cree First Nation. The Health Director will also be responsible for coordinating intervention, directly or indirectly in emergencies, trauma, and crisis situations. The incumbent would need to communicate effectively with community members and partners about health opportunities and challenges in an informed and knowledgeable manner. This position reports directly to the Band Administrator.
Minimum Education/Experience Qualifications:	<ul style="list-style-type: none"> ✓ Post-Secondary Health Services Diploma or Degree ✓ A valid, unencumbered Class G driver's license ✓ A clear Canadian Police Information Check (CPIC) ✓ 3-5 years' experience in healthcare management. ✓ A demonstrated competency in the ability to manage and allocate financial resources.
Preferred Qualifications:	<ul style="list-style-type: none"> ✓ Bachelor's degree from an accredited university in a Health-related field. ✓ A solid working knowledge of contribution agreements between First Nations and Federal/Provincial partners.
Duties/Responsibilities:	<ul style="list-style-type: none"> ✓ Lead day-to-day supervision of health staff and contractors ✓ Coordinate all health, traditional and community programming offered by the Health Centre ✓ Ensure programs and services are in compliance with legislation and organizational policies and procedures ✓ Ensure financial management of programs and services including financial accountabilities and funding requirements ✓ Proactively seek out diverse funding sources to sustain health and wellness programs ✓ Prepare and monitor work plans, including reporting through regular and annual reports ✓ Respect cultural protocols and acknowledge and embrace the diversity of our knowledge systems ✓ Lead consultative processes regarding community health planning needs and opportunities ✓ Ensure emergency management, preparedness planning and/or pandemic planning is in place and well communicated ✓ Travel will be required ✓ May be required to respond to emergency situations ✓ Work overtime as required ✓ Other related duties as required
Wage:	To commensurate with experience.
Closing Date:	Until filled

Individuals are invited to submit their application, cover letter, 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

**We thank all applicants, but only those selected for an interview will be contacted.
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