

Oški-kíšikâw
MONDAY
Mikisiwi-Pisim
March 17

IT'S
MONDAY
TIME TO
SPARKLE AND SHINE



Lunch & Learn
(Nutrition)



12pm-1pm @ Health



Nîso-kíšikâw
TUESDAY
Mikisiwi-Pisim
March 18



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

COMMUNITY HAIRCUT DAY



10am-4pm @ Health

Nutrition Bingo



7-9pm @Band Office



Apihtawan
WEDNESDAY
Mikisiwi-Pisim
March 19



Nêwi-kíšikâw
THURSDAY
Mikisiwi-Pisim
March 20

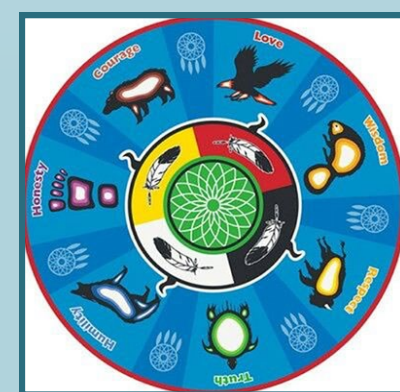


Town Run
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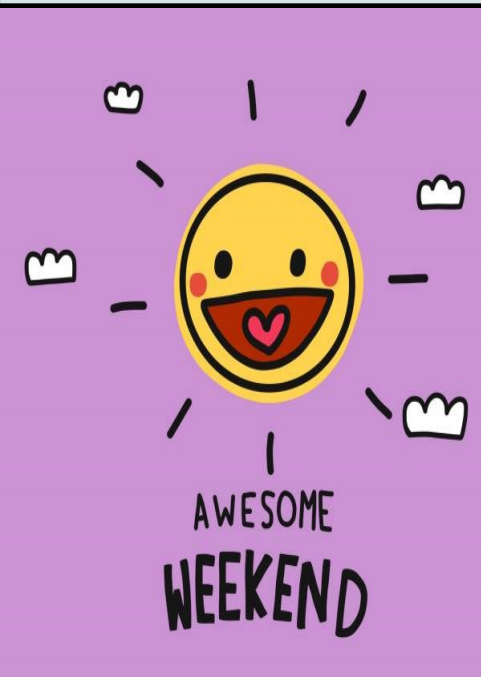
MASSAGE
W/ KATHLEEN



3pm-8pm @ Health



Pahkwêšikani-kíšikâw
FRIDAY
Mikisiwi-Pisim
March 21



Youth Winter Day
Camp



5:30pm-8pm @ 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
Mikisiwi-Pisim
March 22



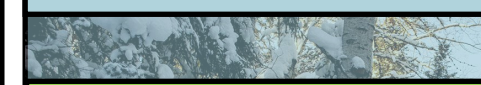
Youth Winter Day
Camp



9am-5pm @ Health



Ayamihêwi-kíšikâw
SUNDAY
Mikisiwi-Pisim
March 23



Youth Winter Day
Camp



9am-3pm @ Health





Nutrition Month Lunch & Learn

**MONDAY
MARCH 17TH**

📍 Chapleau Cree Health
Centre



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

Haircut Day

Jennifer Hoover-Simon

March 18, 2025

FREE of charge
Gratuity encouraged

CALL HEALTH 705-864-0200 TO
BOOK YOUR APPOINTMENT

CCFN Members. Waitlist Welcome.





NUTRITION BINGO

March 18, 2025

★ GAME | NIGHT | FUN

Band Office Door Opens At 7:00 pm

CALL 705 864 0200 TO REGISTER





Massage Day

with Kathleen Bouchard

March 20, 2025
3:00 PM - 8:00 PM
at Health Centre.



*Call Health to book your
appointment 705-864-0200
Priority CCEN Members.
Waitlist welcomed.*

YOUTH (7-18 YEARS)



Winter Day Camp

It's a Fun
Winter Time!



**FRIDAY, MARCH 21st
TO - SUNDAY, MARCH
23TH, 2025**

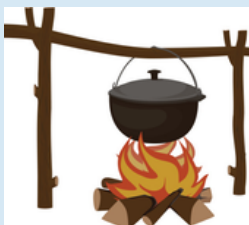
*Come & Enjoy some Winter Fun
Cultural Activities & Survival
Game Challenges*

**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





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!

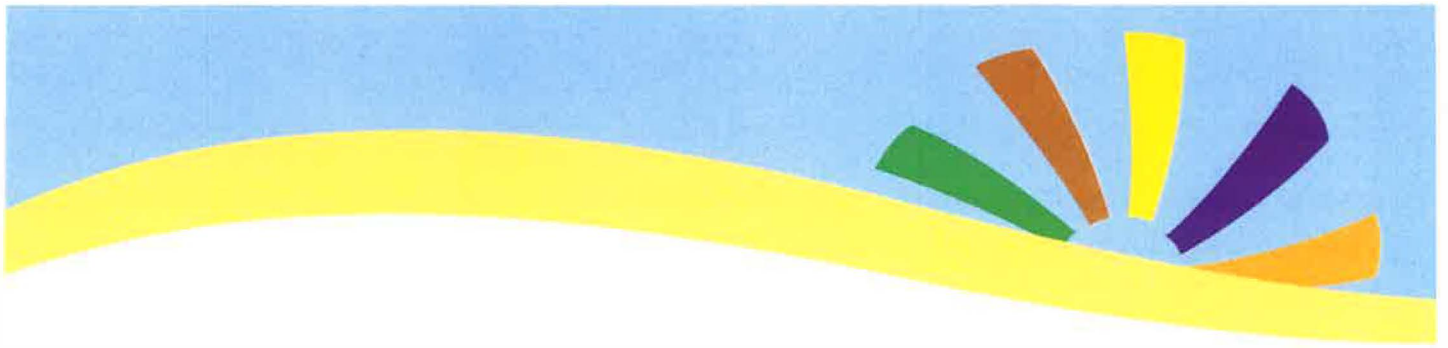
**Patrick Champagne, RSW, HBSW,AC(HON),
Timmins, Ontario Canada**

705-360-3132

info@patchampagne.com

www.patchampagne.com

Free 20 minute consultation available!



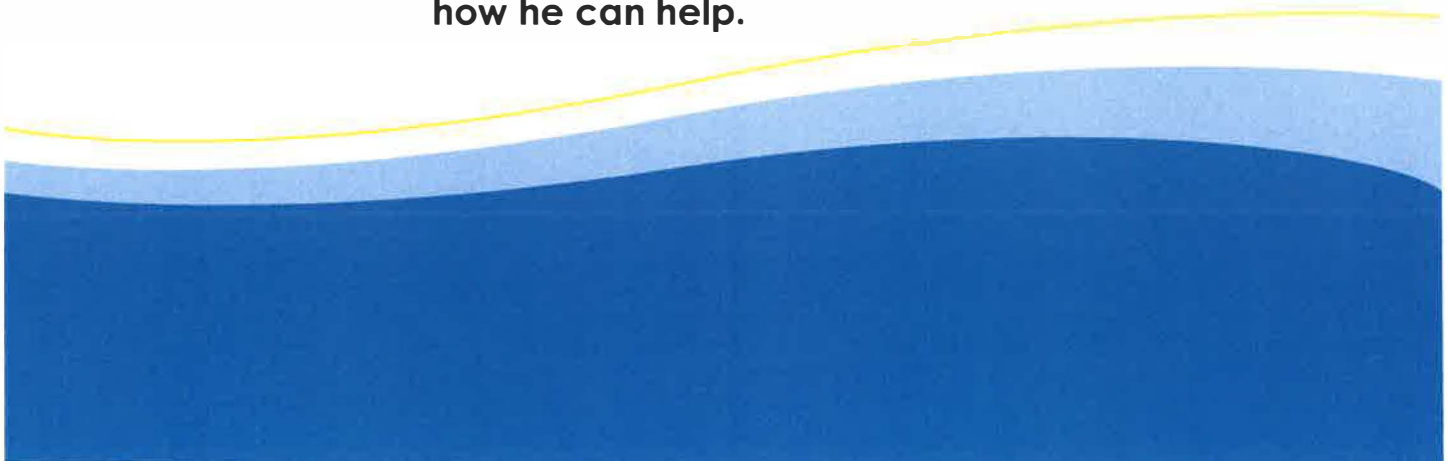
Registered Social Worker/Therapist
Patrick Champagne will be visiting
the LIFE'S SACRED JOURNEY Office to
offer his services to the Community




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






March 30, 2025
5:30 pm - 7:30 pm


COMMUNITY DINNER

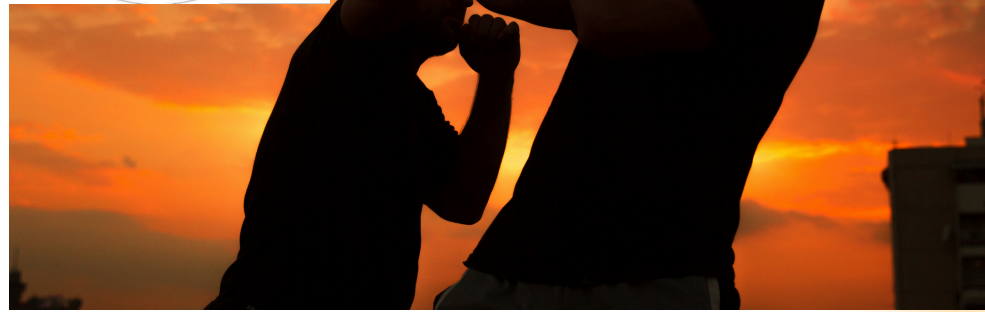


Let's talk about what myo
pamatesiwin - mistik eililoowuk
means to you!



Join Mushkegowuk and Wahkohtowin at the
Chapleau Cree Band Office for dinner and
conversations about indicators of a healthy
forest. Door prizes to follow!








Feather Light Defense 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**





Wahkohtowin

GUARDIAN CLIMATE CHAMPIONS SESSIONS

INSPIRING IN PERSON PRESENTERS & CONTENT AT THE
CHAPLEAU HIGH SCHOOL OUTDOOR LEARNING SPACE &

CAFETERIA

YOUTH 13-17

8 SESSIONS EVERY WEDNESDAY STARTING APRIL 2 TO MAY 21, 2025

4:00 PM-6:30 PM

\$50 HONORARIUM PER SESSION

CATERED MEALS

PRIZES TO BE WON!

INDIGENOUS TEACHINGS/SACRED FIRES

**20 PARTICIPANT
SEATS
AVAILABLE!!**

**TO REGISTER PLEASE CONTACT
WAHKOHTOWIN GUARDIAN
COORDINATOR: DARCIÉ PICHE AT:
DARCIE@WAHKOHTOWIN.COM OR
CALL (249) 356-3967**



COMMUNITY - BASED WILDLIFE MONITORING WORKSHOP

Join us for workshop brought to you by Lands & Resources Department, Mushkegowuk Council on:

*Song Meter Mini 2: for monitoring bird songs & frog calls .
Trail Camera : for monitoring wildlife .*

Workshop will include:

EQUIPMENT TRAINING

How to set -up trail cameras and song meters .

SELECTING A SITE FOR THE EQUIPMENT

What is a good location for monitoring?

EQUIPMENT INSTALLATION

Time to go outside!

PARTICIPATION

We welcome land users, harvesters, trappers, knowledge holders, and anyone interested in monitoring wildlife!

You want to set up equipment?

- Wear appropriate outdoor clothes, jackets, and boots. We will go outside after lunch.
- Think about where you want to set -up equipment.
- Be available to check equipment over the next year or longer .

Honoraria is available for equipment installation and check -up.



CHAPLEAU CREE FIRST NATION WORKSHOP

Sunday, April 13, 2025 ~ 10am-4pm

Location: Band Office Hall

Lunch, coffee, tea, juice, & snacks

To register, contact:

Lands and Resources Director, Kyle Corston ~
landsdirector@chapleaucree.ca

FAT, FIBER, PROTEIN

Fat/fiber/protein are essential components of your meals and snacks in order to balance blood sugar, provide satiety, and balance energy throughout the day.

Snacks and meals that contain a mix of **fat, fiber, and protein** are more slowly digested than those containing only or mostly carbohydrates (including sugar). This slower digestion leads to a more even absorption of glucose which in turn:

- i) keeps your blood sugar levels balanced,
- ii) as well as helping you feel full longer, and
- iii) decrease those energy highs and lows (ie: crashes) that send you running for your next sugar fix (which perpetuates the cycle).



FAT

Don't be afraid of fat. Every cell in our body uses fatty acids for construction and maintenance, plus are important for the proper functioning of the nervous system and absorption of vitamins A, D, E, and K.

Try some of these **HEALTHY** fats: Avocados, olives & olive oil, flaxseed oil, nuts, seeds & their butters, coconut & coconut oil/butter, pasture raised butter/ghee, meats, poultry, eggs, fish & cold water fish.



FIBER

Including fiber in your diet from whole grains, nuts and seeds, legumes, vegetables and fruits are critical for proper functioning gut. Some important functions of fiber are:

- healthier stools and bowel movements,
- dilutes the effects of any toxic compounds in the intestine by moving them along and out of the system,
- helps remove bad bacteria in the colon,
- and feeds the good bacteria in the colon to allow for the production of vital nutrients such as B vitamins and vitamin K.



PROTEIN



Protein comes from both animal and plant sources. Protein is **CRITICAL** for our ability to **THRIVE** and **SURVIVE**, allowing for maximal physiological repair and efficiency. The protein we consume provides the amino acids our bodies need for a variety of critical functions. Protein is important because amino acids are a component in every cell and almost every fluid in our body and they provide the building blocks for bones, muscles, cartilage, blood and skin.

Aim for 15-30 grams of protein EACH meal

Animal sources:

- beef, chicken, fish, eggs, bone broths

Plant sources:

- nuts and nut butters, seeds and seed butter,
- soy (whole, fermented forms such as tempeh),
- legumes and lentils,
- quinoa.



Our bodies are a complex ecosystem that have essential needs that includes daily intake of fat, fiber, and protein. Try some NEW sources of fat, fiber, and protein this spring for nutrition month and have fun with creating a new recipe.



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: Finance Trainee Part-Time with Potential of Permanent Full Time Employment

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 position is responsible for assisting in accurately recording the detailed financial transactions of the First Nation to a computerized accounting application. These transactions reflect the day-to-day business activity for Payroll, Accounts Payable, Accounts Receivable, presenting an accurate indication of the First Nation's financial status.

Requirements:

- ✓ Clear CPIC
- ✓ Available after hours and weekends (when required)

Preferred Qualifications:

- ✓ Previous experience in First Nation communities
- ✓ Motivated hard-working individual that can multi-task
- ✓ Valid Class 'G' Driver's License

Duties/Responsibilities:

- ✓ Comply with CCFN Policies, Standards and Procedures.
- ✓ Uphold the accepted values of the Chapleau Cree First Nation.
- ✓ Uphold the CCFN confidentiality policy and actively safeguard data and information that he/she may encounter.
- ✓ Process check requisitions and checks.
- ✓ Enter accounts payable and verify purchases.
- ✓ Ensure purchase orders are in order and charged to correct departments.
- ✓ Balance accounts receivable statements at month end.
- ✓ Balance credit card statements.
- ✓ Prepare invoices for any charges to various internal departments.
- ✓ Prepare bank deposits and complete cash receipts.
- ✓ Enter daily cash summaries for business activities.
- ✓ Process and maintain payroll records and HR files.
- ✓ Assist with bank reconciliations.
- ✓ Assist with year-end preparations.
- ✓ Other related duties as requested

Wage: \$ 20.74/hr.

Closing Date: Monday March 28, 2025 @ 11:00 AM or 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

**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!**