

**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>



**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 24, to
March 30, 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:

- **Healing Through Dreams Workshop**
- **One on One Sessions—Healing Through Dreams and Understanding Trauma**
 - **Adult Beading Social**
 - **Chiropractor Visit**
 - **Bowen Therapy**
 - **Adult Mini Hat Workshop**
- **Forest Indicators Community Dinner with Wahkohtowin & Mushkegowuk**



Oški-kíšikâw
MONDAY
Mikisiwi-Pisim
March 24


IT'S A GOOD WEEK TO HAVE A GREAT WEEK!



Healing Through Dreams Workshop



Gabriel Herodier
Facilitator, Trauma-Informed Counsellor

Lisa V. Wesley
Mental Health and Wellness Manager, Registered Trainer

1pm-8pm @ Health

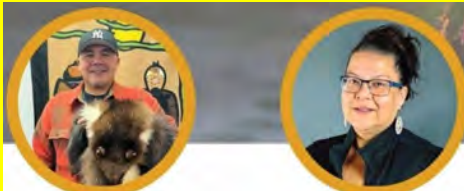


Nîso-kíšikâw
TUESDAY
Mikisiwi-Pisim
March 25



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

One on One Sessions



Gabriel Herodier
Facilitator, Trauma-Informed Counsellor

Lisa V. Wesley
Mental Health and Wellness Manager, Registered Trainer

9am-5pm @ Health

Adult Beading Social



7pm-9pm @ Health



Apihtawan
WEDNESDAY
Mikisiwi-Pisim
March 26

Chiropractor in Spa Room



10am-3pm @ Health



COMMUNITY DINNER



5:30-6:30pm @ B. Office Hall
(Moose & Beef Stew w/ Dumplings)



Nêwi-kíšikâw
THURSDAY
Mikisiwi-Pisim
March 27

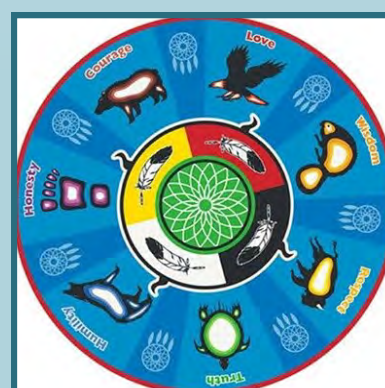


Town Run
10:00 a.m.
Call **Health** at
705-864-0200 before 9am
to get picked up

Bowen Therapy w/ D. Barnes



1pm-8pm @ Health



Pahkwêšikani-kíšikâw
FRIDAY
Mikisiwi-Pisim
March 28

Bowen Therapy w/ D. Barnes



10am-5pm @ 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 29

Adult Mini Hat Workshop



9:30am-3:30pm @ Health

Ayamihêwi-kíšikâw
SUNDAY
Mikisiwi-Pisim
March 30

FOREST INDICATORS COMMUNITY DINNER



5:30-7:30pm @ Band Office



MUSHKEGOWUK HEALTH



MUSHKEGOWUK
COUNCIL

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





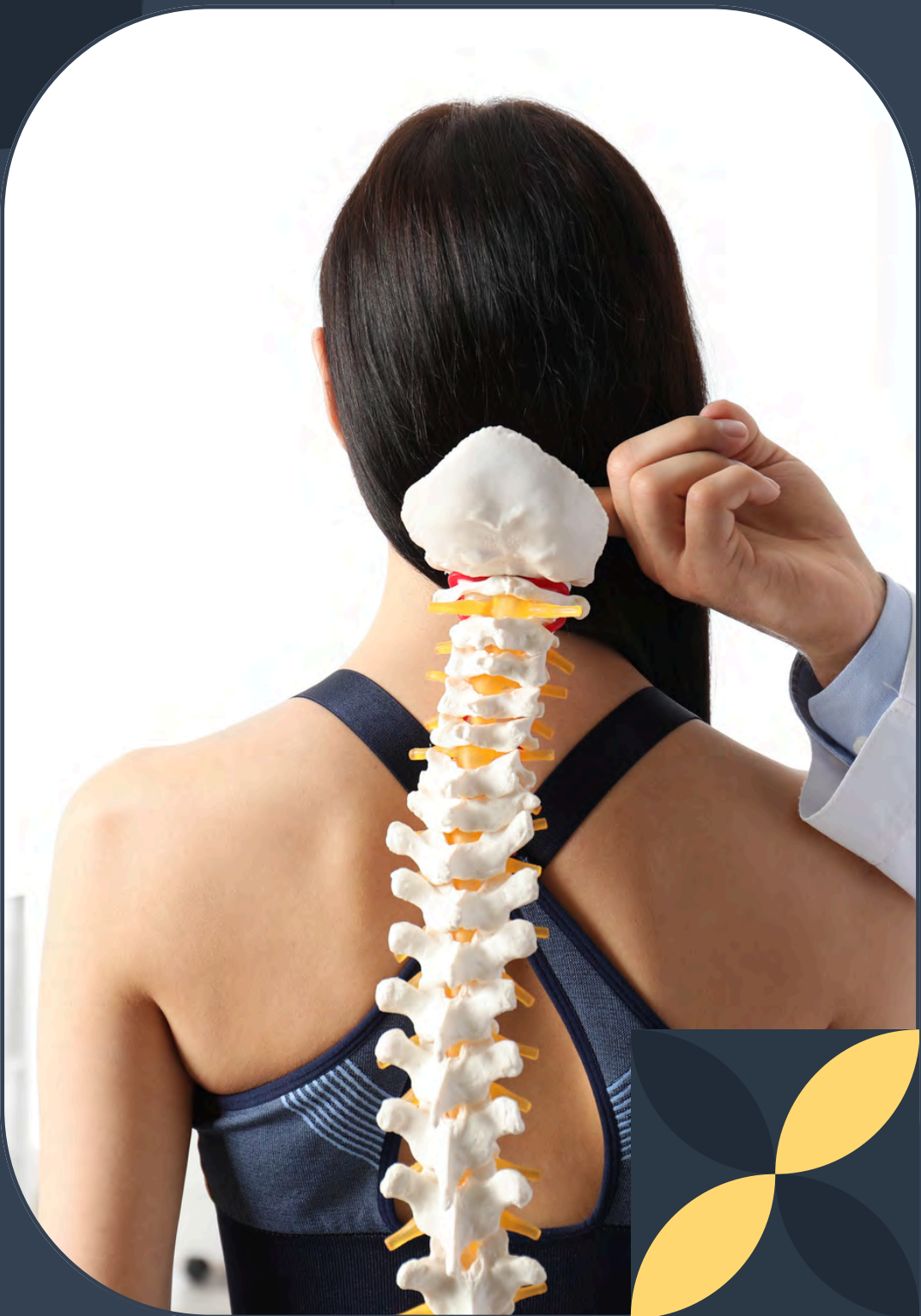
ADULTS ONLY BEADING SOCIAL

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



WELLNESS THROUGH CHIROPRACTIC CARE

Welcome to Mushkegowuk Health , where we prioritize your well-being through personalized chiropractic care. Our experienced team is dedicated to helping you achieve optimal health and vitality.

Services Offered



Spinal Adjustments

Expert chiropractors restoring balance to your spine.



Peripheral Joint

Relax and rejuvenate with therapeutic massages.



Rehabilitation Exercises

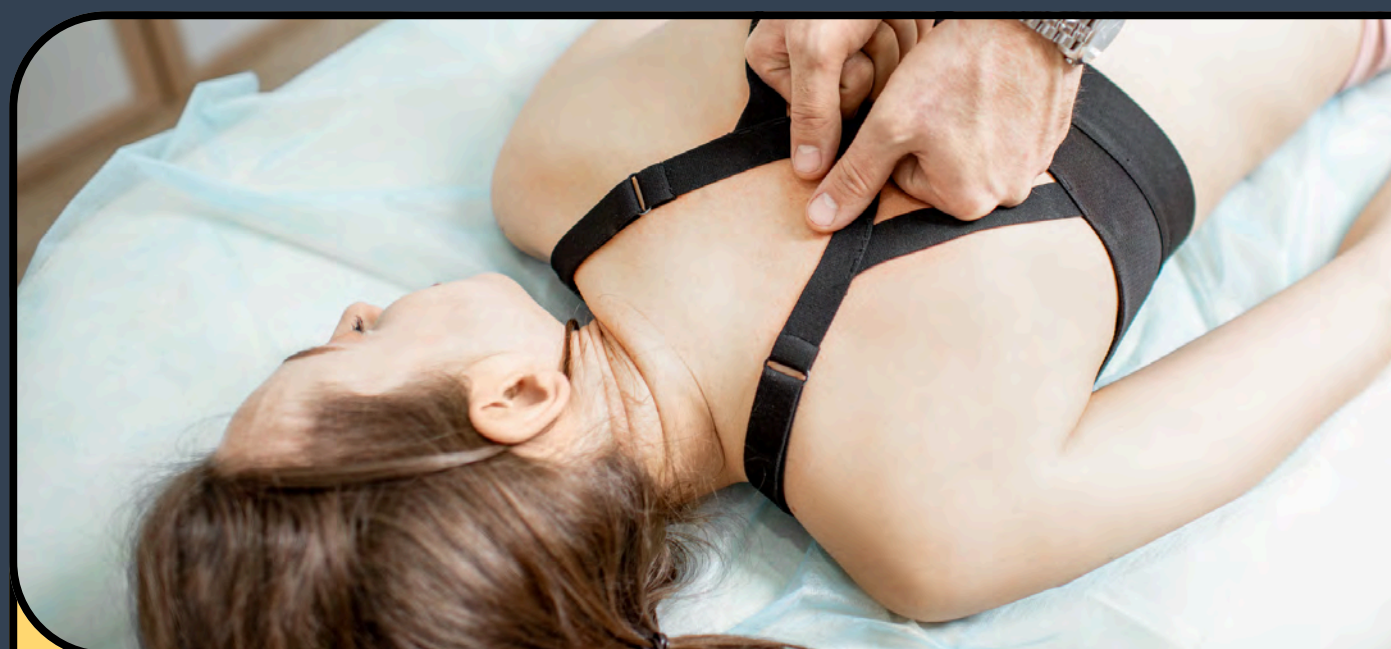
Strengthen and enhance your body's natural healing abilities.

Meet Our Expert

DR. David Popovic


Expert chiropractor

March 26, 2025 10:00 am to 3:00 pm



Ready to prioritize your well-being? Contact us today

HEALTH CENTRE

 705 864 0200

CCFN Members Waitlist for others Welcome.





JOIN US FOR THE

COMMUNITY Dinner

FOOD, DRINK, GOOD MOOD

March 26, 2025

Band Office: 5:30



**CALL HEALTH AT 705 864 0200,
YOU MUST REGISTER FOR THE
COMMUNITY DINNER.**



BOWEN

with Dorcas Barnes

March 27, 2025 appointments

1:00 PM-8:00 PM

March 28, 2025 appointments

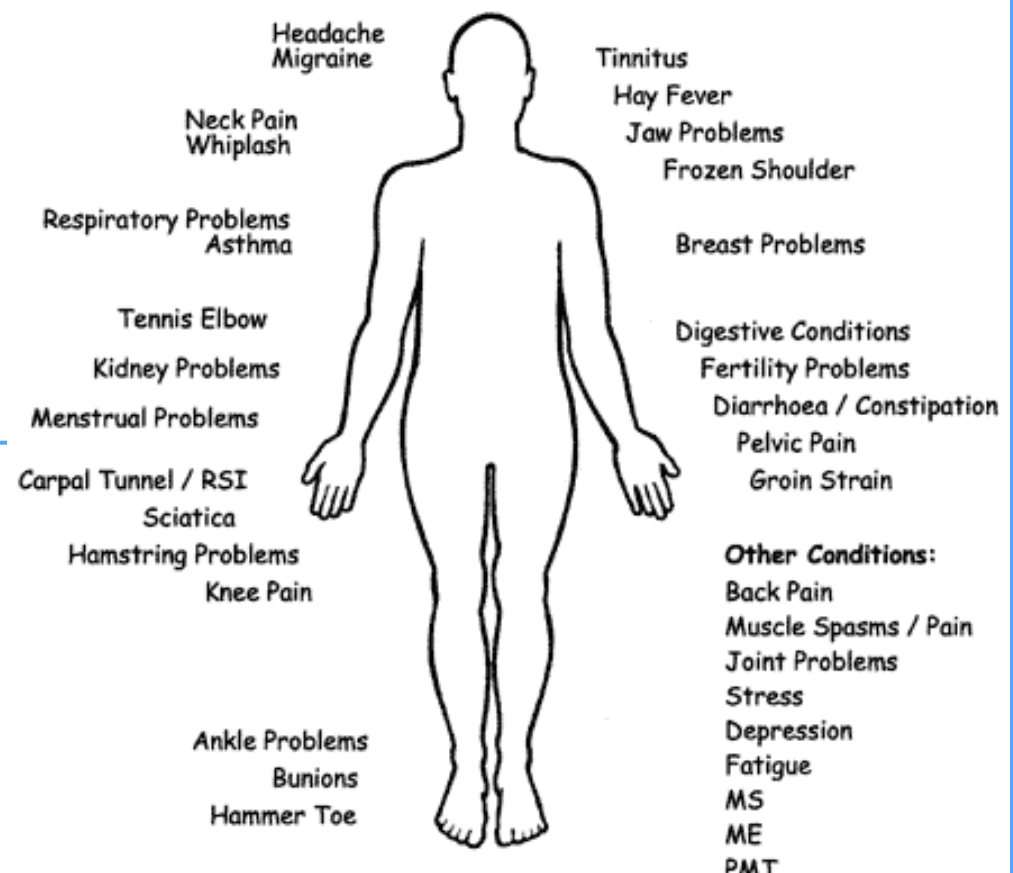
10:00 AM-5:00 PM

at Health Centre

Bowen Therapy

The Bowen Technique is a gentle non-invasive, holistic therapy. It can benefit adults and children of all ages

Conditions Which Have Responded to The Bowen Technique



Call to book your appointment at Health
705-864-0200
Priority CCFN Members, waitlist welcomed



Adult Mini Hat Workshop

MARCH 29, 2025
9:30AM - 3:30PM

to register call health - 705-864-0200

for inquiries call Nathalie - ext. 203

open to CCFN band members
waitlist welcome

10 participants only








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



DIGESTION HEALTH

Nutrition Month - March 2025



Digestive Health

Digestive health is crucial for overall well-being, as the digestive system is responsible for breaking down food, absorbing nutrients, and eliminating waste.

A healthy gut supports the immune system, enhances mental health, and prevents digestive disorders.

Proper digestion is vital for your body to fully absorb the nutrients from the food and beverages you consume.

5 Tips to Improve Digestion

1) Don't Overeat: Overeating of any food is taxing on the digestive system and can affect the rate of digestion. It requires the body to expend a lot of energy, adds stress on the system and forces the body to try to use too many nutrients at once. Practice moderation and only eat until you are three-quarters full.



2) Chew Your Food Well: Chewing thoroughly will help any food digest. We complicate digestion whenever we eat on the run or gulp down our food. Slow down, savor your food and chew it up! (Saliva contains lots of enzymes that aid digestion.)

3) Reduce or Eliminate Processed Foods: Chewing thoroughly will help any food digest. We complicate digestion whenever we eat on the run or gulp down our food. Slow down, savor your food and chew it up! (Saliva contains lots of enzymes that aid digestion.)

4) Eat More Fiber: Fiber helps keep your colon healthy. It makes stool soft and bulky, speeds transit time through the colon, dilutes the effects of any toxic compounds and helps to remove bad bacteria from the colon. Make sure you get both soluble fiber, which absorbs toxins and unneeded cholesterol, and insoluble fiber, which hastens elimination.

5) Take Time for Gratitude: When you take a few moments before you eat to pause and reflect, either with blessings or gratitude, you are activating the cephalic phase of digestion. Your brain signals saliva to release and stokes your digestive fires. Both are key to proper digestion.

“

*Every time you
eat you have
an opportunity
to nourish your
body*



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





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: Lands and Resources Technician

Location: 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, Ontario.

Description: Chapleau Cree First Nation continues to assert its occupation, rights and interests over the Traditional Territory through the development of its Lands and Resources Department.

In 2021, Chapleau Cree First Nation along with two other First Nations became a signatory to a Customized Consultation Agreement with the Ontario Ministry of Natural Resources and Forestry for meaningful participation in forest management planning.

Reporting to the Lands and Resources Director, the Lands and Resources Technician will assist in ongoing consultation requests by third parties and governments. The position provides technical expertise and environmental monitoring to support Chapleau Cree First Nation's mandate to protect Aboriginal and Treaty Rights while upholding its inherent obligation as stewards of the land.

Requirements:

- ✓ Post-secondary education in a field related to Natural Sciences (Natural Environment Technician, Conservation Technician, Forestry Technician, etc.) with experience in land use planning, forestry or mining industries
- ✓ Criminal Reference Check
- ✓ Valid Class "G" driver's license

Skills:

- ✓ Strong written and oral communication skills for research, report writing and presentations
- ✓ Proven ability to problem-solve and motivated to work with little supervision
- ✓ Proficient computer technical skills in Microsoft Office and Basic ArcGIS
- ✓ Capable of using GIS tools to create maps and able to interpret GIS mapping
- ✓ Capable of orienteering in the forest by compass and GPS
- ✓ Understanding of Environmental Regulations (CEAA) and reading environmental reports
- ✓ Familiarity with mapping, plans, permits and surveys
- ✓ Experience with community consultation and facilitation processes
- ✓ Strong dedication and commitment to upholding Aboriginal and Treaty Rights
- ✓ Knowledge of Chapleau Cree First Nation culture, traditions and Cree language is an asset

Duties & Responsibilities:

- ✓ Review planning documents provided by provincial and federal governments, forestry and mining partners
- ✓ Provide technical expertise to assist with consultation requests
- ✓ Organize and deliver information on land and land use issues through reports and presentations
- ✓ Compliance monitoring of environmental concerns
- ✓ Share information with community members and gather traditional ecological knowledge
- ✓ Some travel may be required

Wage: Salary range of \$49,000 - \$54,000 annually

Closing Date: April 4, 2025, 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.
Please note that preference will be given to Chapleau Cree Members and other Indigenous applicants.**



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 50 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 Band Office

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 Band Office
- 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: Seniors Easter Dinner

Note: Electronic bids missing the above subject may be missed from consideration.

Deadline to submit bid and menu is: 04/04/2025