

**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 31, to
April 6, 2025**

Winter Hours:

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

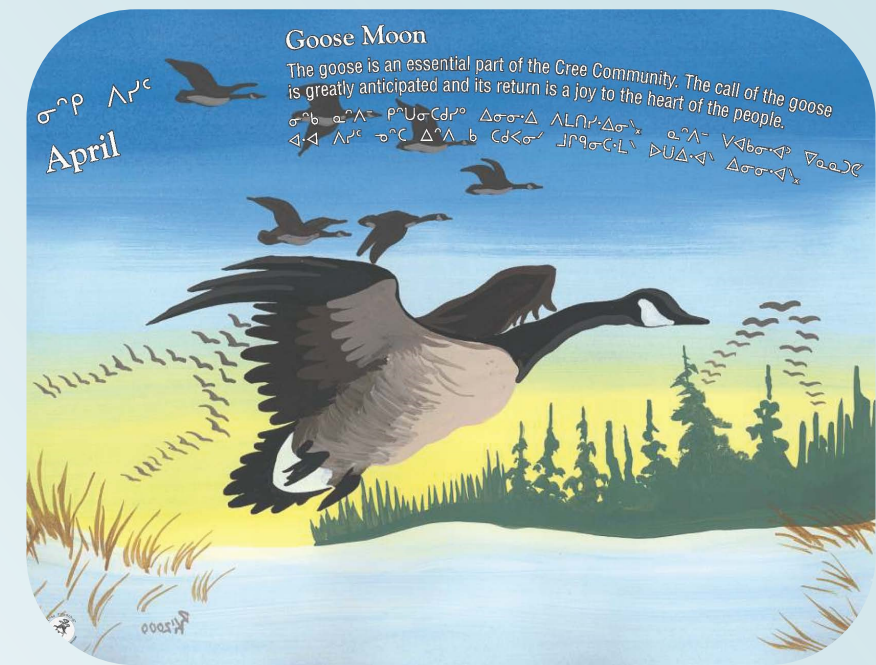
Participation and Feedback on
Activities/Events/Programs is
always welcomed

Please submit feedback to
Kyle Corston @ 705-864-0784 or
communityrelations@chapleaucree.ca



This Week's Highlights:

- Feather Light Defense
- Pow Wow Committee Meeting
- CCFN Election Nomination Meeting



Oški-kīšikāw
MONDAY
Mikisiwi-Pisim
March 31



HAPPY MONDAY!



Feather Light Defense



3pm-8pm @ Health



Nīso-kīšikāw
TUESDAY
Niski-Pisim
April 1



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



Feather Light Defense



3pm-8pm @ Health



Apihtawan
WEDNESDAY
Niski-Pisim
April 2



Feather Light Defense



3pm-8pm @ Health



Nēwi-kīšikāw
THURSDAY
Niski-Pisim
April 3



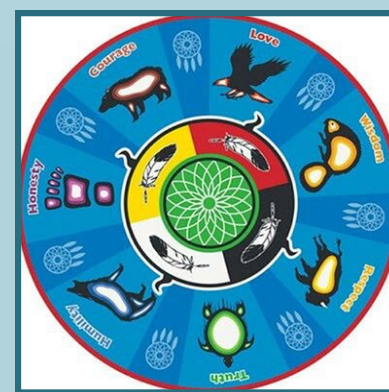
Town Run
10:00 a.m.
Call **Health** at
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to get picked up



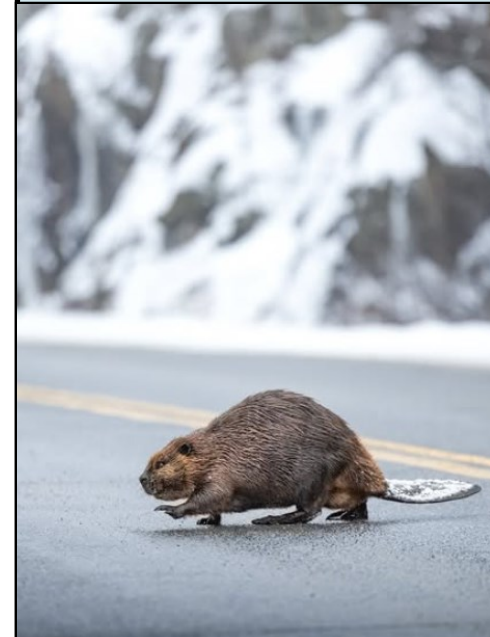
POW WOW
COMMITTEE MEETING



6pm-8pm
@ Health Centre



Pahkwēšikani-kīšikāw
FRIDAY
Niski-Pisim
April 4



HAVE
A GOOD
WEEKEND

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
Niski-Pisim
April 5

CCFN Election
Nomination
Meeting



10am-12pm
@ Band Office



Ayamihēwi-kīšikāw
SUNDAY
Niski-Pisim
April 6

Relax

It's
Sunday





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.








Feather Light Defence with Samantha Duhamel

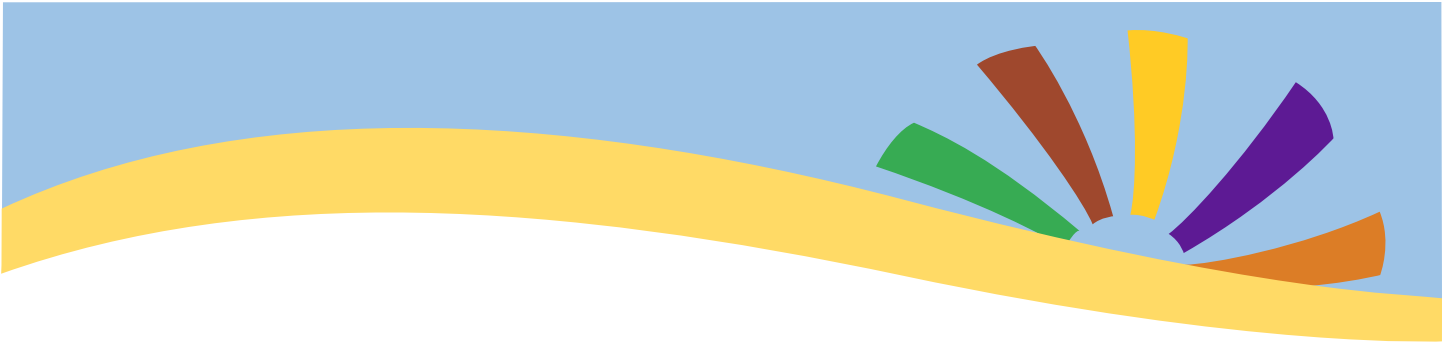
Join us for 3 days of self defense classes for youth and women to get out of bullying/sexual assault/domestic violence scenarios while promoting a healthy, traditional, inspirational and fun environment.

Class Schedules

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

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





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



**Tuesday, April 1st, 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!



Beaded Easter Egg Craft

*Open to adult, CCFN Band Members
Maximum 10 participants
Waitlist welcomed*

MONDAY, APRIL 7 - 6:00PM - 9:00PM

WEDNESDAY, APRIL 9 - 6:00PM - 9:00PM

**NOTE: IF MORE TIME IS NEEDED, EVENT WILL BE
EXTENDED TO THURSDAY APRIL 10 - 6:00PM - 8:00PM**

*To register call health at 705-864-0200
For more information call Nathalie at ext. 203*



Haircut Day

Jennifer Hoover-Simon

April 8, 2025
April 29, 2025

FREE of charge
Gratuity encouraged

CALL HEALTH 705-864-0200 TO
BOOK YOUR APPOINTMENT

CCFN Members. Waitlist Welcome.



Indspire SOARING

Indigenous Youth Empowerment Gathering

April 8 and 9, 2025

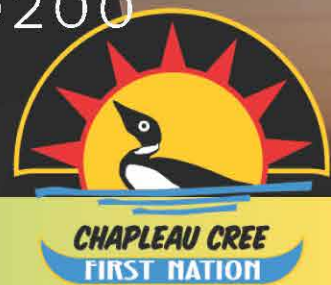
Virtual informative workshops that will help you learn about careers and post-secondary educational options!

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

Call Nathalie to register. Food and drinks will be provided throughout the 2 day event!

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





REFLEXOLOGY

with Kathleen Bouchard

*April 10, 2025
3:00 PM-8:00 PM
at Health Centre*

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

705-864-0200





CHAPLEAU CREE PRESENTS

SENIORS EASTER DINNER

Monday April 14, 2025 at
5:30pm Band Office

JOIN US FOR AN EVENING OF SOCIALIZING AND
CELEBRATE WITH FAMILY AND FRIENDS FOR EASTER.

CALL HEALTH TO REGISTER
705 864 0200



Chapleau Cree Health Services
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April is
Irritable Bowel
Syndrome (IBS)
Awareness
month

Lunch AND LEARN

TUESDAY,
APRIL 15TH, 2025
12:00 PM

IBS is one of the most common digestive disorders with Canada having the highest prevalence in the world.



More than 70% of those with IBS indicate that their symptoms interfere with everyday life, with symptoms ranging from physical discomfort, fatigue to psychological symptoms.



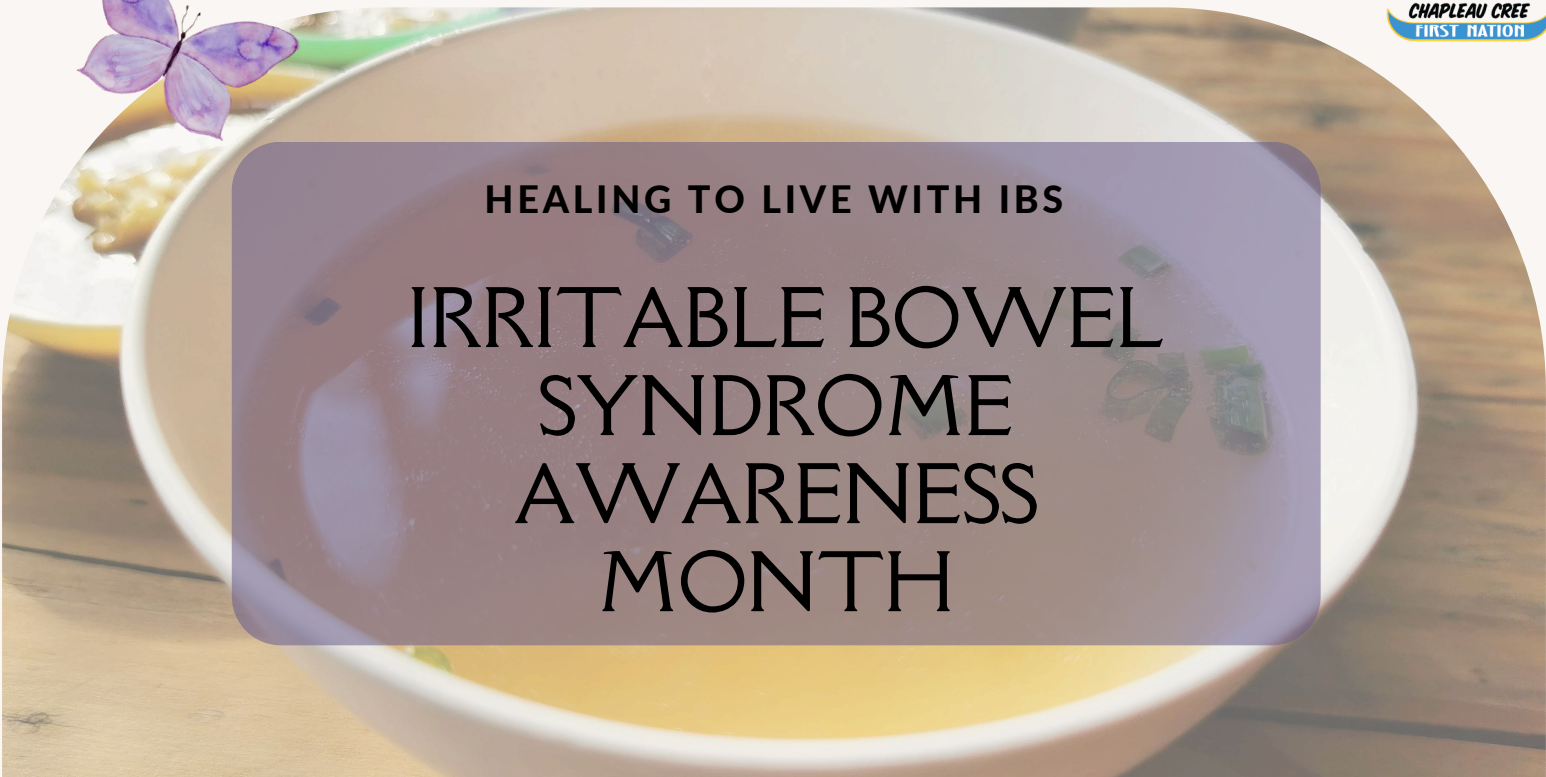
Come for a Lunch 'N Learn at
the CCFN Health Centre to learn

more about IBS

Call to Register

705-864-0200

CCFN HEALTH CENTRE - 801 FOX LAKE RD



HEALING TO LIVE WITH IBS

IRRITABLE BOWEL SYNDROME AWARENESS MONTH

Irritable Bowel Syndrome (IBS) is a chronic digestive disorder that affects the large intestine, causing symptoms like abdominal pain, bloating, gas, and irregular bowel movements, which may include diarrhea, constipation, or both. Though the exact cause is unknown, IBS is often linked to stress, food sensitivities, hormonal changes, and an imbalance in gut bacteria.



Common Causes & Triggers of IBS

- **Gut-Brain Connection** – The nerves in the gut and brain may not communicate properly, leading to digestive issues.
- **Stress & Anxiety** – Emotional stress can trigger or worsen IBS symptoms.
- **Food Sensitivities** – Some people react to dairy, gluten, caffeine, fatty foods, or artificial sweeteners.
- **Imbalanced Gut Bacteria** – An overgrowth or imbalance of gut microbes may play a role.
- **Hormonal Changes** – IBS symptoms are often worse during menstruation.





Irritable Bowel Syndrome Management

In modern medicine, IBS is usually managed with dietary changes, lifestyle modifications, medications, and alternative therapies. Traditional Indigenous healing approaches for (IBS) often focus on restoring balance in the body, mind, and spirit. These methods vary by culture but commonly incorporate herbal medicine, dietary practices, spiritual healing, and bodywork techniques. Here are some modern & traditional healing approaches that may help manage

IBS:

Dietary Practices

Traditional Dietary Practices

- Whole, Unprocessed Foods – Many Traditional Indigenous diets emphasize whole grains, vegetables, and lean proteins, which can help regulate digestion.
- Eliminating Trigger Foods – Some cultures recommend reducing dairy, processed foods, and excess sugar, which can aggravate IBS.
- Corn-Based Foods – Traditional diets of some Indigenous groups include corn-based dishes that may be easier to digest than wheat-based foods.

Modern & Functional Medicine Dietary recommendations:

Avoid eating raw fruits and veggies for a short time

- Avoid sugar and refined carbohydrates
- Avoid caffeine
- Avoid dairy
- Avoid gluten

slowly introduce more fiber

Consider one of the following diets:

- **Basic elimination diet plan (start here) ****
- Specific Carbohydrate Diet (SCD)
- Low Fodmap

Herbal Medicines

- Peppermint
- Slippery Elm
- Licorice Root
- Chamomile
- Ginger
- Probiotics
- L-glutamine
- Aloe vera juice (2-4oz)
- magnesium
- Psyllium husk

ALWAYS TALK TO YOUR PRIMARY CARE PROVIDER WHEN STARTING NEW HERBAL SUPPLEMENTS

** See Pamela Drynan, RN at the Health Centre for more information & support on Elimination Diets. Ph: 705-864-0200



MIND-BODY-SPIRIT HEALING for IBS

- **Sweat Lodges** - used to detoxify the body and relieve stress which is a major IBS trigger
- **Smudging** - The use of sage, cedar, or sweetgrass to cleanse negative energy and reduce stress
- **Ceremonial Healing** - Prayer, drumming or guided rituals to balance and restore well-being
- **Forest Therapy** - Walking in nature, meditating near water, or spending time with the land is a core part of traditional healing, reducing stress and calming the gut.
- **Sacred Fasting or Feasting** - Some traditions use periodic fasting or mindful eating to reset digestion and restore balance.
- **Reiki & Energy Healing** - promotes relaxation and reduces stress; may help balance the body's energy flow, improving digestion; and some people find it soothes gut inflammation and emotional distress linked to IBS.
- **Colon Massage** - Abdominal massage stimulates bowel movements, easing constipation; activates the parasympathetic nervous system (rest-and-digest mode), reducing IBS symptoms (following the line of colon from the bottom right side of abdomen, across the top of abdomen, and down left side of abdomen)
- **Yoga** - Certain yoga poses (like twists and forward bends) help stimulate digestion and reduce bloating.
- **Meditation** 🧘 - Reduces stress and anxiety, which are major IBS triggers; helps regulate the gut-brain axis, improving bowel function.
- **Mindfulness** - can increase body awareness, helping people identify and manage triggers.
- **Get adequate, quality sleep each night** - while you sleep, your body cleanses your body while also restoring your mental & emotional health.

See Pamela Drynan, RN at the Health Centre for more information & support on managing IBS. Ph: 705-864-0200



Gaagige Zaagibigaa's

SDHSP

Self Determined Household Support Program

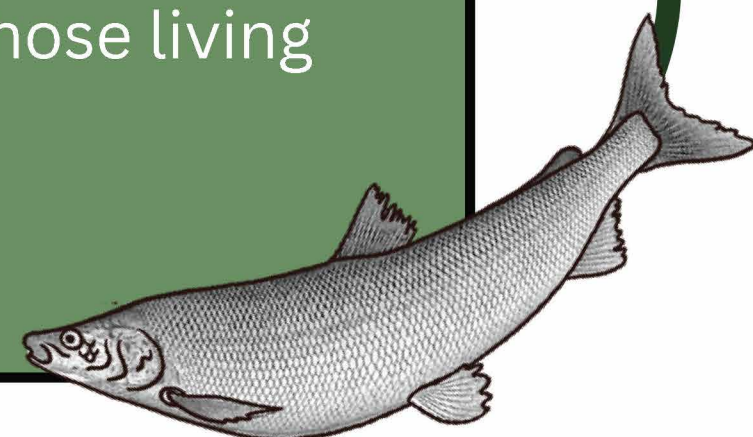
What is it ?

The Self-Determined Household Support Program is meant to increase your household's/family's ability to grow, hunt, harvest, process and store food.



What we offer :

Our Self-Determined Household Support program offers First Nations in Northern Ontario \$1000 for those living in urban/rural communities and \$2000 for those living remotely.



Applications in this round are to support Niibin-Dagwaagin 2025 seasonal food activities.

Applications close April 7th.

application link : <https://forms.gle/pj86fNZo9sP86Ezt7>



<https://www.facebook.com/gaagigezaagibigaa/>



<https://www.instagram.com/gaagigezaagibigaa/>



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*Rocket Your
Business Growth*



Reach for the Sky!

PARO  Canada

Women's Enterprise
l'entreprise des femmes
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