

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>



For the week of:

**April 14, to
April 20, 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:

- **YOUTH** Beading Social
- **SENIORS'** Easter Dinner
- **COMMUNITY** Haircut Day
 - Lunch N' Learn (IBS)
 - Regalia Making SOCIAL
- **Nutrition BINGO** (Easter Special!)
 - **ELDERS'** Day Trip to Gilberton's Pancake House (@ Richards Landing)
 - **MASSAGE** w/ Kathleen
 - **GOOD FRIDAY** (offices closed)



Oški-kíšikâw
MONDAY
Niski-Pisim
April 14

**Chief & Council
Meeting
6pm @ Band Office**



**YOUTH
BEADING SOCIAL**



3:30-5:30pm @ Health

**SENIORS'
EASTER DINNER**



5:30-6:30pm @ Band Office



Nîso-kíšikâw
TUESDAY
Niski-Pisim
April 15



**Town Run
10:00 a.m.**

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

COMMUNITY HAIRCUT DAY



10am-4pm @ Health

**LUNCH N'
LEARN
(IBS)**

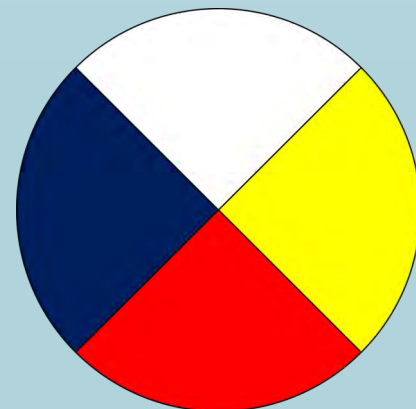


12pm-1pm @ Health

**REGALIA
MAKING
SOCIAL**



6:30pm-9pm @ Health



Apihtawan
WEDNESDAY
Niski-Pisim
April 16



**Nutrition Bingo
Easter Special!**



7-9pm @ Band Office



Nêwi-kíšikâw
THURSDAY
Niski-Pisim
April 17



**Town Run
10:00 a.m.**

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

**ELDERS DAY TRIP
TO GILBERTON'S
PANCAKE HOUSE**



**8:30am-3pm
@ Richard's Landing**

**MASSAGE
W/ KATHLEEN**



3pm-8pm @ Health



Pahkwêšikani-kíšikâw
FRIDAY
Niski-Pisim
April 18

**STAT HOLIDAY
(Offices Closed)**

Good Friday

**GOOD
FRIDAY!!!**



Happy Easter

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 19



Ayamihêwi-kíšikâw
SUNDAY
Niski-Pisim
April 20





jewelry making

Youth Beading Social

earrings



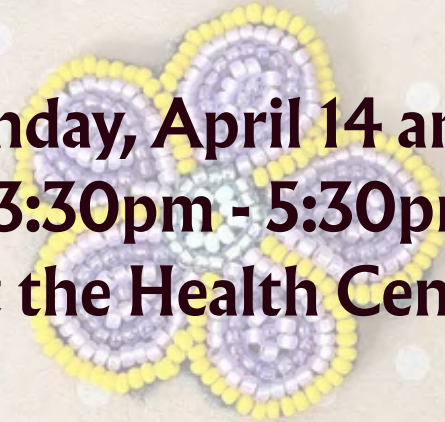
**Monday, April 14 and 28
3:30pm - 5:30pm
at the Health Centre**

ages 8+

**call health to register - 705-864-0200
for inquiries call Nathalie - ext. 203**

all supplies and snacks will be provided

*barrettes &
broaches*





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

DEADLINE TO REGISTER - APRIL 10, 2025



Traditional Indigenous Parenting Workshop

Our sessions provide hands-on learning activities, Indigenous teachings, parenting bundle, and valuable networking. Certification provided upon completion

Transportation available
Lunch & snacks provided
Limited seats
Door prize



Tuesday, April 15

10am-2pm

Thursday, April 17

10am-2pm

Tuesday, April 22

10am-2pm

Thursday, April 24

10am-2pm



Kunuwanimano Office

8 Lorne Street, Chapeau



Registration & Transportation please contact Ericka:

Ericka Harvey - Family Support Worker

Ericka.Harvey@Kunuwanimano.com

Charnelle Kapashesit - Indigenous Cultural Worker

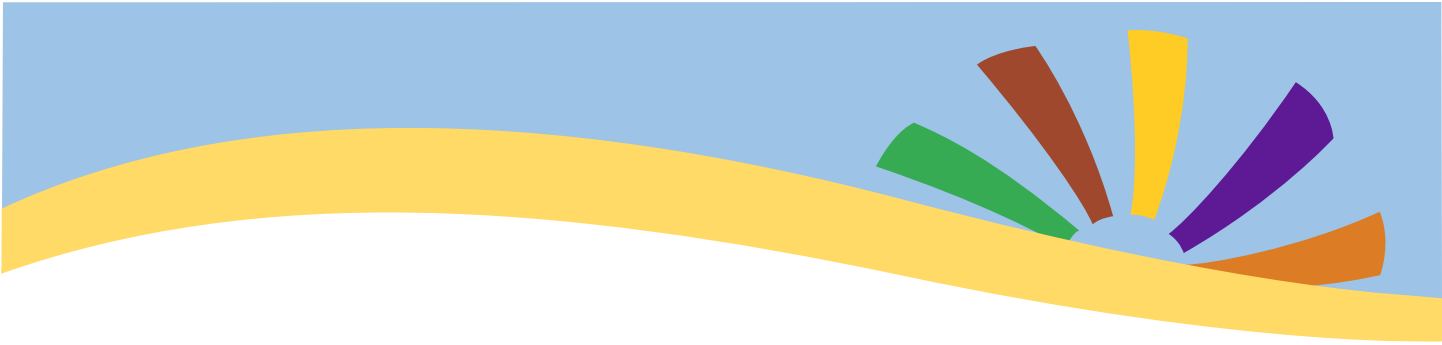
Charnelle.kapashesit@Kunuwanimano.com



**Traditional Craft
activity**

Self Care activity

**Add to your
Bundle**



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



Tuesday, April 15th 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

Free 20 minute consultation available!

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

Haircut Day

Jennifer Hoover-Simon

April 15, 2025
April 29, 2025

FREE of charge
Gratuity encouraged

CALL HEALTH 705-864-0200 TO
BOOK YOUR APPOINTMENT

CCFN Members. Waitlist Welcome.





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



Adult Regalia Making Social

Come work on your regalia,
socialize, learn , share knowledge.

Tuesdays - April 15 & 29, 2025
6:30pm - 9:00pm

To register call health - 705-864-0200
For inquiries call Nathalie - ext. 203

10 participants only
Open to CCFN Band members
Waitlist welcomed





NUTRITION BINGO EASTER SPECIAL!

April 16, 2025

BRING YOUR BINGO DABBERS!

GAME | NIGHT | FUN

Band Office Door Opens At 7:00 pm

CALL 705 864 0200 TO REGISTER



ELDER'S DAY TRIP TO GILBERTSON'S PANCAKE HOUSE

Thursday, April 17, 2025

*Option 1: Bus - 10 seats
available*

Option 2: Self drive

*Call Health to register
For inquiries call Nathalie - ext. 203*



REALLY GREAT SITE





Massage Day

with Kathleen Bouchard

April 17, 2025
3:00 PM - 8:00 PM
at Health Centre.



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

Gut Microbiome

YOUR DIGESTIVE ECOSYSTEM

WHAT IS THE MICROBIOME

A microbiome is the community of bacteria (microbiota) and the environment they inhabit. Your gut is home to trillions of bacteria, fungi, and other microbes that live primarily in your large intestine.



A BALANCED MICROBIOME CAN HELP BY:

- Digest food and absorb nutrients
- Regulate inflammation
- Support immune function
- Communicate with your brain (Gut-Brain Axis)
-

When out of balance - a state called dysbiosis - digestive issues like bloating, gas, irregular bowel movements, and yes, IBS symptoms, can flare.

FUN FACT:

There are more than 3 million microbial GENES in our gut microbiota - that is 150 times more GENES than in the human genome.

IBS & the Microbiome



While IBS doesn't have one single cause, research shows that many people with IBS have an altered gut microbiome which can contribute to some of the symptoms they experience.

How to Support Your Microbiome (Gently!)

Improving gut health takes time, especially with IBS, where some gut-friendly foods may actually trigger some IBS symptoms. Here are some gentle ways to support your gut microbiome:

Low FODMAP fiber

- Start with soluble fibers like oats, chia seeds, and canned pumpkin,
- Avoid high-FODMAP choices like onions, garlic, and wheat (See last weeks CCFN Newsletter on IBS & Diet)

Probiotic-rich foods (if tolerated)

- Try lactose-free yogurt, kefir, or fermented carrots
- Or ask your healthcare professional for a targeted Probiotic supplement

Manage Stress

- Your microbes respond to your mood! Daily walks, mindfulness or journaling can help keep both gut & brain happy (see CCFN newsletter resource on Living with IBS)

On March 31st 2025, a group of community members joined together for a [8-Weeks Wellness Program](#) to reset their health and discover how nutrition and lifestyle impacts their health.

As of **DAY NINE (9)** of the 30 day program, participants are feeling the results of their hard work:

**Less
brain fog**

**Sleeping
more
soundly**

**Less
heartburn**

**Feel more
energetic
and
brighter**

**More
conscious of
what I eat and
how I react to
it**

**Less
bloating**

**Less
gas**

**Decreased
joint
stiffness**

**Decreased
pain
throughout
my body**

RN@CHAPLEACREE.CA



**No mid-day
Slumps**

**Fewer
migraines**

**Feeling in
control of
what i eat**

**Decreased
how much
coffee "I
need"**

**After day 4,
"sick belly"
feeling
went away**

**More
restful
sleep**

**No
afternoon
energy
crash**

**Created
healthy
goals**

**Falling
asleep
more
easily**

**More
patient**

**No more
Chronic
fatigue
symptoms**

**More open
to trying
different
food**

RN@CHAPLEAUCREE.CA



**Learning
what is in
my food by
reading
ingredients**

**Healthier
relationship
with food**

**Less
nighttime
waking**

**Mental
clarity**

**Fewer
blemishes**

**Clothes
fit
better**

**Better bowel
movements**

**Less
muscle
pain**

**Improved
body
image**

**Less
sciatica
pain**

**Not using food
as reward or
punishment**

**Feel
happier all
day long**

**Fewer
sugar
cravings**

**Handling
stress
better**


**Less
anxious**

**WAY TO GO SPRING 2025 CCFN
WHOLE GROUP!!!!
YOU ARE ALL ROCKSTARS GAINING
CONTROL OF YOUR HEALTH!**





EASTER EGG HUNT 2025



**MONDAY
APRIL 21, 2025**



AGE CATEGORIES
0 - 6 YEARS OLD (MUST BE
ACCOMPANIED BY AN ADULT)
7 - 12 YEARS OLD
13 - 18 YEARS OLD



LOCATION - HEALTH CENTRE
THE HUNT BEGINS AT 1:00 PM

Open to CCFN Band Members and immediate family
call Health Centre to register
DON'T FORGET YOUR BASKET

Chapleau Cree Health Services
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Adult Mini Mukluk Workshop

APRIL 23 & 24 , 2025
6:00PM - 9:00PM

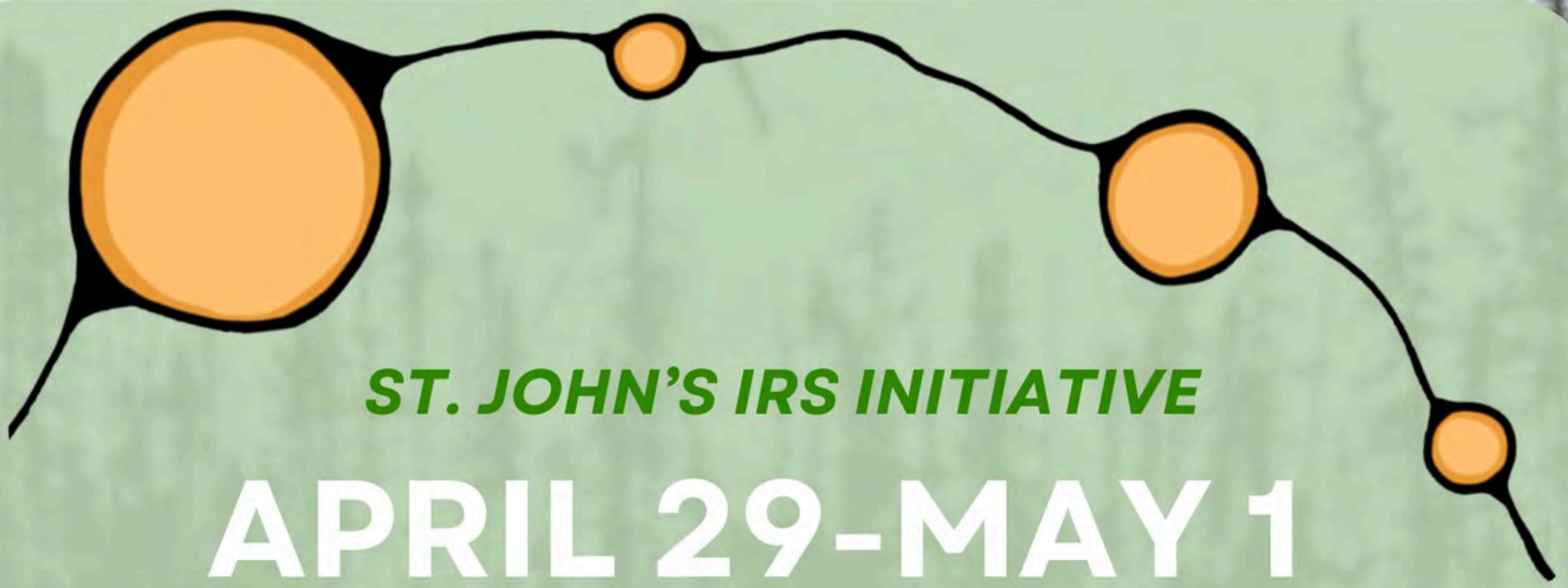
to register call health - 705-864-0200

for inquiries call Nathalie - ext. 203



open to CCFN band members
waitlist welcome

10 participants only



ST. JOHN'S IRS INITIATIVE

APRIL 29-MAY 1

PHASE 2 SITE SEARCH SPRING GATHERING

Chapleau Arena,
Chapleau, ON

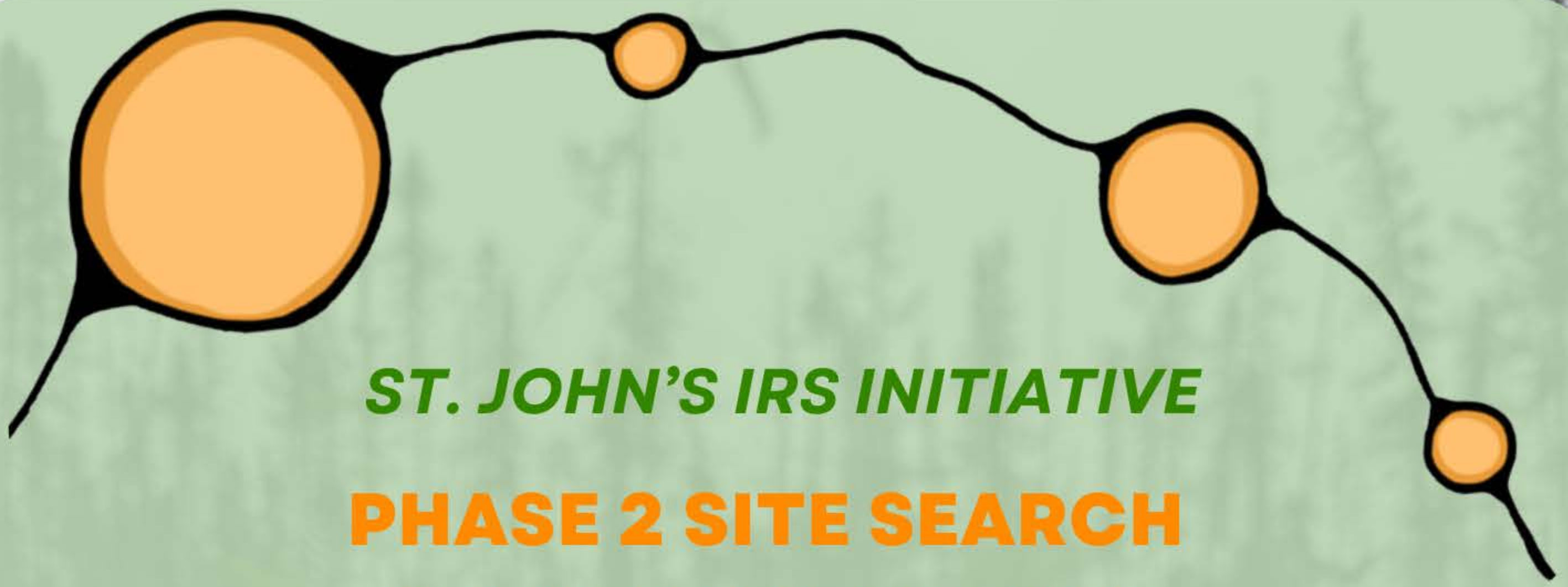
RSVP ONLINE



VISIT OUR PAGE ON FACEBOOK
**ST. JOHN'S RESIDENTIAL
SCHOOL INITIATIVE**



FOR INFORMATION CALL US
705-465-0313



ST. JOHN'S IRS INITIATIVE

**PHASE 2 SITE SEARCH
SPRING GATHERING**

Chapleau Arena, Chapleau, ON

APRIL 29

9:00AM - 3:15PM PRESENTATIONS

12:00PM - 1:00 PM LUNCH

3:15PM - 5:00PM FACILITATED ACTIVITIES

5:00PM - 6:00PM DINNER

6:00PM - 7:00PM ENTERTAINMENT

APRIL 30

9:00AM - 3:15PM PRESENTATIONS

12:00PM - 1:00 PM LUNCH

3:15PM - 5:00PM FACILITATED ACTIVITIES

5:00PM - 6:00PM DINNER

6:00PM - 7:00PM ENTERTAINMENT

MAY 1

9:00AM - 12:00PM PRESENTATIONS

12:00PM - 1:00 PM LUNCH (TO STAY OR GO)

1:00PM - 2:00PM SESSION WRAP-UP



BOWEN

with Dorcas Barnes

April 30th, 2025 appointments

1:00 PM–8:00 PM

May 1st, 2025 appointments

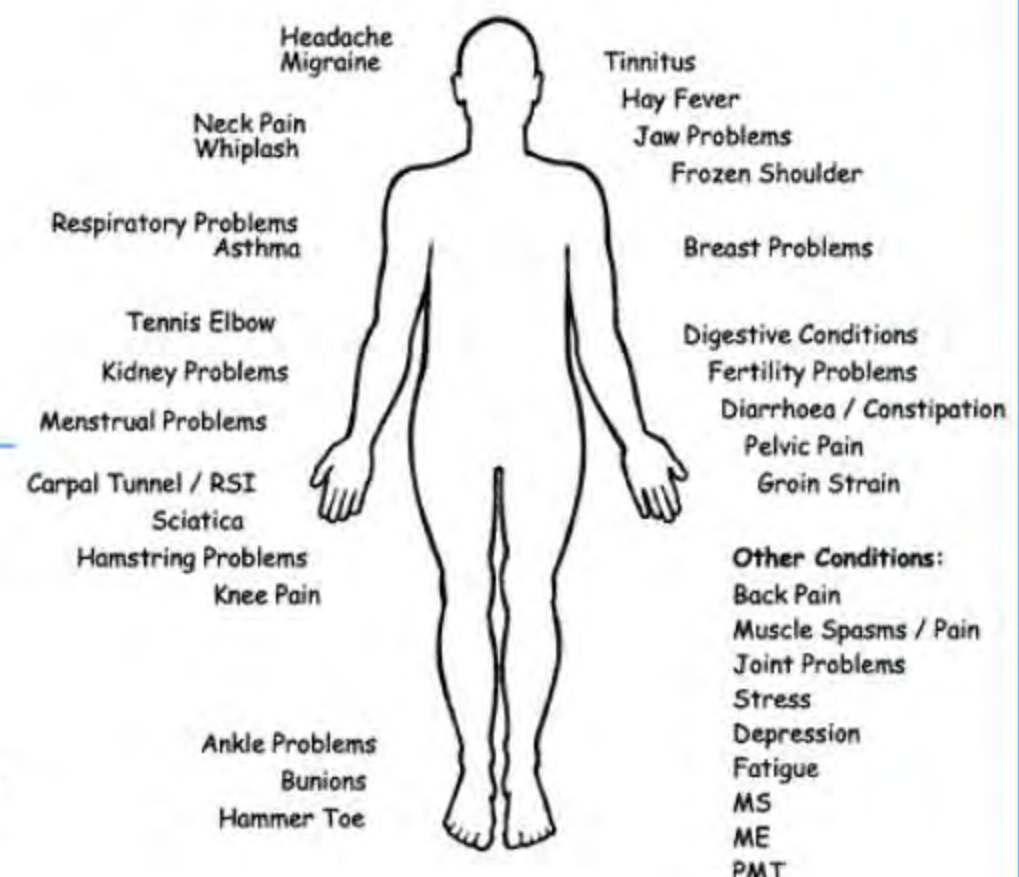
10:00 AM–5:00 PM

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

Chapleau Cree On Reserve Housing

One three-bedroom house will be available on June 1st.

Rent approximately **\$768.75** per month,
no utilities included.

One three-bedroom house will be available in
late summer or early fall.

Rent approximately **\$768.75** per month,
no utilities included.

Four two-bedroom duplex apartments will be
available towards the end of the year.

Rent approximately **\$666.25**, no utilities included.

Please contact Cheryl MacDonald at
adminassist@chapleaucree.ca to get an application.

The sooner the better!

Contact Padraic Taaffe at edo@chapleaucree.ca
if you have any questions.



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 Housekeeping Services to Chapleau Cree First Nation Sideburned Lake Chalets

Chapleau Cree First Nation requires weekly housekeeping services to be delivered onsite at the four Sideburned Lake Chalets.

Each Chalet consists of four bedrooms, two bathrooms, a kitchen/dining room, and a living area. Each Chalet has a dishwasher and washer/dryer combo. Brooms, mops, and vacuum cleaners are provided in each Chalet.

Other cleaning supplies to be provided by bidder. Please submit the cleaning agents you propose to use to CCFN for review – most surfaces are wood with a wax finish. No mechanical floor cleaning (buffing or polishing). String mops preferred.

- Weekly cleaning of bathrooms, including one bathtub and two walk-in showers.
- Restocking of consumables (toilet paper, paper towels, dish soap, etc.) in coordination with CCFN. Inventory of these items to be kept.
- Weekly cleaning of kitchen area, including refrigerator, microwave, oven range and countertops.
- Weekly linen turnover for occupied rooms. Laundry may be done onsite or offsite. CCFN has two full sets of linens for each room.
- Weekly mopping of vinyl plank floors (ground floor) and wooden floors (upstairs).
- Dusting of windowsills, fireplace mantel, all tables and chairs, desk, etc.
- Window-washing as needed in coordination with CCFN.
- Weekday daytime schedule preferred – must coordinate schedule with occupants.
- Chalets may be cleaned on different days at the convenience of the bidder.
- Bids should be based on a per-unit all-inclusive cost, including travel time. CCFN will not pay an hourly rate.
- Exclusions and extra cost services will be considered. Please itemize any exclusions and extras.
- Bids should be for a 12-month period.

Interested candidates are welcome to submit a bid:

Edith Larocque, Band Administrator
Chapleau Cree First Nation
P.O. Box 400
Chapleau, ON P0M 1K0

or by email to bandadmin@chapleaucree.ca

Subject Line: Housekeeping Services Sideburned

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

Deadline to submit bid will be April 24th, 2025.

Core Cutter

Workforce Inc. is seeking skilled **Core Cutters** to join an exciting project! Reporting to the Senior Project Geologist, you will be responsible for carrying out a variety of assignments and assisting in multiple aspects of the company's exploration programs by providing support to geologists for the exploration diamond drilling programs.

Responsibilities:

- Move and organize drill core delivered
- Operate core saw and cut core for sampling
- Perform quality checks on core delivered
- Orienting core includes basic measuring of core recovery and other data entry for tracking
- Photographing drill core
- Dispatching core and other sample types
- Perform density checks on drill core
- Some Heavy Equipment operating may be required
- Basic housekeeping, cleaning work station and other common areas
- Working outdoors for other geological projects
- Other duties as assigned

Requirements:

- Prior experience working in gold exploration, preferably within a core shack facility is an asset
- Must be familiar with basic computer software ie. microsoft word, excel, outlook, and power point app.
- Experience in QA-QC procedures
- Communicate openly, honestly, in a timely manner
- Team player
- Strong attention to detail
- Must be organized
- Ability to lift 50lbs regularly throughout the shift
- Must hold a valid drivers licence and provide own transportation to and from the work site

Schedule: 4/3, 5/5/4, 7/7 OR 14/14 schedule

Pay Rate: \$27-30 per hour

How to apply: Apply online at www.peopleatwork.ca or email us your resume to apply@peopleatwork.ca

Core Logging Geologist

Workforce Inc. is seeking skilled **Core Logging Geologist** to join an exciting project! Reporting to the Senior Project Geologist, you will be responsible for primarily core logging with the potential for carrying out a variety of geological assignments and assisting in multiple aspects of the company's exploration programs. This is an ideal opportunity for someone who is looking for a dynamic role that will challenge them and offer substantial opportunities for growth and advancement.

Responsibilities:

- Perform detailed geologic logging of core samples, accurately recording lithology, mineralogy, and geotechnical properties
- Occasionally participate in an exciting blend of onsite and offsite activities such as drill core logging and field mapping, drill site visits, and drill planning
- Uphold and implement our client's high-quality standards by ensuring the best practices are adhered to in logging, sampling, and database management
- Play a critical role in the evaluation and interpretation of geological data from detailed to regional scales, assisting in identifying and prioritizing potential exploration opportunities
- Actively contribute to the design and implementation of exploration work programs and strategic planning, playing a key part in the successful execution of our mission
- Build strong and productive relationships with a diverse range of stakeholders including contractors and other team members
- Oversee and assume responsibility for a range of tasks related to regional exploration programs in the mining area, as required by your supervisor, contributing to the broader team objectives

Requirements:

- Minimum of a Bachelor's degree in Geology or Earth Science. Advanced degrees will be considered an asset and are highly desirable
- Registration as a Geologist in Training (GIT) or Professional Geologist (P.Geo) is desirable
- Proven understanding of orogenic gold deposit models
- Well-rounded comprehension of geological settings, deposit models, and ore-forming processes, especially as they relate to the current concepts in gold deposit environments
- Demonstrable hands-on experience with field mapping and logging for diamond drilling programs

- A keen commitment to safety, environment, and community, highlighting your responsibility and care for the world around us
- A self-driven individual who thrives in a dynamic and evolving environment
- Familiarity with Leapfrog, ArcGIS, and SQL databases would be a notable asset and enhance your ability to thrive in this role

Pay Rate: \$40-\$50 commensurate with prior experience

Schedule: 14 days on/14 days off OR 7 days on/7 days off, 12-hour shifts

How to apply: Apply online at www.peopleatwork.ca or email us your resume to apply@peopleatwork.ca

Core Technician

Workforce Inc. is seeking skilled **Core Technicians** to join an exciting project! Reporting to the Senior Project Geologist, you will be responsible for carrying out a variety of assignments and assisting in multiple aspects of the company's exploration programs by providing support to geologists for the exploration diamond drilling programs.

Responsibilities:

- Open core boxes every morning and manipulating core boxes for geologists and for storage purpose
- Drill core management – checking run markers, labelling and racking core boxes
- Core orientation – docking oriented core, marking orientation and cut lines, recording QA/QC information on a strip log
- Magnetic susceptibility, and RQD data measurement and data entry
- Box ends
- Core photography
- Core cutting
- Staking drill pad locations
- Drill site inspections pre-, during- and post- drilling
- Some Heavy Equipment operating may be required
- Basic housekeeping, cleaning work station and other common areas
- Working outdoors for other geological projects
- Other duties as assigned

Requirements:

- Prior experience working in gold exploration, preferably within a core shack facility is an asset
- Geotechnical logging experience is considered an asset
- Prior experience working with oriented core is considered an asset
- Must be familiar with basic computer software ie. microsoft word, excel, outlook, and power point app.
- Experience in QA-QC procedures
- Communicate openly, honestly, in a timely manner
- Team player
- Strong attention to detail
- Must be organized
- Ability to lift 50lbs regularly throughout the shift

- Must hold a valid drivers licence and provide own transportation to and from the work site

Schedule: 4/3, 5/5/4, 7/7 OR 14/14 schedule

Pay Rate: \$27-35 per hour

How to apply: Apply online at www.peopleatwork.ca or email us your resume to apply@peopleatwork.ca