

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@lifesacredjourney.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!**



For the week of:

**April 28, to
May 4, 2025**

Winter Hours:

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

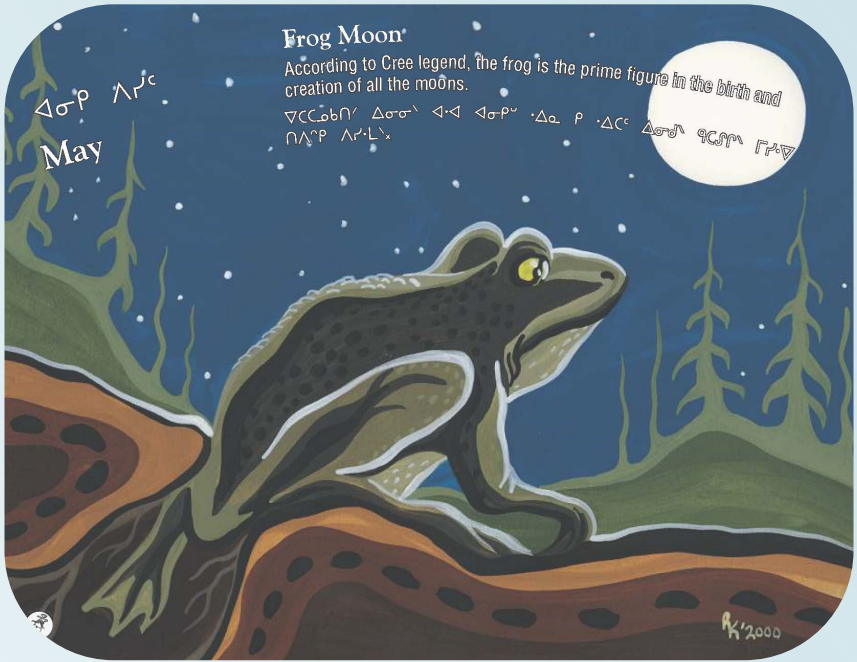
Participation and Feedback on
Activities/Events/Programs is
always welcomed

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



This Week's Highlights:

- **Pow Wow Committee Meeting**
 - Youth Beading Social
- **St. John's IRS Initiative Spring Gathering (@Chapleau Arena)**
 - Community Haircut Day
 - Adult Regalia Making Social
 - Bowen Therapy
- **Adult Beginners Sewing Class**



Oški-kīšikâw
MONDAY
Niski-Pisim
April 28

**ENJOY
YOUR
WEEK**

**YOUTH
BEADING SOCIAL**



3:30-5:30pm @ Health

**POW WOW
COMMITTEE MEETING**



**6pm-8pm
@ Health Centre**



Nīso-kīšikâw
TUESDAY
Niski-Pisim
April 29



Town Run
10:00 a.m.

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

**St. John's IRS Initiative
Spring Gathering**



All Day@ Chapleau Arena

COMMUNITY HAIRCUT DAY



10am-4pm @ Health

**REGALIA
MAKING
SOCIAL**



6:30pm-9pm@ Health



Apihtawan
WEDNESDAY
Niski-Pisim
April 30

**St. John's IRS Initiative
Spring Gathering**



**Community
Dinner
@ Arena!**

All Day@ Chapleau Arena

**Bowen Therapy
w/ D. Barnes**



1pm-8pm @ Health



Nēwi-kīšikâw
THURSDAY
Alikisi-Pisim
May 1



Town Run
10:00 a.m.

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

**St. John's IRS Initiative
Spring Gathering**



9am-12pm@Chapleau Arena

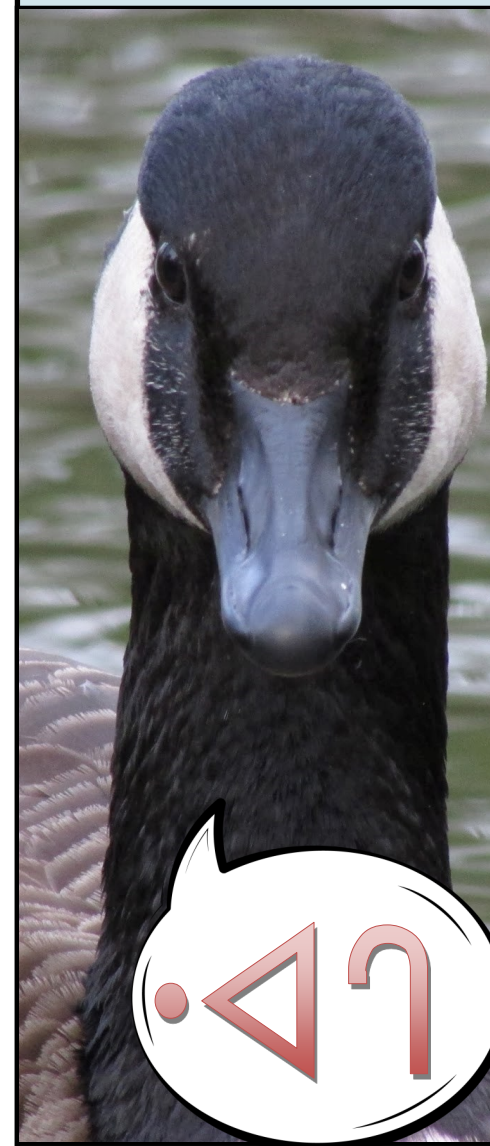
**Bowen Therapy
w/ D. Barnes**



10am-5pm @ Health



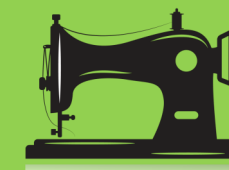
Pahkwēšikani-kīšikâw
FRIDAY
Alikisi-Pisim
May 2



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 inbox

Matinawe-Kisikaw
SATURDAY
Alikisi-Pisim
May 3

**Adult Beginners
Sewing Class**



9am—3pm @ Health



Ayamihêwi-kīšikâw
SUNDAY
Alikisi-Pisim
May 4

**MAY THE FOURTH
BE WITH YOU!**





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



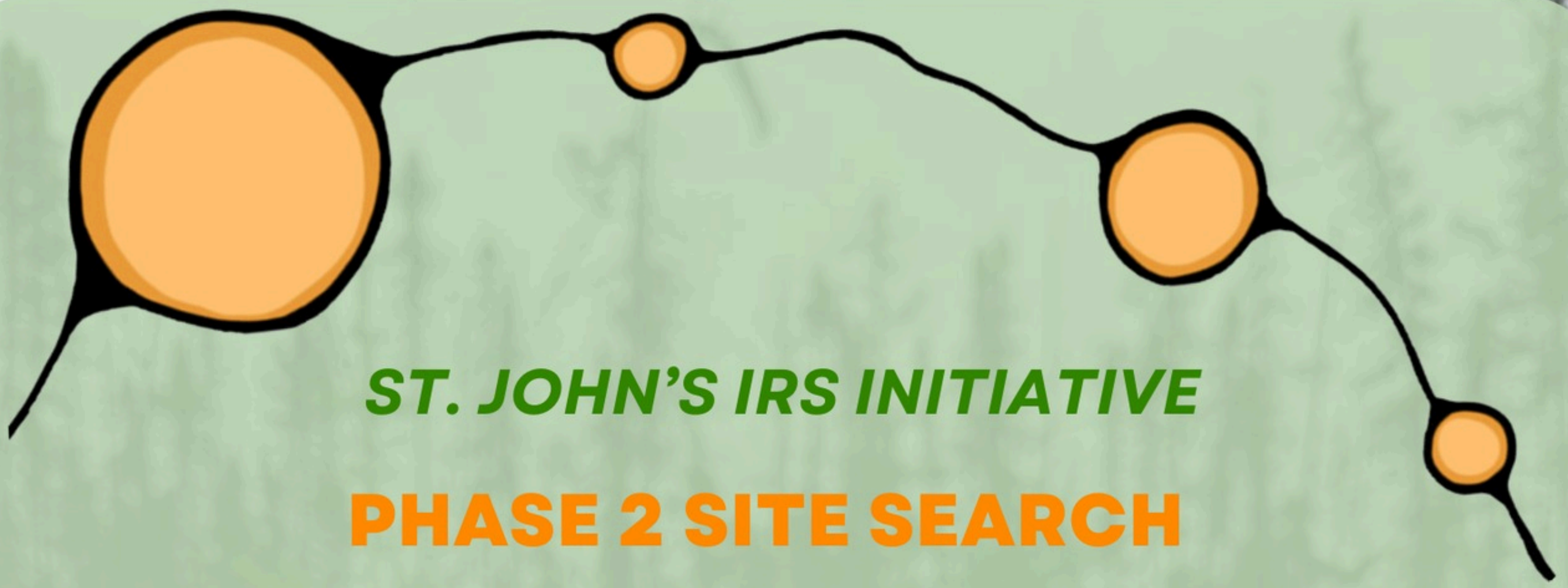
JOIN US FOR THE

COMMUNITY *Dinner*

NOTICE!

**CHANGE
OF
PLANS**

Event moved to coincide with
St. John's IRS Initiative Gathering
at Chapleau Arena.
Join Us There!



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

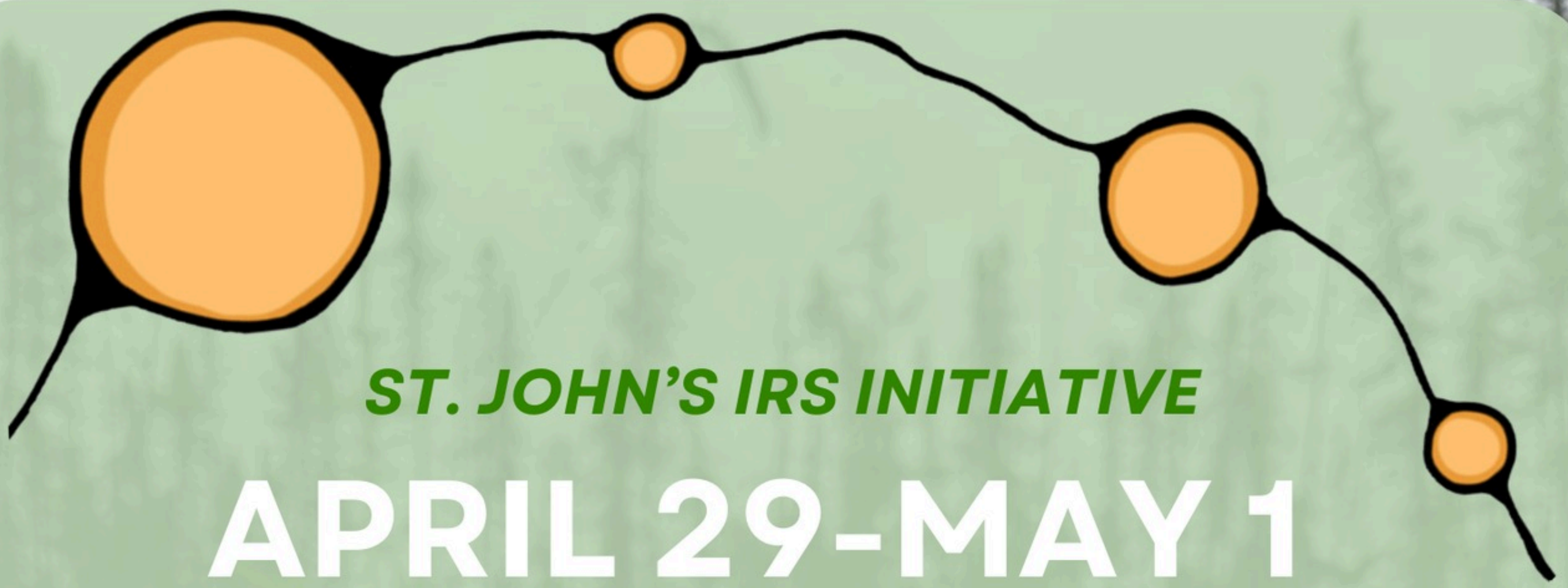
6:00PM - 7:00PM ENTERTAINMENT

MAY 1

9:00AM - 12:00PM PRESENTATIONS

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

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



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



BOWEN

with Dorcas Barnes

April 30th, 2025 appointments

1:00 PM–8:00 PM

May 1st, 2025 appointments

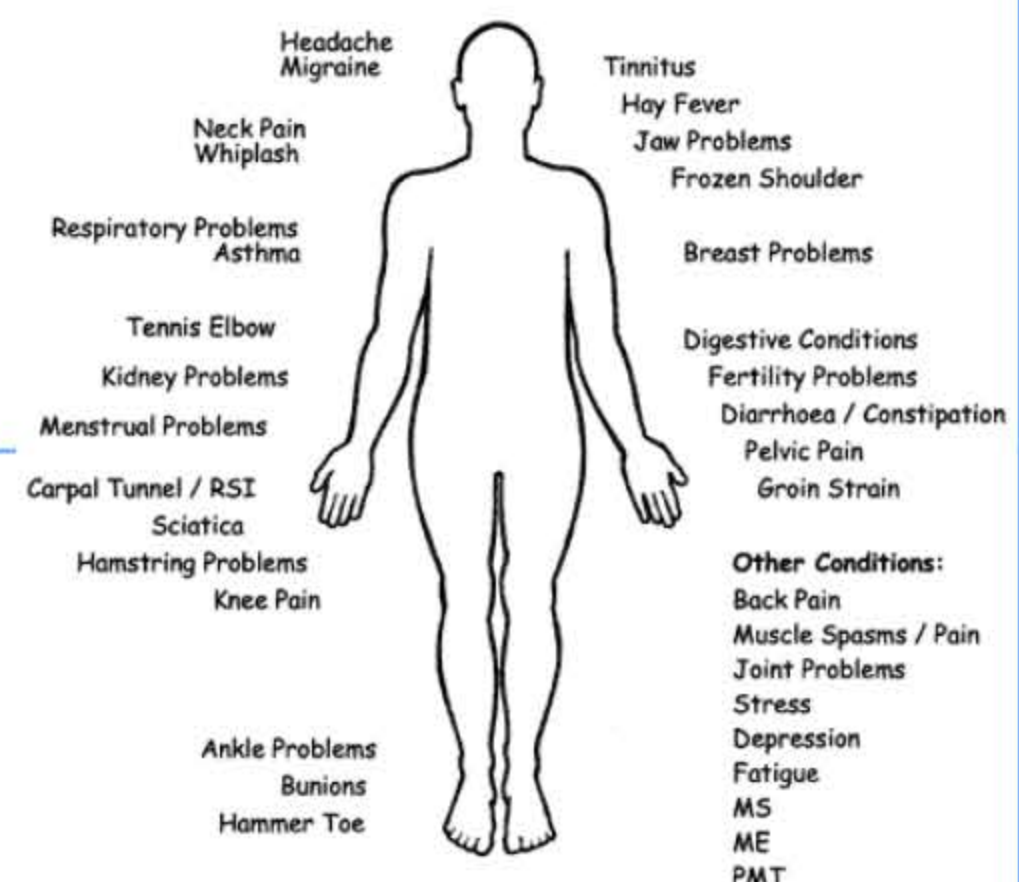
10:00 AM–5:00 PM

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 Health Services presents

SEWING FOR BEGINNERS

Adults only
16+



Date

May 3, 2025



Start At

9:00 am - 3:00 pm



Health Center

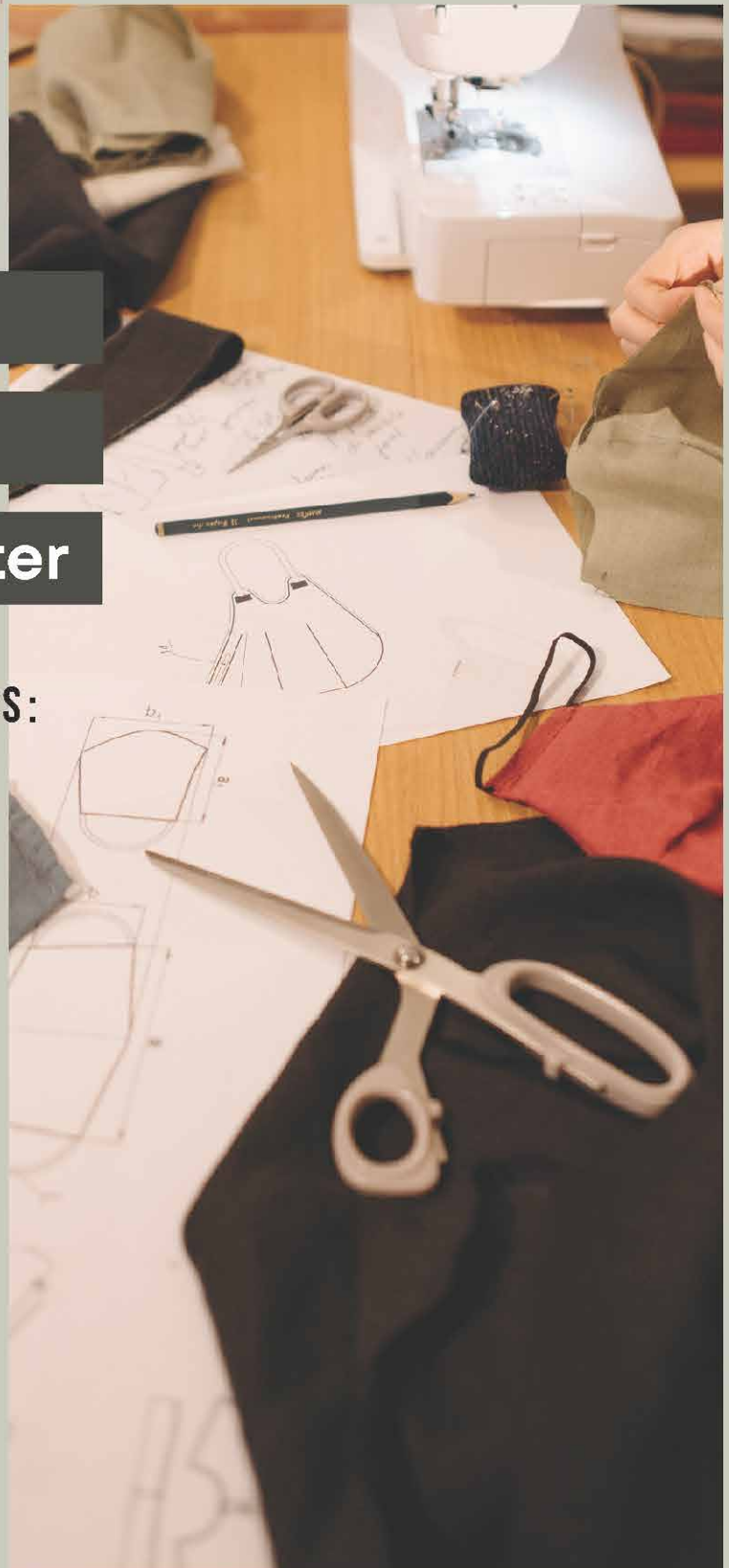
WORKSHOP HIGHLIGHTS:

- ✓ Sewing Basics
- ✓ Fabric Selection
- ✓ Pattern Making
- ✓ Creative Stitching

**CALL HEALTH TO
REGISTER NOW!**

**Maximum
10 PARTICIPANTS**

**Open to CCFN Band Members
Waitlist Welcomed**



***For more information
call Nathalie at ext. 203***

MMIW RED DRESS DAY



MAY 5TH, 2025

- 11:00 AM - Pipe Ceremony (Adrienne Beaupre) & Drumming (Kebsquaehesging River Singers) at Turtle Lodge
- 12:00 PM - Luncheon at Health Centre
- 1:00 PM - Healing Workshop with Lisa Wesley at Health Centre

MAY 6TH, 2025

- 9:00 AM - 4:00 PM One on One Counselling Sessions with Lisa Wesley at Health Centre.
- By appointment **ONLY**



**Chapleau Cree
Health Centre**

**CONTACT TRACY AT 705-864-0200 FOR
MORE INFO OR TO BOOK 1:1 APPOINTMENT**





FLEECE PILLOW MAKING

**NO
SEWING!**

**NO
SEWING!**

Wednesday, May 7, 2025
6:00pm - 9:00pm

Adults only (16+)

Call health to register
- 705-864-0200

Open to CCFN
Band members

Waitlist welcome

Maximum of 15 participants



**NO
SEWING!**



Microsubdivision Community Engagement and Dinner

May 7th, 2025

5:30 p.m. at the Band Office

The engineers and specialists will be here to talk about the next steps in this project and answer any questions.

Please register with Reception at
705-864-0784 or by email at
reception@chapleaucree.ca



REFLEXOLOGY

with Kathleen Bouchard

*May 8, 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 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.



ADULTS ONLY BEADING SOCIAL

**MAY 12 & 20, 2025
- 6:30 PM - 9PM**

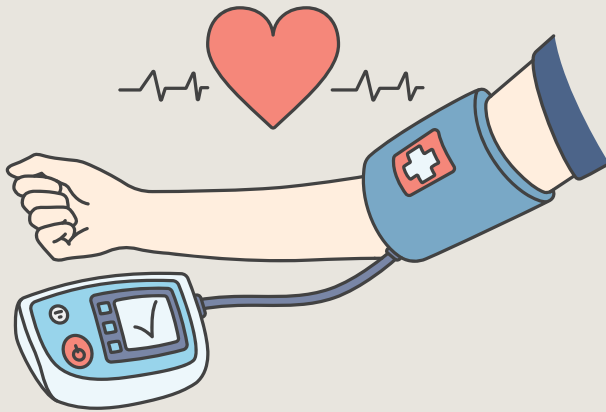


**TO REGISTER CALL HEALTH- 705-864-0200
FOR INQUIRIES CALL NATHALIE - EXT. 203**

**10 PARTICIPANTS ONLY
OPEN TO CCFN BAND MEMBERS
WAITLIST WELCOMED**

HYPERTENSION AWARENESS MONTH

💡 What Is Hypertension?



Hypertension, or high blood pressure, is often called the “silent killer” because it typically has no symptoms, but can lead to heart disease, stroke, kidney problems, and more if left unmanaged.



- ✓ Normal blood pressure: **less than 120/80 mmHg**
- ! High blood pressure: **140/90 mmHg or higher**

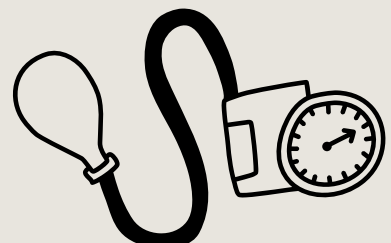


❤️ Why It Matters

Nearly 1 in 3 adults have high blood pressure—and many don't even know it. Managing hypertension is one of the most powerful ways to reduce your risk of heart attack, stroke, and other chronic conditions.



CCFN HEALTH CENTRE
705-864-0200
RN@CHAPLEAUCREE.CA





SMALL CHANGES, BIG IMPACT!



Here are 5 simple steps to keep your blood pressure in check:

1. Eat more fresh, whole foods

- Focus on fruits, veggies, lean proteins, and whole grains
- Reduce processed foods
- Watch out for hidden salt in canned, packaged, or restaurant foods
- reduce added sugars

2. Move your body daily

- Aim for 30 minutes of walking, stretching, or light cardio
- Walking, biking, dancing, swimming—all count!
- Regular movement strengthens the heart and lowers pressure over time

3. Maintain a Healthy Weight

- Even a small weight loss (5–10%) can significantly lower blood pressure
- Track progress with a health provider if needed

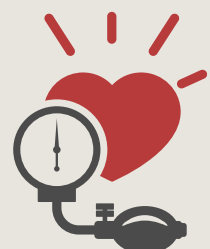
4. Manage Stress

1. Practice deep breathing, yoga, meditation, or stretching
2. Make time for hobbies and meaningful social connections
3. Take breaks from screens and get outside in nature

5. Limit alcohol & stop smoking

1. Both can raise blood pressure and strain your heart
2. Limit alcohol to no more than 1 drink/day (women) or 2/day (men)

CCFN HEALTH CENTRE
705-864-0200
RN@CHAPLEAUCREE.CA





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
MMIW Luncheon
Chapleau Cree Health Center at 12:00 p.m.

Chapleau Cree First Nation will be hosting a MMIW Luncheon on May 5th , 2025 at 12:00 PM.

Brief Description	Dinner for approximately 25 participants. Entrée, fruit, vegetables, dessert Coffee, water, juice, tea *Please Note: Adjustments will be made as for any increases in the number of participants*
Contract Duration	May 5 th , 2025
Venue	Chapleau Cree Health Center

- **Interested bidders will be required to submit a healthy menu (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, cooking equipment, tablecloths, napkins, utensils will be provided by Chapleau Cree Health.
- The successful bidder must provide their own take-out containers.
- The successful bidder will be responsible for all necessary clean up and disposal of leftover food. Kitchen must be returned to original condition.
- 50% holdback will be instituted on any advances to be released after inspection of kitchen/facility clean-up following the event.

Interested candidates are welcome to submit a bid and proposed menu plan to:

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: **Catering Bid: May 5th 2025, MMIW Luncheon**

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

Deadline to submit bid and menu will be May 1st 2025.



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 Microsubdivision Engagement dinner** Band Office Community Hall at 6:00 p.m.

Chapleau Cree First Nation will be hosting a Microsubdivision Engagement Dinner on May 7th, 2025 at 6 PM.

Brief Description	Dinner for approximately 60 participants. Entrée, fruit, vegetables, dessert Coffee, water, juice, tea *Please Note: Adjustments will be made as for any increases in the number of participants*
Contract Duration	May 7 th 2025
Venue	Chapleau Cree Band Office – Banquet Hall

- **Interested bidders will be required to submit a healthy menu (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, cooking equipment, tablecloths, napkins, utensils will be provided by Chapleau Cree Health.
- The successful bidder must provide their own take-out containers.
- The successful bidder will be responsible for all necessary clean up and disposal of leftover food. Kitchen must be returned to original condition.
- 50% holdback will be instituted on any advances to be released after inspection of kitchen/facility clean-up following the event.

Interested candidates are welcome to submit a bid and proposed menu plan to:

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: **Catering Bid: May 7th 2025, Microsubdivision Engagement**

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

Deadline to submit bid and menu will be April 24th 2025.



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
Mother's Day Dinner
Band Office Community Hall at 5:30 p.m.

Chapleau Cree First Nation will be hosting a Mothers Day Dinner on May 8th , 2025 at 5:30 PM.

Brief Description	Dinner for approximately 60 participants. Entrée, fruit, vegetables, dessert Coffee, water, juice, tea *Please Note: Adjustments will be made as for any increases in the number of participants*
Contract Duration	May 8 th , 2025
Venue	Chapleau Cree Band Office- Banquet Hall

- **Interested bidders will be required to submit a healthy menu (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, cooking equipment, tablecloths, napkins, utensils will be provided by Chapleau Cree Health.
- The successful bidder must provide their own take-out containers.
- The successful bidder will be responsible for all necessary clean up and disposal of leftover food. Kitchen must be returned to original condition.
- 50% holdback will be instituted on any advances to be released after inspection of kitchen/facility clean-up following the event.

Interested candidates are welcome to submit a bid and proposed menu plan to:

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: **Catering Bid: May 8th 2025, Mothers Day Dinner**

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

Deadline to submit bid and menu will be May 2nd 2025.



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 Event Management Services to Chapleau Cree First Nation For Creefest**

Chapleau Cree First Nation requires a Coordinator to provide support for Creefest event management on Chapleau Cree First Nation reserve.

The Creefest Coordinator will be required to be available full time from July 20th to July 26th, and available for occasional contact and consultation from at least May 10th, 2025. Some coordination may be required after the end of the event.

Creefest is an annual festival organized by the Mushkegowuk Council, featuring music, workshops, concerts, cultural activities, games for all ages, food and craft vendors, and a Powwow. Chapleau Cree First Nation is the 2025 host for this event.

The Coordinator will be expected to work in close collaboration with Mushkegowuk Tribal Council, and CCFN Chief and Band Administrator on all aspects of the event management needs. The successful bidder will be expected to provide support, liaison, and assistance for:

- Booking Accommodations
- Booking Travel
- Developing Sponsorships and Partnerships
- Managing the Budget, facilitating payment of invoices, honoraria, and other expenses
- Coordinating Evening Music Programming
- Acting as Main Stage Manager
- Liaising with the Sound Company
- Sourcing and Liaising with the Electrician and other trades as necessary
- Coordinating Opening Acts
- Coordinating with Vendors
- Coordinating with Elders, including 1 Daily Elders Breakfast
- Acting as the Facebook Page Coordinator and any other communications as deemed necessary
- Liaising with Chapleau Municipality and the Mayor
- Coordinating Opening and Closing Remarks
- Coordinating Site services, including Sanitation and First Aid

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: **Creefest Coordinator**

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

Deadline to submit bid will be May 1st, 2025.



Project: Borden Lake
Location: Chapleau, Ontario
Rotation: 7/7
Shift Length: 11, 11.5 and 12 hour shifts
Compensation: Redpath Canada Limited offers comprehensive benefits
Pre-Employment Requirement Clear Drug and Alcohol Testing

Redpath Canada Limited is now hiring summer students.

Applicants are now invited to apply for the Underground Labourer trainee position.

Upon successful completion, you will receive the basic common core modules required to work underground.

Job Summary:

Under the supervision of the Shift Supervisor, the role of the Labourer is to handle the supply of material on surface and to various underground locations using a electric boom truck or other approved types of equipment. The labourer will also be trained as a spare surface sampler and truck driver to dump broken ore and waste from development or production headings.

General Duties:

- Refuel, check coolant, engine & hydraulic oils, lubricate all points and complete standard daily check forms
- Visually inspect, sounds, scales, and washes down work area
- Operates and controls truck for loading, hauling and dumping
- Performs minor repairs such as tightening bolts, fittings, etc.
- Completes daily log books on equipment and submits written and verbal reports to the supervisor
- Reports progress and any unusual occurrences to supervisor
- Keeps working area and equipment in a clean and orderly condition
- Must be able to follow the proper procedure to ensure safety and to control equipment damage
- The duties and responsibilities listed above are representative of the nature and level of work assigned and are not necessarily all inclusive

Required Skills and Qualifications:

- Ontario Secondary School Diploma or GED
- Valid Ontario Driver's License
- Must be at least 18 years old
- Highly motivated individual that is eager to learn and apply new skills and knowledge
- Good physical fitness with the ability to work in an underground mining environment
- Able to work shift work on a rotational basis and available for overtime as required
- Strong sense of responsibility and commitment to safety

Health and Safety:

- Having the authority and responsibility to maintain a safe and efficient working environment
- Following Redpath Canada Limited health and safety standards and systems, including the Five Point Safety System and the Cardinal Rules, and reporting any unsafe acts or conditions
- Responsible to ensure proper use and maintenance of personal protective equipment required in the performance of the work.
- Must have knowledge of the WHMIS legislation and know how to effectively use an MSDS sheet.
- Comply with the Act and Mining Regulations that apply to the work area.

Pre-employment requirement

- Drug Test