

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:

**April 7, to
April 13, 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:

- **Beaded Easter Eggs Activity**
- **INDSPIRE SOARING 2025: Youth Empowerment Workshop**
- **Community Haircut Day**
 - **Adult Beading Social**
 - **Reflexology**
- **Mushkegowuk Community Based Wildlife Monitoring Workshop**

Goose Moon
The goose is an essential part of the Cree Community. The call of the goose is greatly anticipated and its return is a joy to the heart of the people.
σπ Λρ April
σπ αλρ ΡσCδρ ΔσσΔ ΛΛΠρΔσπ αλρ Vδβσρδ δαδρ
δδ Λρ σC Δλ.δ δδσρ δρρσCΛ δUΔδ Δσσδ

Oški-kīšikāw
MONDAY
Niski-Pisim
April 7

IT'S
MONDAY
DON'T FORGET TO BE
AWESOME

HAVE A GREAT WEEK

Beaded Easter Eggs



6pm-9pm @ Health



Nīso-kīšikāw
TUESDAY
Niski-Pisim
April 8



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

2025 SOARING:

Indigenous Youth
Empowerment Workshop



VIRTUAL @ HEALTH CENTRE

COMMUNITY HAIRCUT DAY

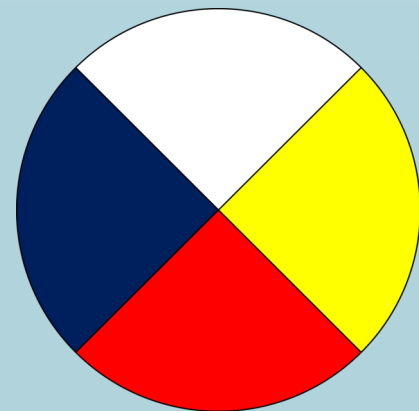


10am-4pm @ Health

Adult Beading Social



6:30pm-9pm @ Health



Apihtawan
WEDNESDAY
Niski-Pisim
April 9

2025 SOARING:
Indigenous Youth
Empowerment Workshop



VIRTUAL @ HEALTH CENTRE



Beaded Easter Eggs



6pm-9pm @ Health



Nēwi-kīšikāw
THURSDAY
Niski-Pisim
April 10



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

REFLEXOLOGY



3pm-8pm @ Health

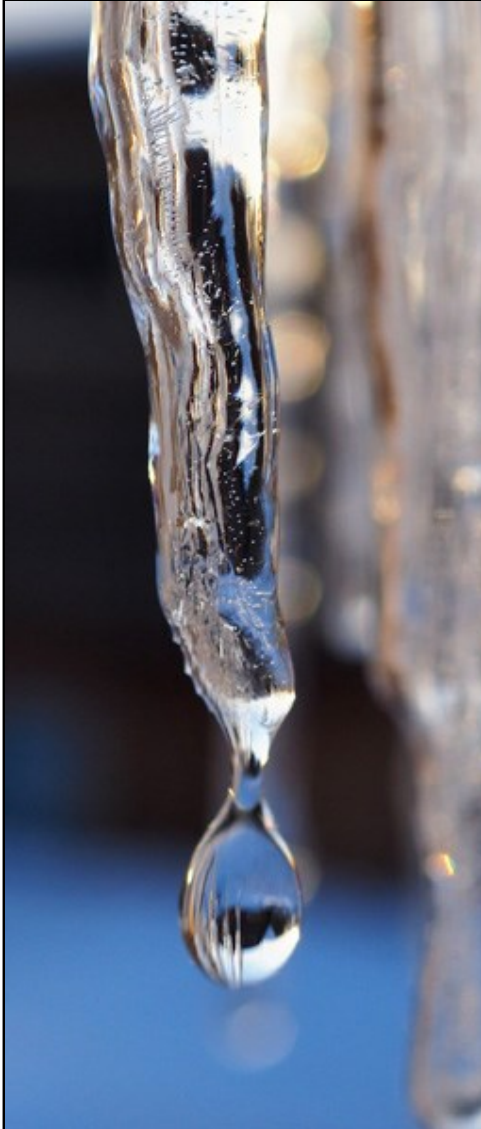
Beaded Easter Eggs



6pm-8pm @ Health



Pahkwēšikani-kīšikāw
FRIDAY
Niski-Pisim
April 11



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 12

Beaded Easter Eggs



9am-3pm @ Health



Ayamihēwi-kīšikāw
SUNDAY
Niski-Pisim
April 13

**Community Based
Wildlife Monitoring
Workshop**
(must register first!)



10am-4pm @ Band Office

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**

**Due to high interest, a second class has
been added:**

Saturday, April 12 - 9:00am - 3:00pm

To register call health at 705-864-0200

For more information call Nathalie at ext. 203



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



Traditional Indigenous Parenting Workshop

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



Tuesday, April 8

10am-2pm

Thursday, April 10

10am-2pm

Tuesday, April 15

10am-2pm

Thursday, April 17

10am-2pm



Kunuwanimano Office

8 Lorne Street, Chapleau



Registration 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**

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.





ADULTS ONLY BEADING SOCIAL

TUESDAYS - APRIL 8 & 22, 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



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





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



jewelry making

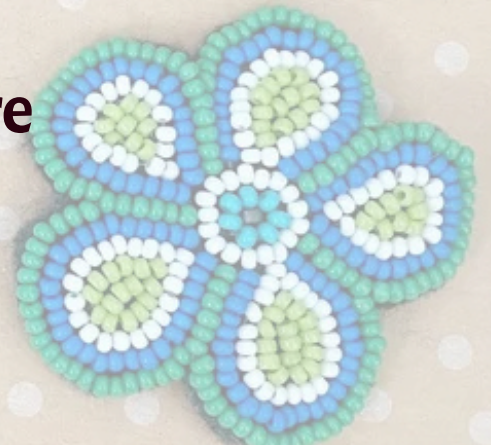
Youth Beading Social

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



Chapleau Cree Health Services
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Eating with IBS

IRRITABLE BOWEL SYNDROME (IBS)



Low FODMAP Diet

At this time, the most well-recognized diet to support IBS is the low FODMAP diet.

This is an elimination-style diet. The goal is to reduce intake of specific types of fermentable carbohydrates found in a variety of food.

FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols.

FODMAPs are found in foods that contain carbohydrates, such as fruits, vegetables, legumes, nuts, grains and flours, dairy, and sweetening agents. Animal proteins, like beef, lamb, pork, poultry, eggs, fish and seafood DO NOT contain FODMAPs, nor do fats such as oil, butter and ghee.



Phases of the Low FODMAP Diet:

1. Elimination Phase:
 - You completely eliminate high FODMAP foods for about 4-6 weeks to see if symptoms improve.
2. Reintroduction Phase:
 - Gradually reintroduce high FODMAP foods one at a time to identify which ones trigger symptoms.
3. Personalization Phase:
 - Once you've identified your triggers, you'll customize the diet to include foods that are well-tolerated while avoiding those that cause symptoms.

Although many foods contain FODMAPs, the point of this diet is not to be perfect. There's a reason it's called a low FODMAP diet, not a "No-FODMAP" diet.

Think of your ability to tolerate FODMAPs like a bucket – the size of your bucket may be smaller than someone else's, meaning you can't eat quite as many FODMAP-rich foods without getting noticeable symptoms.

You can read more information on IBS and FODMAP diet at this webpage:
<https://cdhf.ca/en/understanding-the-fodmap-diet/>



For more guidance on what to do next, you may call Pamela Drynan, RN at the Health Centre to book an appointment to discuss next best steps.

705-864-0200 Ext: 205

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Angie RPN – 814 Fox Lake Clinic	2 Alicia NP – 8 14 Fox Lake Clinic Angie RPN- 3 Maple Clinic Jackie C&WW – Chapleau	3 Alicia NP – BHFN Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE – BHFN Clinic Dr. Oberai – 3 Maple AM Jackie C&WW - Chapleau	4 Alicia RN – 814 Fox Lake Clinic Angie RPN – 3 Maple Foot Care Kasey DNE – 814 Fox Lake Clinic Jackie C&WW - Chapleau
7 Alicia RN – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE -814 Fox Lake Clinic Jackie – C&WW	8 Alicia NP – 3 Maple Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE – 3 Maple Clinic Jackie C&WW - Chapleau	9 Alicia NP – 8 14 Fox Lake Clinic Kasey DNE – 814 Fox Lake Clinic Angie RPN- 3 Maple Clinic Jackie C&WW	10 Alicia NP – BHFN Clinic Kasey DNE – BHFN Clinic Angie RPN – BHFN Clinic Jackie C&WW	11 Alicia NP – 814 Fox Lake Clinic Kasey DNE – 814 Fox Lake Angie RPN – 814 Fox Lake Clinic Jackie C&WW
14 Alicia NP – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Jackie C&WW	15 Alicia NP – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Melody – Chapleau Jackie C&WW	16 Alicia NP – 814 Fox Lake Clinic Angie RPN – 3 Maple Clinic Melody Chapleau AM/ Wawa PM Jackie C&WW	17 Alicia NP – BHFN Clinic Kasey DNE – BHFN Clinic Angie RPN – BHFN Clinic Melody - Wawa Jackie C&WW	18 Statutory Holiday Good Friday
21 Statutory Holiday Easter Monday	22 Alicia NP – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE – 3 Maple Clinic Melody Virtual/ Phone Jackie C&WW	23 Alicia NP – 814 Fox Lake Clinic Angie RPN – 3 Maple Clinic Kasey 814 Fox Lake Clinic Melody Virtual/ Phone Jackie C&WW	24 Alicia NP – BHFN Clinic Kasey DNE – BHFN Clinic Angie RPN – BHFN Clinic Melody Virtual/ Phone Jackie C&WW	25 Alicia NP – 3 Maple Clinic Kasey DNE – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Melody Virtual/ Phone Jackie C&WW
28 Alicia RN – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE - 814 Fox Lake Clinic Jackie – C&WW Melody Chapleau	29 Alicia RN – 814 Fox Lake Clinic Angie RPN – 814 Fox Lake Clinic Kasey DNE - 814 Fox Lake Clinic Jackie – C&WW Melody Chapleau	30 Alicia RN – 814 Fox Lake Clinic Angie RPN – 3 Maple Clinic Kasey DNE -814 Fox Lake Clinic Jackie – C&WW Melody Chapleau AM Wawa PM	Hours: Monday to Friday 8:30 am to 4:00 pm (Closed for Lunch) Appointments: 1-833-564-2726 or 705-856-8282 Your call is important, if we are unable to answer please leave a detailed message & we'll call you back ASAP	

Northern Clinic Team

Alicia Castonguay Nurse Practitioner
Dr. Anjali Oberai
Kasey Bissaillion RPN, Diabetes Nurse Educator
Angela Fletcher RPN, Advanced Foot Care
Jackie Tangie-Roy, Cultural and Wellness Worker
Melody Hawdon, Mental Health & Wellness Worker
Emily Pirano, Art Therapy Student
Christine Stoycheff, Client Care Coordinator



SMOKING CESSATION PROGRAM

Are you thinking about quitting Smoking?
Do you have a family member or friend
that you want to support?
Call our appointment line for more
information to book an appointment?



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 Health Services** **Lunch & Learn [MEALTIME (lunch/dinner)]** **Chapleau Cree Health Centre at NOON**

Chapleau Cree Health Services will be hosting an Lunch & Learn - IBS on April 15, 2025 at 12:00 PM.

Brief Description	Lunch 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	April 15 th , 2025
Venue	Chapleau Cree Health Services – Common Room

- 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, cooking equipment, tablecloths, napkins, utensils will be provided by Chapleau Cree Health.
- The successful bidder will be responsible for all necessary clean up.
- Any leftover food and refreshments shall remain on site.
- 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:

Tracy Martin
Chapleau Cree First Nation
P.O. Box 400
Chapleau, ON P0M 1K0

or by email to programs@chapleaucree.ca

Subject Line: Catering Bid: Lunch & Learn – IBS, April 15, 2025

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

Deadline to submit bid and menu will be April 10, 2025.