

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 21, to  
April 27, 2025**

**Winter Hours:**

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

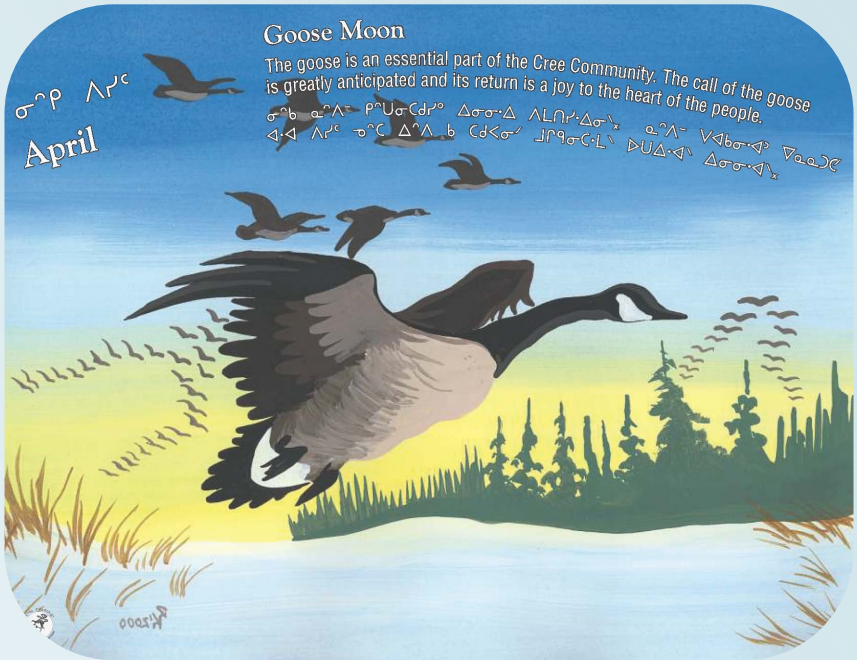
Participation and Feedback on  
Activities/Events/Programs is  
always welcomed

Please submit feedback to  
**Kyle Corston @ 705-864-0784** or  
[communityrelations@chapleaucree.ca](mailto:communityrelations@chapleaucree.ca)



**This Week's Highlights:**

- STAT Holiday
- Easter Egg Hunt
- Adult Beading Social
- Chiropractor Visit
- Adult Mini Mukluk Craft



Oški-kīšikâw  
MONDAY  
Niski-Pisim  
April 21

**STAT HOLIDAY**  
**(Offices Closed)**



**EASTER**  
**MONDAY!!!**

**Easter Egg Hunt**



**1-2pm @ Health**



Nīso-kīšikâw  
TUESDAY  
Niski-Pisim  
April 22

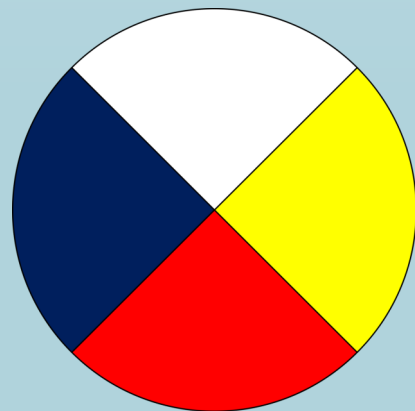


**Town Run**  
**10:00 a.m.**  
Call **Health** at  
**705-864-0200** before 9am  
to get picked up

**Adult Beading Social**



**6:30pm-9pm @ Health**



Apihtawan  
WEDNESDAY  
Niski-Pisim  
April 23

**Chiropractor in Spa**  
**Room**



**10am-3pm @ Health**

**Adult Mini**  
**Mukluk Craft**



**6pm-9pm @ Health**



Nēwi-kīšikâw  
THURSDAY  
Niski-Pisim  
April 24

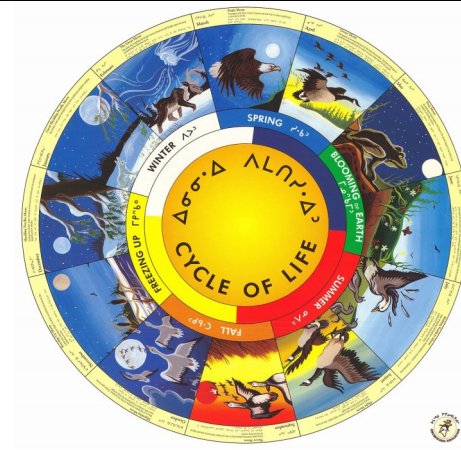


**Town Run**  
**10:00 a.m.**  
Call **Health** at  
**705-864-0200** before 9am  
to get picked up

**Adult Mini**  
**Mukluk Craft**



**6pm-9pm @ Health**



Pahkwēšikani-kīšikâw  
FRIDAY  
Niski-Pisim  
April 25



**KEEP**  
**CALM**  
IT'S  
**FINALLY**  
**FRIDAY**

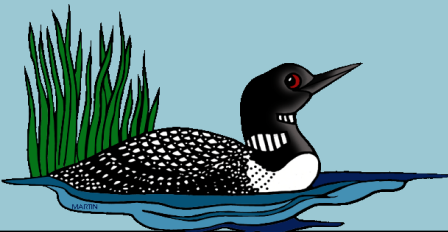


**Not Receiving the**  
**Weekly Pamphlet in a**  
**timely manner?**  
Call **Kyle Corston** at the  
**Band Office 705 864 0784**  
and give your email—  
you'll  
receive the pamphlet  
right to your in-box

Matinawe-Kisikaw  
SATURDAY  
Niski-Pisim  
April 26

**HAVE**  
**a**  
**great**  
**WEEK**  
**end**

Ayamihêwi-kīšikâw  
SUNDAY  
Niski-Pisim  
April 27





# Meet Our **NEW** Staff

**Chantal Gravel has joined the Chapleau Cree First Nation team as Administration Support Technician**

Hello!

I am a proud member of Chapleau Cree First Nation. My mother is Wendy Frankow (nee Moreau). My great-great grandparents William and Jane (nee McAuley) were founding members of our Band.

I spent the last 15 years working as Head of Department in Film and Television as a Hairstylist, getting the opportunity to work all over Canada and work with celebrities. After many years of living on the road as a Freelance Artist, I decided it was time to come back home.

I enjoy hunting and fishing with my dad and spending time in Nemegos with my mom and dog Boo-Boo.

I look forward to meeting all my fellow band members.

Chantal Gravel can be reached by:

Phone: (705) 864-0200 ext. 201

Email: [h.adminassist@chapleaucree.ca](mailto:h.adminassist@chapleaucree.ca)



# Welcome



# Meet Our **NEW** Staff

Janis Jones has joined the Chapleau Cree First Nation team as Finance Trainee

Hello!

Janis comes to us by way of Meals on Moccasins cook. After being unable to continue in this field she decided to pursue a career in finance.

Prior to coming to Chapleau Cree Janis spent 13 years working for the Garden River First Nation Bingo Enterprises in the capacity of Maintenance Manager. Throughout the years her roll evolved into a more financial based roll. Because of this roll she was trusted to complete the Silver Creek Golf course providing a clubhouse, and environmentally friendly washroom facilities on the course.

Janis enjoys spending time with friends and family as well as quiet time crocheting or reading a good book.

Janis Jones can be reached by:

Phone: (705) 864-0784

Email: [finance4@chapleaucree.ca](mailto:finance4@chapleaucree.ca)

# Welcome



# EASTER EGG HUNT 2025

**MONDAY  
APRIL 21, 2025**

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

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

Chapleau Cree Health Services  
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Open to CCFN Band Members and immediate family  
call Health Centre to register  
\*DON'T FORGET YOUR BASKET\*



# 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**



# HEALTHY EASTER WEEKEND

From the CCFN Health Centre  
Nursing Clinic



## Hello Families!

**Easter weekend** is here—  
and it's the perfect time to  
celebrate spring, reconnect  
with **loved ones**, and enjoy  
delicious meals and  
meaningful traditions.

This year, let's make it  
vibrant and healthy, while  
still having fun!

Here are some tips, ideas,  
and inspiration to make  
your **Easter weekend**  
nourishing for both body  
and soul.



## Family Fun Activities

Keep everyone engaged  
with fun activities that  
support movement,  
creativity, and togetherness:



### Easter Nature Walk &

**Scavenger Hunt** – Collect leaves,  
flowers, or painted rocks!



### Family Yoga or Stretching

– Start the day with 10 minutes of  
gentle movement.



**DIY Egg Decorating** (naturally  
dyed) – Use beets, turmeric, and  
red cabbage!



### Mindful Games & Puzzles

– Connect screen-free after meals.



### Cook Together

– Get kids  
involved with washing veggies or  
setting the table.



# HEALTHY EASTER WEEKEND

[rn@chapleaucree.ca](mailto:rn@chapleaucree.ca)



## **Mocktail Corner: Family-Friendly Sips:**

Try these fun and festive drinks with zero sugar or alcohol:



### Coconut Lime Fizz

Coconut water + lime juice  
+ sparkling water + mint



### Berry Basil Spritzer

Muddled strawberries +  
basil + lemon juice + soda  
water



### Ginger Citrus Refresher

Fresh orange juice + ginger  
+ splash of apple cider  
vinegar + ice



"Holiday moments are  
less about perfection,  
and more about  
connection."



## General Spring Knowledge

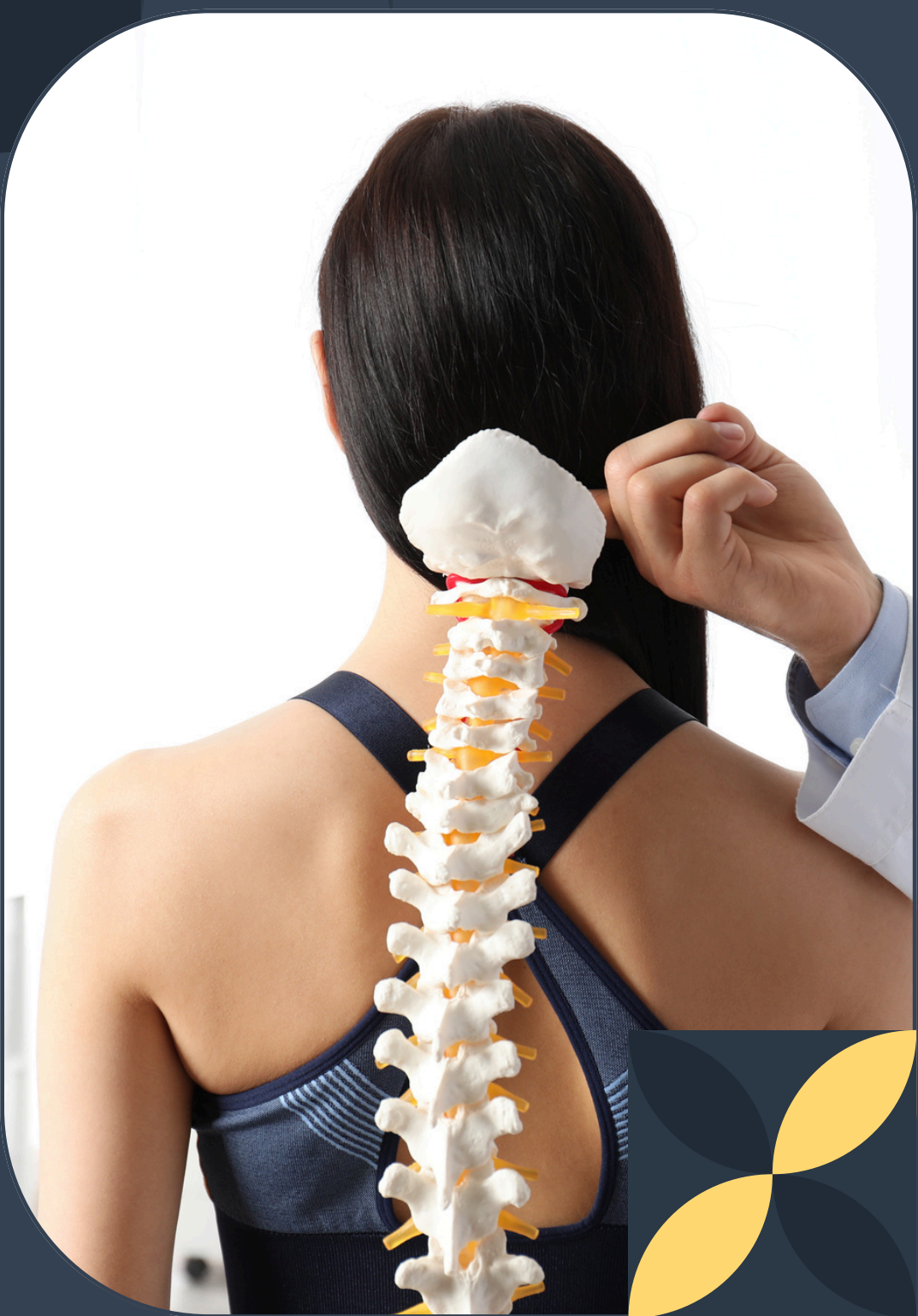
Which animal is a well-known  
symbol of spring and fertility?

- A) Owl
- B) Rabbit
- C) Fox
- D) Deer

What flower is most  
commonly associated with  
spring?

- A) Rose
- B) Sunflower
- C) Tulip
- D) Daisy





# 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

April 23, 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.





# 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





*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***

# 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.





# BOWEN

with Dorcas Barnes

**April 30th, 2025 appointments**

**1:00 PM–8:00 PM**

**May 1st, 2025 appointments**

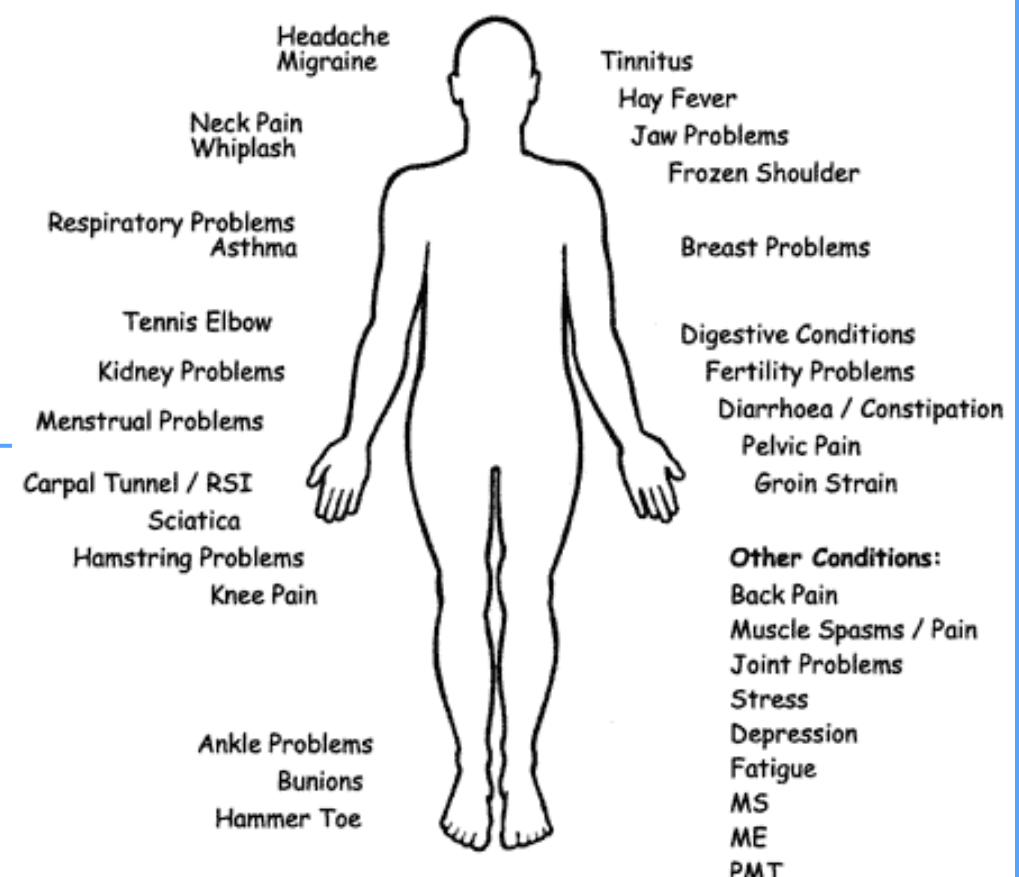
**10:00 AM–5:00 PM**

**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



# Adult Regalia Making Social

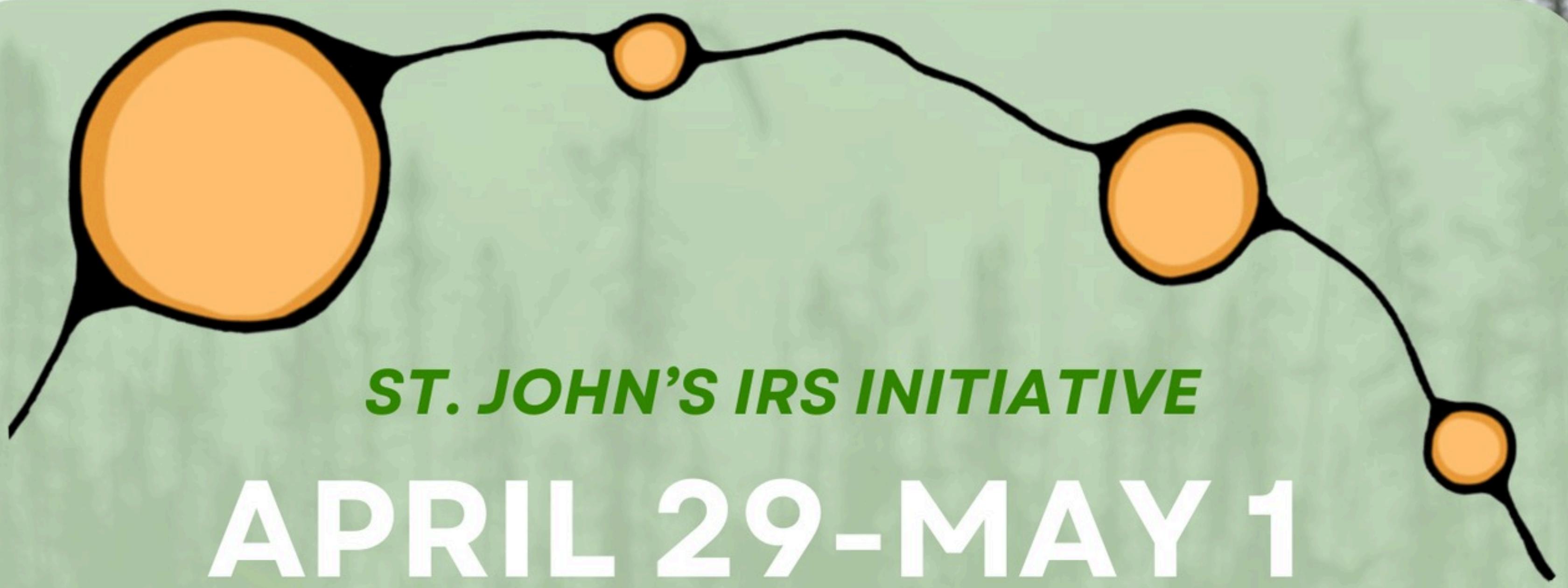
Come work on your regalia,  
socialize, learn , share knowledge.

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





**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**



# **CALL-OUT FOR**

## **After School Youth Volunteers**

**For Youth in the Chapleau area and  
surrounding First Nations**

We are inviting youth grades 9-12 to participate in a volunteer  
opportunity to help complete volunteer hours!

**April 29-May 1, 2025**

### **Volunteer duties:**

- **Checking on Elders and IRS Survivors, bringing food/water etc.**
- **General tidying/picking up after meals**
- **Serving coffee to attendees**
- **Communicating with Firekeeper, bringing coffee/tea/food/water**
- **Other duties as needed**

**To Join - email**  
**stjohnsirsi@gmail.com or**  
**call 705-864-0784 x 223**

# LOGO CONTEST!



## CALLING ALL CCFN ARTISTS...

The Chapleau Cree Powwow Organizing Committee is calling out to CCFN artists to create a logo for our 30<sup>th</sup> annual powwow, taking place this summer. Winning artist will be gifted a prize and 2<sup>nd</sup> and 3<sup>rd</sup> places will be honoured as well.

### Themes & Goals

- We want to commemorate where we are as a community at our 30<sup>th</sup> Annual Powwow, therefore the theme and title of our Powwow this summer is **“Reflecting on Our Resilience, Embracing Our Culture”**
- Animals - loon, fox
- Encompassing the past, present, and future
- Cree Syllabics - we can't translate but can provide translation resources

### Submission Guidelines

- All submissions will be reviewed by the committee
- Logo chosen will become property of the committee and this logo may be used on promotional items and signs leading up to the Powwow
- Submissions can be submitted either digitally in the format of PDF, JPEG, or PNG or can be physically dropped off or mailed to the Health Centre
- Strict deadline as time is needed to order promotional items

**DEADLINE:**  
**FRIDAY, MAY**  
**16 2025 @**  
**12:00 PM**

Submissions can be **emailed** to **Nathalie** with the subject line: “Powwow Logo Contest” at **eventorganizer@chapleaucree.ca** or **mailed** to:

Chapleau Cree Health Centre  
ATTN: Nathalie  
801 Fox Lake Road PO Box 400  
Chapleau, ON POM 1K0



## 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](mailto: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 7<sup>th</sup>, 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 <sup>th</sup> 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](mailto:bandadmin@chapleaucree.ca)

Subject Line: **Catering Bid: May 7<sup>th</sup> 2025, Microsubdivision Engagement**

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

**Deadline to submit bid and menu will be April 24<sup>th</sup> 2025.**



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Tel: (705) 864-0784 ♦ Fax (705) 864-1760

[reception@chapleaucree.ca](mailto:reception@chapleaucree.ca)

## EMPLOYMENT OPPORTUNITY

**Position:** Custodian- Health Centre (Full-Time)

**Location:** The 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. The community is approximately four hours north of Sault Ste. Marie and two hours southwest of Timmins.

**Description:** The Chapleau Cree First Nation is seeking a highly motivated, multi-skilled person to provide janitorial services at the Health Centre and Mukeso House. We will rely on the Janitor to provide our guests and employees with a spotless interior and exterior atmosphere where everything is well-ordered. The Janitor will become a critical component of upholding our company culture and image all while helping us to look and feel our absolute best through the ambiance of our office by providing us with superior housekeeping and janitorial skills.

**Preferred Qualifications:**

- ✓ Demonstrated organizational skills
- ✓ Proven interpersonal skills
- ✓ Excellent communication skills
- ✓ Dependable
- ✓ Class 'G' Driver's License
- ✓ A sense of hospitality, integrity, pride in your work and appreciation for cleanliness and organization
- ✓ Extreme attention to the smallest detail
- ✓ Initiative to take on tasks without being told and without being monitored
- ✓ Clear Vulnerable Sector/CPIC Screen check (may be required)
- ✓ Capable of working independently and as a team player
- ✓ Must be capable of carrying out strenuous duties

**Duties/Responsibilities:**

- ✓ Be available evenings and weekends
- ✓ Clean and maintain designated spaces both inside and outside of the Health Centre, Maamweysing Clinic, and Seniors building facilities daily, which includes the lobby, restrooms, offices, conference rooms, parking lot and public areas;
- ✓ To work within the relevant legislation, policies and procedures;
- ✓ To be responsible for a set of keys and for ensuring the security and integrity of areas of cleaning;
- ✓ To attend training courses as scheduled and agreed for appropriate development, team meetings and reviews;
- ✓ To perform other duties as directed/required related to position;
- ✓ Dust, vacuum, sweep, mop, polish and empty trash daily and wash windows on a monthly basis;
- ✓ Report maintenance issues as soon as they come to your attention and help create a maintenance schedule for office equipment, fixtures and heat/cooling units;
- ✓ Maintain and stock supply rooms and bathrooms as needed;
- ✓ Check for potential safety issues in all public areas daily and bring them to the attention of the Health Care Coordinator;
- ✓ Make sure all doors, windows, entrances and exits are securely closed and locked when working alone and as the last person to leave the building;
- ✓ Work with the groundskeeping team/PWG staff when necessary to remove debris, leaves, snow and other obstructions from company grounds.

**Wage:** \$ 25.00/hr. – 35 hours per week on a flex schedule;

**Closing Date:** April 30, 2025 @ 4:00 PM 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](mailto:bandadmin@chapleaucree.ca)

**We thank all applicants, but only those selected for an interview will be contacted.  
First Nation individuals and CCFN band members are encouraged to apply!**



## 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](mailto: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](mailto: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 24<sup>th</sup>, 2025.**