

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:
**June 2, to
June 8, 2025**

Summer Hours:

**Monday - Thursday
8AM - 5PM**

**Friday
8AM - Noon**

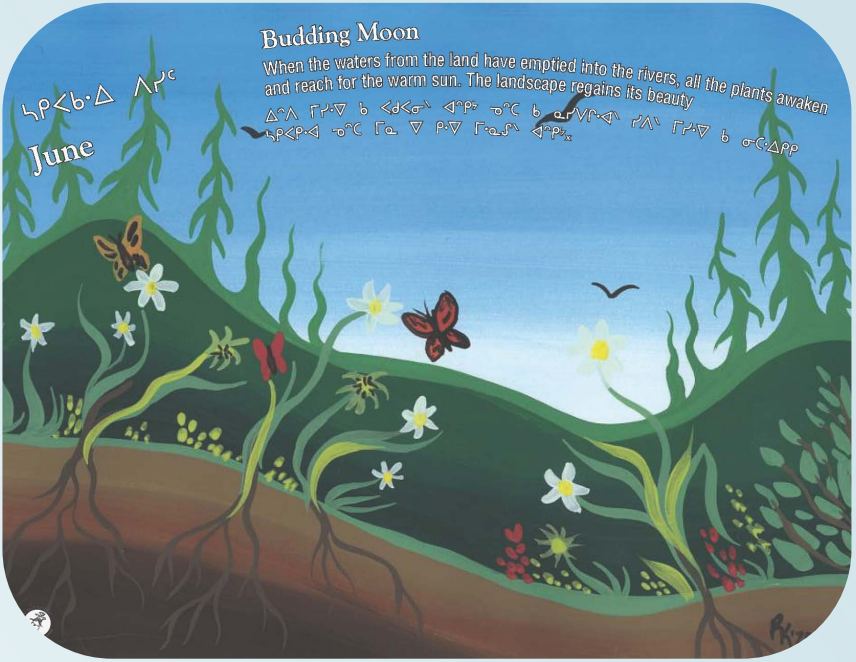
Participation and Feedback on
Activities/Events/Programs is
always welcomed

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

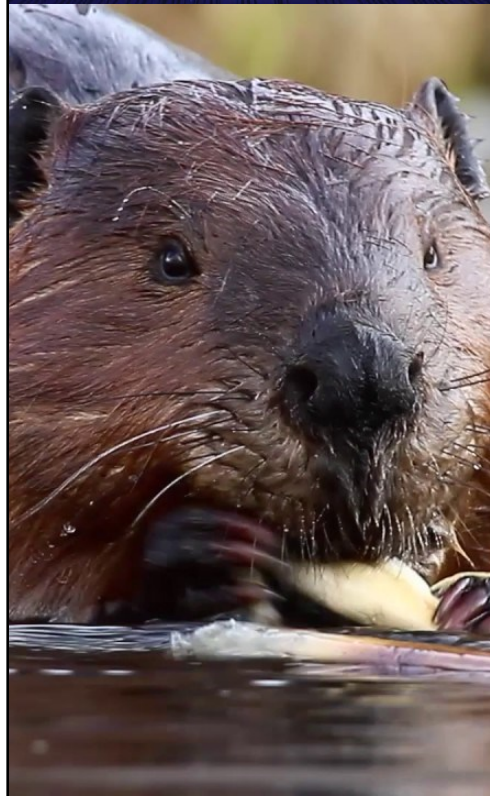


This Week's Highlights:

- **COHI—Fluoride (Ages 0-8)**
- **Adult Beading Social**
 - **Chiropractor**
- **Fibre Optic Engagement Dinner**
 - **Reflexology**
- **TEK Challenge Info Dinner (Fish fry!)**
- **Youth Beginner's Sewing Class**
- **ADVANCE POLLS CCFN Election**



Oški-kīšikâw
MONDAY
Sakipakawi-Pisim
June 2



Nīso-kīšikâw
TUESDAY
Sakipakawi-Pisim
June 3



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

COHI—Fluoride
Varnish (Ages 0-8)

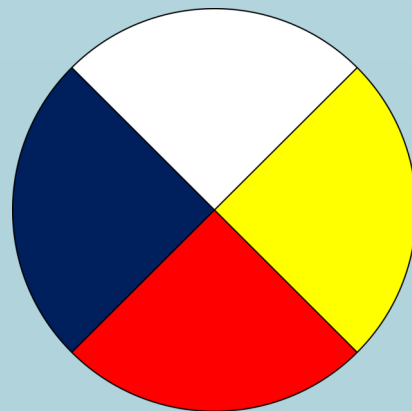


4:30-5pm @ Health

Adult Beading Social



6pm-9pm @ Health



Apihtawan
WEDNESDAY
Sakipakawi-Pisim
June 4

Chiropractor in Spa
Room



10am-3pm @ Health

Fibre Optic
Engagement Dinner

vianet

5:30-7:30pm @ B.Office



Nêwi-kīšikâw
THURSDAY
Sakipakawi-Pisim
June 5



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

REFLEXOLOGY

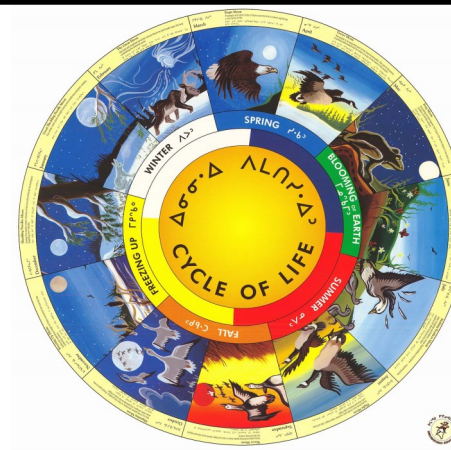


3pm-8pm @ Health

TEK CHALLENGE
Information Dinner



5:30-7:30pm @ B.Office
FISH FRY DINNER!!!!



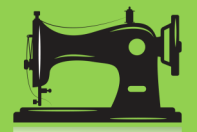
Pahkwēšikani-kīšikâw
FRIDAY
Sakipakawi-Pisim
June 6



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
Sakipakawi-Pisim
June 7

Youth Beginners
Sewing Class



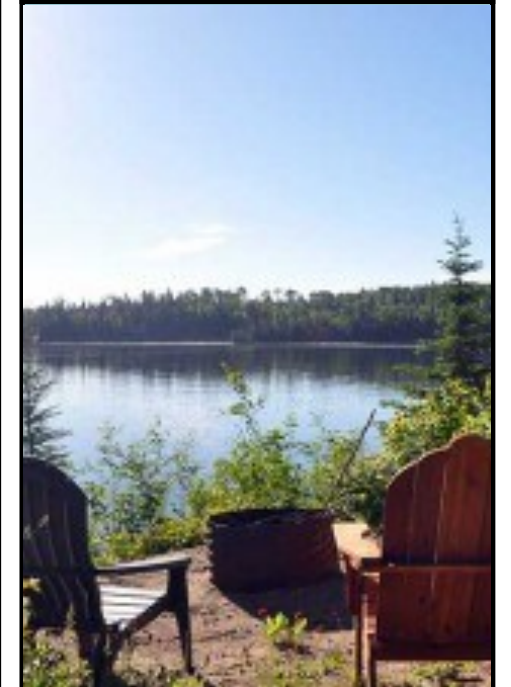
9am—3pm @ Health

ADVANCE POLLS
CCFN ELECTION



9am-5pm @ B. Office

Ayamihêwi-kīšikâw
SUNDAY
Sakipakawi-Pisim
June 8





Introduction to Plants Training Webinar

Presented by Mushkegowuk Council Lands and Resources Department
In collaboration with
Canadian Museum of Nature - National Herbarium of Canada



Let's Talk About Plant Collecting!

In this webinar, experts from the Canadian Museum of Nature show us how to collect mosses, lichens, mushrooms, water plants, and more!

We hope you can join us!

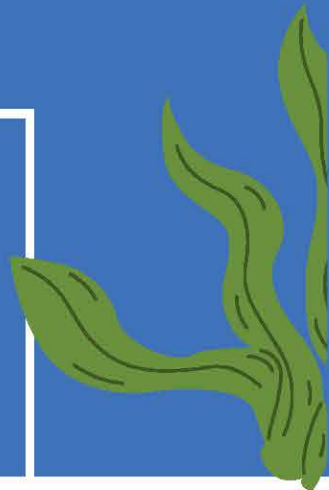
Monday, June 2 , 2025 ~ 10am-12pm

No Registration is Required.

Session can be joined through the following Meeting link:

<https://zoom.us/j/93470447969?pwd=2hgPZKF1p18jaJEF9GNyngHejA7cmd.1>

For more information, contact: research@mushkegowuk.ca



canadian museum of nature
nature
musée canadien de la nature

FLOURIDE VARNISH

COHI – Porcupine Health Unit

AGES 0-8 YEARS

The Porcupine Health Unit's
C.O.H.I Dental team will be
coming to our Health Centre
for Flouride Varnish
Treatments for the children

June 3rd, 2025

4:30 – 5:00 PM

for Ages 0-8 years

REGISTER AT HEALTH



708-864-0200





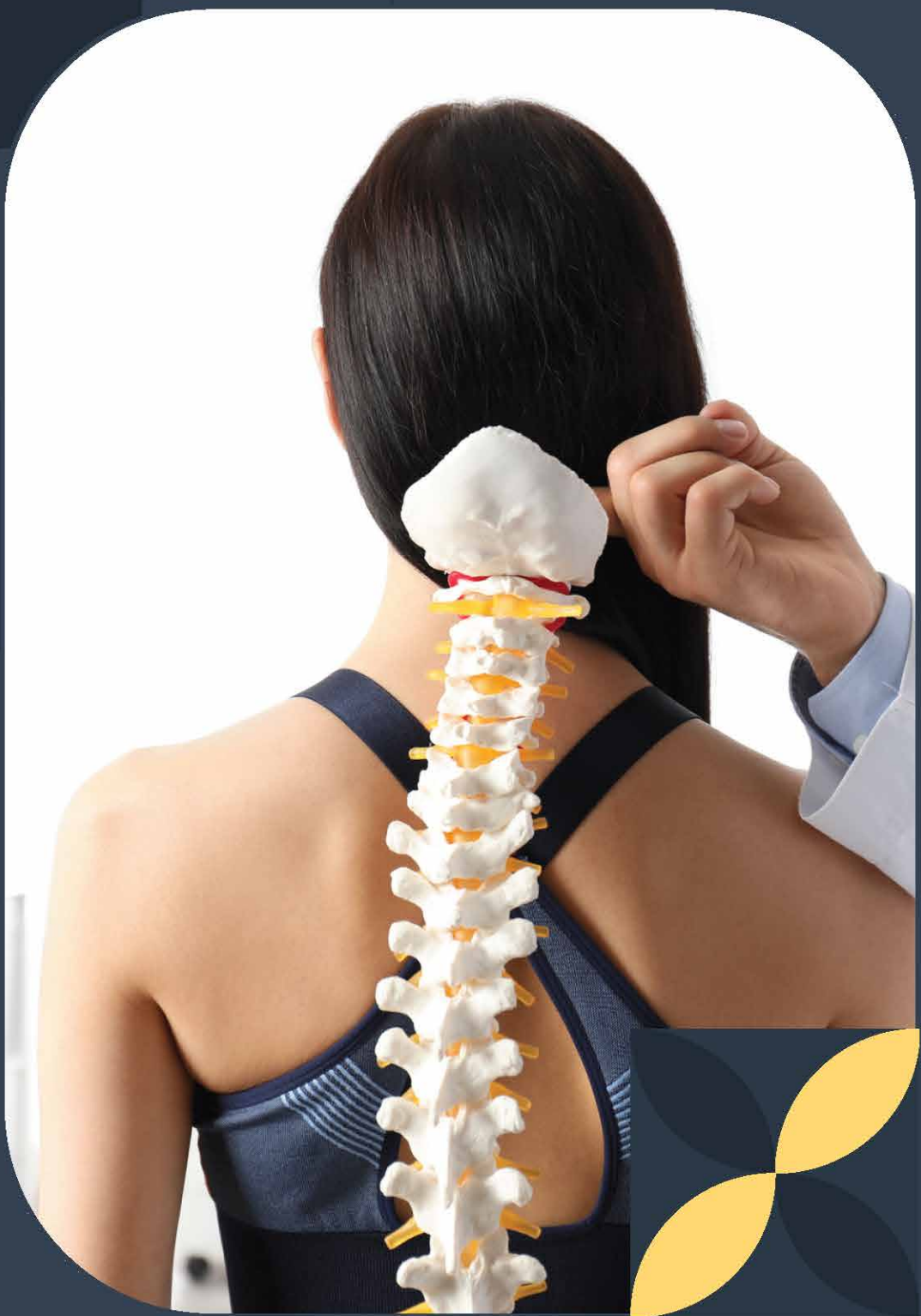
ADULTS ONLY BEADING SOCIAL 16+

JUNE 3RD & 17TH, 2025
6:00PM - 9PM



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

10 PARTICIPANTS ONLY
OPEN TO CCFN BAND MEMBERS
WAITLIST WELCOMED



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

June 4, 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.



vianet

Fibre Optic Engagement Dinner

 **Date:** Wed. June 4th, 2025

 **Time:** 5:30pm

 **Location:** Band Office



Can't Make Dinner? Meet Vianet at the Band Office!

The Vianet Team will also be available from **3 PM to 5 PM** before dinner, at the band office to answer your questions and share more about their services and this project.

Chapleau Cree Is Moving Forward With A Project That Will Bring Fibre Optic Cable To All The Buildings On Reserve.

- This project will see fibre optic lines run up to each building on reserve at no cost to the owner.
- You will have to sign up for internet, phone and/or television services on your own with Vianet.
- Exact packages, pricing and details will depend on the services you select. But you can expect fibre optic to be cheaper than satellite internet.
- Representatives from Vianet will be here to explain the installation process and answer questions.

vianet

INTERNET, TELEPHONE & TELEVISION



Visit Vianet.ca To Learn More Or Call 705-860-9996 Or Reach Out At residential@vianet.ca

**PLEASE REGISTER WITH RECEPTION AT
705-864-0784 or by email at reception@chapleaucree.ca**

CHAPLEAU ELEMENTARY AND SECONDARY SCHOOL

20 Teak St., Chapleau, ON.

“Empowering Student Voice”

OPEN TO THE
COMMUNITY!

Outdoors,
on the field.

POWWOW

June 5th, 2025

Grand Entry: 10:00 a.m.

Break for lunch: 12:15-1:00 p.m.

Closing Ceremony: 2:00 p.m.

Women’s Drum Group:

Kebsquasheshing River Singers

Host Drum:

Thunder Creek

Co-Host:

Singing Spirit

Youth Drum Group:

C.E.S.S. Youth Drum Group

**Senior Youth Head
Dancers:**

Kelysta Redbreast

Keenan Domingue

Youth Head Dancers:

Lenora Sinobert

Isaac Sinobert McWatch

Dancer Registration Night!

Date: June 4th, 2025

Time: 6-8 p.m.

Location: 20 Teak St. (back entrance of the school)

****If you are unable to attend Registration Night, please
email Kendra Schuurman at schuurk@adsb.on.ca to register.**

Arena Director: Jeremy Naveau

Master of Ceremonies (MC): Dustin Hollings

Stickman: Gerald Wesley

Fire Keepers (Shkaabewis): Elder John Saylor
& Jacy Jolivet

Background artwork
created by Savannah Rowe

Food and Beverages available for
purchase throughout the day!

In partnership with: ADSB, Wahkohtowin, MFN, BHFN, CCFN, COFN, WTC and HSCDSB.





REFLEXOLOGY

with Kathleen Bouchard

June 5, 2025

3:00 PM–8:00 PM

at Health Centre

*Call Health to book
your appointment.*

Priority CCFN

*Members, waitlist
welcomed.*

705-864-0200



**ATTENTION CHAPLEAU CREE
LAND USERS,
HUNTERS AND GATHERERS!**

T.E.K. CONTEST!



**Community Info
Dinner
FISH FRY!!!!!!**

Join us on Thursday June 5, 2025 at 5:30pm for a Community Engagement Dinner, where we will announce a Traditional Ecological Knowledge gathering contest Chapleau Cree will be holding over the summer and fall of 2025!

Help us to protect our land and resources, while helping map out our territory for a chance to win some cash prizes at the end of the fall harvest. The band members who use the SIKU app to record and map the most TEK values in our territory from June until November, will have a chance to win cash prizes! Come on out to find out more!

Thursday June 5, 2025

5:30-7:30pm @ Band Office



Wahkohtowin
Development GP Inc.



**MUSHKEGOWUK
COUNCIL** ᐃᓕᓐᓴᐃ ᐃᓕᓐᓴᐃ



Beginners

YOUTH *Sewing*

*Join us for a fun filled day.
Learn sewing basics and
make your very own bag.
Ages 10-18
Lunch will be provided*



Saturday June 7
9.00am-3.00pm



Health Center

Max 10 Participants



Call Health to register
864-0200





Kids Bannock Making class



Location - Health Centre
Monday, June 9th , 2025
3:30pm - 5:30pm
10 participants only
ages 8 - 18

To register call Health Centre - 705-864-0200

For inquiries, call Nathalie - ext. 203



TREATY PAYMENTS

Available to all Indigenous Peoples registered to First Nations located in Canada that have signed a Treaty which states that annuities are to be received annually/bi-annually by the Crown.

DATE: Thursday June 19, 2025

TIME: 12:30 p.m. to 2:30 p.m.

LOCATION: First Nation Band Office

Government issued photo identification is required to receive payment

REMINDER:

- Must be 13 years of age or older to pick up your treaty annuity
- No third-party pickups. Third-party notes are not accepted
- Bring your status card or other identification for yourself, your children, and your spouse



GCDOCS # 134915182



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada



Your community **needs** you!

A survey is being deployed by Mushkegowuk Council
to ensure we all have access to nutritious and traditional food.
Your insights are invaluable! Help us shape a better future for our food system.



- How food secure is your community?
- How can we improve access to our traditional food?
- How do we transfer that heritage to our youth?



*To help improve food security in your
community, we kindly invite you to share
your input by filling out this survey.*

Scan me



Energy Affordability Program

FREE HOME UPGRADES

**LET US HELP YOU
SAVE ON YOUR
ENERGY BILLS**

FREE
insulation upgrades

FREE
replacement
appliances

NEW

FREE
cold climate air
source heat pumps

"With the free upgrades from
this program, I am seeing
improvements in my energy
bills and home comfort."

Linda Daybutch,
Mississauga First Nation





The **Energy Affordability Program** is here to help you stay comfortable and save on energy year round. Replace old, inefficient appliances, upgrade insulation, eliminate drafts and air leaks—all at no cost. Qualify online in minutes based on your household income or the government assistance you receive.



READY TO START SAVING?

There is no catch. See if you qualify for FREE upgrades today to reduce your energy bills and increase your home comfort.

FREE

insulation,
air sealing,
replacement
appliances and more.

IT'S EASY TO APPLY

Start saving today!

1-844-770-3148
SaveOnEnergy.ca/EAP



© 2023 Independent Electricity System Operator. All rights reserved.

™Trademark adopted and used by the Independent Electricity System Operator.

REDUCE ENERGY COSTS AND BOOST COMFORT **YEAR ROUND**

PROFESSIONALLY INSTALLED IMPROVEMENTS AT **NO COST TO YOU**

Your home may be eligible for:



- Energy-efficient refrigerators and freezers
- Energy-efficient window air conditioners
- ENERGY STAR® certified LED light bulbs

YOUR HOME AND BUDGET WILL BENEFIT



Enhanced comfort in every season



Lasting energy savings



A happier, healthier home

If your home is heated by electricity, you may also be eligible for:

- Cold climate air source heat pumps
- New attic, wall and basement insulation
- Smart thermostats
- Draft-proofing around doors and windows



DO YOU QUALIFY?

You're eligible if:

You're a resident of an eligible Social Housing property

OR

You received one of the following types of assistance:

2

Received one of the following types of assistance in the past 12 months:

- Allowance for the Survivor
- Guaranteed Income Supplement
- Allowance for Seniors
- Ontario Works
- Ontario Disability Support Program (ODSP)
- Healthy Smiles Ontario Child Dental Program

1

Your annual household income does not exceed the following limits:

Number of people in the home	Before-tax household income*
1	\$42,437
2	\$60,014
3	\$73,501
4	\$84,872
5	\$94,890
6	\$103,947
7+	\$112,275

* Eligible household income levels are adjusted annually to reflect inflationary increases.

3

You received a Low Income Energy Assistance Program (LEAP) grant or were part of the Ontario Electricity Support Program (OESP) within the last 12 months

4

You qualified to participate in a natural gas income-eligible demand side management (DSM) program during the past 12 months.



READY TO START SAVING?

There is no catch. See if you qualify for FREE upgrades today to reduce your energy bills and increase your home comfort.

FREE

insulation,
air sealing,
replacement
appliances and more.

IT'S EASY TO APPLY

Start saving today!

1-844-770-3148

SaveOnEnergy.ca/EAP

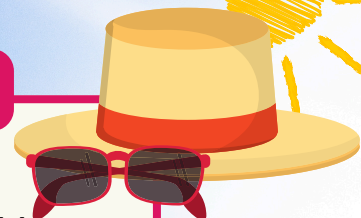




Stay Safe in the Sun: Tips for All Ages

Why Sun Safety Matters:

Whether you're a baby, child, adult, or senior, protecting yourself from the sun is essential. UV radiation from the sun can damage your skin in as little as 15 minutes. Overexposure increases the risk of sunburn, heat exhaustion, dehydration, and long-term issues like premature aging and skin cancer



Sun-Tips

Babies (0-12 months):

- Keep babies out of direct sunlight, especially between 10 AM and 4 PM.
- Dress in lightweight long sleeves, pants, and a wide-brimmed hat.
- Use stroller shades and keep in shaded areas.
- Sunscreen is not recommended for babies under 6 months unless advised by a doctor.

Children (1-12 years):

- Apply broad-spectrum SPF 30+ sunscreen 15-30 minutes before going outside.
- Reapply every 2 hours and after swimming or sweating.
- Encourage play in shaded areas and limit sun exposure during peak hours.
- Provide UV-protective sunglasses and hats.

Sun-Tips for Everyone

- Check the UV Index daily.
- Plan outdoor activities for morning or late afternoon.
- Lead by example with protective clothing and sunscreen use.
- Regularly check your skin for new or changing moles.
- **And REAPPLY sunscreen every 2 hours out in the sun.**



Stay Safe in the Sun: Tips for All Ages



Heat Stroke

Heat Stroke Symptoms: High body temperature, confusion, flushed skin, rapid pulse, and unconsciousness.

What to Do: Move to a cooler place, remove excess clothing, apply cool cloths, and call 911 if symptoms are severe.



Sun-Tips

Teens & Adults:

- Choose SPF 30+ sunscreen and apply liberally.
- Wear wide-brimmed hats, sunglasses, and UV-protective clothing.
- Drink water frequently to avoid dehydration.
- Avoid tanning beds and intentional sun tanning.

Seniors:

- Skin becomes thinner and more sensitive with age, increasing sun damage risk.
- Use SPF 50+ sunscreen, especially on face, ears, and hands.
- Avoid being outside during the hottest parts of the day.
- Monitor medications that increase sun sensitivity.

Heat Stroke Prevention

- **Stay hydrated:** Drink water regularly even if not thirsty.
- **Take breaks** in the shade or indoors.
- Never leave children or pets in cars.
- Wear breathable, **light-colored** clothing.

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 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