

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:
**May 12, to
May 18, 2025**

Summer Hours:

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

**Friday
8AM - Noon**

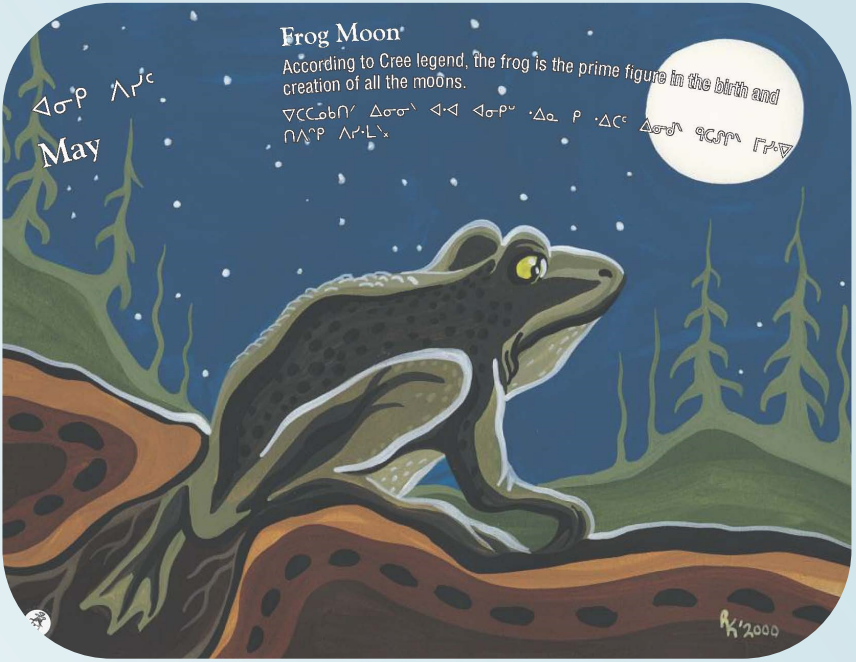
Participation and Feedback on
Activities/Events/Programs is
always welcomed

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



This Week's Highlights:

- Chief & Council Meeting
- Adult Beading Social
- Regalia Making
- Nutrition BINGO



Oški-kīšikâw
MONDAY
Alikisi-Pisim
May 12



Have a great Week!.. :)

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



Adult Beading Social



6:30pm-9pm @ Health



Nīso-kīšikâw
TUESDAY
Alikisi-Pisim
May 13



Town Run
10:00 a.m.

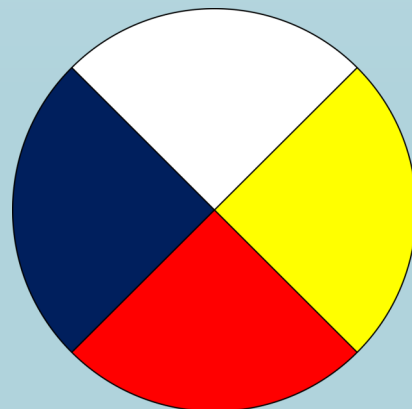
Call **Health** at
705-864-0200 before 9am
to get picked up



**REGALIA
MAKING
SOCIAL**



6:30pm-9pm @ Health



Apihtawan
WEDNESDAY
Alikisi-Pisim
May 14



Nutrition Bingo



7pm-9pm @ Health



Nēwi-kīšikâw
THURSDAY
Alikisi-Pisim
May 15



Town Run
10:00 a.m.

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



Pahkwēšikani-kīšikâw
FRIDAY
Alikisi-Pisim
May 16



**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 17



Ayamihêwi-kīšikâw
SUNDAY
Alikisi-Pisim
May 18





COMMUNITY NOTICE

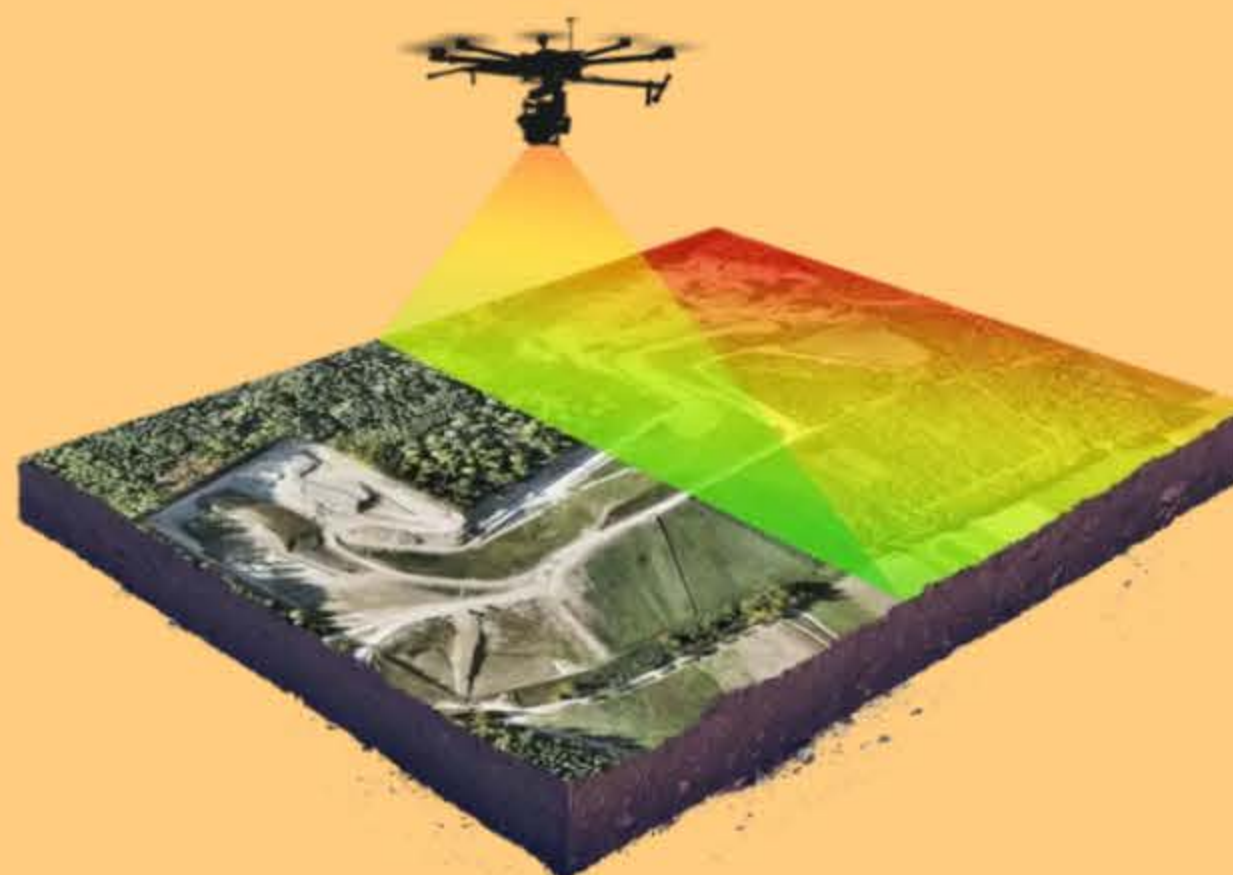
RE: ST. JOHN'S RESIDENTIAL SCHOOL INITIATIVE LIDAR (DRONE) WORK

Rescheduled Work –

Week of **May 12–16, 2025**

Please be advised that Drone LiDAR work is tentatively scheduled to take place over all sites of interest regarding the former St. John's IRS. Should this date change, a new date will be posted to community.

Thank You.



Please contact St. John's IRS Initiative team for any questions, including if you would like to observe this work with a team member

705-864-0784 ext 223



COMMUNITY NOTICE

RE: ST. JOHN'S RESIDENTIAL SCHOOL GROUND PENETRATING RADAR WORK

Ongoing Work –

Week of **May 12–16, 2025**

Please be advised that non-invasive Archeological work + Ground Penetrating Radar work is tentatively scheduled to take place over all sites of interest regarding the former St. John's IRS. Should this date change, a new date will be posted to community.

Thank You.

Please contact St. John's IRS Initiative team for any questions, including if you would like to observe this work with a team member

705-864-0784 ext 223



Wahkohtowin



In Collaboration with Chapleau High School



May Flower Moon
(Waawaaskone Giiizis)

WOMEN'S FULL MOON CEREMONY

Monday May 12, 2025 6:00 pm to 8:00 pm
Chapleau High School Outdoor Learning Space
20 Teak Street Chapleau, Ont

Please wear your Ribbon Skirts, Bring drums/rattles, and
water to make moon water!

All Community Welcome!





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



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



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

Tuesday, Tuesday May 13th, 2025,

10am –12pm & 1pm—4pm

**Afternoon availability for walk-in appointments
at the LSJ Office**

Feel free to drop in and speak with him about his services, re-
quest 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.



Adult Regalia Making Social

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

Tuesdays - May 13 & 27, 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





Haircut Day

Jennifer Hoover-Simon

May 20, 2025
10:00am - 4:00pm

FREE of charge
Gratuity encouraged

CALL HEALTH 705-864-0200 TO
BOOK YOUR APPOINTMENT

CCFN Members. Waitlist Welcome.





Massage Day

with Kathleen Bouchard

May 22, 2025
3:00 PM - 8:00 PM
at Health Centre.



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



Ribbon Skirt Workshop

May 24 and 25, 2025

9:00am - 4:00pm

Location: Band Office basement

Facilitated by: Marlene Kapashesit

Adults only (16+)

To register, call Health Centre -

705-864-0200

For inquiries, call Nathalie - ext.

203

Open to CCFN band members

15 participants only

Waitlist welcome.





vianet

Fibre Optic Engagement Dinner

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

 **Time:** 5:30pm

 **Location:** Band Office



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

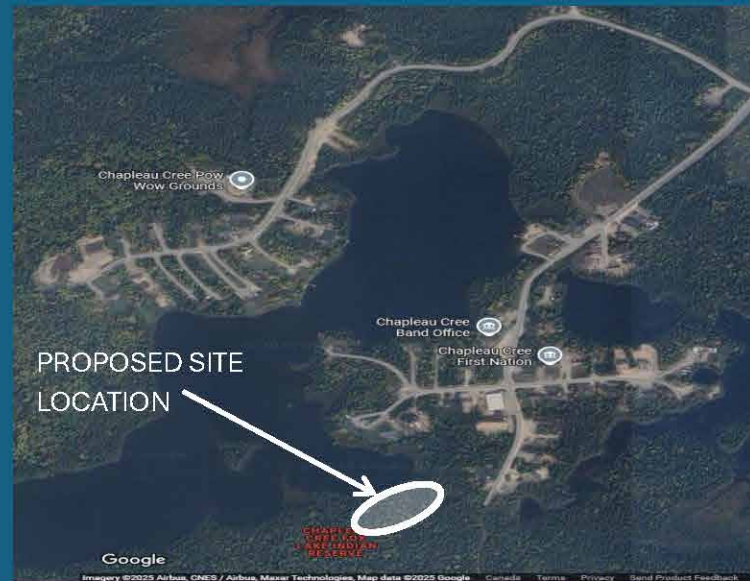


Visit Vianet.ca To Learn More Or Call 705-860-9996 Or Reach Out At residential@vianet.ca

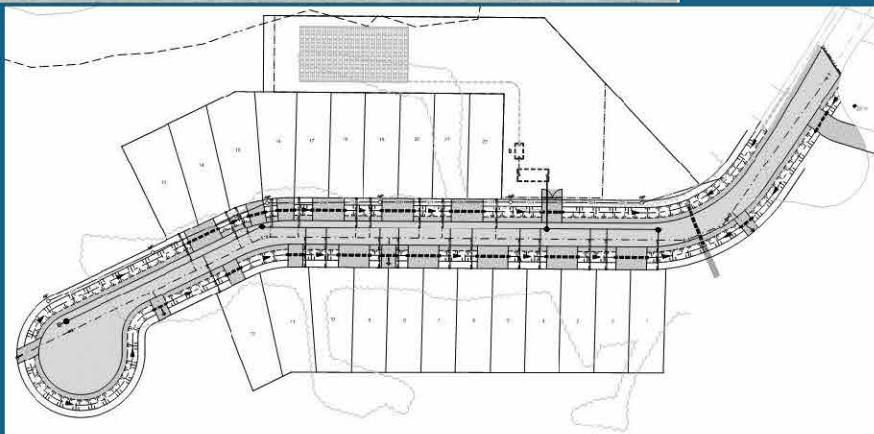
***PLEASE REGISTER WITH RECEPTION AT
705-864-0784 or by email at reception@chapleaucree.ca***

CHAPLEAU CREE FIRST NATION MICRO-SUBDIVISION

- Micro-subdivision is an extension of Lindy Loutit Lane.
- Preengineering work completed in fall 2024:
 - Tree clearing
 - Geotech
 - Survey.
- Design of new road and infrastructure will be finalized by summer 2025 with construction anticipated to begin in 2025 pending funding approval.
- Lot development and housing construction to occur following construction of subdivision infrastructure anticipated for fall 2025 or summer 2026.



- Twenty-two proposed lots (10-15m wide)
- Communal septic field managed by CCFN
- Gravity sewer and pressure watermain for lot servicing
- Paved roadway and roadside ditches
- Streetlights
- Cul-de-sac for turnaround
- Future expansion ready



For further inquiries, contact:
Padraic Taaffe
edo@chapleaucree.ca



Indigenous
Services Canada



FIBRE AND BLOOD PRESSURE

HOW FIBRE PLAYS AN IMPORTANT ROLE IN SUPPORTING HEALTHY BLOOD PRESSURE

Why fibre matters

1. Helps Lower Cholesterol

Soluble fibre (found in oats, beans, apples, flaxseed, etc.) binds with cholesterol in the digestive system and helps remove it from the body. Lower cholesterol can reduce the buildup of plaque in arteries, which improves blood flow and reduces blood pressure.

2. Improves Blood Vessel Health

A high-fibre diet is associated with better elasticity and function of blood vessels. Healthy blood vessels allow for smoother blood flow and less pressure on artery walls.

5. Supports Gut Health (Microbiome)

Fibre feeds beneficial gut bacteria, which produce short-chain fatty acids (like butyrate) that can reduce inflammation and positively influence blood pressure regulation.

3. Promotes Healthy Weight

Fibre adds bulk and promotes fullness, which helps reduce overeating. Maintaining a healthy weight reduces the strain on your heart and can significantly lower blood pressure.

4. Regulates Blood Sugar

Stable blood sugar levels help maintain hormonal balance and reduce insulin spikes, which are linked to higher blood pressure and increased cardiovascular risk.





Types of Fibre:



- **Soluble Fibre:** Dissolves in water and helps lower blood pressure and cholesterol.
 - **Sources:** Oats, legumes, fruits (apples, berries), flaxseed.
- **Insoluble Fibre:** Helps keep the digestive system moving and prevents constipation.
 - **Sources:** Whole grains, nuts, seeds, vegetables like carrots and broccoli.

Recommended Daily Fibre Intake:

- **Women:** ~25 grams/day
- **Men:** ~38 grams/day

(Most people only get about half of this!)

Easy Ways to Add More Fibre:

- Start your day with oatmeal or whole grain cereal
- Add beans or lentils to soups and salads
- Snack on fruits, vegetables, and unsalted nuts
- Choose whole grain breads, pasta, and rice

Honouring Traditional Foods

- Berries
- Lyed Corn (Hominy)
- Squash
- Wild Greens



Examples of Fibre Quantities

- 1/4 cup almonds = 4g of fibre
- 1 cup lyed corn (hominy) = 4.1g of fibre
- 1 cup whole wheat pasta = 4 to 5g of fibre
- 1 pear = 5g of fibre
- 1 cup cooked kidney beans = 12g of fibre
- 1 cup cooked oatmeal = 4g of fibre
- 1 cup of winter squash = 6g of fibre