Please register for the programs, activities and events offered.

Chapleau Cree First Nation

P.O. Box 400 828 Fox Lake Road Chapleau ON POM 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 POM 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 POM 1K0

Phone: 705-864-0200 Fax: 705-864-0206

E-mail: h.adminassist@chapleaucree.ca

















For the week of: May 19, to May 25, 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:

- STAT HOLIDAY (Victoria Day)
- Community Haircut Day
- Adult Beading Social
- Hypertension Lunch n Learn
- Massage with Kathleen
- Pow Wow Committee Meeting
 - Ribbon Skirt Workshop

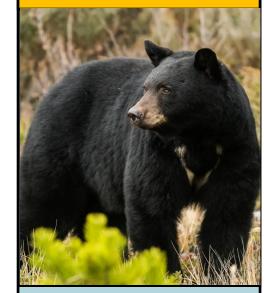


Oški-kîšikâw MONDAY Alikisi-Pisim May 19

STAT HOLIDAY (Offices Closed)



Victoria Day





Nîso-kîsikâw TUESDAY Alikisi-Pisim May 20

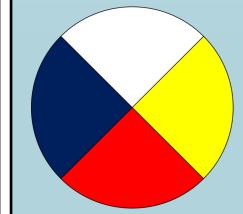


COMMUNITY HAIRCUT DAY



10am-4pm @ Health





Apihtawan
WEDNESDAY
Alikisi-Pisim
May 21



6:30pm-9pm @ Health





Nêwi-kîsikâw THURSDAY Alikisi-Pisim May 22



Town Run
10:00 a.m.
Call Health at

705-864-0200 before 9am to get picked up

Lunch n' Learn (Hypertension)



12pm-1pm @ Health

MASSAGE W/ KATHLEEN



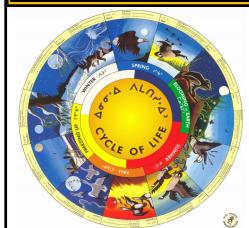
3pm-8pm @ Health

POWWOW COMMITTEE MEETING



CHAPLEAU CREE TIRST HATION

6pm-8pm@ Health Centre



Pahkwêšikani-kîšikâw FRIDAY Alikisi-Pisim May 23



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 24

Ribbon Skirt Workshop



9am-4pm @ Band Office

Ayamihêwi-kîsikâw
SUNDAY
Alikisi-Pisim
May 25

Ribbon Skirt Workshop



9am-4pm @ Band Office

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.







ADULTS ONLY BEADING SOCIAL

MAY 12 & 21, 2025 - 6:30 PM - 9PM



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

10 PARTICIPANTS ONLY

OPENTO CCFN BAND MEMBERS
WAITLIST WELCOMED



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



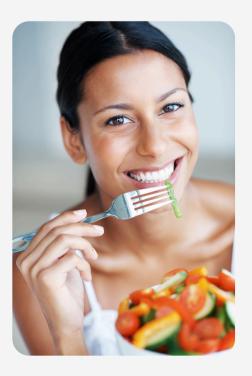




THURSDAY, MAY 22,
2025 @ 12PM

Bite-Sized Learning

Come have lunch with community members and staff while learning how to prevent and manage high blood pressure for HYPERTENSION Awareness month.



15-20 minute presentation on strategies to prevent high blood pressure and how to manage if diagnosed with hypertension.

- Door prizes to be given away!
- Resources provided.
- Schedule a blood pressure check with Community Health Nurse

Register for the Lunch by calling the CCFN Health Centre
705-864-0200



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.









Featuring
BBQ CHICKEN & ROASTED POTATOES

MAY 28, 2025
5:30PM
AT THE BAND OFFICE

CALL HEALTH
TO REGISTER
705 864 0200





BOWER

with Dorcas Barnes

May 28, 2025 appointments

1:00 PM-8:00 PM

May 29th, 2025 appointments

Bowen Therapy
The Bowen Technique is a gentle non-invasive, holistic therapy.

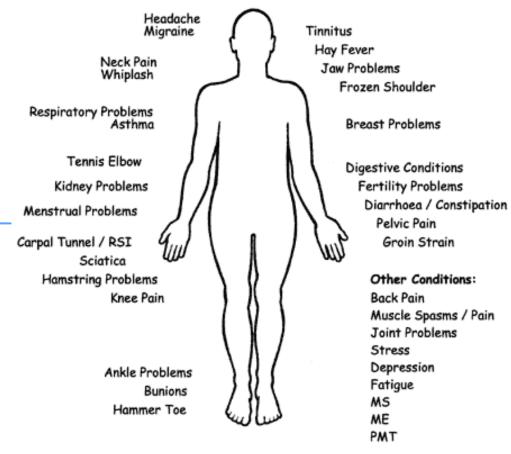
10:00 AM-5:00 PM

at Health Centre

It can benefit adults and children of all ages

Conditions Which Have Responded to The Bowen Technique

Headache
Migraine
Tinnitus



Call to book your appointment at Health 705-864-0200

Priority CCFN Members, waitlist welcomed



Spring Clean Up 2025 Chapleau Cree First Nation

Community Clean-Up: Household Waste Collection

Dates: May 27th - May 29th, 2025 (inclusive)

Organized by: Public Works Department

Public Works staff will be collecting household waste and other garbage during the dates above. Please follow the guidelines below to ensure smooth collection.

Important Guidelines:

All household waste must be bagged using proper garbage bags.

Ensure items are clearly accessible and separated into the following categories:

- Electronics
- Batteries
- Propane Bottles/Tanks (only if valves are removed)
- Metal / Appliances
- Wood / Yard Waste (Must be manageable, no nails, screws, decks, or structures)
- Tires (limit of 4 per household)

Special Note on Refrigerators:

A \$50.00 disposal fee applies.

Payment must be made in advance at the Band Office.

Call 705-864-0784 to make arrangements before placing refrigerated appliances at the curb.

Final Collection Deadline:

End of day - May 29th, 2025

Garbage will NOT be collected after this date.

Any remaining waste will become the homeowner's or tenant's responsibility.

Derelict Vehicle Pick-Up:

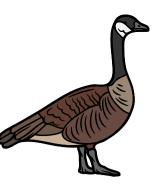
Call Billy Rhame at 519-261-0780

Request a pick-up and earn money for your scrap vehicles!



CCFN







Activities

- Outdoor activities
- Drum making
- Traditional cooking
- Goose teachings
- Medicine walk
- Wood working

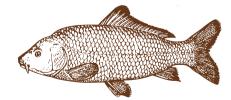
MAY 30 - 5:30 PM FAMILY DINNER AT POW WOW GROUNDS COOK TENT TO REVIEW CAMP EXPECTATIONS & REVIEW GEAR BAGS

MAY 31 & JUNE 1- LEAVE HEALTH AT 9AM FOR GRASSY LAKE & RETURN AFTER DINNER

MAY 30-JUNE 1

For ages 8-18





TRANSPORTATION PROVIDED

CALL HEALTH TO REGISTER 705-864-0200

CCFN MEMBERS - WAITLIST WELCOMED

SPRING EASS I



Potluck Portion: Wild Meat & Side Dishes, Desserts Catered Portion: Entree, side, veggie, dessert

May 30th, 2025

Pow Wow Grounds Cook Tent 5:30 PM

Share your wild meat harvest with the community

Contact Tracy at Health 705-864-0200 to confirm your attendance and potluck dish



🖳 <u>Ingredients (Serves 2–3):</u>

For the Salad:

- 2 grilled skinless chicken breasts, sliced
- 4 cups mixed greens (spinach, arugula, romaine, or kale)
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, sliced
- 1/2 avocado, sliced or diced
- 1/4 cup red onion, thinly sliced
- ½ cup cooked quinoa or farro (optional for added fiber)
- 2 tbsp toasted sunflower seeds or walnuts

Optional Add-ins:

- ¼ cup steamed or roasted beets
- 1/4 cup chickpeas or black beans
- 1 tbsp chia or hemp seeds for extra omega-3s



For the Dressing (Heart-Healthy Lemon Vinaigrette):

- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 tsp honey or a pinch of stevia (optional)
- 1 clove garlic, minced
- Pinch of sea salt and black pepper

Whisk all dressing ingredients together in a small bowl or shake in a jar.

"Your body holds deep wisdom. Trust in it. Learn from it. Nourish it. Watch your life transform and be healthy."

Bella Bleve





Relax to Support Blood

Pressure



Here are evidence-based relaxation techniques that can help lower blood pressure naturally by reducing stress, calming the nervous system, and improving heart health:





🧘 1. DEEP BREATHING

How it works: Slows your heart rate and lowers blood pressure by stimulating the parasympathetic nervous system.

- <u>Try this:</u> Inhale slowly through your nose for 4 counts, hold for 4 counts, exhale through your mouth for 6 counts. Repeat for 5–10 minutes.
- Known as box breathing or paced breathing.

CCFN Health Centre

rn@chapleaucree.ca

Lowering and maintaining healthy blood pressure is essential for long-term health-especially for the heart, brain, and kidneys. High blood pressure (hypertension) is often called the "silent killer" because it typically has no symptoms but can lead to serious health issues if left unmanaged.

Listening to Soothing Music





- How it works: Reduces blood pressure through light aerobic activity while improving flexibility and reducing stress.
- Bonus: Combines movement, breath, and mindfulness.



- How it works: Soft, slowtempo music can lower heart rate and blood pressure.
- Try this: Classical, instrumental, or nature sounds while breathing deeply or resting.



- How it works: Being outdoors—especially in green spaces—has been shown to decrease cortisol and lower blood pressure.
- Try this: Take a quiet walk in a park, garden, or by water.

Connect with the Health Centre

Nurse to check on your blood

pressure.

Call 705-864-0200 Ext 205 to book an appointment.

Pamela Drynan, RN rn@chapleaucree.ca









Fibre Optic Engagement Dinner

Date: Wed. June 4th, 2025

@ *Time:* 5:30pm

Location: Band Office

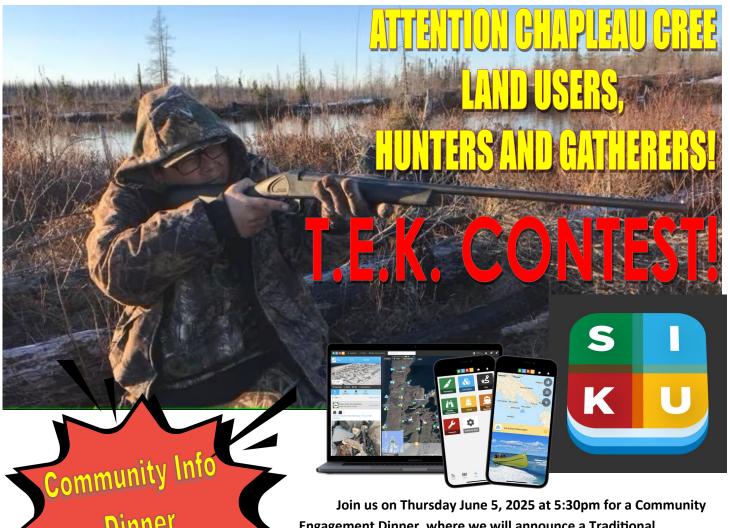


Chapleau Cree Is Moving Forward With A Project That Will Bring Fibre Optic Cable To All The Houses On Reserve.

- This project will see fibre optic lines run up to every house and 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.



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



Thursday June 5, 2025

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!

5:30-7:30pm @ Band Office









euuma

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**





20 Teak St., Chapleau, ON.

"Empowering Student Voice"

OPEN TO THE COMMUNITY!

June 5th, 2025

Grand Entry: 10:00 a.m.

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

Outdoors,

on the field.

Closing Ceremony: 2:00 p.m.

Women's Drum Group:

Kebsquasheshing River Singers

Host Drum: TBA

Co-Host:

Nimkii Aanakwat &

Thunder Creek

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.

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



Arena Director: Dustin Hollings

Master of Ceremonies (MC): Jeremy Naveau

Stickman: Gerald Wesley

Fire Keepers (Shkaabewis): Elder John Saylors

& Jacy Jolivet

Food and Beverages available for purchase throughout the day!

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



Background artwork created by Savanah Rowe



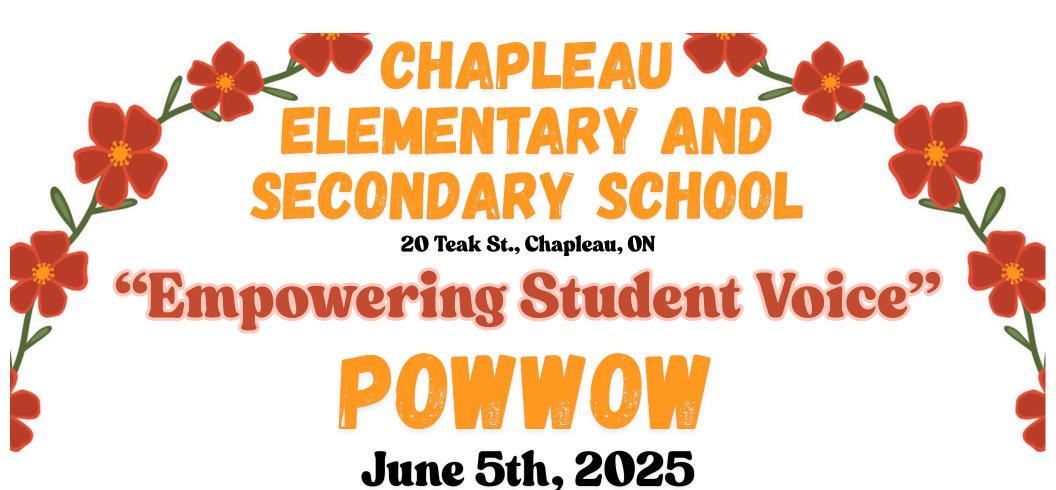












Craft/Artisan VENDOR CALL-OUT

\$20.00 per table





Chapleau Cree First Nation

P.O. Box 400 ★ Fox Lake Reserve ★ Chapleau, Ontario ★ POM 1K0
Tel: (705) 864-0784 ★ Fax (705)864-1760



reception@chapleaucree.ca

Provision of Catering Services to Chapleau Cree First Nation Services

Brief Description	For approximately		
	Entrée, fruit, vegetables, dessert as well as sugar free desserts.		
	Coffee, water, juice, tea.		
	*Please Note: Adjustments will be made as for any increases in the number of		
	participants*		
Venue	Chapleau Cree		

Breakfast Lunch
Snacks Dinner

- 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, kitchen cooking equipment, food warmer, tablecloths, napkins, utensils will be provided by Chapleau Cree
- Any leftover food and refreshments shall remain on site.
- The successful bidder will be responsible for clean up of all cooking equipment being used.
- Kitchen must be returned to original condition.
- Any additional kitchen supplies and/or special equipment, caterer must consult directly with the event contact indicated below and provide a 3-day advance notice of any requests.
- If successful bidder has any special requests, must speak directly with the event contact.
- Bidder to communicate with event contact for all other details.

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

Chapleau Cree First Nation P.O. Box 400 Chapleau, ON POM 1K0

or by email to

Subject Line:

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

Deadline to submit bid and menu is:



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 - Community Engagement Dinner T.E.K. Values - Lands Department Provision of Catering Services to Chapleau Cree First Nation Services

Brief Description	For approximately 60 Individuals		
	Entrée, fruit, vegetables, dessert as well as sugar free desserts.		
	Coffee, water, juice, tea.		
	*Please Note: Adjustments will be made as for any increases in the number of		
	participants*		
Venue	Chapleau Cree	Band Office June 5, 2025 5:30 PM	
Breakfast		Lunch	
Snacks		✓ Dinner	
- Interested bidders will be required to submit a healthy menu for the event, to be			

- 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, kitchen cooking equipment, food warmer, tablecloths, napkins, utensils will be provided by Chapleau Cree Band Office
- Any leftover food and refreshments shall remain on site.
- The successful bidder will be responsible for clean up of all cooking equipment being used.
- Kitchen must be returned to original condition.
- Any additional kitchen supplies and/or special equipment, caterer must consult directly with the event contact indicated below and provide a 3-day advance notice of any requests.
- If successful bidder has any special requests, must speak directly with the event contact.
- Bidder to communicate with event contact for all other details.

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

Kyle Corston
Chapleau Cree First Nation
P.O. Box 400
Chapleau, ON POM 1K0

or landsdirector@chapleaucree.c

Subject Line: Lands Community Engagement 06/05/25

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

Deadline to submit bid and menu is: 05/23/2025