

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 26, to
June 1, 2025

Summer Hours:

Monday - Thursday
8AM - 5PM

Friday
8AM - Noon

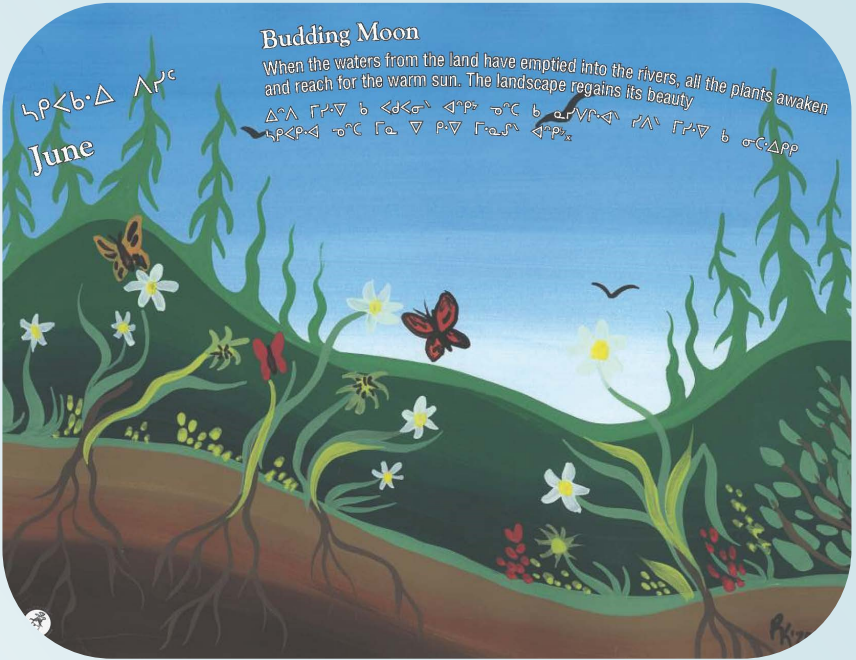
Participation and Feedback on
Activities/Events/Programs is
always welcomed

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



This Week's Highlights:

- Regalia Making Social
- Bowen
- Community Dinner
(BBQ Chicken & Roast Potatoes!)
- SPRING FEAST
(@ Pow Wow Grounds Shaputuan)
- Youth Spring Camp @ Grassy Lake



Oški-kīšikâw
MONDAY
Alikisi-Pisim
May 26

— **OK** —
MONDAY
Let's do.
THIS



Nīso-kīšikâw
TUESDAY
Alikisi-Pisim
May 27



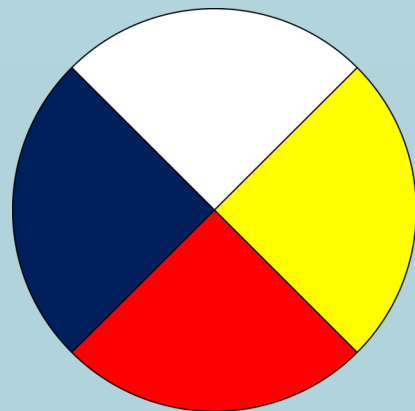
Town Run
10:00 a.m.
Call **Health** at
705-864-0200 before 9am
to get picked up



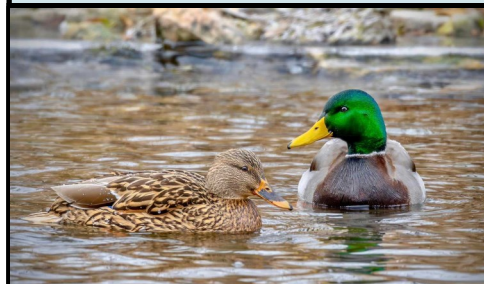
**REGALIA
MAKING
SOCIAL**



6:30pm-9pm@ Health



Apihtawan
WEDNESDAY
Alikisi-Pisim
May 28



**Bowen Therapy
w/ D. Barnes**



1pm-8pm @ Health

COMMUNITY DINNER



5:30-6:30pm@ B. Office Hall
(BBQ Chicken & Roast Potatoes!)



Nēwi-kīšikâw
THURSDAY
Alikisi-Pisim
May 29



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



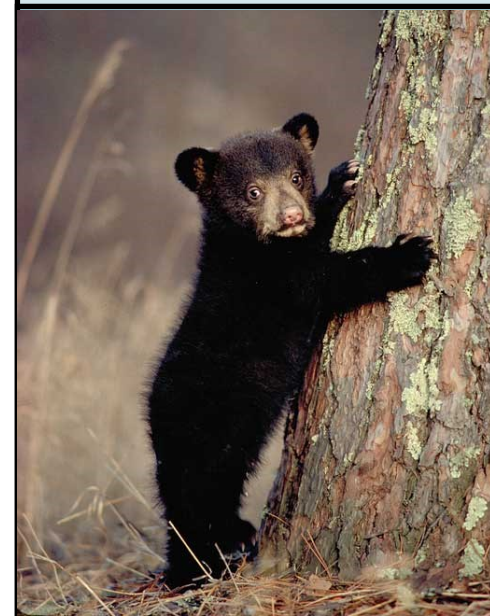
**Bowen Therapy
w/ D. Barnes**



10am-5pm @ Health



Pahkwēšikani-kīšikâw
FRIDAY
Alikisi-Pisim
May 30



SPRING FEAST!



5:30pm-7:30pm
@ PowWow Grounds
Shaputuan

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 31

YOUTH SPRING CAMP!



@Grassy Lake

Ayamihêwi-kīšikâw
SUNDAY
Sakipakawi-Pisim
June 1

YOUTH SPRING CAMP!



@Grassy Lake



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.





Adult Regalia Making Social

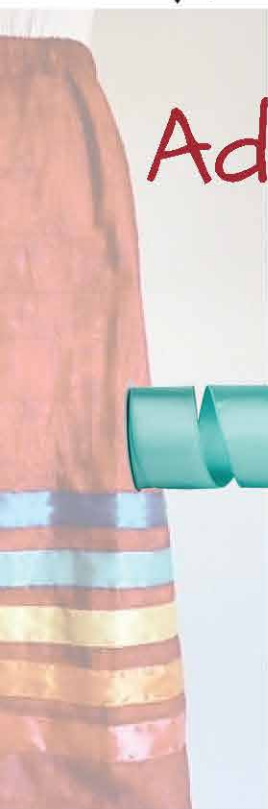
Come work on your regalia,
socialize, learn, share
knowledge.

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





BOWEN

with Dorcas Barnes

May 28, 2025 appointments

1:00 PM–8:00 PM

May 29th, 2025 appointments

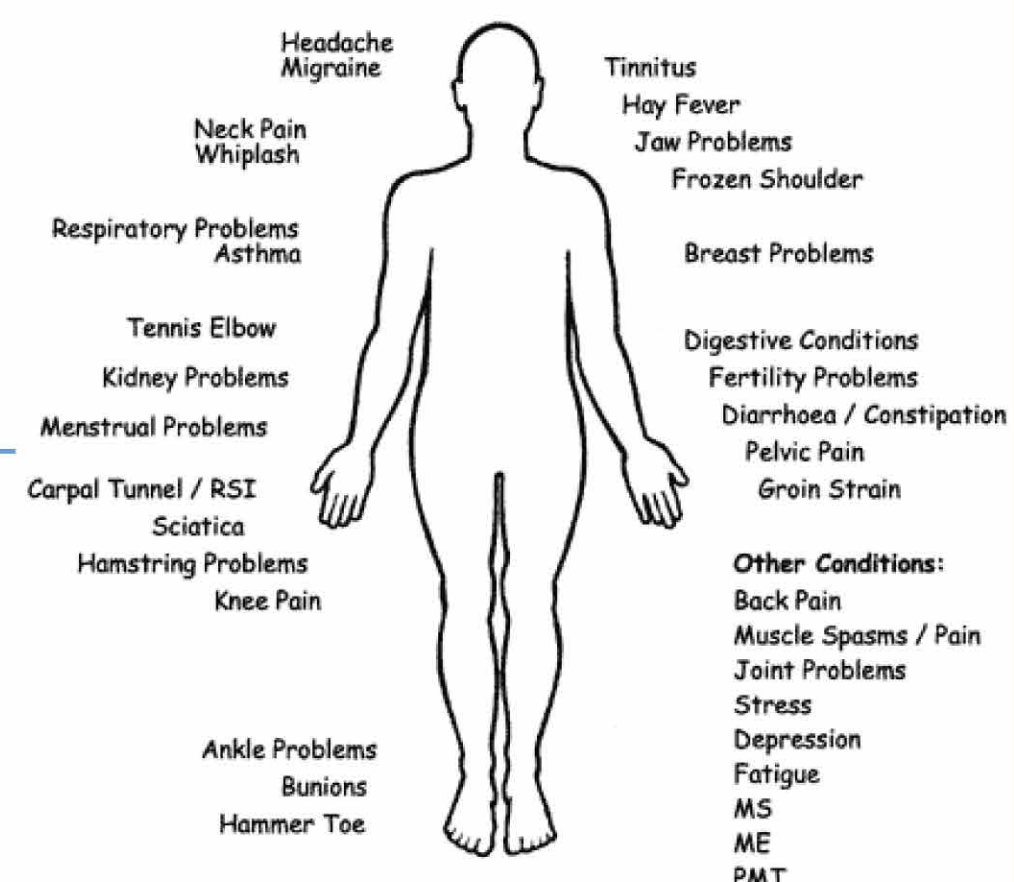
10:00 AM–5:00 PM

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



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

Tuesday, May 27th, 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.



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

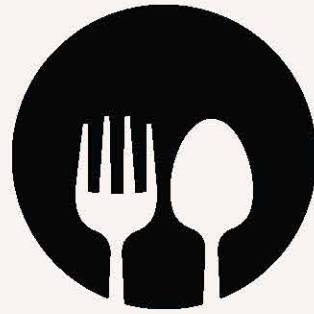
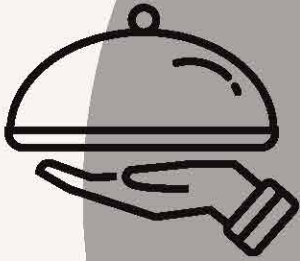
info@patchampagne.com

www.patchampagne.com



CHAPLEAU CREE FIRST NATION PRESENTS

COMMUNITY DINNER



Featuring

BBQ CHICKEN & ROASTED POTATOES

MAY 28, 2025

5:30PM

AT THE BAND OFFICE



**CALL HEALTH
TO REGISTER
705 864 0200**



SPRING FEAST



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

May 30th, 2025

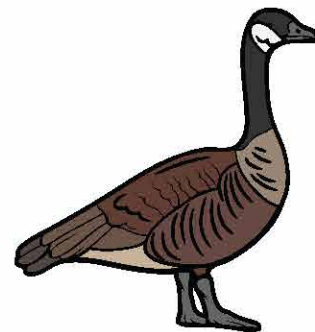
Pow Wow Grounds
Cook Tent
5:30 PM

**Share your wild meat
harvest with the
community**

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



CCFN



YOUTH SPRING CAMP



Activities

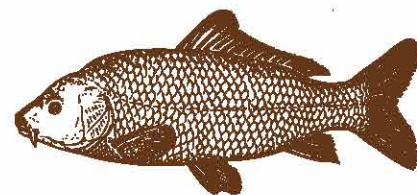
- Outdoor activities
- Drum making
- Traditional cooking
- Goose teachings
- Medicine walk
- Wood working

**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



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 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.

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***



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



Four Sacred Medicines & Blood Pressure



The Indigenous Four Sacred Medicines—Tobacco, Sweetgrass, Sage, and Cedar—though traditionally used in ceremonies and healing practices, some of their traditional and medicinal uses may additionally support blood pressure health, especially through stress reduction, emotional balance, and connection to identity and wellness.



Why This Matters for Blood Pressure:

High blood pressure is not just physical—it's connected to stress, disconnection, grief, trauma, and lifestyle. These medicines, when used respectfully, help with spiritual healing, which supports emotional regulation and stress management—key components of heart health.




Holistic View:

Health includes mind, body, spirit, and emotions. The sacred medicines support all of these, making them valuable in a holistic approach to managing blood pressure, especially when combined with other healthy practices like:

•Nutrition• Movement• Sleep• Connection to community and culture

Sage



- Traditionally used for cleansing and purification.
- Often burned in smudging to clear negative energy and promote calm.
-  The aroma and ritual can create a relaxing effect, which may help lower stress hormones like cortisol—a known contributor to high blood pressure.

Sweetgrass



- Represents kindness, connection, and healing.
- Used in ceremonies to invite positive energy and peace.
- The ritual of braiding or smudging with sweetgrass can support mindfulness, which helps relax the body and may indirectly support heart health.

Cedar



- Often used in tea or baths for its purifying and healing properties.
- Cedar tea (when prepared safely and in moderation) has traditionally been used for:
 - Supporting the immune system
 - Aiding in respiratory health
 - Promoting calmness
- Its relaxing effect may help support blood vessel function and reduce tension-related spikes in blood pressure.

Note: Cedar can be potent. Always consult with a knowledgeable Elder or healer before using it internally.

Tobacco

- Used sacredly to offer prayers and show respect—not inhaled recreationally.
- Supports spiritual well-being and emotional grounding.
- Connection to spirituality and land can reduce emotional stress, which may indirectly help manage blood pressure.

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: TBA

Co-Host:

Nimkii Aanakwat &
Thunder Creek

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: Dustin Hollings

Master of Ceremonies (MC): Jeremy Naveau

Stickman: Gerald Wesley

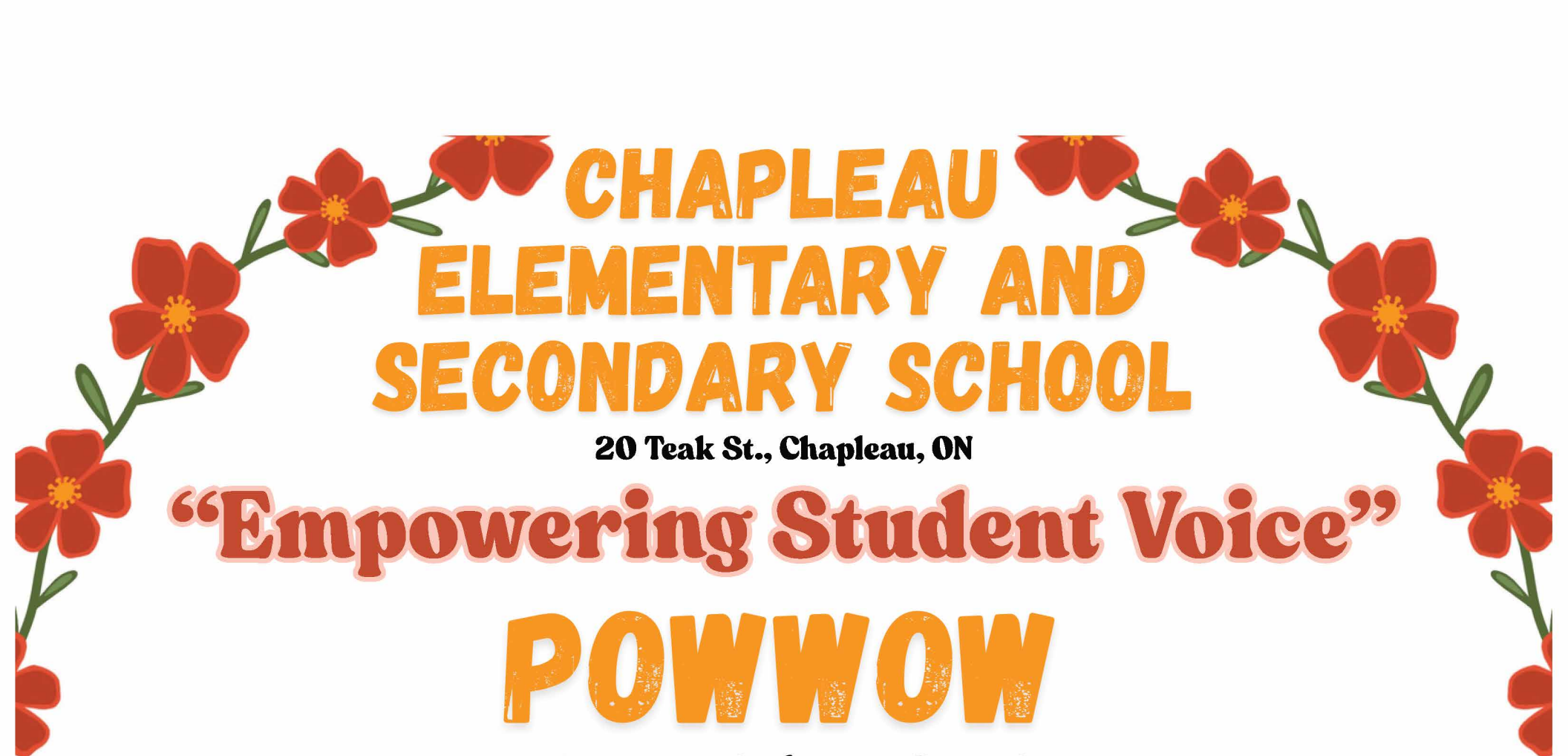
Fire Keepers (Shkaabewis): Elder John Saylor
& Jacy Jolivet

Background artwork
created by Savannah Rowe

Food and Beverages available for
purchase throughout the day!

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



A decorative border of red flowers with yellow centers and green leaves, arching over the top of the page.

CHAPLEAU ELEMENTARY AND SECONDARY SCHOOL

20 Teak St., Chapleau, ON

“Empowering Student Voice”

POWWOW

June 5th, 2025

Craft/Artisan VENDOR CALL-OUT

\$20.00 per table

To register, please email Kendra Schuurman at
schuurk@adsb.on.ca.

More information will be provided upon registration.
Registration closes on Friday, May 30th, 2025.

A stylized illustration of a forest scene. In the foreground, a light beige teepee with red bands at the base stands on a green field. Behind it is a dense line of dark green evergreen trees. A small, dark brown, bear-like creature is visible among the trees on the right side.

Background artwork
created by Savannah Rowe