

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>



**RESPECT TOBACCO!!!
SAY NO TO SMOKING!**



For the week of:
**May 5, to
May 11, 2025**

Summer Hours:

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

**Friday
8AM - Noon**

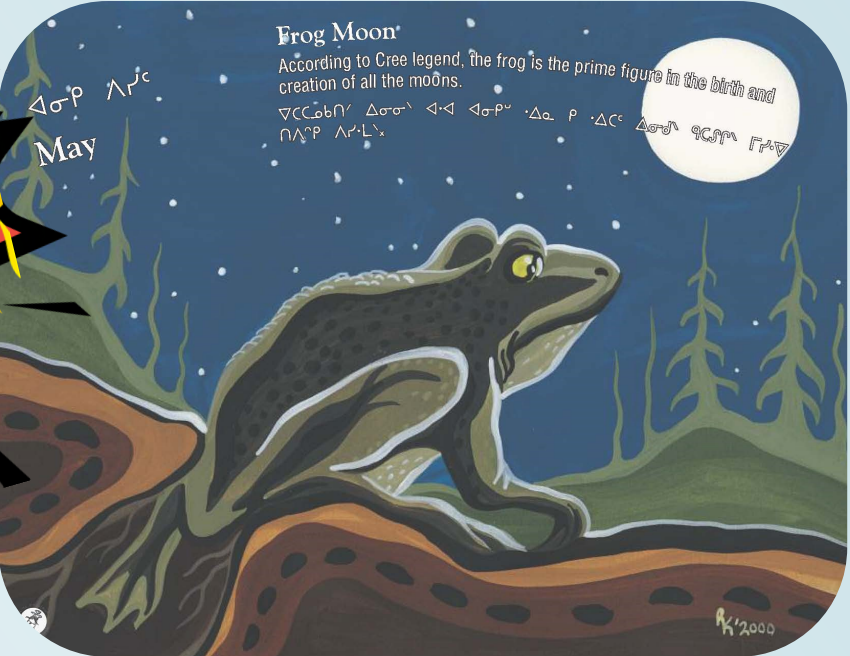
Participation and Feedback on
Activities/Events/Programs is
always welcomed

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



This Week's Highlights:

- **BACK TO SUMMER OFFICE HOURS!!!**
 - **MMIW Red Dress Day Event**
 - **WHOLE30 Meeting**
 - **1:1 Counselling with Lisa Wesley**
 - **Micro Subdivision Dinner**
 - **Fleece Pillow Making**
 - **Reflexology w Kathleen**
 - **Mother's Day Dinner**
 - **MOTHER'S DAY!**



Frog Moon*
According to Cree legend, the frog is the prime figure in the birth and creation of all the moons.
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Oški-kīšikâw
MONDAY
Alikisi-Pisim
May 5

SUMMER HOURS BEGIN!
Office Hours:
8am-5pm
Monday-Thursday
8am-NOON
Fridays



MMIW Red Dress Day
Event



11am-3pm @ Health

WHOLE30 Meeting



7pm-8:30pm @ Health



Nīso-kīšikâw
TUESDAY
Alikisi-Pisim
May 6



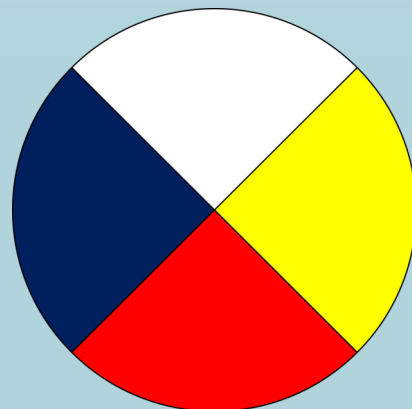
Town Run
10:00 a.m.

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

1:1 Counselling with
Lisa Wesley



9am-4pm@ Health



Apihtawan
WEDNESDAY
Alikisi-Pisim
May 7

Micro Subdivision
DINNER



5:30-6:30pm@ B. Office Hall

Fleece Pillow Making



6pm-9pm @ Health



Nēwi-kīšikâw
THURSDAY
Alikisi-Pisim
May 8



Town Run
10:00 a.m.

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

REFLEXOLOGY



3pm-8pm @ Health

Mother's Day Dinner



5:30pm-7:30pm
@ Band Office



Pahkwēšikani-kīšikâw
FRIDAY
Alikisi-Pisim
May 9



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 10



Ayamihêwi-kīšikâw
SUNDAY
Alikisi-Pisim
May 11

Happy
mother's
Day



Meet Our **NEW** Staff

Kevin Drynan has joined the Chapleau Cree First Nation team as the Health Director!

With a background in business, human resources, and law enforcement, Kevin brings a wide range of experience to the team. Kevin spent nearly 20 years as a police officer with the City of Timmins, where he focused on client's mental health and helped create one of the North's first Mobile Crisis Rapid Response Teams.

Kevin also served as president of the Timmins Police Association, where he was responsible for overseeing the organization's finances and played a key role in stabilizing and strengthening its financial position. He also represented over 150 members in various workplace and legal matters. Prior to his career in policing, Kevin worked in the financial sector helping clients and organizations manage their money and plan for the future.

Outside of work, Kevin has always been active in the community—volunteering with the fire department, the Red Cross, and the Alzheimer Society, and coaching various youth sports such as hockey, judo, and wrestling.

Kevin is a proud father of two boys and loves to spend time kayaking and hiking with his wife, Pamela.

He is looking forward to getting to know everyone and making a positive impact in the community!

Kevin can be reached by:

Phone: (705) 864-1538

Email: hcd@chapleaucree.ca

Welcome

MMIW RED DRESS DAY



MAY 5TH, 2025

- 11:00 AM - Pipe Ceremony (Adrienne Beaupre) & Drumming (Kebsquaehesging River Singers) at Turtle Lodge
- 12:00 PM - Luncheon at Health Centre
- 1:00 PM - Healing Workshop with Lisa Wesley at Health Centre

MAY 6TH, 2025

- 9:00 AM - 4:00 PM One on One Counselling Sessions with Lisa Wesley at Health Centre.
- By appointment **ONLY**



**Chapleau Cree
Health Centre**

**CONTACT TRACY AT 705-864-0200 FOR
MORE INFO OR TO BOOK 1:1 APPOINTMENT**





FLEECE PILLOW MAKING

**NO
SEWING!**

**NO
SEWING!**

Wednesday, May 7, 2025
6:00pm - 9:00pm

Adults only (16+)

Call health to register
- 705-864-0200

Open to CCFN
Band members

Waitlist welcome

Maximum of 15 participants



**NO
SEWING!**



Microsubdivision Community Engagement and Dinner

May 7th, 2025

5:30 p.m. at the Band Office

The engineers and specialists will be here to talk about the next steps in this project and answer any questions.

Please register with Reception at
705-864-0784 or by email at
reception@chapleaucree.ca



REFLEXOLOGY

with Kathleen Bouchard

May 8, 2025
3:00 PM–8:00 PM
at Health Centre

*Call Health to book
your appointment.
Priority CCFN
Members, waitlist
welcomed.*

705-864-0200





Chapleau Cree First Nation presents

MOTHER'S DAY

Dinner

THURSDAY 8 MAY

5:30 PM @ BAND OFFICE

Join us for a special dinner
honoring all Mothers.

♥♥ HAPPY MOTHER'S DAY ♥♥

Call Health to Register at:

(705) 864-0200



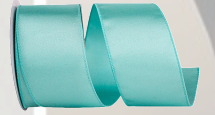
ADULTS ONLY BEADING SOCIAL

MAY 12 & 20, 2025
- 6:30 PM - 9PM

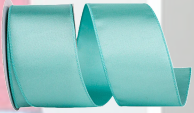


TO REGISTER CALL HEALTH- 705-864-0200
FOR INQUIRIES CALL NATHALIE - EXT. 203

10 PARTICIPANTS ONLY
OPEN TO CCFN BAND MEMBERS
WAITLIST WELCOMED



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





NUTRITION BINGO NIGHT

MAY 14TH AT 7:00 PM

BAND OFFICE

Bring your reuseable grocery bags

LET'S PLAY BINGO!

Register with Health 705-864-0200





LUNCH AND LEARN

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



GRILLED CHICKEN & AVOCADO POWER SALAD



Ingredients (Serves 2-3):

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
- ½ avocado, sliced or diced
- ¼ 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
- ¼ 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 Blevé





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.



May 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 St John's IRS Gathering 9am-12pm @ Chapleau Arena Bowen 10am-5pm @ Health	2 	3 Adult Beginner's Sewing Class 9am-3pm @ Health
4 	5 MMIW Red Res Day Event 11am-3pm @ Health WHOLE30 Meeting 7pm-8:30pm @ Health	6 1:1 Counselling Sessions 9am-4pm @ Health	7 Fleece Pillow Making 6pm-9pm	8 Reflexology 3pm-8:30pm Mother's Day Dinner 5:30-7:30pm @ Health	9 	10
11 	12  Chief & Council Meeting 6pm @ Band Office Boardroom. Adult Beading Social 6:30-9pm @ Health	13 Regalia Making Social 6:30-9pm @ Health	14 Nutrition BINGO 7pm-9pm @ Band Office	15 	16 	17
18 	19  STAT HOLIDAY (Victoria Day)	20 Community Haircut Day 10am-4pm @ Health Adult Beading Social 6:30-9pm @ Health	21 	22 Lunch n Learn (Hypertension) 12pm-1pm @ Health Message w Kathleen 3pm-8:30pm	23 	24 Ribbon Skirt Workshop 9am-4pm @ Health
25 Ribbon Skirt Workshop 9am-4pm @ Health	26 	27 Regalia Making Workshop 6:30-9pm @ Health	28 Bowen 1pm-8pm @ Health Community Dinner 5:30pm-6:30pm @ B. Office	29 Bowen 10am-5pm @ Health	30 	31 Youth Spring Camp @ Grassy Lake



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
Provision of Catering Services to
Chapleau Cree First Nation Services

Brief Description	For approximately 25 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 Health Centre

☐ 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 Health Services
- 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:

Tracy Martin
Chapleau Cree First Nation
P.O. Box 400
Chapleau, ON P0M 1K0
or programs@chapleaucree.ca

Subject Line: Lunch and Learn Topic: Hypertension May 22, 2025
Note: Electronic bids missing the above subject may be missed from consideration.

Deadline to submit bid and menu is: 05/15/2025



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
**Provision of Catering Services to
Chapleau Cree First Nation
Vianet Fibre Optic Engagement Dinner
Chapleau Cree Band Office at 5:30 p.m.**

Chapleau Cree First Nation will be hosting a Dinner and Engagement Session for Vianet Fibre Optic services on May 28th , 2025 at 5:30 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 28 th , 2025
Venue	Chapleau Cree Band Office

- **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

Subject Line: **Catering Bid: May 28th 2025, Vianet Dinner**

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

Deadline to submit bid and menu will be May 14th 2025.



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 Provision of Catering Services to Chapleau Cree First Nation Father's Day Dinner Band Office Community Hall at 5:30 p.m.

Chapleau Cree First Nation will be hosting a Fathers Day Dinner on June 12th , 2025 at 5:30 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	June 12, 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

Subject Line: **Catering Bid: June 12th 2025, Fathers Day Dinner**

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

Deadline to submit bid and menu will be June 5th 2025.