

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:
**August 4, to
August 10, 2025**

Summer Hours:

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

**Friday
8AM - Noon**

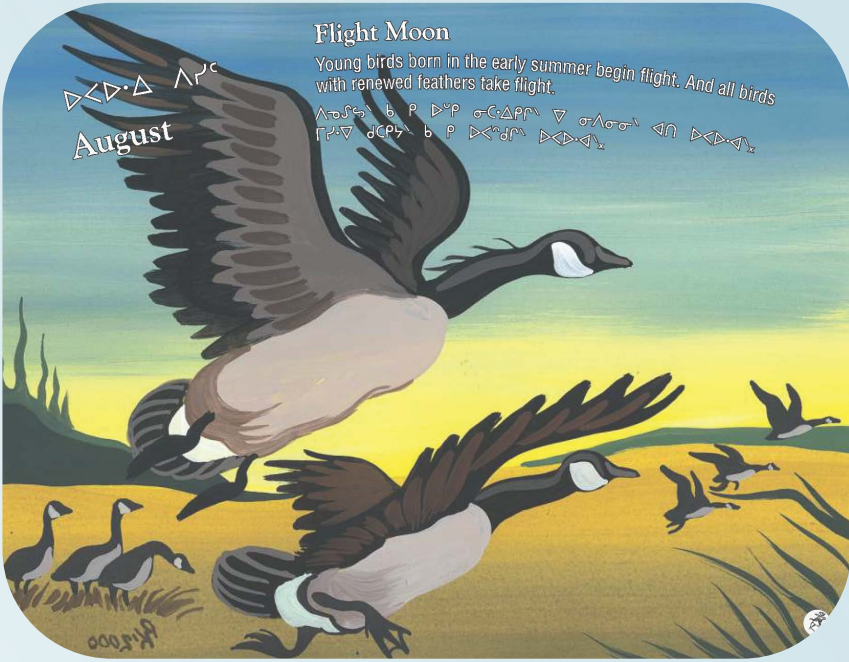
Participation and Feedback on
Activities/Events/Programs is
always welcomed

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



This Week's Highlights:

- Regalia Making Social
- Regalia Belt Touch Ups
- One on One's with Lisa Wesley
- St. John's IRS Annual Memorial Ceremony & Luncheon
- Pow Wow Registration & Family Social Night
- CCFN 30th ANNUAL POW WOW!!!



Flight Moon
Young birds born in the early summer begin flight. And all birds
with renewed feathers take flight.
August

Oški-kīšikāw
MONDAY
Ohpahowi-Pisim
August 4

**IT'S A GOOD
WEEK TO
HAVE A
GREAT WEEK!**



Nīso-kīšikāw
TUESDAY
Ohpahowi-Pisim
August 5



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
Ohpahowi-Pisim
August 6



Regalia Belt Touch Ups



6:30pm-9pm @ Health



Nēwi-kīšikāw
THURSDAY
Ohpahowi-Pisim
August 7



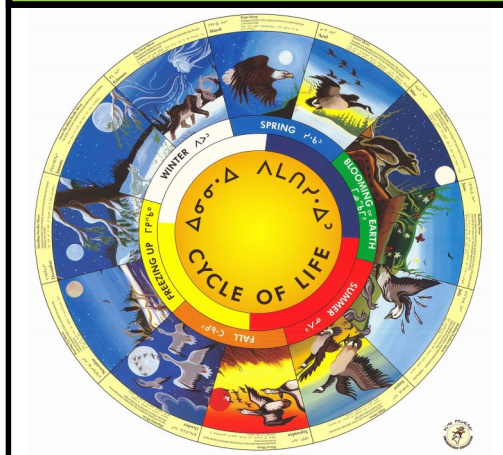
Town Run
10:00 a.m.
Call **Health** at
705-864-0200 before 9am
to get picked up



**1:1 Counselling with
Lisa Wesley**



9am-4pm@ Health



Pahkwēšikani-kīšikāw
FRIDAY
Ohpahowi-Pisim
August 8

St. John's IRS
Annual Memorial Ceremony



10am @ St. John's Cemetery
With a 12pm Luncheon
@ CCFN Band Office

1:1 with Lisa Wesley



9am-4pm@ Health

**POW WOW REGISTRATION &
FAMILY NIGHT SOCIAL**



6-9pm @ Band Office

**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
Ohpahowi-Pisim
August 9

**CCFN 30th ANNUAL
POW WOW**



**12pm @ Pow wow
Grounds**

Ayamihêwi-kīšikāw
SUNDAY
Ohpahowi-Pisim
August 10

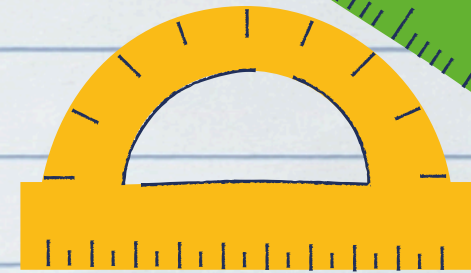
**CCFN 30th ANNUAL
POW WOW**



**11pm @ Pow wow
Grounds**



BACK TO SCHOOL!



**CHAPLEAU CREE FIRST NATION BAND MEMBERS
WHO RESIDE PERMANENTLY IN THE CHAPLEAU
AREA AND HAVE SCHOOL AGED CHILDREN ARE
ELIGIBLE TO REGISTER FOR A BACK TO SCHOOL SHOPPING TRIP FOR
REIMBURSEMENT OF FUNDS BETWEEN
AUGUST 1ST TO SEPTEMBER 3RD, 2025**

COVERAGE INCLUDES...



**ACCOMMODATIONS: ONE STANDARD HOTEL ROOM RATE PER
FAMILY, TO A MAXIMUM OF \$250.00 PER NIGHT-TAXES INCLUDED,
MAXIMUM OF 2 NIGHTS STAY.
(WITHIN ONTARIO, RECEIPTS REQUIRED)**

TRANSPORTATION: \$250 PIMII KAMIK GAS VOUCHER PER FAMILY

**MEALS: \$75.00 PER PERSON OVER 2 YEARS OLD AND/OR \$50 PER
PERSON UNDER 2, PER DAY
FOR A MAXIMUM OF 4 PEOPLE PER FAMILY,
FOR UP TO 3 DAYS.**

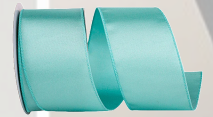
**ACTIVITIES: UP TO \$200 PER FAMILY FOR ACTIVITIES (WITHIN
ONTARIO, RECEIPTS REQUIRED)**

**PLEASE REGISTER BY AUGUST 29TH, 2025 WITH CHAPLEAU CREE HEALTH CENTRE
AT 705 864-0200**

ANY INQUIRIES, PLEASE CONTACT HILARY AT 705-860-0003

RECEIPTS TO BE SUBMITTED BY SEPTEMBER 12, 2025 TO BE ELIGIBLE FOR REIMBURSEMENT





Adult Regalia Making Social

16+

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

FINAL TOUCH UPS before
Pow Wow

Tuesday - August 5 , 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





Registered Social Worker
and Therapist

Patrick Champagne

will be in the community, offering his services,
at the Life's Sacred Journey office

on Tuesday, August 5, 2025
from 9 AM to 12 PM and 1 PM to 4 PM

please contact Hilary at 705-860-0003 to
arrange an appointment
Patrick is also available for virtual
appointments if these timeslots
do not work for you.

His contact information and more about
how he can help can be
found on his poster.



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

REGALIA BELT TOUCH-UPS

WITH NATHALIE



10 Participants maximum
ages: 16+

August 6, 2025
6:30pm-9:00pm
Health Centre



to register call Health Centre - 705-864-0200
for inquiries call Nathalie - ext.203



One on One Sessions with Lisa Wesley

AUGUST 7 & 8, 2025

**CALL CCFN HEALTH
TO BOOK AN APPOINTMENT
705-864-0200**

**THURSDAY AUGUST 7TH
9:00AM - 4:30PM**

**FRIDAY AUGUST 8TH
1:00PM - 4:30PM**



ST. JOHN'S INDIAN RESIDENTIAL SCHOOL INITIATIVE

Annual Memorial Ceremony

St. John's Residential School

**Held at the St. John's IRS Graveyard,
HWY 129 & HWY 101**

Friday August 8th, 2025

Ceremony Start Time: 10:00AM

Lunch - Chapleau Cree FN Band Office

12:00pm (Soup + Sandwiches)

**Remembering the children
who did not come home**

Everyone is welcome to attend



CHAPLEAU CREE FIRST NATION 30TH ANNUAL POWWOW

“REFLECTING ON OUR RESILIENCE, EMBRACING OUR CULTURE”



SATURDAY AUG. 9TH & SUNDAY AUG. 10TH 2025



POWWOW GROUNDS – 202 MARGARET ANN ROAD

FRIDAY AUG. 8

- St. John's Indian Residential School Ceremony at the cemetery - 10:00am, with lunch to follow
- Pow Wow Registration and Friday Family Night Social - Band Office, time TBD

SATURDAY AUG. 9

- 12:00 PM Grand Entry

SUNDAY AUG. 10

- 11:00 AM - Grand Entry
- Closing Ceremony - time TBD
- Gift giveaway - time TBD
- Feast - Powwow Grounds, time TBD

AD: Craig Trudeau

MC: Dustin Hollings

Host Drum: Thunder Creek Singers

Co-Host Drum: Giigidoo Nimkii (Rolling Thunder)

Invited Drum: Singing Spirit

Head Dancers:

- John Saylor - head male elder
- Marjorie Lee - head female elder
- Clarence Trapper - veteran dancer
- Charlie Kioke - head male
- Emma Morrisson - head female
- Keenan Domingue - male youth
- Keeniah Murray - female youth

NO FEE FOR
VENDORS PLEASE
REGISTER WITH
HEALTH
705-864-0200 EXT. 201

OPEN DRUM
GROUPS
WELCOME!

PLEASE, **NO**
PETS ON
POWWOW
GROUNDS

DESIGNATED
TENT
CAMPING
AVAILABLE!

**ZERO
DRUGS AND
ALCOHOL
PERMITTED**

**FOR MORE INFORMATION PLEASE CONTACT NATHALIE
BARSALOU AT 705-864-0200 EXT. 203**



ROOTED THINKING

**Weeding Out Negative Thinking
to Make Room for Growth &
Healing**

***Lunch*
& LEARN**

AT HEALTH CENTRE

**August 12th
@ 12pm**

**Pizza &
Salad**

Call Health
Centre to register
705-864-0200





BIRDS & THE BEES



SEXUAL HEALTH DINNER

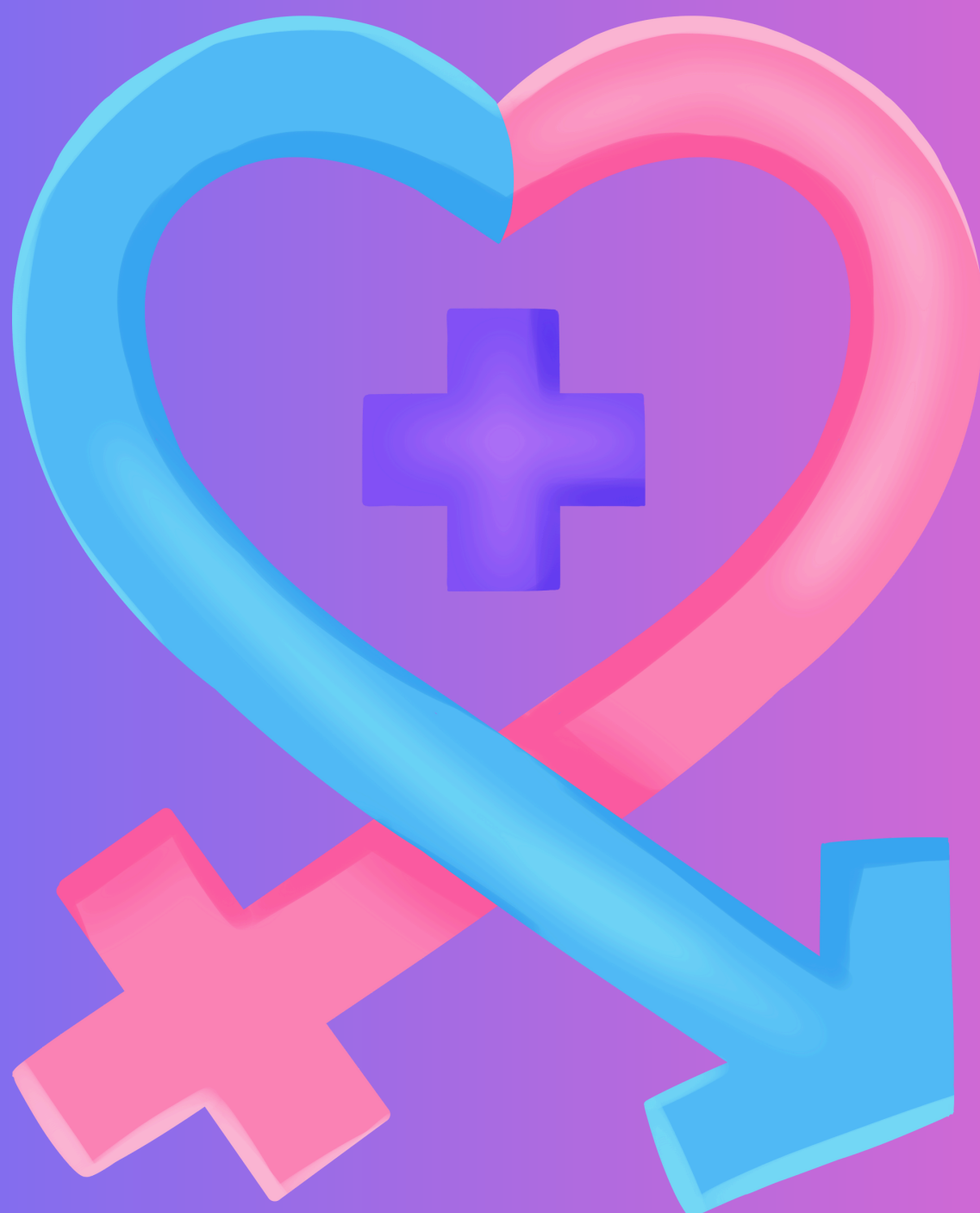
AGES 16 & UP

PRIZES TO BE WON

AUGUST 19, 5:30-7:00PM

CALL HEALTH TO REGISTER

@705-864-0200





MEASLES



NOW IN OUR DISTRICT

Confirmed Case in Sudbury & Districts

As of July 22, 2025, Public Health Sudbury & Districts is reporting the first measles infection in the Sudbury and Manitoulin districts since 2014. The affected individual is an infant who was too young to have been vaccinated. Many individuals were in contact with the confirmed case, some others had similar symptoms but no testing completed in time to confirm measles.

Continue reading newsletter to learn what you can do
or visit the Public Health Unit website:

<https://www.phsd.ca/measles-infection-reported-by-public-health-sudbury-districts/>



Measles

Measles is a highly contagious disease that spreads through coughing, sneezing, and close contact. It can lead to serious complications, especially in young children and those with weakened immune systems. It infects 90% of close contacts who are not immune (ie: not vaccinated).



Symptoms of Measles

- fever
- runny nose, cough
- red and watery eyes
- small white spots in the mouth and throat
- a red rash that starts on the face and spreads down the body (appears 3 to 7 days after other symptoms)

If You Have Symptoms: ISOLATE IMMEDIATELY

- Stay home and avoid contact with others
- Do not visit clinics or hospitals without calling first
- Call your Primary Care Provider or Health Centre for guidance
- Isolation is usually recommended for at least 4 days after the rash appears

Protect Yourself and Others

- The MMR vaccine (measles, mumps, rubella) is safe, effective, and essential for preventing outbreaks
- You can check your immunization record if you are up to date. If you are unsure or don't have your card, you can call your Primary Care provider, or call the local health unit, or the CCFN Health Centre and make an appt with the Nurse to determine next best steps to protect yourself, family, and community.

T V • I N T E R N E T • P H O N E

vianet FIBRE INTERNET BUILDING NOW!



Fibre is Coming! Sign-Up Now for Promo Pricing!

FIBRE 100
+ **FlexTV**
FIBRE INTERNET
& TV PROMO



DOWNLOAD SPEED
UP TO 100 MBPS



UPLOAD SPEED
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INCLUDES:

FLEXTV: ESSENTIAL TV PACKAGE



30 POPULAR CHANNELS

LOCKED-IN PRICE FOR 24 MONTHS!

\$114.95*
/MONTH
RESIDENTIAL SERVICE



Sign-Up By September 1st To Save \$75 Off The Order Processing Fee



*F-CHAPCIS25-02: Residential pricing valid until 12-31-25. Limited time offer, available in select locations. Services available only where technology exists. Business services available upon request. Promotional pricing subject to policies as stated on www.vianet.ca/legal/billing-policy. Advertised pricing subject to applicable taxes. One-time order processing, network connection or install fees may apply. Speeds vary by device set-up, applicable network management or other individual technology factors. Promotional pricing valid on a 24-month agreement.

**Visit Vianet.ca To Learn More
Or Call 1.800.788.0363 To Sign Up Today!**

On-reserve Band Members who are considering their internet options:

Starlink Speeds and Costs

Residential Plan	\$140 per month
Residential Lite Plan (slower)	\$110 per month

Starlink's official speed range is typically advertised as 50 Mbps to 150 Mbps for the Residential plan, while the Residential Lite plan may offer speeds between 50 Mbps and 100 Mbps. These official figures are based on ideal conditions—minimal network congestion and stable satellite connections.

An independent assessment by ecoflow.com reports that northern Ontario has an average Starlink download speed of 70 Mbps.

Starlink upload speeds are much slower.
This may matter less to the casual user.

Vianet Speeds and Costs—Internet only

Fibre 60 Mbps up/down	\$79.95 per month
Fibre 100 Mbps up/down	\$99.95 per month
Fibre 200 Mbps up/down	\$119.95 per month

Vianet also charges \$9.95 per month for a wifi router rental.
You could buy your own if you wish.

Vianet offers phone and tv packages as well.

You can test your internet speed right now by going to
<https://www.speedtest.net/>



Chapleau Cree Economic Development Strategy



**Share your
Input in the
Survey!**



Chapleau Cree First Nation is designing its Economic Development Strategic Plan. Your input will help shape future opportunities for training, employment, and business development in our community.



MNP



**CCFN HAS
PARTNERED
WITH MNP TO
CREATE AN
ECONOMIC
DEVELOPMENT
STRATEGY —
AND **WE NEED
YOUR INPUT!****

We Value Your **FEEDBACK!**

Please Scan the QR Code to
Complete Our Survey

**SCAN
ME!**



**Your Voice Matters!
It Only Takes 15 Minutes!**