

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:
**July 21, to
July 27, 2025**

Summer Hours:

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

**Friday
8AM - Noon**

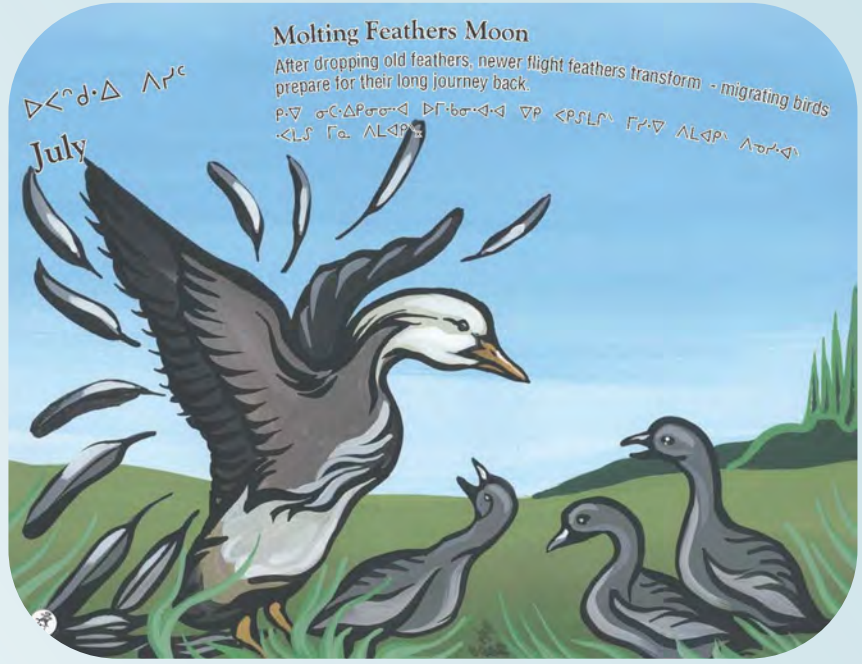
Participation and Feedback on
Activities/Events/Programs is
always welcomed

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



This Week's Highlights:

- **Adult Beading Social**
- **CREEFEST 2025**
- **Massage w/ Kathleen**



Oški-kīšikāw
MONDAY
Opaskowi-Pisim
July 21

IT'S
MONDAY
TIME TO
SPARKLE AND SHINE



Adult Beading Social



6:30pm-9pm @ Health



Nīso-kīšikāw
TUESDAY
Opaskowi-Pisim
July 22

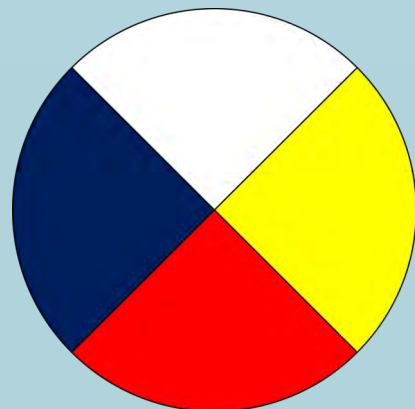


Town Run
10:00 a.m.
Call **Health** at
705-864-0200 before 9am
to get picked up

CREEFEST 2025



JULY 22-24, 2025
See Schedule Attached
Events to be held at
Chapleau Arena

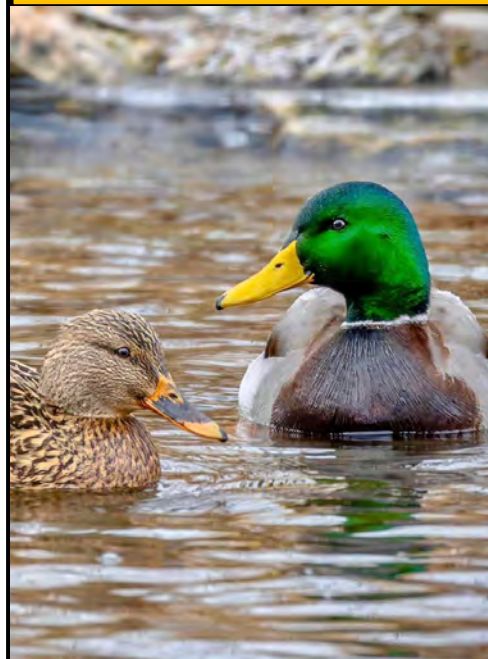


Apihtawan
WEDNESDAY
Opaskowi-Pisim
July 23

CREEFEST 2025



JULY 22-24, 2025
See Schedule Attached
Events to be held at
Chapleau Arena



Nēwi-kīšikāw
THURSDAY
Opaskowi-Pisim
July 24



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

CREEFEST 2025



JULY 22-24, 2025
See Schedule Attached
Events to be held at
Chapleau Arena

MASSAGE w/KATHLEEN



3pm-8pm @ Health



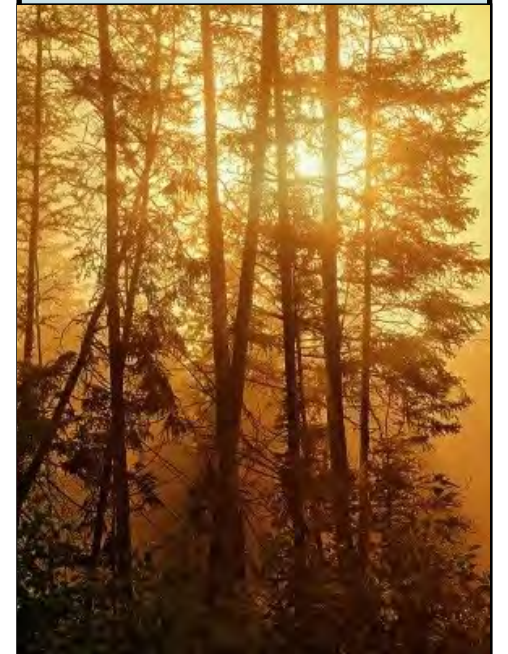
Pahkwēšikani-kīšikāw
FRIDAY
Opaskowi-Pisim
July 25

happy
FRIDAY
everyone!



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
Opaskowi-Pisim
July 26



Ayamihêwi-kīšikāw
SUNDAY
Opaskowi-Pisim
July 27





ADULTS ONLY BEADING SOCIAL

16+

JULY 7 & 21, 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

CREEFEST

JULY 22-24

TUESDAY JULY 22

ELDER'S BREAKFAST 9am

Opening Remarks Chief Corston Keeter & Mayor Ryan Bignucolo
Kebshquasheshing River Singers & Singing Spirit Singers

WORKSHOPS 9-12am

Birch Baskets with Nopaming
Drezus Workshop: "How I was introduced the drum"

WORKSHOPS 1-4pm

Medicine Making with Adrienne Beaupre'
Expression through Culture" with Drezus

Poker walk 18+ Registration Tuesday 12:45pm

Polk walk: Tuesday & Wednesday 1-2:30pm

Don Burnstick Family Comedy Show 6:00pm

Lawrence Martin and Vern Cheechoo 7:00pm

The Swamp Rockers 8:00pm

-Hoop dancing and Creating 3
day workshop with Montana
McGregor
-Traditional cooking and foods
- moose hide tanning with Donny
Sutherland
-Sacred Fire with John Saylor

During Creefest there will be two other events
happening
"Birch Bark Canoe Build" at Wahkohtowin(40 Pine
Street) & "Future of Our Lands: Wahkohtowin,
Disrupted" Art show and Gallery at Chapleau Hub
(4 Pine Street)
there will be shuttle services throughout the day
connecting everyone to these other events.



Canada

Canadian Heritage Patrimoine canadien



Canada Council for the Arts Conseil des arts du Canada



CCFN Coordinators:
Dakota Souliere dakotasouliere@gmail.com & Ian Mercier ianmercier35@gmail.com
Tel: (705) 989-6691
Mushkegowuk Coordinator: Rich Hunter rich@gunnerriverrecords.com

CREEFEST

JULY 22-24

WEDNESDAY JULY 23

ELDER'S BREAKFAST 9am

WORKSHOPS 9-12am

Part 1 "Rhyme and Reason" With Drezus

Baby Doll Moss Bag Making with Marlene Kapashesit

WORKSHOPS 1-4pm

Part 2 "Showtime" with Drezus

Open Mic Night

Poker Walk 18+ 1-2:30pm

The Poets 7:00pm

Drezus 8:00pm



Canada

Canadian Heritage / Patrimoine canadien

- Hoop dancing and Creating 3 day workshop with Montana McGregor
- Traditional cooking and foods
- moose hide tanning with Donny Sutherland
- Sacred Fire with John Saylor

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CREEFEST

JULY 22-24

THURSDAY JULY 24

ELDER'S BREAKFAST 9am

WORKSHOPS 10-12am

Cedar foot bath by Maamwesying
SoapStone carving with Phil Jones

BINGO 1-4pm

Chapleau Cree Band Office 828 Fox Lake Road

Marilyn McLeod 6:00pm

James Bay Fiddlers 7:00pm

Conredge Solomon, Jonathan Solomon & Steve Wynne



Canada

Canadian Heritage / Patrimoine canadien



Canada Council for the Arts / Conseil des arts du Canada

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CREEFEST BINGO 2025
Over \$3,500.00 in Cash Prizes!
\$50 Entry Fee **Extra Booklet \$10**
Specials \$1 **Extra Jackpot Cards \$1**



**CHAPLEAU CREE
BAND OFFICE
BASEMENT**



**THURSDAY,
JULY 24TH 2025**



1:00 - 4:30 PM

STARTER GAME 1..... "2 POSTAGE STAMPS" \$50.00

REGULAR GAME 2 1 LINE \$75.00
..... **2 LINE \$125.00**

REGULAR GAME 3 1 LINE \$75.00
..... **2 LINE \$125.00**

1ST SPECIAL BLOCK OF 9 \$250.00

REGULAR GAME 4 1 LINE \$75.00
..... **2 LINE \$125.00**

REGULAR GAME 5 1 LINE \$75.00
..... **2 LINE \$125.00**

2ND SPECIAL LETTER "X" \$250.00

REGULAR GAME 6 1 LINE \$75.00
..... **2 LINE \$125.00**

REGULAR GAME 7 1 LINE \$75.00
..... **2 LINE \$125.00**

3RD SPECIAL LETTER "H" \$250.00

REGULAR GAME 8 1 LINE \$75.00
..... **2 LINE \$125.00**

REGULAR GAME 9 1 LINE \$75.00
..... **2 LINE \$125.00**

GAME 10 JACKPOT
LETTER "L" \$100.00
OUTSIDE SQUARE \$200.00
FULL CARD \$1,000.00



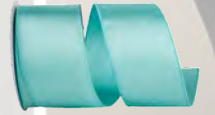
Massage Day

with Kathleen Bouchard

July 24, 2025
3:00 PM - 8:00 PM
at Health Centre.



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



Adult Regalia Making Social

16+

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

Mondays - July 14 & 28 , 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





Youth Regalia Workshop

Date: Wednesday, July 16, 2025
Tuesday, July 29, 2025

For Who:

- Youth who need regalia, but need help making it
- Parents wishing to make regalia but need help
- Kookums and Aunties who wish to help making regalia for youth

Location - Health Centre
6:00pm - 9:00pm
10 participants max.

To register, call Health at 705-864-0200
For inquiries, call Nathalie, ext. 302





BOWEN

with Dorcas Barnes

July 30, 2025 appointments

1:00 PM–8:00 PM

July 31, 2025 appointments

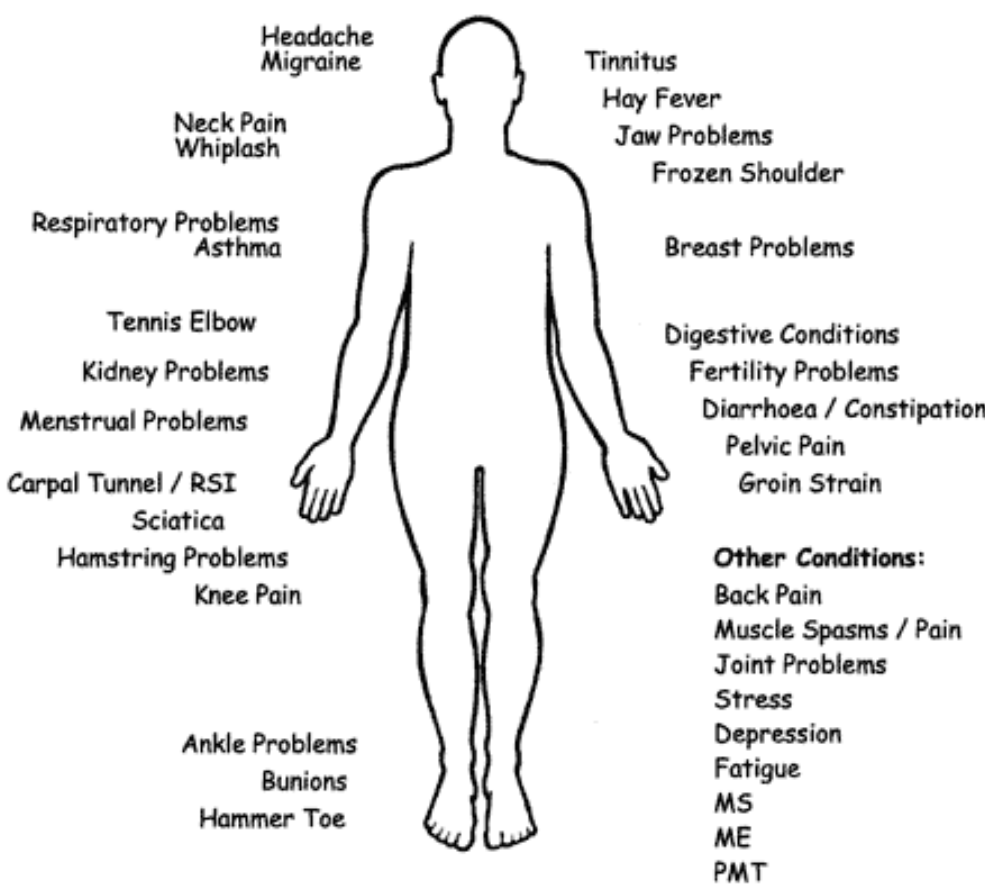
10:00 AM–5:00 PM

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



CHAPLEAU CREE PRESENTS

COMMUNITY DINNER

Join us for a delicious meal featuring
Barbecue Ribs and Baked Beans

Wednesday July 30th

5:30pm at the Band Office



Call Health to Register
864-0200



COMMUNITY NOTICE

**RE: ST. JOHN'S RESIDENTIAL SCHOOL SITE SEARCH –
HISTORIC HUMAN REMAINS DETECTION DOGS &
HEATH SUPPORT – NAN**

Historic Human Remains Detection Dogs, Long Weekend of August 1–3, 2025

Please be aware that a specialized team called **“Historic Human Remains Detection Dogs”** will be working in the areas pertaining to the former St. John's IRS to aid in the site searches for the *children who never came home*.

Also, the Initiative will be coordinating with Health Officer Nicole Baxter from NAN to provide support as needed. Please contact the Initiative Facebook page or email stjohnsirsi@gmail.com, or connect with the Initiative Lead and Coordinator for any further questions. Check back for more updates!



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

NATURE'S DESSERT

Celebrating the Gift's of Strawberries



BERRY SEASON

As summer arrives in full swing across Northern Ontario, so does berry season — a time of sweet abundance, community harvesting, and connection to the land.

Berry picking is far more than a seasonal tradition. It is a sacred practice tied to identity, family, ceremony, and healing.

Strawberries are often the first berries to ripen and are known as the **Heart Berry** in many traditional Indigenous teachings.

Their arrival marks a time of renewal, rebirth, and new beginnings — both in nature and in spiritual teachings.



Strawberry picking is often a family and community activity, especially in Indigenous cultures. It promotes intergenerational learning — passing down stories, language, harvesting knowledge, and respect for the land.

“The strawberry teaches us that love starts with self and spreads out to others. It grows low to the ground — reminding us to stay humble and grounded.”

— Anishinaabe Elder Teaching

NATURE'S DESSERT

Celebrating the Gift's of Strawberries



HEART BERRY

Strawberries are more than just food
—
**they are symbolic of love, forgiveness,
and connection.**

Emotional Healing: The strawberry is shaped like a heart and represents emotions and healing of the heart. It's used in stories and ceremonies about kindness, compassion, and letting go of anger or grief.

Ceremonial Use: Strawberries may be served during feasts, healing circles, and seasonal ceremonies to represent the sweetness of life and gratitude.

Teachings of Forgiveness: In some teachings, strawberries are used to teach children and youth about forgiveness — how bitterness can be replaced with the sweetness of understanding and reconciliation.

In traditional diets, strawberries were eaten fresh, dried for winter, or used in medicines and teas.

Sharing strawberries fosters relationships — they are gifts of nature meant to be shared, not hoarded.



NATURE'S DESSERT

Celebrating the Gift's of Strawberries



BERRY HEALTH

Strawberry leaves and roots were used by Indigenous healers in teas to help with digestion, inflammation, and women's reproductive health.

They were also used in poultices for skin conditions and wounds.

The sweetness of the strawberry is often used to encourage children to take medicine or learn about natural healing.



Health Highlights:

- **Rich in fiber and vitamin K**
- **Good for digestion**
- **Support women's reproductive health**



Mindful Harvesting Matters

When gathering berries, take only what you need and leave enough for others — including the animals and future seasons. Offer thanks to the land. Many Elders share that giving tobacco or a moment of gratitude helps maintain a respectful relationship with Mother Earth.



NATURE'S DESSERT

Celebrating the Gift's of Strawberries



BERRY LEMONADE

🍓 1. Strawberry Lemonade

Ingredients:

- 1 cup fresh strawberries, hulled
- 4 cups cold water
- 1/2 cup fresh lemon juice
- 1/4 cup honey or sugar (to taste)
- Ice

Instructions:

1. Blend strawberries with 1 cup of water until smooth.
2. Strain if desired.
3. Mix strawberry puree with lemon juice, remaining water, and sweetener.
4. Serve over ice with lemon slices and strawberry garnish.

🍓 3. Strawberry Banana Smoothie

Ingredients:

- 1 banana
- 1 cup strawberries
- 1 cup milk (dairy or plant-based)
- 1 tbsp honey or maple syrup (optional)
- Ice

Instructions:

1. Blend all ingredients until creamy.
2. Serve chilled with a strawberry slice on the rim.





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 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 P0M 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: