

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:
**August 25, to
August 31, 2025**

Summer Hours:

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

**Friday
8AM - Noon**

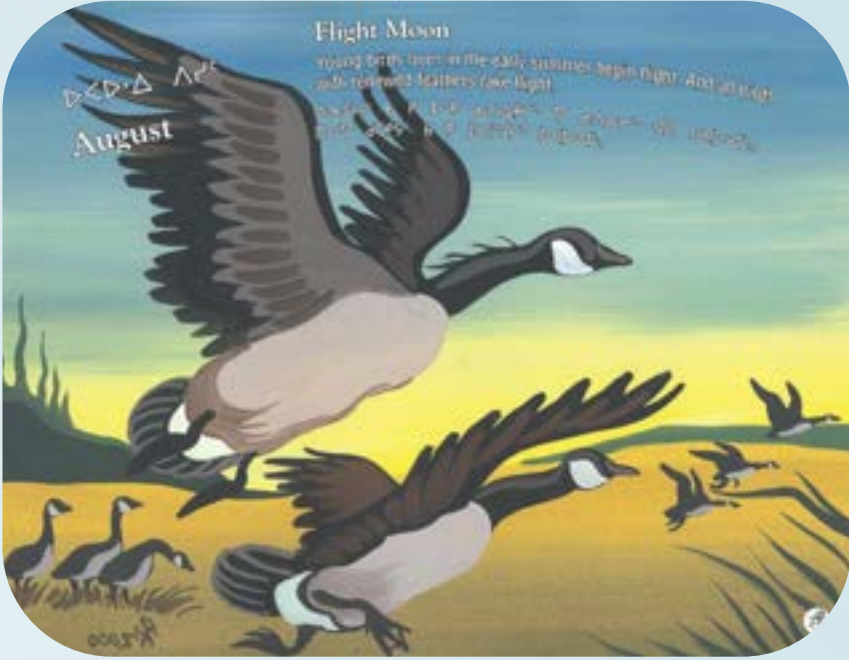
Participation and Feedback on
Activities/Events/Programs is
always welcomed

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



This Week's Highlights:

- Adults Beading Social
- Community Haircut Day
- Chiropractic Visit
- Community Dinner (Spaghetti)
- Deadline to Register for Back to School Shopping Trip



Oški-kīšikâw
MONDAY
Opaskowi-Pisim
August 25



Adult Beading Social



6:30pm-9pm @ Health



Nīso-kīsikâw
TUESDAY
Opaskowi-Pisim
August 26



Town Run
10:00 a.m.

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



HAIRCUT DAY



10am-4pm @ Health



Apihtawan
WEDNESDAY
Opaskowi-Pisim
August 27

Chiropractor in Spa Room



10am-3pm @ Health

COMMUNITY DINNER
(Spaghetti)



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



Nêwi-kīsikâw
THURSDAY
Opaskowi-Pisim
August 28



Town Run
10:00 a.m.

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



Pahkwêšikani-kīšikâw
FRIDAY
Ohpahowi-Pisim
August 29



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 30



Ayamihêwi-kīšikâw
SUNDAY
Ohpahowi-Pisim
August 31





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





10TH ANNUAL CULTURAL HARVEST

October 6 - 9, 2025

- **Traditional Activities**
- **Crafts**
- **Rabbit and Bear Paws Show**
- **Outdoor Activities**
- **Mini Pow Wow**
- **Traditional foods**
and so much more...

**To register, call Chantal at Health
705-864-0200**

For inquiries, call Nathalie ext. 203

Full schedule to follow at event



CHAPLEAU CREE PRESENTS

YOUTH SELF-DEFENSE CLASSES

Give your child the tools to stand tall with Warrior Spirit's youth self-defence program!

OUR 12 WEEK PROGRAM INCORPORATES THE FUNDAMENTALS OF WRESTLING, JUDO, AND BOXING IN A SAFE, POSITIVE, AND INCLUSIVE ENVIRONMENT.

LED BY A FORMER POLICE OFFICER, OUR INSTRUCTOR BRINGS REAL-LIFE EXPERIENCE, ENSURING YOUR CHILD LEARNS PRACTICAL TECHNIQUES AND SITUATIONAL AWARENESS—NOT JUST THEORY.

DESIGNED SPECIFICALLY FOR KIDS AND TEENS, OUR CLASSES BUILD:

- Confidence through real-world self-defence skills
- Fitness with fun, high-energy training
- Discipline & Focus through structured practice
- Respect & Empathy with team-building and anti-bullying strategies

Limited Spots Available

Call Health to register

 **864-0200**



DATE & TIME TO BE ANNOUNCED



BAND OFFICE BASEMENT

STRONG BODIES, STRONG MINDS, SAFE KIDS



**Open
to ages
6-18**

**NO EXPERIENCE
NEEDED!**

JUST A WARRIOR SPIRIT



WARRIOR SPIRIT
FITNESS & SELF-DEFENSE



FOOD PRESERVATION

CANNING METHOD

ADULTS 18+

POSTPONED !!

Sunday August 24

9:00-5:00



Learn how to can foods for food preservation. Save money, time and enjoy fresh food year round.

This session, Cindy Fletcher teach how to can spaghetti sauce and salsa sauce.

MAX 10 Participants!

August 18th & 19th , 2025

Band Office Kitchen

August 18th 3:00 - 8:00 PM - Spaghetti Sauce

August 19th 4:00 - 8:00 PM - Salsa Sauce

Call Tracy at Health to register 705-864-0200



ADULTS ONLY BEADING SOCIAL

16+

**AUGUST 25 , 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**

Chapleau Cree Presents



SPAGHETTI EXTRAVAGANZA

Community Dinner

JOIN US FOR A DELICIOUS HOME COOKED SPAGHETTI DINNER



Salad



Garlic Bread



Fruit & Dessert

WEDNESDAY AUGUST 27, 2025

● 5:30pm at the Band Office

CALL HEALTH TO REGISTER

☎ 705.864.0200

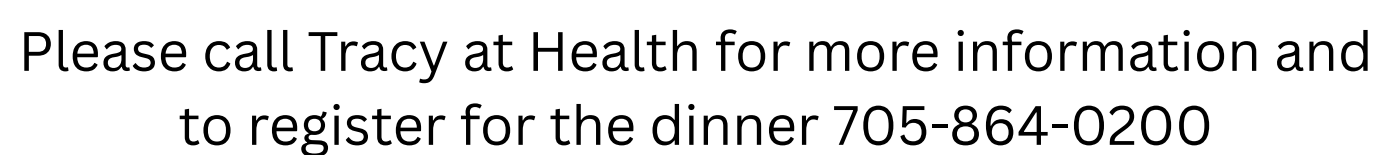
You can also email us. Please include names of those wishing to register & contact information

✉ h.adminassist@chapleaucree.ca



With 4% of Canadians affected it's crucial to raise awareness, provide education and promote prevention. This event isn't just for pregnant women, it's about educating families, friends and community how to support pregnant women to abstain from alcohol during pregnancy and how to help children/adults living with FASD.

For families with children with FASD, find out how CASA can help at <https://casamentalhealth.org/casa-programs/fetal-alcohol-spectrum-disorder-program/>.



Haircut Day

Chantal Gravel

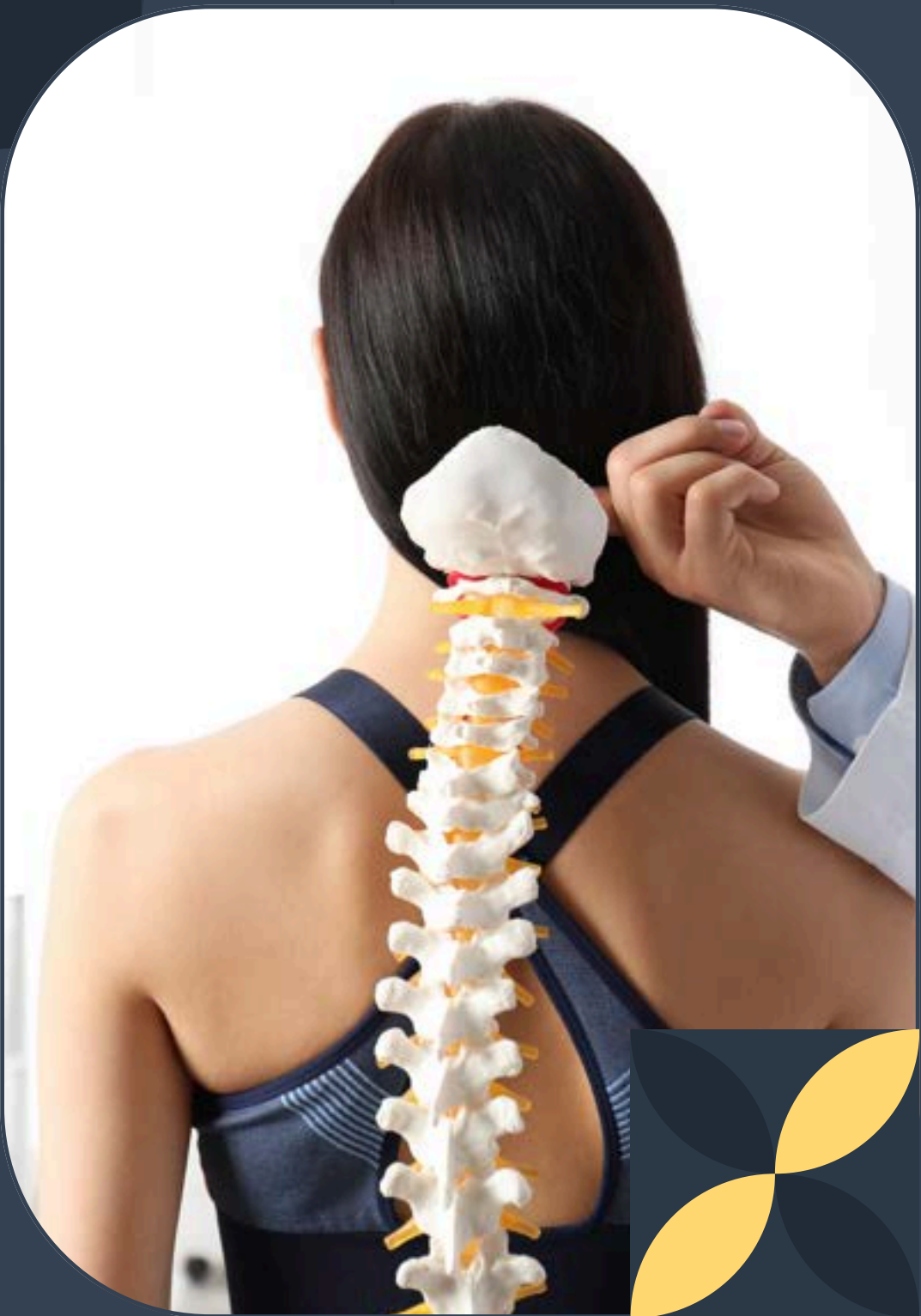
August 26, 2025
10:00am - 4:00pm

FREE of charge
Gratuity encouraged

CALL HEALTH 705-864-0200
TO BOOK AN APPOINTMENT

CCFN Members. Waitlist Welcome.





WELLNESS THROUGH CHIROPRACTIC CARE

Welcome to Mushkegowuk Health , where we prioritize your well-being through personalized chiropractic care. Our experienced team is dedicated to helping you achieve optimal health and vitality.

Services Offered



Spinal Adjustments

Expert chiropractors restoring balance to your spine.



Peripheral Joint

Relax and rejuvenate with therapeutic massages.



Rehabilitation Exercises

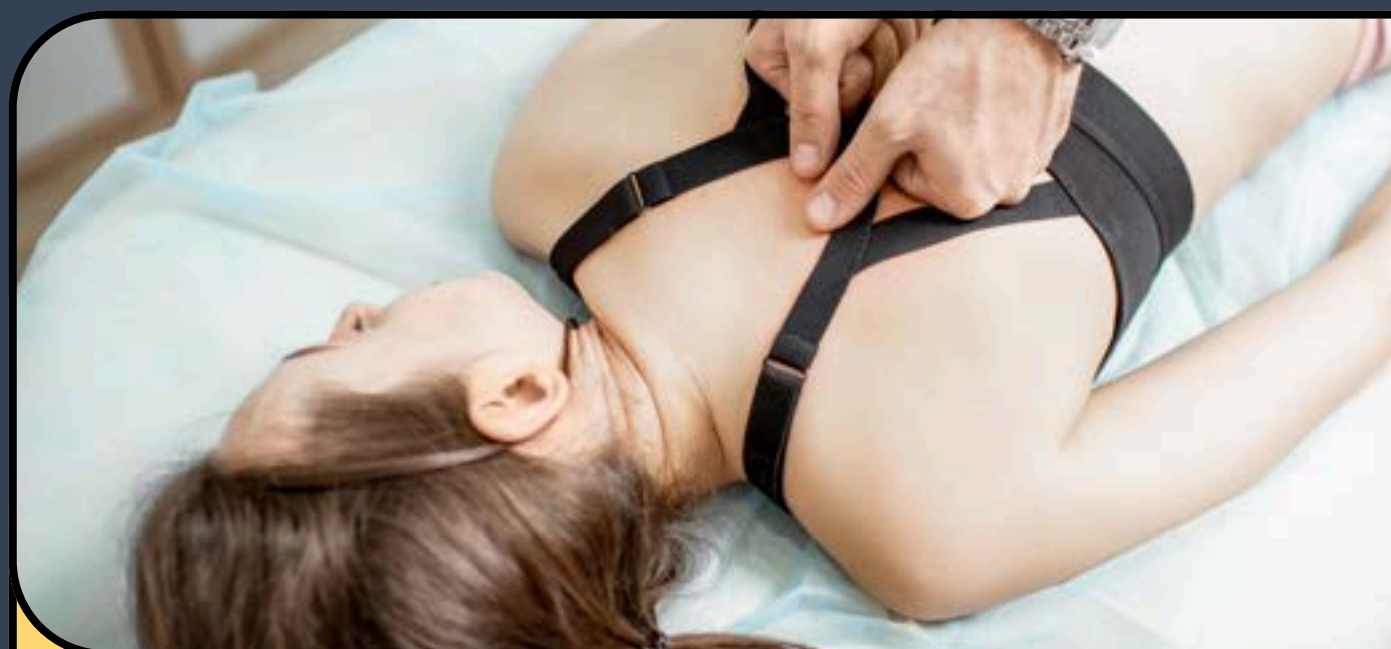
Strengthen and enhance your body's natural healing abilities.

Meet Our Expert

DR. David Popovic

Expert Chiropractor

August 27, 2025
10:00 am to 3:00 pm



Ready to prioritize your well-being?
Contact us today

HEALTH CENTRE



705 864 0200

CCFN Members
Waitlist for others welcome.



Racialized and Indigenous Supports for Entrepreneurs (RAISE) Grant Program

A grant program that provides access to business development training, culturally responsive and tailored business coaching, networking opportunities, and a one-time grant of \$10,000 to support Indigenous, Black and other racialized entrepreneurs.

Who is eligible?

- The business must be registered with the Canada Revenue Agency.
- The business must employ 1 to 5 full-time equivalent employees, including the business owner, or up to 10 employees for businesses in the Accommodation and Food Services sector.
- The owner of the business must be an Indigenous, Black or other racialized individual.

How does it work?

- The program is self-paced and runs for approximately 12 weeks. Participants may continue to operate their business while participating in the program.
- Once admitted into the program, participants must complete the following activities within the program timelines to receive a \$10,000 grant:
 1. Online business development training – minimum of 5 hours
 2. Business coaching including networking – 5 to 10 hours
 3. Develop a Business Action Plan

How do I apply?

- Visit the [RAISE grant program web portal](#) for a full list of program requirements, eligible expenses and what you need to apply.
- Applications must be submitted on or before **October 30, 2024, at 5:00 p.m. EST.**
- **Applications are processed in the order they are received. Eligible applicants will be accepted into the program until the program budget is reached.**

If you need help, contact us Monday to Friday, 8:30 a.m. to 5:00 p.m. EST, excluding government and statutory holidays. Call toll-free at 1-888-975-5502 or email raise@ontario.ca. Video Relay Service (VRS) for Deaf and hard of hearing persons is available at 437-538-4850.

CORDA

CANADA ONTARIO RESOURCE DEVELOPMENT AGREEMENT

EMPOWERING ONTARIO FIRST
NATIONS COMMUNITIES



Canada

Ontario



THE CORDA OFFICE IS NOW ACCEPTING FUNDING APPLICATIONS FOR 2026-2027

Application Deadline:

Monday, October 6, 2025, by 11:59 p.m. EST

CORDA is an agreement between Canada, Ontario, and First Nations' members in Ontario. The program promotes resource and economic development opportunities.

Who Can Apply:

- ✓ First Nations
- ✓ First Nations members and organizations
- ✓ Territorial organizations in Ontario

Maximum Funding
Level Per Project: \$35,000

Eligible Projects May Include:

- ✓ Training and Employment Initiatives
- ✓ Environmental Stewardship
- ✓ Traditional Learning and Crafts
- ✓ Equipment and Supplies
- ✓ Forestry, Trapping, and Fishing
- ✓ Resource Planning and Eco-Tourism
- ✓ Maple Syrup Production
- ✓ And More

For More Information or to Request
an Application Package:

Contact: CORDA Secretariat

Email: corda@hiawathafn.ca

Visit: [http://](http://www.hiawathafirstnation.com/services-departments/corda/)

www.hiawathafirstnation.com/services-departments/corda/

CORDA Office Address:

431 Hiawatha Line, Hiawatha, ON, K9J 0E6

Phone: 705-295-4421 | Fax: 705-996-4501

T V • I N T E R N E T • P H O N E

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

FIBRE 100
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UP TO 100 MBPS

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!

Herbal Teas for Seasonal Transition:

Nurturing Mind, Body & Spirit

As the days grow shorter and the evenings carry a cooler breeze, many of us naturally begin to shift our routines from the light, energizing pace of summer toward the slower, grounding rhythm of fall.

Herbal teas offer more than warmth and comfort—they carry gentle support for wellness from a holistic perspective, nourishing not just the body, but also the mind and spirit.

Indigenous communities have always made teas from local plants as an important part of seasonal wellness practices.

Cedar, sage, and Labrador tea, for example, are traditionally prepared not only for their flavor but also for their connections to health and community. These teas remind us of the deep relationship between people, plants, and the changing seasons.



Supporting the Body

Herbal teas are rich in plant compounds, vitamins, and minerals that gently strengthen the body:

- **Immune support:** Echinacea, ginger, and rosehip help fortify the body's natural defenses during seasonal changes.
- **Digestive wellness:** Peppermint, fennel, and chamomile calm the stomach and aid digestion after summer's heavier meals.
- **Circulation and warmth:** Cinnamon, clove, and rooibos gently stimulate warmth, supporting the body as the weather cools.



Calming the Mind

The ritual of making tea is as healing as the herbs themselves. Taking time to steep, sip, and breathe invites mindfulness.

- **Stress relief:** Lemon balm and lavender are known for their calming effects, easing anxiety and restlessness.
- **Mental clarity:** Green tea and rosemary tea support focus and alertness without overstimulation.
- **Better sleep:** Chamomile helps quiet the nervous system, preparing the mind for deep rest.

Nourishing the Spirit

Herbal teas also offer a deeper connection—to nature, to community, and to self.

- **Connection to the earth:** Many teas are made from plants with long histories of traditional use, reminding us of the wisdom of natural cycles.
- **Seasonal alignment:** Warm, grounding teas mirror the inward energy of autumn, encouraging reflection and balance.
- **Soulful rituals:** Sharing tea with loved ones fosters togetherness; sipping tea alone can become a meditative act of self-care.



As you sip your tea, take a moment to pause, breathe, and reflect on the changes around you. Like the turning leaves, it's a gentle reminder to slow down and embrace the balance of the season.

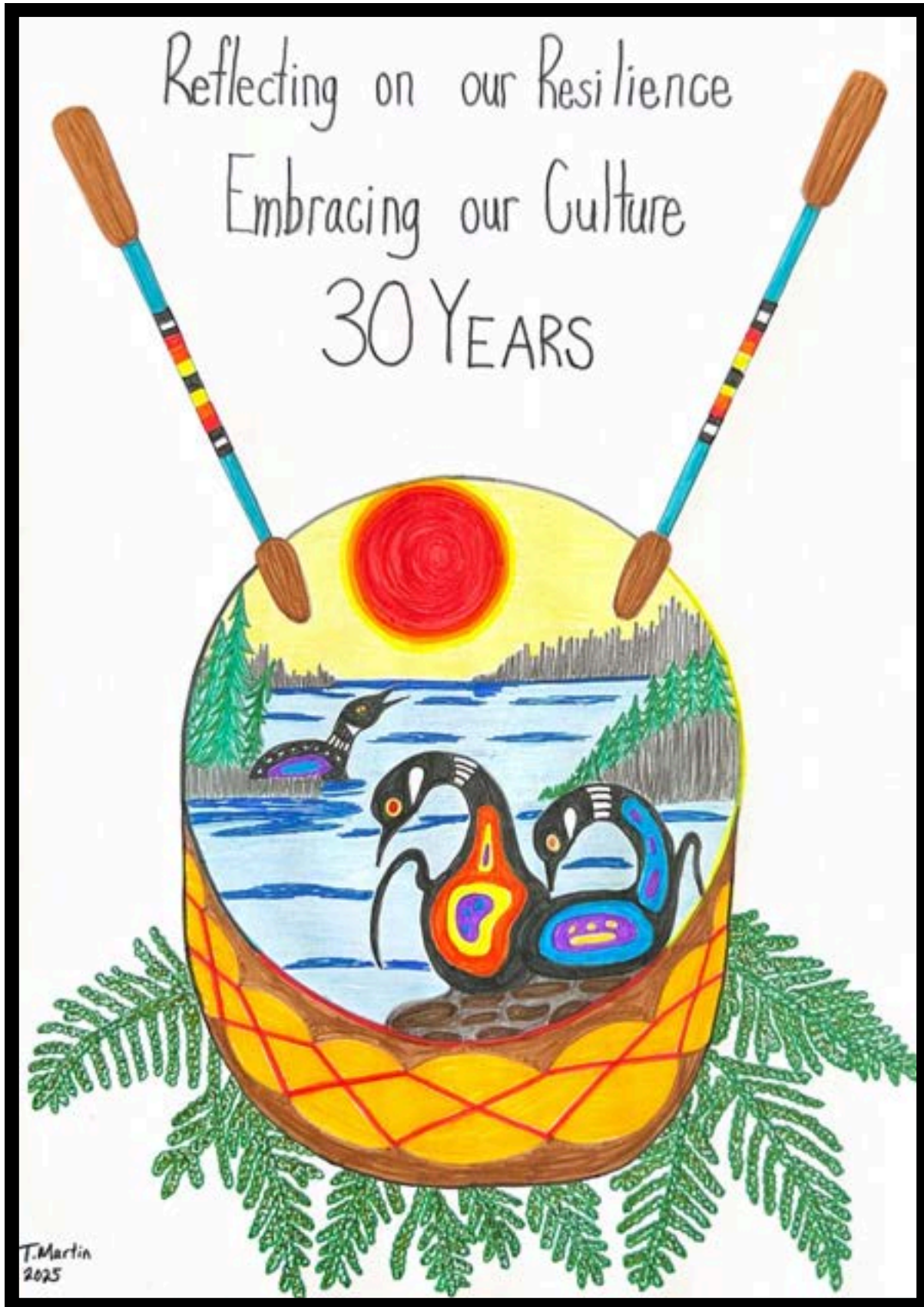
Your End-of-Summer Ritual

Make a cup of your favorite herbal tea, step outside, and enjoy the crispness in the air.

Let each sip be a small act of self-care and connection to the cycles of nature.



The 2025 Pow Wow Committee would like to
congratulate the Pow Wow logo winner:
Tracy Martin





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 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 <input type="button" value="v"/>

☐ 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 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:

Tracy Martin
Chapleau Cree First Nation
P.O. Box 400
Chapleau, ON P0M 1K0

or email to: programs@chapleaucree.ca

Subject Line: FASD Dinner September 9th, 2025

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

Deadline to submit bid and menu is: 08/28/2025



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 Services

Brief Description	For approximately 250 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 Racine



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:

Edith Larocque
Chapleau Cree First Nation
P.O. Box 400
Chapleau, ON P0M 1K0
or bandadmin@chapleaucree.ca

Subject Line: 10th Annual Fall Cultural Harvest

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

Deadline to submit bid and menu is: 09/12/2025