

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>





CCFN
Small Engine Repair
705-864-1045



Pimii Kamik Gas Bar & Gift Shop
Located on the Chapleau Cree First Nation
7 DAYS A WEEK
Authentic Native Crafts
705-864-0781
Your Propane Refilling Station

For the week of:
**August 11, to
August 17, 2025**

Summer Hours:

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

**Friday
8AM - Noon**

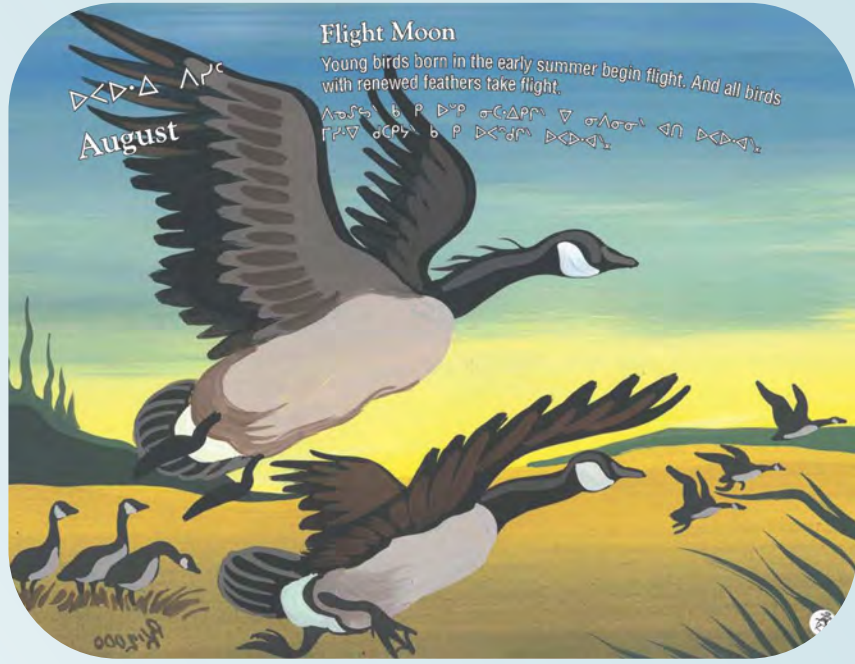
Participation and Feedback on
Activities/Events/Programs is
always welcomed

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



This Week's Highlights:

- **Lunch n' Learn (Rooted Thinking)**
- **Reflexology**



Oški-kīšikâw
MONDAY
Ohpahowi-Pisim
August 11



Nīso-kīšikâw
TUESDAY
Ohpahowi-Pisim
August 12



Town Run

10:00 a.m.

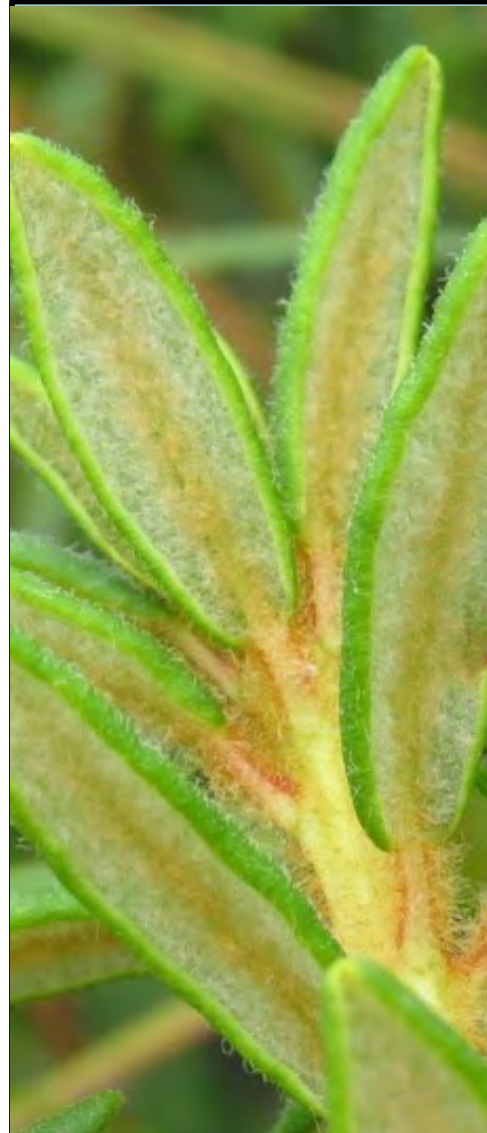
Call **Health** at
705-864-0200 before 9am
to get picked up

Lunch n' Learn
(Rooted Thinking)



12pm-1pm @ Health

Apihtawan
WEDNESDAY
Ohpahowi-Pisim
August 13



Nēwi-kīšikâw
THURSDAY
Ohpahowi-Pisim
August 14



Town Run

10:00 a.m.

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

REFLEXOLOGY



3pm-8pm @ Health



Pahkwēšikani-kīšikâw
FRIDAY
Ohpahowi-Pisim
August 15


KEEP
CALM
IT'S
FINALLY
FRIDAY



Matinawe-Kisikaw
SATURDAY
Ohpahowi-Pisim
August 16



Ayamihêwi-kīšikâw
SUNDAY
Ohpahowi-Pisim
August 17



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

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, 7:00pm - 9:00pm

SATURDAY AUG. 9

- 12:00 PM Grand Entry

SUNDAY AUG. 10

- 11:00 AM - Grand Entry
- Closing Ceremony - 2:00 PM
- Gift giveaway - 2:30 PM
- Feast - Powwow Grounds, 3:00 PM

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**



KUNUWANIMANO

CHILD & FAMILY SERVICES

CHILDREN/YOUTH TRADITIONAL POW WOW

Back to School Celebration

EVERYONE WELCOME!

MC: Gerald Chum

Arena Director: Michael Hester

Host Drum: Singing Spirit

Co-Host Drum: Thunder Creek

Veteran: Clarence Trapper

Male Elder: TBD

Female Elder: Angela Shisheesh

Head Male Dancer: Charlie Kioke

Head Female Dance: Ceebee Matthews

Youth Male Dancer: Beesym Couchie

Youth Female Dancer: Keenyah Murray

AUGUST 21st, 2025

12:00pm – Grand Entry

5:00pm – Closing

6:00pm – Feast

.....
400 Government Rd South
Timmins, ON

**LIMITED PARKING AREA*
SHUTTLE AVAILABLE TO/FROM
TIMMINS SQUARE*

REGISTRATION FOR ALL DANCERS @ 11AM.

feast/giveaway!

*Refreshments/Snacks will be available
by Kunuwanimano Youth Services*

FOR MORE INFORMATION PLEASE CONTACT:

Roberta Echum - 705.288.2608

roberta.echum@kunuwanimano.com

Charnelle Kapashesit - 705.288.0437

charnelle.kapashesit@kunuwanimano.com

Kaneisha Echum - 705.406.6072

kaneisha.echum@kunuwanimano.com



ALCOHOL & DRUG FREE EVENT.
NO PETS ALLOWED.

RABBIT & BEAR PAWS

Puppet Show



Turtle Island & The Seven Sacred Grandfather Teachings

AUGUST 13TH | 11:00 AM - 2:00 PM

Brunswick House First Nation Community Centre

Come join us!

SUITABLE FOR ALL AGES
FREE ADMISSION
DOOR PRIZE





Indigenous Cultural Team Arts & Crafts

Arts and crafts are deeply connected to our Indigenous identity and history.

Unleash your creativity and join us for a fun-filled painting or beading session! Whether you're a beginner or a seasoned artist, this relaxed, hands-on event is all about expression, color, and connection.

Limited Seats. Must Register!
open to Children with Guardian/Parent

August 8, 2025 1-4pm

**933 Lindy Louttit Drive
Chapleau Cree First Nation**

FOR REGISTRATIONS PLEASE
CONTACT CHARNELLE KAPASHESIT

Charnelle.Kapashesit@Kunuwanimano.com



Indigenous Cultural Team

COMMUNITY FUN BINGO

1-4PM

AUGUST 12



PRIZES TO BE WON!

**LIMITED
SEATS.
MUST
REGISTER!**

933 Lindy Louttit Drive
Chapleau Cree First Nation

Open to Children with Guardian/Parent

For Registrations please email Charnelle Kapashesit:
Charnelle.Kapashesit@Kunuwanimano.com

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





REFLEXOLOGY

with Kathleen Bouchard

*August 14, 2025
3:00 PM–8:00 PM
at Health Centre*

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

705-864-0200





BIRDS & THE BEES



SEXUAL HEALTH DINNER

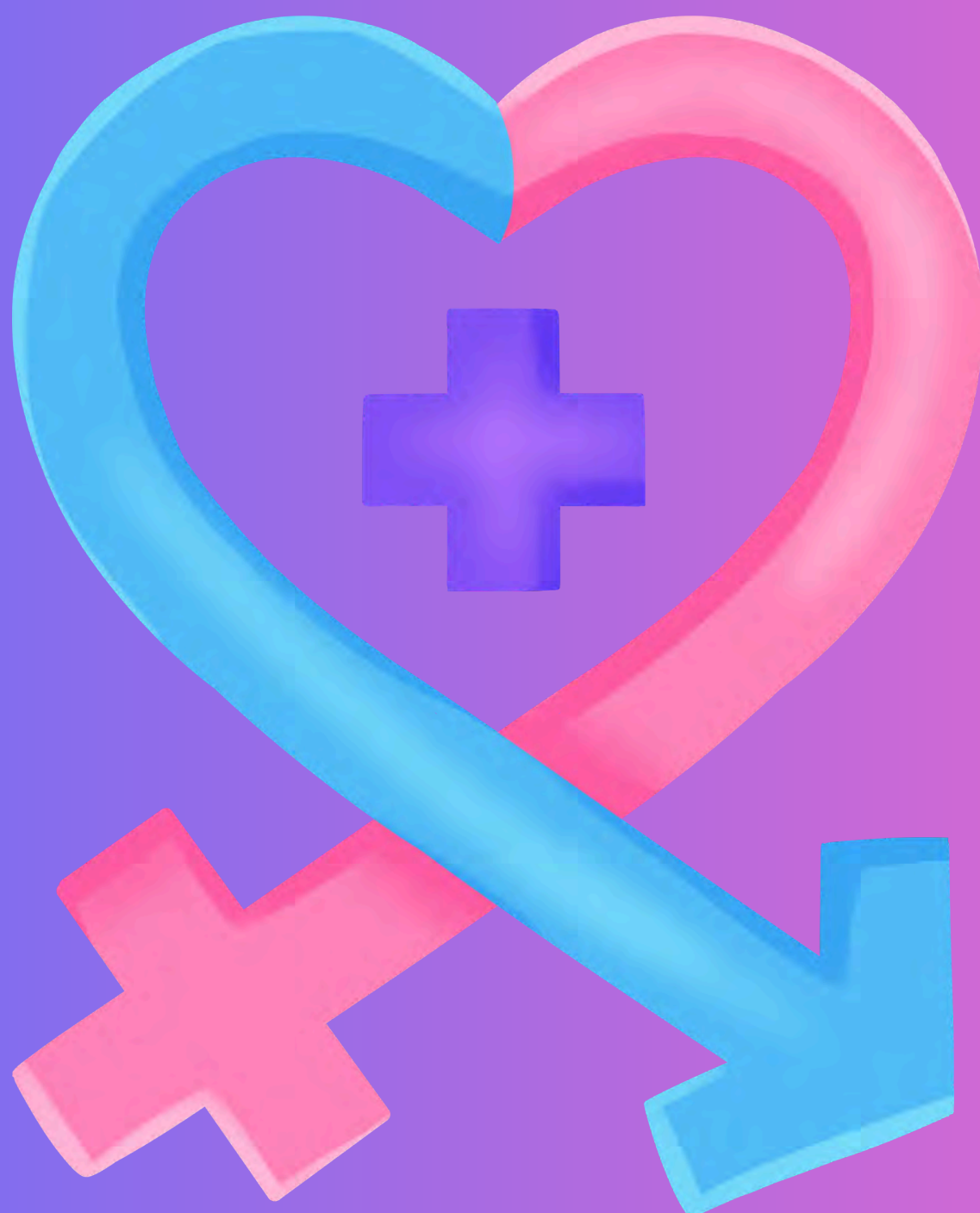
AGES 16 & UP

PRIZES TO BE WON

AUGUST 19, 5:30-7:00PM

CALL HEALTH TO REGISTER

@705-864-0200





Massage Day

with Kathleen Bouchard

August 21, 2025
3:00 PM - 8:00 PM
at Health Centre.



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

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Blueberry Season



Celebrating the Tradition, Health, and Mindfulness of Blueberry Picking



Harvest

As summer stretches across Northern Ontario, one of nature's sweetest treasures begins to ripen — blueberries! These small, powerful berries grow wild in forests, fields, and along quiet trails, offering not just a delicious treat but a deep cultural and health-rooted legacy.

July through August marks prime blueberry harvesting season across Northern Ontario. The warm days and cool nights create the perfect conditions for plump, sweet, and antioxidant-rich blueberries.



Remember to go early in the day before the sun gets too strong!



705-864-0200



rn@chapeaucree.ca



Health Benefits of Blueberries

Blueberries are tiny but mighty! Here's what makes them a superfood:

- 💪 **Antioxidants:** Help fight inflammation and protect your cells
- 🧠 **Brain Boosting:** Support memory and cognitive function
- ❤️ **Heart Health:** Improve circulation and blood pressure
- 🌿 **Digestive Health:** High in fiber and easy on the gut
- 🩸 **Blood Sugar Friendly:** Low glycemic and diabetes-friendly in moderation

A handful a day goes a long way for youth, adults, and Elders alike!

Cultural Significance

For many Indigenous communities in Northern Ontario and across Turtle Island, blueberries are more than food—they are medicine, tradition, and spirit. Blueberries have long been part of seasonal harvesting cycles and hold a sacred place in traditional teachings:

- They are offered in ceremonies as gifts to the land and ancestors.
- Used in medicines and teas to support health.
- Shared as part of community feasts and winter storage (often dried or preserved).
- Some teachings recognize blueberries as a symbol of resilience and renewal, growing abundantly even after wildfires.

In Anishinaabe culture, blueberries are one of the **Four Sacred Berries**, representing the importance of balance and health. Blueberry picking is also a time of gathering — connecting families, passing on stories, and honouring the gifts of the land.



705-864-0200



rne@chapleaucree.ca



Mindful Blueberry Picker

Respecting the land and those who rely on it is key when harvesting:

- **Harvest with intention:** Only take what you need.
- **Leave some for the animals:** Bears, birds, and other wildlife depend on them too.
- **Use gentle hands:** Avoid damaging the bushes and surrounding plants.
- **Don't trample the earth:** Walk lightly and stick to pathways where possible.
- **Harvest with thanks:** Many Indigenous people offer tobacco or words of gratitude before picking.

🌿 *"When we care for the land, the land continues to care for us."*



Creative Ways to Use Blueberries



Don't just eat them raw – explore these ideas:



Freeze for smoothies, yogurt, or ice cream toppings



Add to wild rice salad or bannock



Bake into muffins, pies, or traditional berry puddings



Simmer into a berry sauce or jam for winter storage



Infuse into water, iced tea, or mocktails for a refreshing drink



Traditional pemmican with blueberries – A powerful Indigenous energy food.



705-864-0200



rn@chapeaucree.ca



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



EMPLOYMENT OPPORTUNITY

Position:	Indigenous Student Support Worker (Full-Time)
Location:	The Chapleau Cree First Nation (CCFN) is a member of the Mushkegowuk Council and is situated on the Fox Lake Reserve, located just outside the community of Chapleau. The community is approximately four hours north of Sault Ste. Marie and two hours southwest of Timmins.
Requirements:	✓ Vulnerable Sector Screening
Preferred Qualifications:	<ul style="list-style-type: none">✓ Experience in cross-cultural programming is considered an asset✓ Knowledge regarding traditional Aboriginal teachings and Aboriginal history including an understanding of traditional medicines and ceremonies✓ Solid knowledge of the First Nation communities, as well as the challenges and opportunities that are present for students✓ Excellent interpersonal skills, and communication skills, both oral and written✓ Excellent time management and organizational skills✓ Ability to work independently and in a team environment✓ Ability to motivate and stimulate students✓ Knowledge of computer applications✓ Criminal background check, and TB test✓ Valid Driver's License and access to a vehicle is considered an asset.
Duties/Responsibilities:	<ul style="list-style-type: none">✓ Provide social, emotional, and behavioural support through traditional teachings✓ Provide support and encourage academic success to individual and/or group of Chapleau Cree First Nation students✓ Assist students to improve communication skills by providing positive life skill coping strategies✓ Promote a positive working relationship by assisting students and parents to understand school protocols, policies, and procedures✓ Liaise with teachers, students and parents regarding attendance and academic support✓ Advocate on behalf of students as issues arise✓ Provide homework support during school hours✓ Facilitate communications between principal and Aboriginal families✓ Report to the First Nations Education Counsellor on student progress✓ Create and facilitate opportunities for students to develop/practice team building and leadership skills✓ In conjunction with students, plan and implement monthly activities✓ Liaise and develop partnerships with schools, parents, students as well as Aboriginal agencies that have a vested interest in student success✓ Promote cultural awareness within the school community✓ Assist students in the understanding of Anishinabe culture by providing culturally relevant activities✓ In conjunction with the Aboriginal Lead Teacher, develop a plan for the use of the cultural room, monitor Aboriginal Initiatives budget allotment✓ Assist teachers in chaperoning First Nation students to events✓ Follow school protocols for staff.✓ Other related duties as deemed necessary
Wage:	Starting wage \$25.08/Hour for 34.5 hours/week
Closing Date:	Until filled

Individuals are invited to submit their application, résumé and three references to the following:

Edith Larocque, Band Administrator

Chapleau Cree First Nation

P.O. Box 400

Chapleau, ON P0M 1K0

bandadmin@chapleaucree.ca

Subject Line: **Employment: Aboriginal Student Support Worker**

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

We thank all applicants, but only those selected for an interview will be contacted.

First Nation individuals and CCFN band members are encouraged to apply!