

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:
**September 1, to
September 7, 2025**

Summer Hours:

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

**Friday
8AM - Noon**

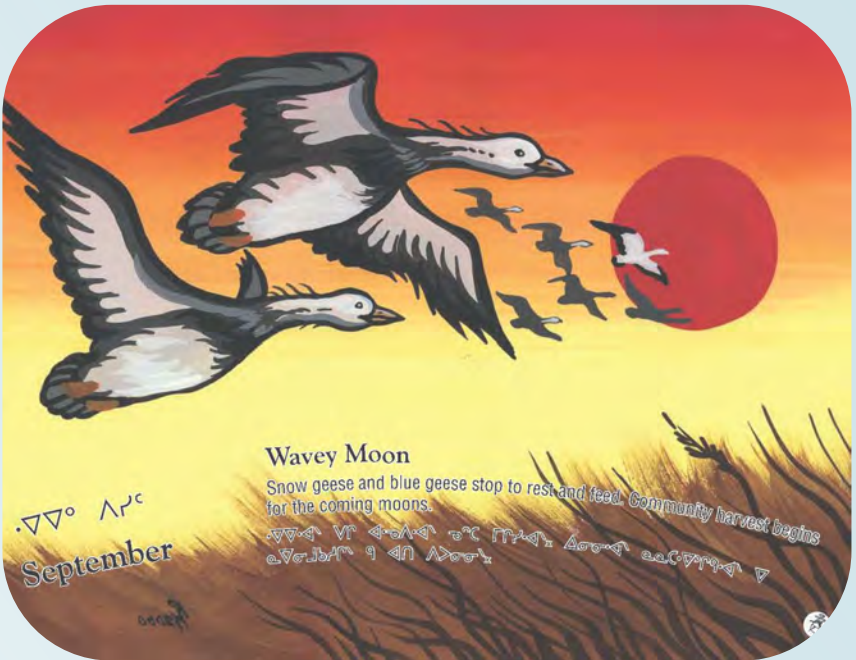
Participation and Feedback on
Activities/Events/Programs is
always welcomed

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



This Week's Highlights:

- **STAT HOLIDAY—LABOUR DAY**
(offices closed)
- **Community Haircut Day**
- **Wahkohtowin BioDiversity
Monitoring Pilot Project Community
Engagement Dinner**



Oški-kīšikāw
MONDAY
Wehwewi-Pisim
September 1

**OFFICES
CLOSED**

**LABOUR
DAY**

STAT HOLIDAY



Nīso-kīšikāw
TUESDAY
Wehwewi-Pisim
September 2

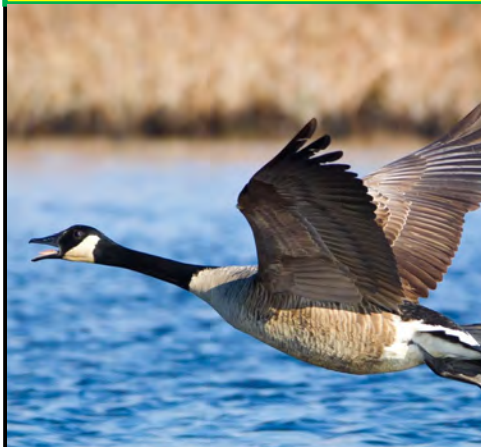


Town Run
10:00 a.m.
Call **Health** at
705-864-0200 before 9am
to get picked up

COMMUNITY HAIRCUT DAY



10am-4pm @ Health



Apihtawan
WEDNESDAY
Wehwewi-Pisim
September 3



Nēwi-kīšikāw
THURSDAY
Wehwewi-Pisim
September 4



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

**Wahkohtowin
Biodiversity
Project
Engagement
Dinner**



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



Pahkwēšikani-kīšikāw
FRIDAY
Wehwewi-Pisim
September 5

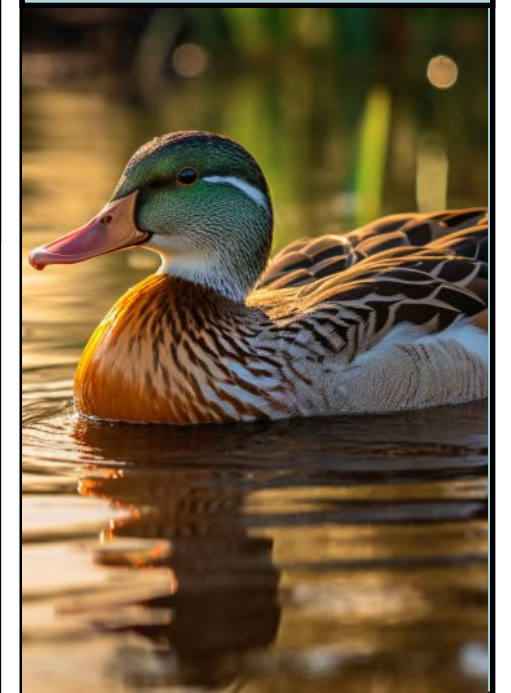


**Not Receiving the
Weekly Pamphlet in a
timely manner?
Call **Kyle Corston** at the
Band Office 705 864 0784
and give your email—
you'll
receive the pamphlet
right to your inbox**

Matinawe-Kisikaw
SATURDAY
Wehwewi-Pisim
September 6



Ayamihêwi-kīšikāw
SUNDAY
Wehwewi-Pisim
September 7



!! FINAL DEADLINE !!

TV • INTERNET • PHONE

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
UP TO 100 MBPS

INCLUDES:

FLEXTV: ESSENTIAL TV PACKAGE

GO! Globe CBS 500
Citytv FOX OMN CBC
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



*FCHAPCT025-02-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/billingpolicy. 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!



eDNA Training Workshop

September 16-18th 2025

Timmins

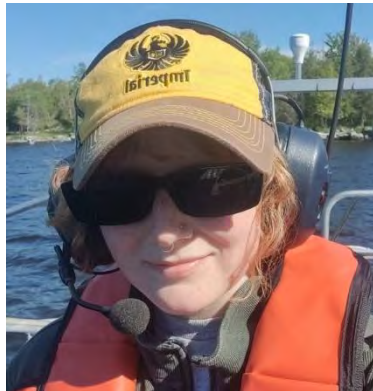
Learn new biodiversity monitoring techniques for streams, rivers, and lakes using environmental DNA (eDNA).

Join us for classroom and field sampling training organized by Lands & Resources, Mushkegowuk Council with STREAM - University of Guelph

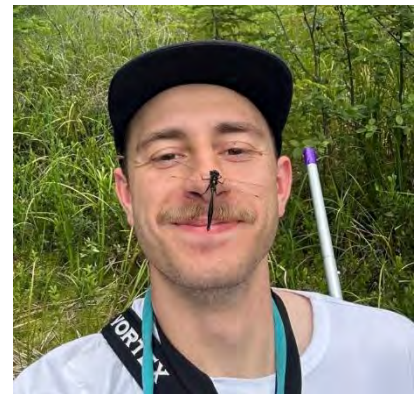
eDNA STREAM Team



Dr. Andrew Riley



Emma Booth



Aleks Mell

To Register and Find out More

Contact James Tegler (jamestegler@mushkegowuk.ca) c: 705-363-8477

Registration Deadline: Friday 29 August 2025

Haircut Day

Chantal Gravel

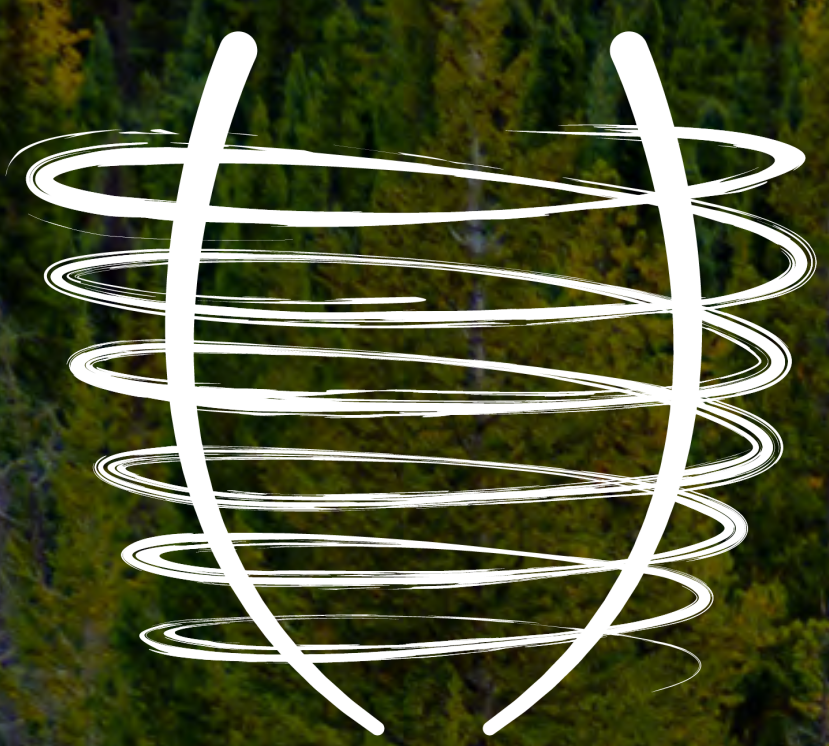
September
2 and 23, 2025
10:00am - 4:00pm

FREE of charge
Gratuity encouraged

CALL HEALTH 705-864-0200
TO BOOK AN APPOINTMENT

CCFN Members. Waitlist Welcome.





Wahkohtowin
Development GP Inc.

September 4th,
2025.

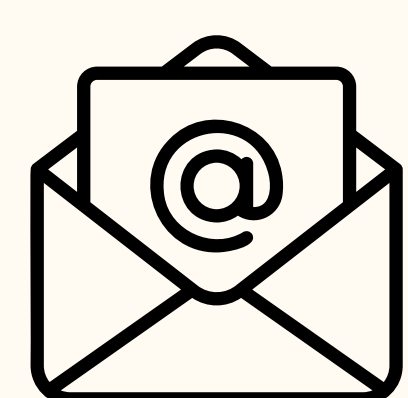
5:30-7:30pm

CCFN Band
Office Hall

Dinner Provided

Biodiversity Monitoring Pilot Project - Community Engagement Session

Join Wahkohtowin to learn more about a new biodiversity monitoring pilot project conducted through VERRA's Nature Framework. This project is centered within Chapleau Cree First Nation's territory and aims to reduce herbicide use by using mycorrhizal inoculated seedlings as an Improved Forest Management (IFM) activity. Participation means funding for Lands & Resources departments to operate a self-directed biodiversity monitoring program within traditional use territories.



tristan@wahkohtowin.com

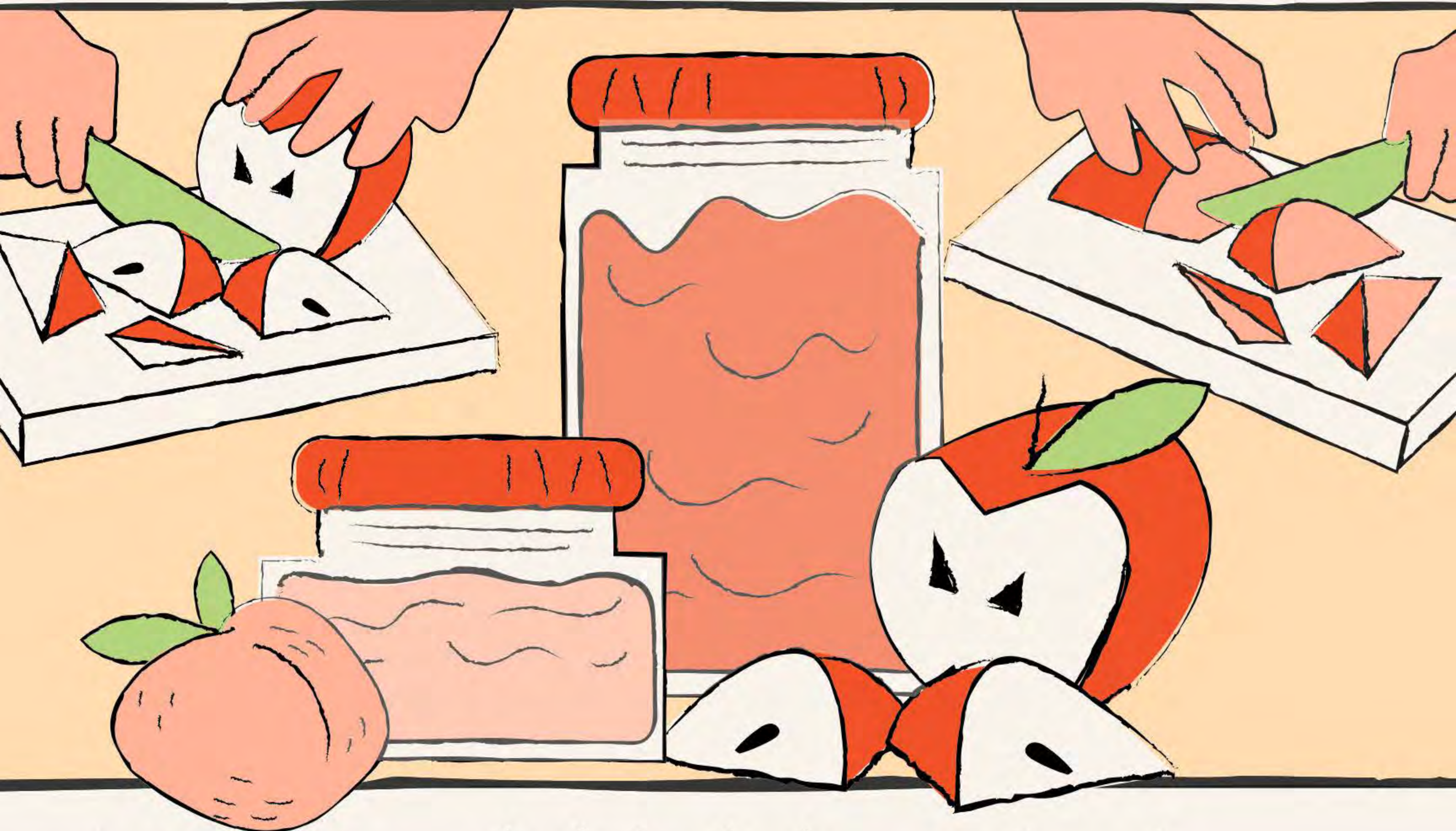


www.wahkohtowin.com

FOOD PRESERVATION

CANNING SESSION #2

ADULTS 18+



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

This session, Cindy Fletcher will be teaching how to can corn, carrots and apple sauce.

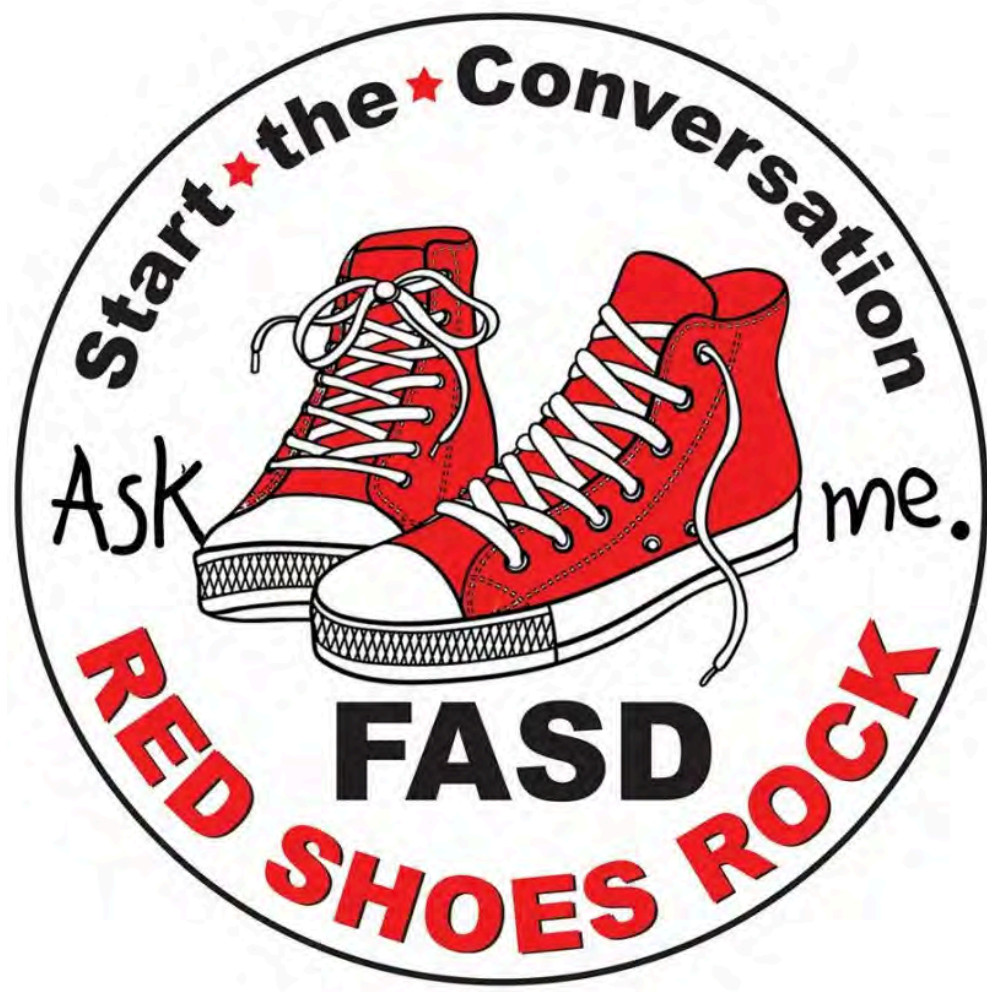
MAX 10 Participants!

September 7th, 2025

Band Office Kitchen

9:00 AM - 4:00 PM

Call Tracy at Health to register 705-864-0200



Community
FASD Awareness Dinner
September 9th, 2025
5:30 PM
at Band Office

September 9th, on International #FASD Awareness Day, we are reminded that everyone - Kookums, Mooshums, Aunties, Uncles, Sisters, Brothers, Partners, Friends and Community all play a part in supporting healthy pregnancies and those living with Fetal Alcohol Spectrum Disorder (FASD).

💡 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.

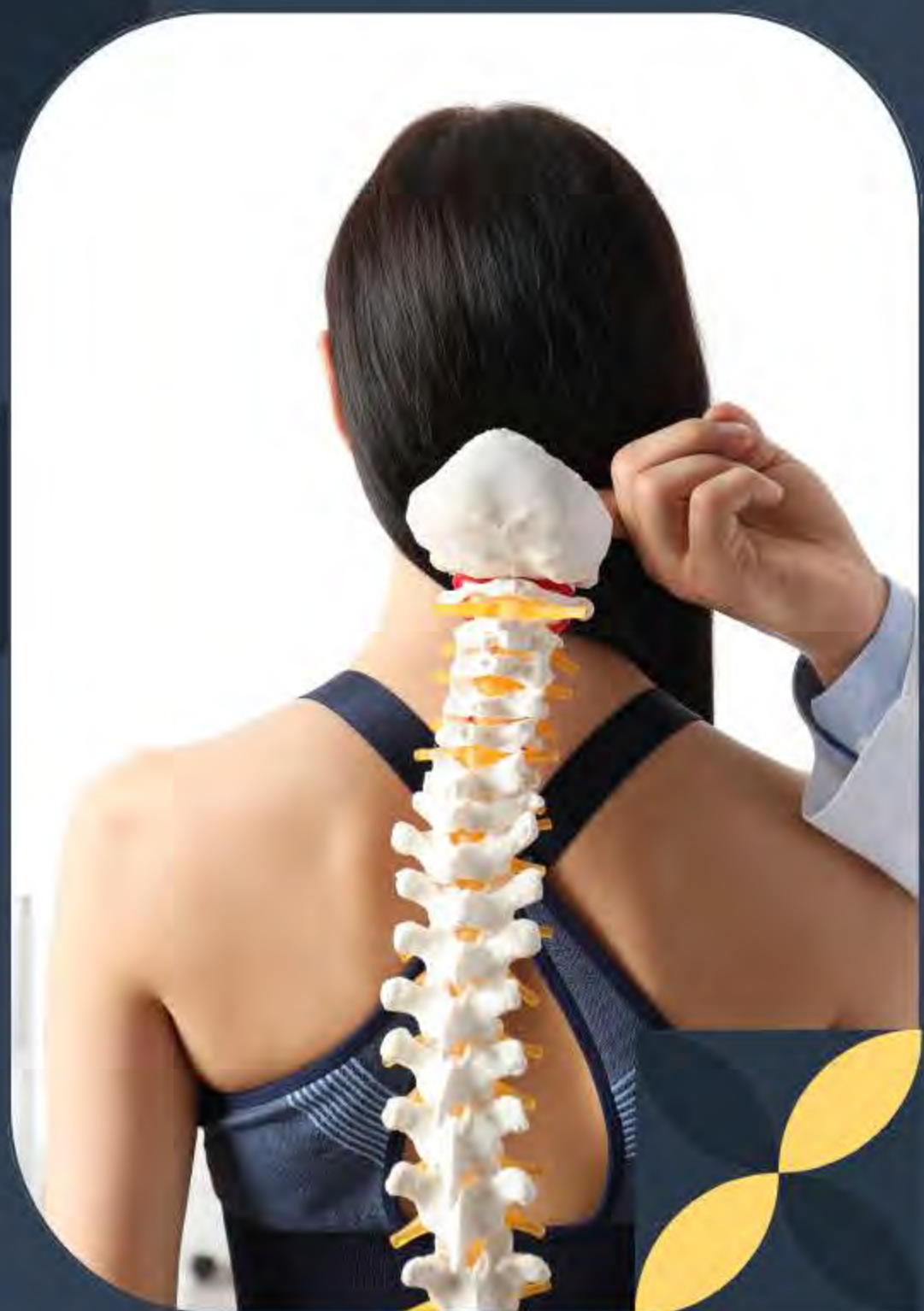
👉 How can you help? Start by attending the FASD Awareness Dinner, rocking your red shoes and visiting canfasd.ca to learn more.

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



Please call Tracy at Health for more information and
to register for the dinner 705-864-0200





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

September 10th, 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.

Joins us for a Powerful 2-day Journey of

Learning, Reflection & Healing

With Lisa Wesley & Summer Rickard

Day 1 Understanding Trauma

- ✓ Learn how trauma impacts the mind, body and spirit
- ✓ Explore grounding
- ✓ Resilience & Trauma Informed practices
- ✓ Sound Healing



This workshop is trauma-informed and culturally grounded, blending professional expertise with lived experience and Indigenous ways of knowing. Participants will leave with tools, teachings, and practices that support their own healing journey and the wellness of their communities.



Day 2 Healing Through Grief

- ✓ Acknowledge different forms of grief
- ✓ Discover holistic & traditional healing practices
- ✓ Connect in a safe and supportive circle.



Health Center

September 10 & 11, 2025

9:00am - 4:00pm

For further information contact
Adrienne or Deanna at
(705) 864-0784 x223



REFLEXOLOGY

with Kathleen Bouchard

September 11, 2025

3:00 PM–8:00 PM

at Health Centre

*Call Health to book
your appointment.*

Priority CCFN

Members, waitlist

welcomed.

705-864-0200





BACK TO SCHOOL

PARTY

MONDAY SEPTEMBER 15

AGES 6 - 18
CHILDREN 7 AND UNDER TO
BE ACCOMPANIED BY AN
ADULT

TO REGISTER CALL HEALTH - 705-864-0200

5:00PM - 7:00PM

LOCATION: HEALTH CENTRE

FOR INQUIRIES, CALL NATHALIE - EXT. 203

MAXIMUM OF 15 PARTICIPANTS



NUTRITION BINGO THANKSGIVING SPECIAL!

Sept. 17th, 2025

BRING YOUR BINGO DABBERS!

GAME | NIGHT | FUN

Band Office Door Opens At 7:00 pm

CALL 705 864 0200 TO REGISTER



BOWEN

with Dorcas Barnes

September 24th, 2025

appointments

1:00 PM–8:00 PM

September 25th, 2025

appointments

10:00 AM–5:00 PM

at Health Centre

Call to book your appointment at Health
705-864-0200

Priority CCFN Members, waitlist welcomed

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



IN HONOUR OF NATIONAL DAY FOR TRUTH AND RECONCILIATION

SAVE THE DATE
FRIDAY SEPTEMBER 26, 2025
CHAPLEAU RECREATION CENTRE,
CHAPLEAU, ON

In Collaboration with:

Canada

MAAMWESYING
NORTH SHORE COMMUNITY HEALTH SERVICES INC.



More info Scan the Code or email
irene.armstrong@maamwesying.ca

The CCFN Pow Wow Committee would like to give an honourable mention to all the logo submissions. Awesome work and thank you to all participants!



Georgia Harlos



Jaelynn Caldwell



Brian White



Chalias Caldwell



Dear Parents,

As the school year begins, children and parents are faced with new routines, fresh opportunities, and a mix of emotions. By nurturing healthy mindsets, re-establishing routines, strengthening emotional intelligence, and fueling kids with good nutrition, we can set them up for success both inside and outside the classroom.

Getting Back to Routine

Transitioning from summer flexibility to school structure takes time—but routines create security and reduce stress.

- **Sleep matters:** Children ages 6–12 need 9–12 hours of sleep per night; teens need 8–10. Start moving bedtime earlier 10–15 minutes each night before school starts.
- **Morning flow:** Prepare the night before—pack lunches, set out clothes, sign permission slips—to avoid last-minute rush.
- **After-school rhythm:** Balance homework, play, and rest. A consistent snack, homework, then playtime routine works well for many families.
- **Screen-time reset:** Set tech curfews an hour before bed. Sleep is deeper when devices are out of bedrooms.

Fostering a Growth Mindset

A “growth mindset” means believing that intelligence and abilities can be developed through effort, practice, and learning—not just something you’re born with.

- **Normalize mistakes:** When kids stumble, remind them that mistakes are part of learning. Say, “I see you tried a new strategy—that shows courage.”
- **Praise effort and strategies:** Focus on the process, not just the result. For example, “You worked hard on that puzzle and tried three different ways before solving it.”
- **Encourage curiosity:** Ask open-ended questions like, “What’s another way you could try that?” to stretch thinking.
- **Model lifelong learning:** Share times when you as a parent are learning something new (cooking, a hobby, a work skill) so kids see learning as a lifelong journey.

Fueling the Mind & Body: Nutrition Tips

Good nutrition helps children focus, maintain energy, and regulate mood. A balanced diet makes a noticeable difference in classroom performance.

- **Balanced plates:** Aim for half fruits/veggies, one-quarter protein, one-quarter whole grains.
- **Protein for focus:** Foods like eggs, cheese, beans, or yogurt provide steady energy and help concentration.
- **Healthy snacks:** Swap chips or candy for fruit slices, veggies with hummus, cheese sticks, or homemade muffins.
- **Hydration:** Dehydration can mimic fatigue or poor focus. Encourage kids to carry a water bottle and refill during the day.
- **Breakfast boost:** Kids who eat breakfast show improved memory, test scores, and behavior. Even quick options like oatmeal with fruit or a smoothie make a difference.

🗨️ Building Emotional Intelligence (EQ)

Emotional intelligence is the ability to understand, express, and manage emotions—and it's a powerful skill for school success and friendships.

- **Early Years (K–Gr. 3):** Help kids label emotions. Example: “It looks like you’re disappointed because playtime ended.” This builds vocabulary and self-awareness.
- **Middle Years (Gr. 4–6):** Teach empathy by asking, “How do you think your friend felt when that happened?” Encourage role-playing difficult social situations.
- **Teens (Gr. 7+):** Give space for self-expression. Instead of immediately offering solutions, listen first and validate: “That sounds tough—I understand why you feel upset.”

👉 Parent Activities for Back to School

- **👉 Parent Activity:** Make a visual “morning checklist” for younger children with pictures (toothbrush, clothes, backpack, shoes). For older kids, encourage them to create their own planner.
- **👉 Parent Activity:** Create a family “learning wall” where kids (and parents!) write or draw something new they learned that week.
- **👉 Parent Activity:** Involve kids in planning one lunch or snack a week. When they choose (within healthy options), they’re more likely to eat it!
- **👉 Parent Activity:** Try “Feelings Check-ins.” Ask your child to share their mood at breakfast and before bed with a word or emoji. Over time, this builds their comfort in expressing feelings.

Back-to-school season isn't only about academics—it's about creating balance: a **mindset** that encourages **growth**, **routines** that support **stability**, **emotional skills** that strengthen **relationships**, and **healthy choices** that fuel the **body and mind**. Your presence, encouragement, and consistency are the foundation for your child's success this school year.

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.

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!**

Chapleau Cree First Nation (CCFN) has engaged MNP, a professional services firm, to develop an economic development strategy for our community.

To ensure the study is comprehensive and reflective of the needs and perspectives of our community, we are inviting you to complete a survey that will enable you to provide your insights regarding considerations for economic prosperity in CCFN. The link to the survey is here:

<https://survey.alchemer-ca.com/s3/50356386/Chapleau-Cree-First-Nation-Survey>

You can also scan the QR code attached in this email.

Participation in this survey is voluntary. However, we value your input and feedback in this process and encourage you to participate. The deadline for completion of the survey is **5 PM on September 15, 2025**. We anticipate it will take approximately 15 minutes to complete the survey.

This survey is anonymous. MNP will be receiving your responses from the survey and they will be rolled up and reported as themes in MNP's reports, with no distinguishing information or attribution to specific individuals.

If you have any questions about the project, please do not hesitate to reach out to me.

If you have any questions about this survey or require technical assistance, please reach out to Matthew (M.Kupferschmidt@mnp.ca) from MNP.



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:	Financial Programmer (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.
Description:	The position is responsible for assisting in the development of the Health Centre programs and services.
Requirements:	<ul style="list-style-type: none">✓ Valid Class 'G' Driver's License✓ Clear CPIC and Vulnerable Sector Screening✓ Available after hours and weekends (when required)✓ Intermediate knowledge in Microsoft Excel and other office productivity tools
Preferred Qualifications:	<ul style="list-style-type: none">✓ Previous experience in First Nation communities✓ Motivated hard-working individual that can multi-task
Duties/Responsibilities:	<ul style="list-style-type: none">✓ Comply with CCFN Policies, Standards and Procedures✓ Uphold the accepted values of the Chapleau Cree First Nation✓ Uphold the CCFN confidentiality policy and actively safeguard data that they may encounter✓ Coordination and the reporting of all medical appointments—both locally and long distance✓ Review the Health Budget on a regular basis with the Healthcare Coordinator✓ Assist with preparation of invoices for any charges to various internal departments✓ Prepare budgets annually and complete budget adjustments, as necessary✓ Responsible for yearly budget and salary preparation✓ Responsible for Budget and Journal entries to ensure a balanced budget✓ Monitor and discuss any potential budgetary shortfalls and cash flows with the Healthcare Coordinator, Band Administrator, and the Finance Department✓ Assist with year-end preparations✓ Financial reporting of all workplans and budgets to the various funding governments and agencies✓ Responsible for tracking and reporting varying statistics✓ Process cheque requisitions✓ Verify credit card purchases, submit invoices, receipts, and financial documentation to administration in a timely fashion✓ Responsible for indemnification documents such Driver's Abstracts and CPIC's✓ Ensure purchase orders are in order and charged to correct departments✓ Verify that transactions are properly coded and completed, and return incomplete items to the originator✓ Other related duties as required
Wage:	\$ 44,500.00 - \$ 49,500.00
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: Financial Programmer**

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!