

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](mailto: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](mailto: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](mailto:h.adminassist@chapleaucree.ca)



 <https://www.facebook.com/groups/118989737892773>



For the week of:  
**September 22, to  
September 28, 2025**

**Summer Hours:**

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

**Friday  
8AM - Noon**

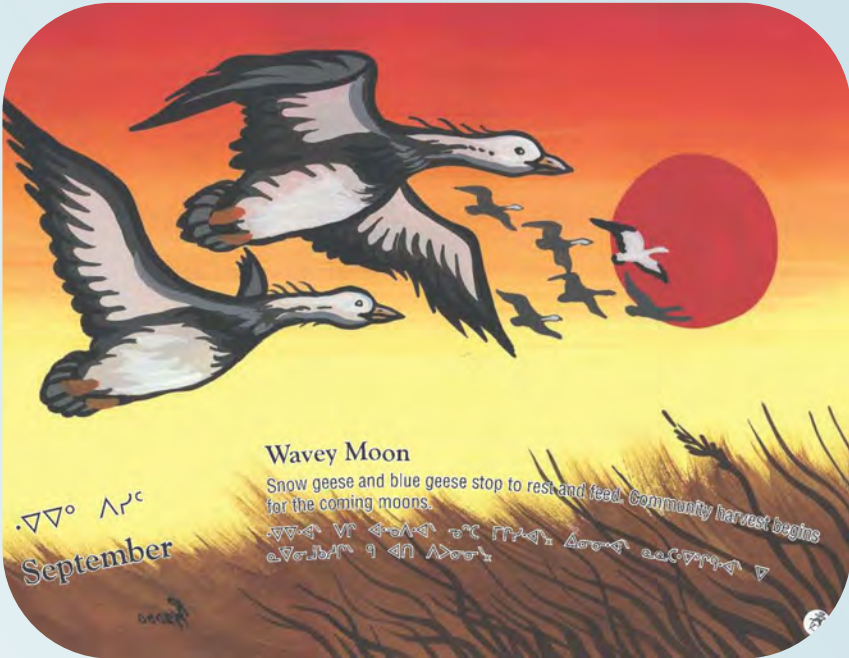
Participation and Feedback on  
Activities/Events/Programs is  
always welcomed

Please submit feedback to  
**Kyle Corston @ 705-864-0784** or  
[communityrelations@chapleaucree.ca](mailto:communityrelations@chapleaucree.ca)



***This Week's Highlights:***

- Youth Self Defense Classes
- Community Haircut Day
- Seniors Thanksgiving Dinner
  - Adult Beading
  - Bowen
- Community Dinner (Parmesan Chicken w Scalloped Potatoes)





**Oški-kīšikâw**  
**MONDAY**  
**Wehwewi-Pisim**  
**September 22**



**MONDAY.**



**Youth Self Defence**



**6:30-7:30pm@ Band Office**



**Nīso-kīšikâw**  
**TUESDAY**  
**Wehwewi-Pisim**  
**September 23**



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

**COMMUNITY HAIRCUT DAY**



**10am-4pm @ Health**

**SENIORS**  
**THANKS-**  
**GIVING**  
**DINNER**



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

**Adult Beading Social**



**6:30pm-9pm @ Health**



**Apihtawan**  
**WEDNESDAY**  
**Wehwewi-Pisim**  
**September 24**

**Bowen Therapy**  
**w/ D. Barnes**



**1pm-8pm @ Health**

**COMMUNITY DINNER**



**5:30-6:30pm@ B. Office Hall**  
(Parmesan Chicken w Scalloped Potatoes)



**Nêwi-kīšikâw**  
**THURSDAY**  
**Wehwewi-Pisim**  
**September 25**



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

**Bowen Therapy**  
**w/ D. Barnes**



**10am-5pm @ Health**



**Pahkwêšikani-kīšikâw**  
**FRIDAY**  
**Wehwewi-Pisim**  
**September 26**



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 27**



**Ayamihêwi-kīšikâw**  
**SUNDAY**  
**Wehwewi-Pisim**  
**September 28**

**Relax**

**It's**  
**Sunday**








# Every Child Matters



**In observance of Orange Shirt Day, we invite CCFN members to drop by the Health Office to pick up a shirt on Wednesday, September 24th. It is pick up only. Adult & Children's shirts will be available.**



*National Day for Truth  
and Reconciliation  
September 30, 2025*



# 10TH ANNUAL CULTURAL HARVEST

October 6 - 9, 2025

- Ribbon Skirt Workshop
- Birch Bark Basket Workshop
- Rabbit and Bear Paws Show
- Goose Teachings and Trapping Teachings
- Mini Pow Wow (confirmed)
- Traditional foods and so much more...

## IMPORTANT!!

To register, call Chantal @ Health 705.864.0200 to answer a few questions so we can make this the best year yet!

We strive to improve the experience every year.  
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



WEEKLY CLASSES STARTING MONDAY SEPTEMBER 22, 2025

6:30 PM - 7:30 PM



BAND OFFICE BASEMENT



Open  
to ages  
6-18

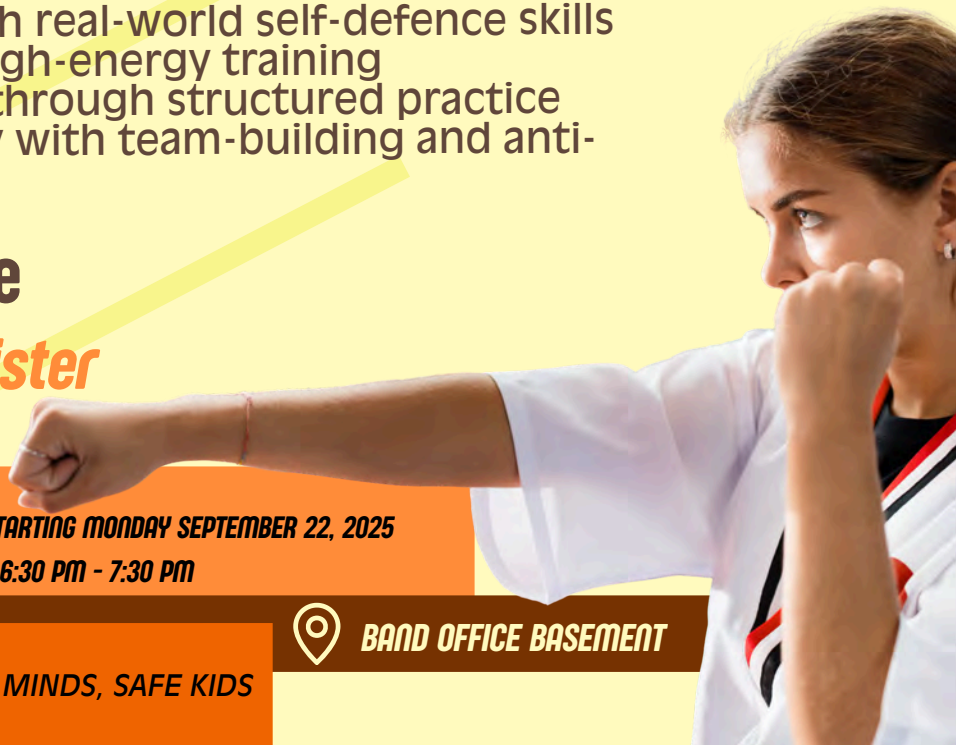
NO EXPERIENCE  
NEEDED!

JUST A WARRIOR SPIRIT



WARRIOR SPIRIT  
FITNESS & SELF-DEFENSE

STRONG BODIES, STRONG MINDS, SAFE KIDS





# 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.







SENIOR'S

Thanks  
Giving

DINNER

23 SEPTEMBER

5:30 PM

@ Band Office

Call Health to register 705-864-0200







# ADULTS ONLY BEADING SOCIAL

16+

SEPTEMBER 23, 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





# 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

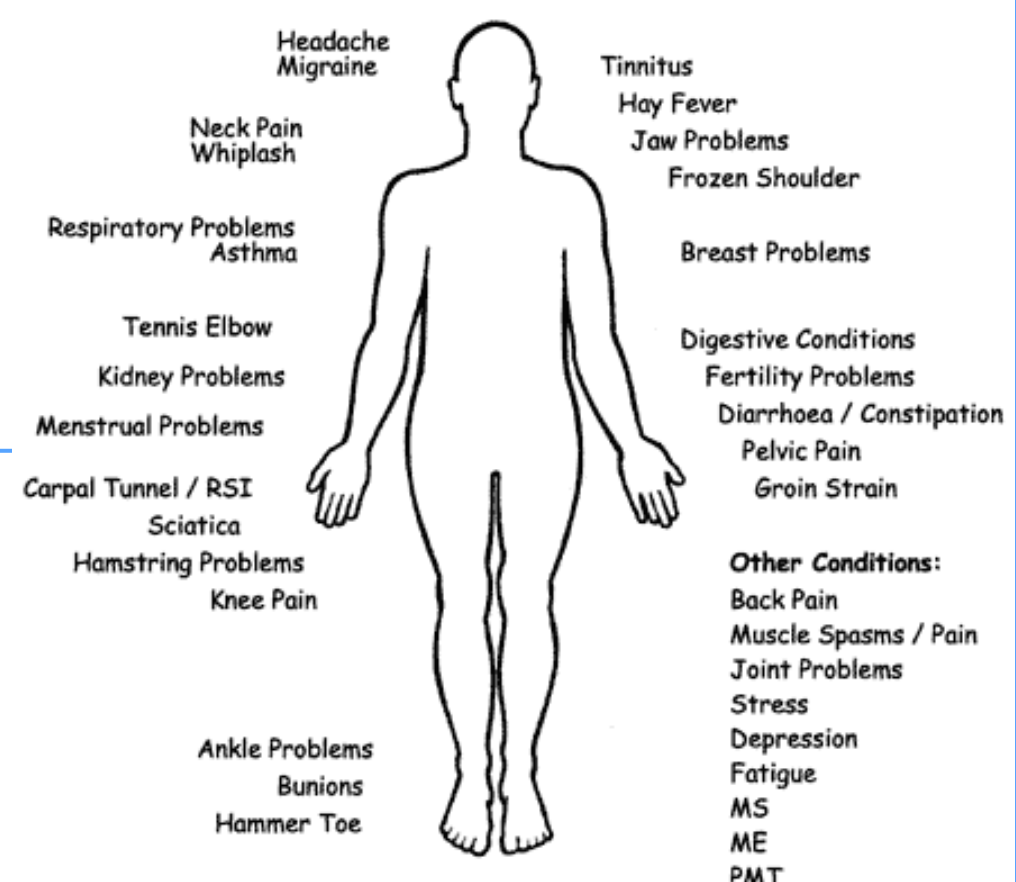
Call to book your appointment at Health  
705-864-0200

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







CHAPLEAU CREE  
PRESENTS

# Community Dinner

**24**  
SEPTEMBER

**5:30 pm**  
@ Band Office

**MENU**

Parmesan Chicken  
Scalloped potatoes  
Salad, Bread and  
Dessert



REGISTER BY CALLING 705 864 0200  
OR EMAIL [H.ADMINASSIST@CHAPLEAUCREE.CA](mailto:H.ADMINASSIST@CHAPLEAUCREE.CA)



# Arthritis Awareness Month: *Honouring Movement, Balance, and Healing*

## *Understanding Arthritis*

Arthritis is one of the most common chronic health conditions, affecting the joints and causing pain, stiffness, and swelling. It can make everyday activities—like walking, cooking, or harvesting—more difficult. Arthritis is not just a disease of aging; it can affect youth and adults too.

In Indigenous communities, arthritis rates are higher than the national average. This is partly due to risk factors such as diabetes, obesity, and limited access to early care. Raising awareness is the first step to reducing the impact.

### **Managing Arthritis with Western Approaches**

- Stay Active: Gentle exercise like walking, stretching, or swimming keeps joints flexible.
- Healthy Weight: Reduces stress on the knees, hips, and ankles.
- Medication & Supports: Anti-inflammatory medications, pain relievers, and joint supports (braces, canes) can help manage symptoms.
- Regular Check-Ups: Early diagnosis and treatment can prevent long-term joint damage.





# Arthritis Awareness Month: *Honouring Movement, Balance, and Healing*

## *Traditional Indigenous Approaches to Healing Arthritis*

For generations, Indigenous peoples have turned to the land and traditional teachings for ways to live with and manage pain. While these practices may vary by Nation, some commonly shared supports include:

### Medicinal Plants

- **Willow bark:** traditionally used for pain and inflammation.
- **Devil's club:** used in some Nations for joint pain and swelling.
- **Sage, cedar, sweetgrass:** used in smudging to support emotional and spiritual wellness when living with chronic pain.



### • Ceremony & Connection

- Healing circles, drumming, and storytelling help strengthen community support and resilience.
- Sweats and land-based healing may provide relief through both physical warmth and spiritual renewal.

### • Movement & Lifestyle

- Traditional dance, snowshoeing, and walking the land promote gentle movement and connection to culture.

✨ Always speak with both your healthcare provider and Knowledge Keepers before starting new medicines or treatments. A blended approach—Western medicine and traditional healing together—often works best.





## Voices from the Community

*"Living with arthritis is hard, but the land gives us strength. When I gather medicines with my grandchildren, I feel both relief in my body and healing in my spirit."*

— Elder's reflection

## Eating for Joint Health

Food has always been medicine. Many traditional Indigenous foods naturally support joint health by reducing inflammation, strengthening bones, and providing energy for movement and healing.

### From the Water

- Fish such as salmon, trout, whitefish, and char are rich in omega-3 fatty acids, which reduce inflammation and ease joint pain.
- Shellfish like mussels and clams provide zinc, which helps repair tissues.

### From the Land

- Wild rice is high in fiber and antioxidants, supporting overall health and reducing inflammation.
- Beans and lentils offer plant-based protein and minerals that strengthen bones and muscles.
- Berries (blueberries, saskatoon berries, cranberries) are powerful antioxidants that fight inflammation.

### From the Harvest

- Squash, pumpkin, and root vegetables provide vitamins A and C, important for tissue repair and immune support.
- Nuts and seeds like sunflower seeds, walnuts, and flaxseed are good for heart and joint health.

### Healing Teas

- Willow bark tea has been traditionally used for pain relief.
- Nettle tea is rich in minerals like calcium and magnesium that support strong bones and joints.

Balance is key. Combining traditional foods with fresh fruits, vegetables, and whole grains supports arthritis management and overall well-being.



# R & S VISION CENTRE

R & S Vision Centre will be back in the community to hold an Ophthalmology Clinic.

If you require an appointment, please email or call Chantale Pullen at 705-864-0174 ext 236 or email at [bandrepadmin@bhfn.ca](mailto:bandrepadmin@bhfn.ca)



**Sunday, October 19<sup>th</sup>**  
**Monday, October 20<sup>th</sup>**

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**A valid health card is needed.**

An administration fee of \$30 for adults and \$20 for seniors and children 17 and under to attend the clinic.