

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:  
**October 6, to  
October 12, 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:**

- **10th Annual Community Fall Harvest**





Oški-kīšikâw

MONDAY

Pimahamowi-Pisim

October 6



**10th Annual  
Community Fall  
Harvest**



@ Grassy Lake



Nīso-kīšikâw

TUESDAY

Pimahamowi-Pisim

October 7



**Town Run**

**10:00 a.m.**

Call **Health** at

**705-864-0200** before 9am

to get picked up



**10th Annual  
Community Fall  
Harvest**



@ Grassy Lake



Apihtawan

WEDNESDAY

Pimahamowi-Pisim

October 8



**10th Annual  
Community Fall  
Harvest**



@ Grassy Lake



Nêwi-kīšikâw

THURSDAY

Pimahamowi-Pisim

October 9



**Town Run**

**10:00 a.m.**

Call **Health** at

**705-864-0200** before 9am

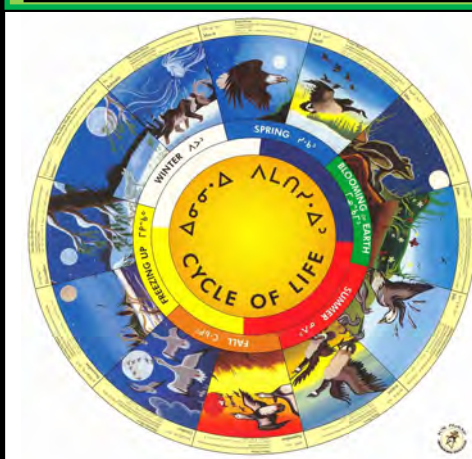
to get picked up



**10th Annual  
Community Fall  
Harvest**



@ Grassy Lake



Pahkwêšikani-kīšikâw

FRIDAY

Pimahamowi-Pisim

October 10



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

Pimahamowi-Pisim

October 11



Ayamihêwi-kīšikâw

SUNDAY

Pimahamowi-Pisim

October 12

**HAVE a Great  
Weekend  
RELAX & ENJOY**



Chapleau Cree First Nation 10th Annual Fall Cultural Harvest				
	MONDAY, October 6, 2025	TUESDAY, October 7, 2025	WEDNESDAY, October 8, 2025	THURSDAY, October 9, 2025
8:30 AM TO 4:30 PM	<b>REGISTRATION</b> Tent C (Lori & Stephanie)	<b>REGISTRATION</b> Tent C (Lori & Stephanie)	<b>REGISTRATION</b> Tent C (Lori & Stephanie)	
8:30 AM	<b>BREAKFAST</b> Shapatawan "A"	<b>BREAKFAST</b> Shapatawan "A"	<b>BREAKFAST</b> Shapatawan "A"	<b>BREAKFAST</b> Shapatawan "A"
	Cooking Tent - Greta & Mike Katapaytuk and Joyce & Douglas Small - All Day			
	Open Fire All Day ~ Fire Keeper - Ricky Larocque			
9:30 AM - 12:00 PM	<b>OUTDOOR FIRE AREA</b> Opening and Welcoming Remarks Chief Keeter Corston & Nathalie Barsalou Opening Prayer and Smudge  <b>Drumming with Adrienne and group</b>	<b>Soapstone Carving with Phil (10) - Group B - Tent E</b>  <b>Fish Harvesting with Allan - Waterfront - Checking Nets -</b>  <b>Drum Making with Adrienne &amp; Chantal (12) - Part 1 - Tent C</b>  <b>Kids Mini-Drum Keychain Making with Cindy (20) - Group A - Shapatawan A</b>  <b>Moose Hunting Excursion with Wayne - depart from fire area</b>  <b>Fish Cleaning with Richard - open area</b>  <b>Soapmaking with Paula Edwards - Tent B</b>  <b>Geocaching with Lauryn - open area</b>	<b>Fish Harvesting with Allan - Waterfront</b>  <b>Fish Filleting with Richard - Open area</b>  <b>Elders Games &amp; Craft with Terri and Sam - Shapatawan A</b>  <b>Fishing Expedition with Wayne (6) - beachfront</b>  <b>Bear Paw and Rabbit Puppet Show - Tent C</b>  <b>Drum Making with Adrienne &amp; Chantal - Part 2 - Tent B</b>   <b>Birch Bark Baskets with Nopaming - Shapatawan A</b>	<b>Mini Pow Wow - Tent B - 10:00am - 2:00pm</b>
12:00 PM 1:00 PM	<b>LUNCH</b> Shapatawan "A"	<b>LUNCH</b> Shapatawan "A"	<b>LUNCH</b> Shapatawan "A"	<b>LUNCH</b> Shapatawan "A"
1:00 PM TO 3:00 PM	<b>Soapstone Carving with Phil (10) - Group A - Tent E</b>  <b>Fish Net Setting with Allan - Waterfront</b>  <b>Ribbon Skirts with Nathalie (15) - Group A, part 1 - Shapatawan A</b>  <b>Kids Medicine Bag Making with Marlene (12) - Group A - Tent B</b>  <b>Cedar Foot Soaks with Jackie (12) - Yurt</b>  <b>Talking Stick Craft with Hilary Broomhead - Tent C</b>  <b>Kids Games with Kevin - Airfield</b>	<b>Baby Moss Bags with Marlene (12) - Yurt</b>  <b>Archery with Lana Perry - 15 and older group - Tent E</b>  <b>Ribbon Skirts with Nathalie (15) - Group B, Part 1 - Shapatawan A</b>  <b>Kids mini-drum key chain craft with Cindy (20) - Group B - Tent B</b>  <b>Soapstone Carving with Phil (10) - Group B - Tent E - 1:00 - 3:00</b>  <b>Kids Games with Kevin - Airfield</b>  <b>Fish Filleting with Richard - open area</b>	<b>Bear Paw and Rabbit Puppet Show - Tent C</b>  <b>Elders Craft with Terri and Sam - Tent B</b>  <b>Birch Bark Baskets with Nopaming - Shapatawan A</b>  <b>Trapping Teaching with Allan Dupuis - Fire area</b>  <b>Fish Cleaning with Richard - Open area</b>   <b>Kids Games with Kevin - Airfield</b>	<b>Closing Remarks Chief Keeter Corston &amp; Nathalie Barsalou Drumming with Adrienne and group Giveaways &amp; Gifting      Wrap- up</b>
	3:00 PM TO 4:30 PM	<b>Ribbon Skirts with Nathalie (15) - Group A, part 2 - Shapatawan A</b>  <b>Poker Walk with Lori Moreau</b>  <b>Soapstone Carving with Phil (10) continued - Tent E</b>  <b>Goose Teaching with Wayne Kapashesit - Main Beach</b>   <b>Kids Bingo with Hilary and Mary Jane - Tent B</b>	<b>No Sew Pillow Craft with Cindy (20) - Tent B</b>  <b>Ribbon Skirts with Nathalie (15) - Group B, Part 2 - Shapatawan A</b>  <b>Fish Net Setting with Allan - Waterfront</b>  <b>Archery with Lana Perry - 14 and under group - Tent E</b>  <b>Knife/Axe Sharpening with Phil (20) - Tent E</b>  <b>Baby Moss Bags with Marlene (12) - Yurt</b>	
4:30 PM TO 6:00 PM	<b>SUPPER</b> Shapatawan "A"	<b>SUPPER</b> Shapatawan "A"	<b>SUPPER</b> Shapatawan "A"	
**HUNTERS - PLEASE NOTE **  Hunters & Gatherers preparation (lunch bag dinner for hunting & trapping providers *must register for suppers with the kitchen [Terry] by 11 AM) In respect of the preparation of the successful harvesting of our "gifts", this schedule will automatically change in time/location & teachers/leaders of activities*				
** Sign up sheets available at each event - first come, first serve basis as some events have limited space **				
** Transportation is available daily. Departing the Health Centre at 8:15AM to Grassy Lake Returning after Supper Service (Padraic)**				
Please note that this schedule is subject to change at any time				

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 INCLUDES:  
FUNDAMENTALS  
SAFE, POSITIVE

CLASSES WILL RESUME

**OCTOBER 20TH**

Open  
to ages  
6-18

LED BY A FORMER  
BRINGS REAL-LIFE  
CHILD LEARNING  
SITUATIONAL AWARENESS AND  
NOT JUST THEORY.

**NO EXPERIENCE  
NEEDED!**

DESIGNED SPECIFICALLY FOR KIDS AND TEENS, OUR CLASSES BUILD:

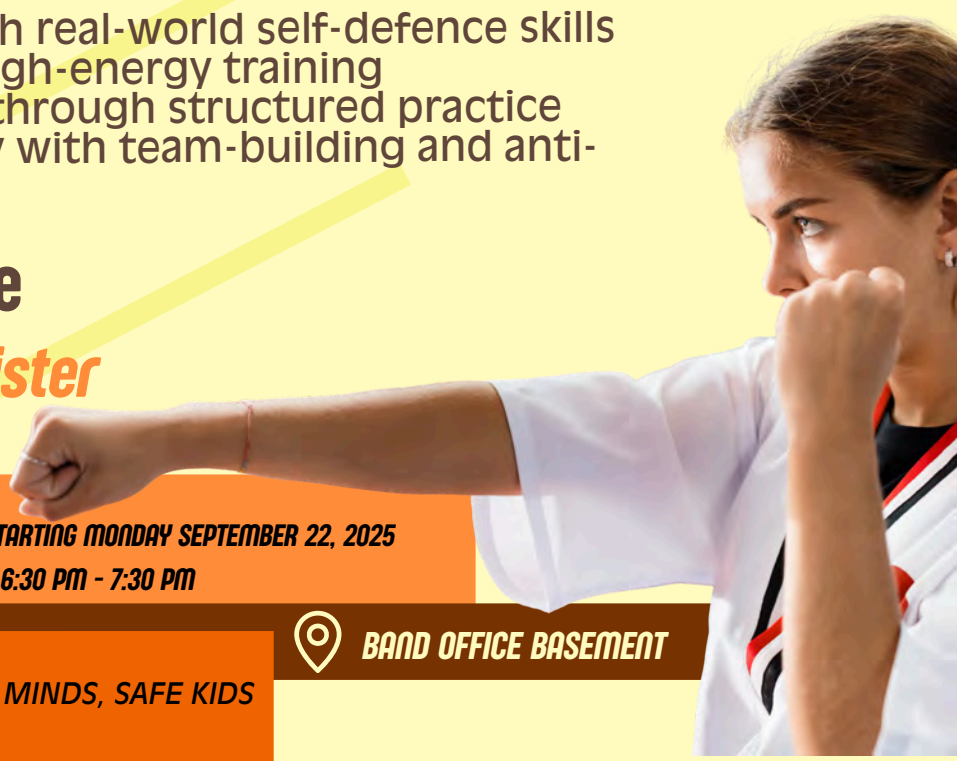
- Confidence through real-world self-defence skills
- Fitness with fun, high-energy training
- Discipline & Focus through structured practice
- Respect & Empathy with team-building and anti-bullying strategies

JUST A WARRIOR SPIRIT

**Limited Spots Available**

**Call Health to register**

 **864-0200**



**WARRIOR SPIRIT**  
FITNESS & SELF-DEFENSE



WEEKLY CLASSES STARTING MONDAY SEPTEMBER 22, 2025

6:30 PM - 7:30 PM



**BAND OFFICE BASEMENT**

**STRONG BODIES, STRONG MINDS, SAFE KIDS**



# Haircut Day

Chantal Gravel

October 14 & 28  
10:00am - 4:00pm

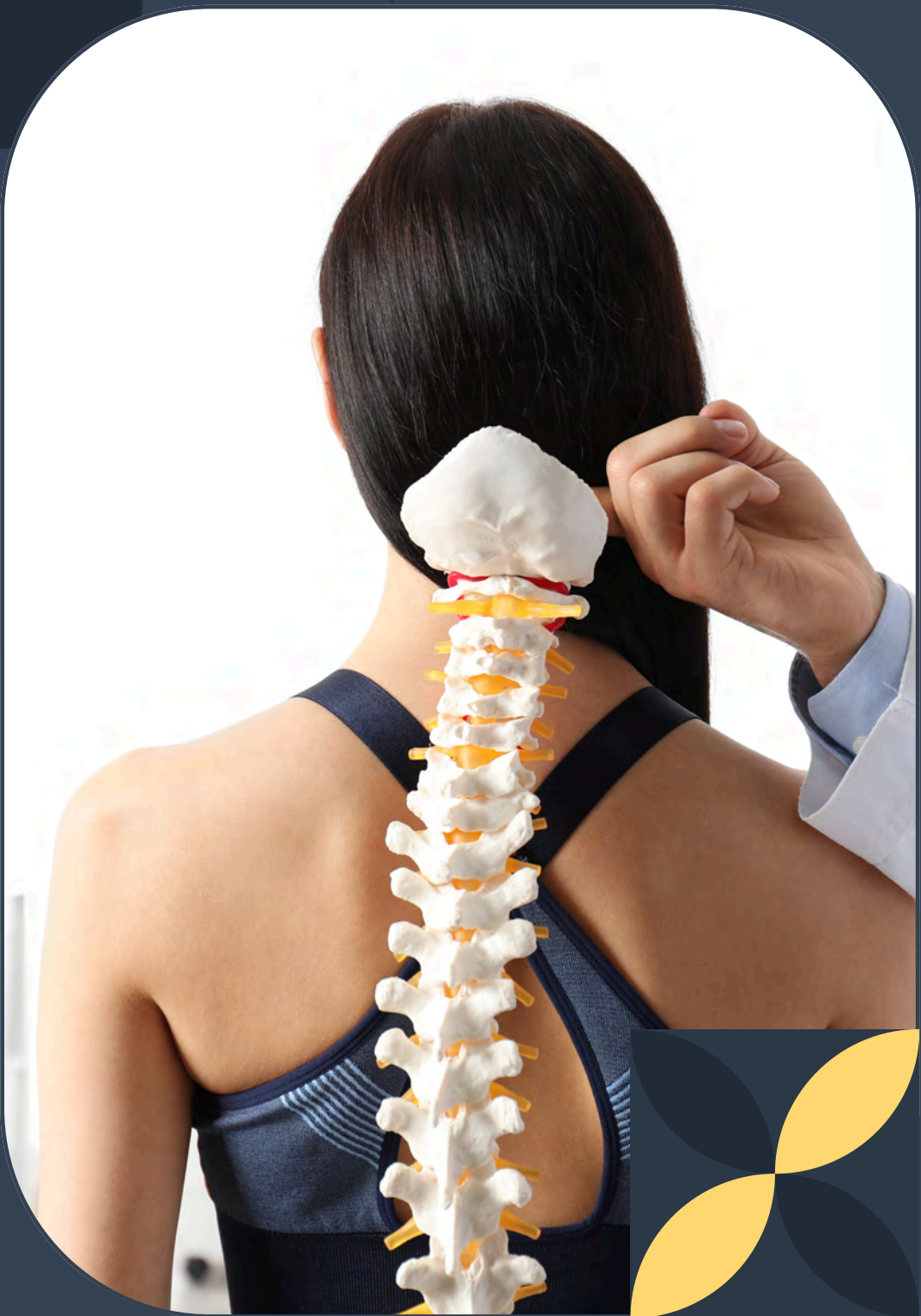
FREE of charge  
Gratuity encouraged

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

October 15th, 2025  
10:00 am to 2:30 pm



Ready to prioritize your well-being?  
Contact us today

### HEALTH CENTRE



705 864 0200

CCFN Members  
Waitlist for others welcome.







# P♥INK OCTOBER

SAVE <sup>THE</sup> DATE

**Lunch and Learn**

**October 15<sup>th</sup>, 2025**

**12:00 pm to 1:00 PM**

**At Health Center**

**PLEASE CALL HEALTH 705-864-0200 TO REGISTER FOR THIS EVENT**

**BREAST CANCER AWARENESS MONTH**





# Massage Day

with Kathleen Bouchard

October 15, 2025  
3:00 PM - 8:00 PM  
at Health Centre.



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



# St. John's IRS Initiative Trauma & Wellness Support

## October 16th, 2025:

- **1:00pm–5:00pm:** One on Ones with Lisa Wesley at the Health Centre
- **5:00pm–6:00pm:** Dinner\*: must be registered for Understanding Trauma Workshop (18+)
- **6:00pm–9:00pm:** Understanding Trauma Workshop with Lisa Wesley (20 participants max)

## October 17th, 2025:

- **9:00am–4:30pm:** One on Ones with Lisa Wesley at the Health Centre

## October 17th, 2025

- **12:00pm–4:00pm:** Community Fire at the Turtle Lodge with Adrienne Beaupre & Deanna Dixon, everyone welcome to attend – drop in (no registration necessary), light refreshments to be served



Please register for One on One's and  
Workshop with Chantal at the Health Centre  
705-864-0200 x 201





# HONORING OUR WOMEN, PROTECTING OUR HEALTH

October is **Breast Cancer Awareness Month**, a time to raise awareness, share knowledge, and encourage women and families to take proactive steps in caring for their breast health. Breast cancer affects Indigenous women at high rates, and early detection and strong community support can save lives.

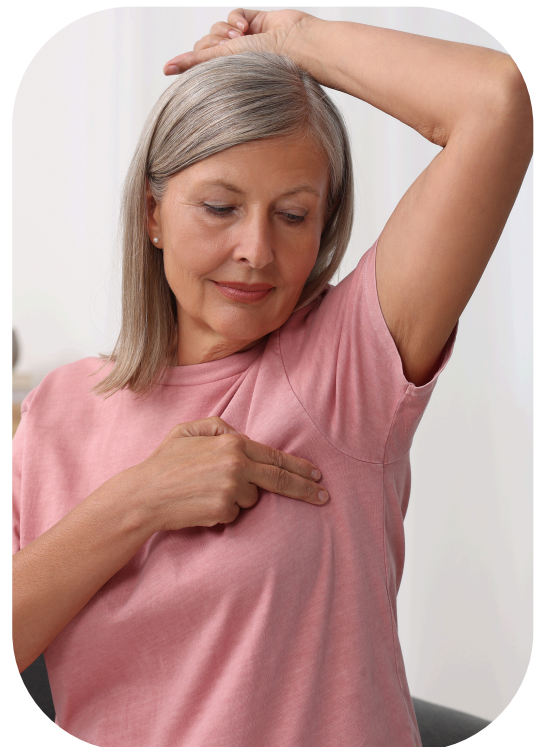
## UNDERSTANDING BREAST HEALTH

- **Know Your Body:** Regularly check your breasts for changes such as lumps, swelling, skin dimpling, or changes in nipple shape.
- **Routine Screenings:** Mammograms can detect cancer early—even before symptoms appear. Indigenous women are encouraged to connect with their local health centre to learn when screening is recommended.
- **Risk Factors:** Family history, age, lifestyle, and environmental factors may increase risk, but healthy eating, staying active, and limiting alcohol can help protect your health.
- **Eat Well** – Include traditional and whole foods: berries, wild fish, beans, corn, squash, and leafy greens. These provide antioxidants and nutrients that protect cells.
- **Maintain Balance** – Keeping a healthy weight lowers risk. Too much weight gain, especially after menopause, can increase breast cancer risk.
- **Limit Alcohol** – Alcohol use can raise the risk of breast cancer. Choosing water, tea, or traditional drinks instead supports prevention.
- **Quit or Reduce Smoking** – Smoking affects overall health and can increase cancer risks. Support is available if you want help quitting.

## HOLISTIC HEALTH

Women are recognized as life-givers and caretakers of family, community, and the land. Women's health is deeply connected to balance in the body, mind, spirit, and environment. Caring for breast health is not just a medical step—it is an act of love for ourselves, our families, and future generations.

- Traditional medicines and practices have long supported women's well-being across all stages of life—from menstruation and fertility to pregnancy, motherhood, and menopause.



Pamela Drynan, RN  
rn@chapleaucree.ca





# TRADITIONAL MEDICINES FOR WOMEN'S HEALTH

*"When women are  
well, the nation  
is well."*

- **Sweetgrass** – Used in ceremony for purification and calmness; helps support emotional wellness and reduce stress, which is important for women's overall health.
- **Sage** – Known as a cleansing medicine, it supports spiritual balance. Some teachings use sage teas for menstrual discomfort or hot flashes.
- **Cedar** – Used for protection and purification; cedar baths or teas are sometimes prepared for recovery after childbirth or to support women's reproductive health.
- **Willow Bark** – Traditionally used for pain relief, often for cramps or joint pain.
- **Raspberry Leaf** – Known across many communities as a women's medicine, supporting the uterus during pregnancy and easing menstrual discomfort.
- **Nettle** – Rich in vitamins and minerals that strengthen bones and tissues, nourishing the body during pregnancy, breastfeeding, and menopause.
- **Dandelion Root & Leaf** – Supports liver health, which in turn helps regulate hormones and reduces inflammation—important for breast wellness.
- **Flaxseed & Sunflower Seeds** – Used in traditional diets; they are rich in nutrients that support hormone balance and breast tissue health.

\*\*\*\*\*Always consult local Elders, Medicine Healers, and your primary care provider when trying new medicine.

## HOLISTIC PRACTICES FOR WOMEN'S WELLNESS

- **Land-based Healing:** Gathering traditional medicines, berry picking, or participating in hunts/harvests fosters balance and grounding.
- **Traditional Foods:** Moose, deer, fish, berries, corn, squash, wild rice, and medicinal teas nourish women's bodies and reduce risk of chronic disease.
- **Storytelling & Elders' Guidance:** Teachings shared in circles help women carry forward knowledge about resilience, fertility, birth, and aging.
- **Crafts & Creativity:** Beading, sewing, and traditional arts are more than hobbies—they promote mindfulness, community bonding, and healing.

Pamela Drynan, RN

rn@chapleaucree.ca



Toy McAuley







# Time to pump out your septic tank?

- Septic Tank Cleaning
- Date: To be determined
- Deadline to sign up – October 10th , 2025
- On-Reserve households

Rate per household will be \$350.00



**Your septic tank should be pumped out every 2 to 3 years**



**TO REGISTER OR FOR INQUIRIES CALL CHANTAL @ THE HEALTH CENTRE**

• 705 864-0200



**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

P.O. Box 400 ♦ Fox Lake Reserve ♦ Chapleau, Ontario ♦ P0M 1K0

Tel: (705) 864-0784 ♦ Fax (705) 864-1760

[reception@chapleaucree.ca](mailto:reception@chapleaucree.ca)

### EMPLOYMENT OPPORTUNITY

**Position:** Anticipatory Administrative Assistant – 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 Chapleau Cree First Nation is seeking the services of a self-motivated dependable employee to provide office support and clerical duties for the Band Administrator.

**Preferred Qualifications:**

- ✓ Degree in Business Administration or Equivalent
- ✓ 2 years' experience in a similar type of position
- ✓ Valid G driver's license
- ✓ May be required to provide a Canadian Police Information Check

**Skills:**

- ✓ Excellent use of technology for collaboration.
- ✓ Strong computer skills, including all Microsoft applications.
- ✓ Rigorous analytical and research skills.
- ✓ Innovative, supportive, highly driven and attention to detail.
- ✓ Ability to communicate with all levels of the organization.
- ✓ Dedicated self-starter, ability to work well under pressure and deadlines.
- ✓ Excellent time management and organizational skills.
- ✓ Highly motivated, efficient team player who can provide comprehensive administrative support.
- ✓ Ability to complete multiple tasks while dealing with frequent interruptions and tight timelines.
- ✓ Ability to work with and adapt successfully to shifting priorities, variations in work schedules, locations and/or tasks and respond to changing procedures, technology and/or policies in a positive, appropriate manner.
- ✓ Ability to lead coordination of community presentations.

**Duties/Responsibilities:**

- ✓ Follow directions as provided by the Band Administrator to ensure the timely day-to-day business of the Chapleau Cree First Nation
- ✓ Coordinate and manage the Band Administrator's schedule
- ✓ Act in a resource capacity with other departments of CCFN
- ✓ Taking minutes at meetings as directed by Administrator
- ✓ Maintain filing systems and coordinate with the finance department
- ✓ Assist in the timely delivery of program and service management for the CCFN
- ✓ Assist in the preparation and submission of required provincial, federal and First Nation reporting
- ✓ Supports communication memos, newsletter articles and announcements
- ✓ Ability to travel and attend meetings on behalf of CCFN
- ✓ Incumbent may be expected to perform other job-related duties other than those contained in this description.

**Wage:** \$ 45,760.00 - \$ 54,080.00

**Closing Date:** October 24, 2025

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](mailto:bandadmin@chapleaucree.ca)

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!





## 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](mailto:reception@chapleaucree.ca)

### EMPLOYMENT OPPORTUNITY

**Position:** Residential School Initiative Lead (Contract Position – ending March 31, 2026, with possible extension)

**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:** Chapleau Cree First Nation, Brunswick House First Nation and Chapleau Ojibwe First Nation are jointly leading a Residential School Survivor Project to establish protocols to guide the work uncovering the truth of what happened at St. John's (Anglican) Indian Residential Schools, their families, and the community. To support this project, Chapleau Cree First Nation is looking for an Initiative Lead to guide this work.

**Preferred Qualifications:**

- ✓ Highly organized with ability to multitask and manage workload effectively.
- ✓ Experience with coordinating and scheduling.
- ✓ Member of Chapleau Cree First Nation.
- ✓ Trauma-informed training an asset. \*Training opportunities may be available.
- ✓ Strong knowledge and awareness of Indigenous culture and history
- ✓ Behave in a manner that serves as an example of positive cultural values, attitudes, beliefs, and actions.

**Skills:**

- ✓ Management skills
- ✓ Post-secondary education in Indigenous studies and/or combination of an equivalent and relevant education
- ✓ Ability to work autonomously.
- ✓ Previous working experience in First Nation communities

**Duties/Responsibilities:**

- ✓ Primary liaison between the community leadership and the Technical Team undertaking the work.
- ✓ Leading the work of developing an Initiative Plan, within the first year, to guide the subsequent years of work
- ✓ Identifying, engaging with, and contracting relevant professional services and overseeing the work conducted by third parties in support of the initiative.
- ✓ Overseeing the implementation of the Initiative plan and budget, including overseeing development of relevant activity and reporting to funding agencies.
- ✓ Overseeing successful implementation of the Communications Plan to ensure leadership, Survivors and all other relevant parties are well-informed.
- ✓ Establish a Technical Working Group to ensure successful implementation of the Initiative Plan
- ✓ Overseeing recruitment of and supervision of Community Coordinators for the initiative.
- ✓ Working closely with the Technical Working Group, including the mental health professionals, on all elements of the Initiative.
- ✓ Other related duties as requested

**Wage:** \$ 95,000.00 – \$ 100,000.00

**Closing Date:** October 17, 2025, or 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](mailto:bandadmin@chapleaucree.ca)

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!