

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@lifesacredjourney.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>



**RESPECT TOBACCO!!!  
SAY NO TO SMOKING!**



For the week of:  
**November 10, to  
November 16, 2025**

**Winter Hours:**

**Monday - Friday  
8:30AM - 4:30PM**

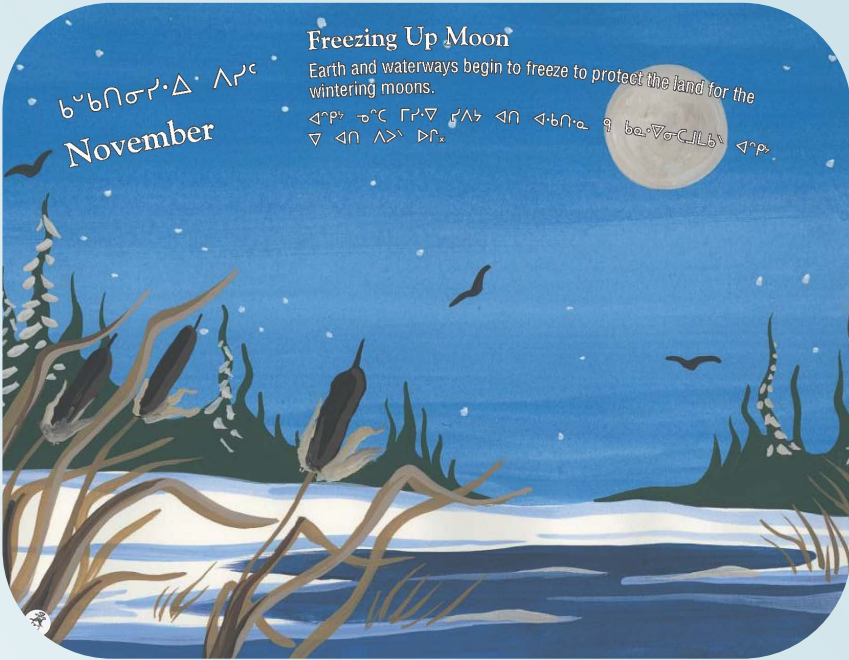
Participation and Feedback on  
Activities/Events/Programs is  
always welcomed

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



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

- Chief & Council Meeting
  - Chiropractor
- CCFN Remembrance Day Ceremony & Luncheon
- Youth Self Defense Group 1&2
- STAT HOLIDAY—REMEMBRANCE DAY (offices closed)
- Influenza Immunization (by appointment)
- Learn to Make Elderberry Syrup!
  - Reflexology w/ Kathleen
- MNP Community Dinner and Economic Development Strategic Engagement
  - MEN'S UFC NIGHT!!!



**Freezing Up Moon**  
Earth and waterways begin to freeze to protect the land for the  
wintering moons.  
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**Oški-kīšikâw**

**MONDAY**

**Kaskatinisiw-Pisim**  
**November 10**

**Chiropractor in**  
**Spa Room**



**10am-3pm @ Health**

**CCFN REMEMBRANCE DAY**  
**CEREMONY**



**11am-1pm @ Band Office**

**Flu Immunization**  
**Clinic (Appointment**  
**Only)**



**2pm-4pm @ Health**

**Youth**  
**Self Defence**  
**Group 1&2**



**GROUP 1: 6-7pm    GROUP 2: 7-8pm**  
**@ Band Office**

**Chief & Council**  
**Meeting**  
**6pm @ Band Office**



**CHAPLEAU CREE**  
**FIRST NATION**

**Nīso-kīšikâw**

**TUESDAY**

**Kaskatinisiw-Pisim**  
**November 11**



**Town Run**

**CANCELLED**

**OFFICES CLOSED**  
**REMEMBRANCE DAY**



**STAT HOLIDAY**



**Apihtawan**

**WEDNESDAY**

**Kaskatinisiw-Pisim**  
**November 12**

**Influenza Immunization Clinic**  
**(Appointment Only)**



**2pm-4pm @ Health**



**Learn to Make**  
**Elderberry Syrup!**



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



**Nêwi-kīšikâw**

**THURSDAY**

**Kaskatinisiw-Pisim**  
**November 13**



**Town Run**

**10:00 a.m.**

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

**REFLEXOLOGY**



**3pm-8pm @ Health**

**MNP Community Dinner**  
**Ec. Dev. Strategy Engagement**

**MNP**



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



**Pahkwêšikani-kīšikâw**

**FRIDAY**

**Kaskatinisiw-Pisim**  
**November 14**

**Influenza Immunization Clinic**  
**(Appointment Only)**



**1:30pm-3:30pm @ Health**

IS IT FRIDAY YET?



**Influenza Immunization Clinic**  
**(Appointment Only)**



**4pm-7pm @ Health**

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**

**Kaskatinisiw-Pisim**  
**November 15**

**MEN'S UFC NIGHT!!!**



**5pm-11pm @ Band Office**

**Ayamihêwi-kīšikâw**

**SUNDAY**

**Kaskatinisiw-Pisim**  
**November 16**

**Relax**

It's  
**Sunday**





**REMEMBRANCE DAY**

*Lest We Forget*

**NOVEMBER 10<sup>TH</sup>, 2025**

**11:00 AM**

**BAND OFFICE BASEMENT HALL**

**LIGHT LUNCH TO FOLLOW**

*This Winter Season, Lets*  
**Strengthen Community Immunity**

When more people are  
vaccinated, the virus  
spreads less.



**Immunization Clinics  
by Appointment ONLY**

November 10<sup>th</sup> 2:00pm - 4:00pm

November 12<sup>th</sup> 10:00am - 12:00pm

November 14<sup>th</sup> 1:30-3:30pm

November 14<sup>th</sup> 4:00pm - 7:00pm

**Reserve your spot by calling**

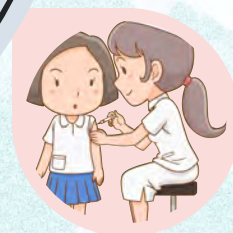
**CCFN Health Centre**

**to book your appointment for**

**the Influenza vaccine,**

**("Flu Shot")**

**705-864-0200**



Pamela Drynan, RN



# Learn to make Elderberry Syrup

facilitated by Nathalie Barsalou

## Benefits of Elderberry Syrup

- immune boosting
- reduces cold and flu symptoms
- antiviral properties
- anti-inflammatory effects
- heart health
- digestive health

Date: November 12, 2025

6:30pm - 9:00pm

Location: Health Centre

To register, call Health at 705-864-0200

For more information, call Nathalie, ext. 203

10 participants

CCFN Band Members

Waitlist Welcome





# REFLEXOLOGY

*with Kathleen Bouchard*

*November 13, 2025  
3:00 PM–8:00 PM  
at Health Centre*

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

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705-864-0200



# CCFN X MNP

## Community Engagement

Please join us after dinner for an interactive community session with MNP to discuss CCFN Economic Development Strategy



**Thursday**  
November 13, 2025



**Community Hall**



**Dinner Starting at**  
5:30 PM



### Why Attend?

Unlock the  
Power of  
Collaboration



Gain Insight  
into the  
Future



Impactful  
Discussions



Online attendance is also  
welcomed!



Live Streaming

# Men's Social Event

November 15th, 2025

Dinner at 6:00 PM

followed by card games, pool, table tennis, darts and the streaming of the UFC 309 Event

Please call Health to register for this event

705-864-0200



**ONLY Men 18+!**



# Men's Leather Mitt Workshop

facilitated by: Cindy Fletcher



Date: November 17, 18 and 20,  
2025  
6:00pm - 9:00pm

Location: Health Centre

To register: Call Health Centre  
For inquiries: Call Nathalie, ext. 203

Maximum of 10 participants  
Open to CCFN Band Members  
Waitlist Welcome



## **Schedule of Activities**

# **National Addictions Awareness Week**

**with Lisa Wesley**

### **Nov. 18<sup>th</sup>, 2025**

1:1 Counselling appointments available 1:00 PM-5:00 PM  
at Health

Sharing Circle  
7:00 PM at Health

### **Nov. 19<sup>th</sup>, 2025**

Workshop - Understanding Trauma and Addiction 9:00  
AM-4:00 PM at Health

NAAW Dinner & Acknowledgements followed by Night of  
Musical Entertainment (callout to members to bring your  
musical instruments)  
Event starts at 5:30 PM at Band Office

### **Nov. 20<sup>th</sup>, 2025**

1:1 Counselling appointments available 9:00 AM-3:00 PM  
at Health

**Call Health to book your 1:1 and to register for events 705-864-0200.  
Contact Tracy for more information on this event.**



# Haircut Day

Chantal Gravel

November 4 & 18  
10:00am - 4:00pm

FREE of charge  
Gratuity encouraged

CALL HEALTH 705-864-0200  
TO BOOK AN APPOINTMENT

CCFN Members. Waitlist Welcome.





# N.A.A.W

**NATIONAL  
ADDICTIONS  
AWARENESS WEEK**

**NOV. 19TH  
2025**

## DINNER

**“Living The Good Life” Nominees will be  
honoured at the dinner.**

**5:30 PM - Community Dinner & NAAW  
awards will be presented to nominees**



**7:00 PM - Call out to musicians for entertainment.  
Bring your musical instruments.**



**More NAAW Activities are tentatively being planned for this  
week. Check your pamphlets for updates.  
Please call Health 705-864-0200 to register for this event.**

**Chapleau Cree Band Office - Hall**



# Massage Day

with Kathleen Bouchard

November 20, 2025  
3:00 PM - 8:00 PM  
at Health Centre.

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



# BEADING <sup>16+</sup> SOCIAL

**NOVEMBER 25, 2025  
6:00PM - 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

November 26th, 2025

appointments

1:00 PM–8:00 PM

November 27th, 2025

appointments

10:00 AM–5:00 PM

at Health Centre

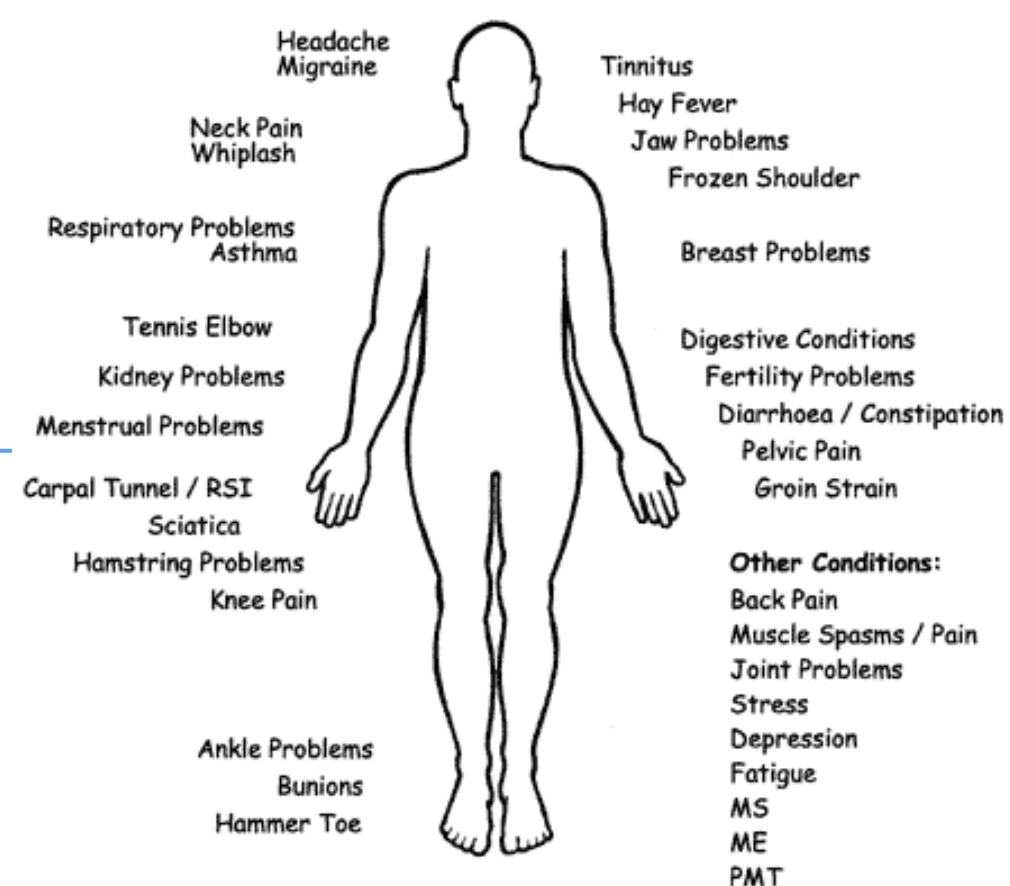
Call to book your appointment at Health  
705-864-0200

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





# CHRISTMAS MOVIE NIGHT

**FEATURE: SPIRITED**

**THURSDAY,  
NOVEMBER 27**

**AT 5:30PM**

TO REGISTER CALL/EMAIL HEALTH

705-864-0200

[H.ADMINASSIST@CHAPLEAUCREE.CA](mailto:H.ADMINASSIST@CHAPLEAUCREE.CA)





# CHRISTMAS SHOPPING TRIP 2025

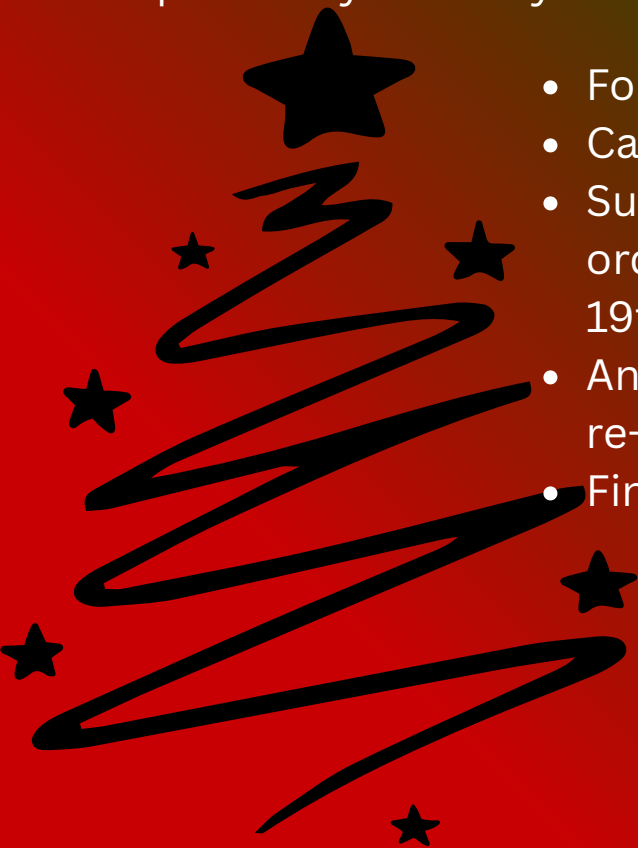


Chapleau Cree Band Members, who reside in the Chapleau area are invited to participate in our annual sponsored Christmas Shopping Trip between November 1<sup>st</sup> and December 24<sup>th</sup>, 2025



Life's Sacred Journey will re-imburse as follows:

- one standard room rate per family to a maximum of \$250.00 (taxes included) for a maximum of 2 nights stay
- \$250.00 Pimii Kamik gas voucher per family, to be received along with re-imbursement cheque
- Meals, up to \$75.00 per person for a maximum of 2 adults per family for 3 days
- For questions, please call Hilary 705-860-0003
- Call Health Centre to register 705-864-0200
- Submit receipts to CCHC by December 10<sup>th</sup> in order to receive re-imbursement by December 19<sup>th</sup>
- Any receipts received after December 10<sup>th</sup> will be re-imbursed after January 9<sup>th</sup>, 2026
- Final date to submit receipts - January 16<sup>th</sup>, 2026





**YOUNG  
DRIVERS®**



# Call out for interest

What is expected:

- 30 hours online course
- 10 hours in class/road
- YD car and refresh  
before road test

If interested or for more information,  
call Nathalie at 705-864-0200 ext. 203



# **NOTICE to Chapleau Cree First Nation Residents:**

For the safety and well-being of our community members  
and as per order of:

**BCR 2024-16 Nicholas Dillon**

**BCR-2023-14 Calvin Lecuyer Jr.**

**BCR 2025-06 Jean Micheal Branchaud**

**BCR 2025-11 Xavier Stone**

**BCR 2025-28 Edward Saunders**

This is a notice from Chapleau Cree leadership informing  
members of **five** individuals that are prohibited from  
entering the reserve.

If anyone sees either one entering the reserve they are  
asked to please contact **Nishnawbe-Aski Police** at  
**1-888-310-1122** to have them removed.





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)



**BIDDING OPPORTUNITY**  
**Provision of Catering Services to**  
**Chapleau Cree Health Services**  
**Addictions Awareness Dinner**  
**Chapleau Cree Health Centre at 5:30 PM**

Chapleau Cree Health Services will be hosting a dinner Addictions Awareness Dinner on November 19th, 2025 at 5:30 PM.

|                   |                                                                                                                                                                                                            |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Brief Description | Dinner for approximately 60 participants.<br>Entrée, fruit, vegetables, dessert<br>Coffee, water, juice, tea<br>*Please Note: Adjustments will be made as for any increases in the number of participants* |
| Contract Duration | November 19th, 2025                                                                                                                                                                                        |
| Venue             | Chapleau Cree Band Office                                                                                                                                                                                  |

- 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, cooking equipment, tablecloths, napkins, utensils will be provided by Chapleau Cree Health.
- The successful bidder will be responsible for all necessary clean up.
- Any leftover food and refreshments shall remain on site.
- Kitchen must be returned to original condition.
- 50% holdback will be instituted on any advances to be released after inspection of kitchen/facility clean-up following the event.

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 by email to [programs@chapleaucree.ca](mailto:programs@chapleaucree.ca)

Subject Line: **Catering Bid Addictions Awareness Dinner Nov 19, 2025**

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

**Deadline to submit bid and menu will be November 12, 2025.**