

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>



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



For the week of:
**November 17, to
November 23, 2025**

Winter Hours:

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

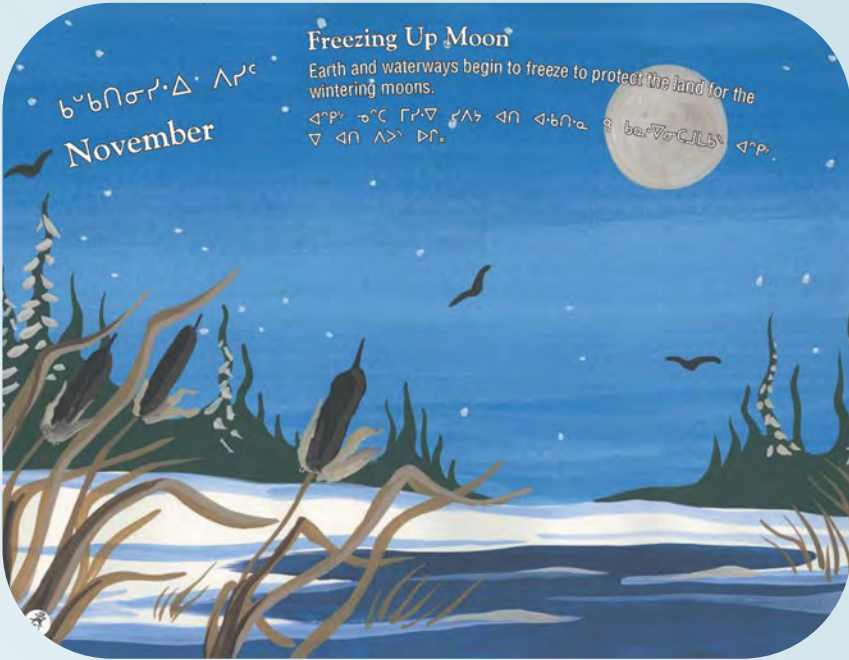
Participation and Feedback on
Activities/Events/Programs is
always welcomed

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



This Week's Highlights:

- **YOUTH Self Defense Class**
- **Men's Mitt Making**
- **Community Haircut Day**
- **1:1's with Lisa Wesley**
- **Sharing Circle with Lisa Wesley**
- **Understanding Trauma & Addiction Workshop**
- **NAAW Dinner Engagement & Musis Night!**
 - **Massage with Kathleen**



Oški-kīšikāw

MONDAY

Kaskatinisiw-Pisim
November 17

**HAPPY
MONDAY
HAVE A
GREAT
WEEK**

Youth Self Defence



6pm-8pm @ Band Office

Men's Mitt Making



6pm-9pm @Health



**CHAPLEAU CREE
FIRST NATION**

Nīso-kīšikāw

TUESDAY

Kaskatinisiw-Pisim
November 18



Town Run

10:00 a.m.

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

COMMUNITY HAIRCUT DAY



10am-4pm @ Health



**1:1 with Lisa
Wesley**

1pm-5pm@ Health



**Men's
Mitt
Making**

6pm-9pm @Health



**Sharing Circle
Lisa Wesley**

7pm-9pm@ Health



Apihtawan

WEDNESDAY

Kaskatinisiw-Pisim
November 19

**Understanding Trauma and
Addiction Workshop with
Lisa Wesley**



9am-4pm@ Health

**National Addictions
Awareness Week
Dinner & Music
Night**



5:30—9:30pm @ Band Office



Nēwi-kīšikāw

THURSDAY

Kaskatinisiw-Pisim
November 20



Town Run

10:00 a.m.

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

1:1's with LISA WESLEY



9am-4pm@ Health



Pahkwēšikani-kīšikāw

FRIDAY

Kaskatinisiw-Pisim
November 21

1:1's with LISA WESLEY



9am-4pm@ Health

MASSAGE w/KATHLEEN



3pm-8pm @ Health

Men's Mitt Making



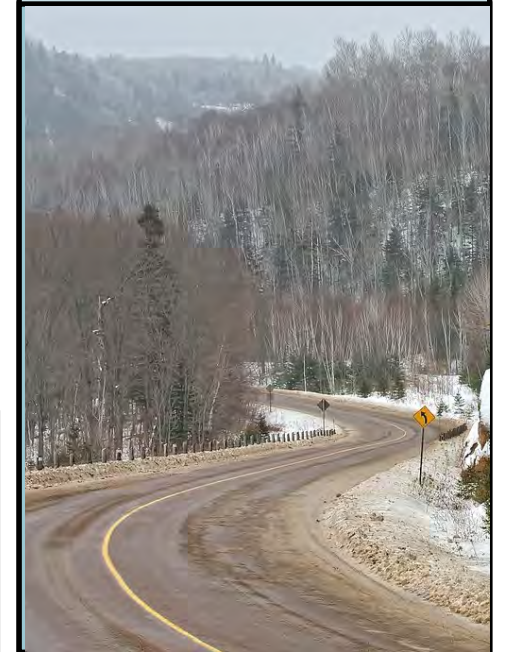
6pm-9pm @Health

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 22



Ayamihēwi-kīšikāw

SUNDAY

Kaskatinisiw-Pisim
November 23





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+!

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 ON MONDAYS

6:00 PM & 7:00 PM



BAND OFFICE BASEMENT

STRONG BODIES, STRONG MINDS, SAFE KIDS



**Open
to ages
6-18**

**NO EXPERIENCE
NEEDED!**

JUST A WARRIOR SPIRIT



WARRIOR SPIRIT
FITNESS & SELF-DEFENSE



Schedule of Activities

National Addictions Awareness Week

with Lisa Wesley

Nov. 18th, 2025

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

Sharing Circle
7:00 PM at Health

Nov. 19th, 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. 20th, 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.**





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



Haircut Day

Chantal Gravel

December 2 & 16
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.



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



BEADING ¹⁶⁺ 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**

LET US COOK

FOR YOU AND YOUR FAMILY



TUESDAY, NOVEMBER 25TH

WE WILL BE DELIEVRING A MEAL TO
YOUR DOORSTEP AROUND
SUPPERTIME.

PAT & PAM'S

CARING KITCHEN



rn@chapleacree.ca
705-864-0200



Pat & Pam's Caring Kitchen

Patrick Champagne is a Registered Social Worker and founder of Champagne Counselling and Therapy Services, with many years of experience supporting individuals facing addictions, mental health challenges, and homelessness. Through his work with Life's Sacred Journey, he has built strong connections with Chapleau Cree First Nation community members, often walking beside people through their most difficult moments — knowing that sometimes, simply being present is what matters most.

Patrick is excited to extend his support beyond the office walls by offering meaningful connections over warm, shared meals. His client-centred approach focuses on meeting people where they feel most comfortable and valued. Patrick's recipe for growth-promoting therapy includes a full cup of compassion, heaping spoonfuls of empathy, a sprinkle of authenticity, and a dash of wholesome honesty — always served with genuine care and respect for each person's journey.

Pamela Drynan is a Registered Nurse with the Chapleau Cree First Nation Health Centre, bringing nearly two decades of experience caring for individuals and families across all stages of life. She has worked closely with children, youth, families, and Elders, providing compassionate support during some of life's most meaningful and challenging moments.

Pamela believes that true healing begins with connection, respect, and shared understanding. Through the simple act of preparing and sharing a meal, she hopes to nurture not only the body, but also the heart and spirit of the community she is honoured to serve.

Together, Pat and Pam combine their professional skills and genuine passion for community wellness to offer evenings filled with good food, warm conversation, and authentic connection — helping build stronger relationships and promote wellness across the Community.



Chapleau Cree Presents

Community Dinner

**PENNE W SAUSAGE
AND PEPPERS**

**WEDNESDAY
NOV. 26
5:30PM
@ BAND OFFICE**



CALL HEALTH TO REGISTER 864-0200



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

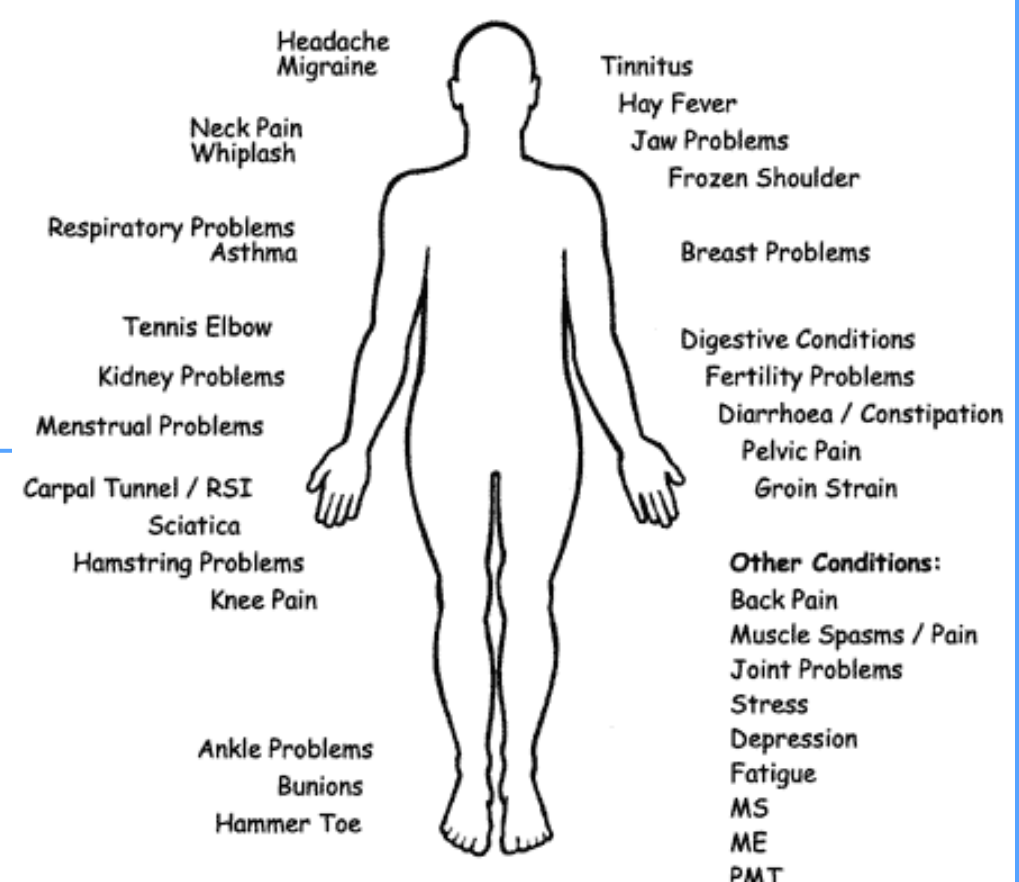
Priority CCFN Members, waitlist welcomed

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





FEATURE: SPIRITED

**THURSDAY,
NOVEMBER 27
AT 5:30PM**

TO REGISTER CALL/EMAIL HEALTH
705-864-0200

H.ADMINASSIST@CHAPLEAUCREE.CA





**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





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: Gas Bar Manager – 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 Gas Bar Manager is responsible for the operation and maintenance of Pimii Kamik Gas Bar. This includes ensuring that the store is safe for customers and staff and that its appearance is clean and orderly. Supervise the Attendants in their duties and ensure that all financial transactions are properly conducted and reported. Follow CCFN policies for cash handling and take all other measures as directed to ensure the safety and security of the goods, valuables, and assets in the Gas Bar.

Preferred Qualifications:

- ✓ Knowledge of debit machines and cash register
- ✓ Customer Relations/Service
- ✓ Provide a Criminal Record Check
- ✓ First Aid/CPR Training
- ✓ Propane Refilling Certificate
- ✓ Have own reliable transportation
- ✓ Must provide a valid driver's license

Skills:

- ✓ Good communication skills
- ✓ Ability to stand for long periods of time.
- ✓ Able to take and follow direction.
- ✓ Must be able to work under pressure.
- ✓ Able to work independently and as a team player

Duties/Responsibilities:

- ✓ Use CCFN's Public Works Order system for necessary maintenance and repairs.
- ✓ Able to work evenings and weekends.
- ✓ Pump Gas/Diesel
- ✓ Supervise Gas Bar Attendants, including assigning tasks, completing hours into HR system, and managing schedules.
- ✓ Responsible for Opening/Closing Store
- ✓ Work with spreadsheets- including cash and inventory control.
- ✓ Light janitorial duties
- ✓ Maintain up-keep of Gas Bar and surroundings.
- ✓ Other related duties as deemed necessary.

Hourly rate: \$ 52,500.00 - \$57,500.00

Closing Date: November 27, 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

Subject Line: Gas Bar Manager

Note: Electronic submissions 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!