

United Church Thrift Shop –Wawa

The United Church Thrift shop begins on Thursday, April 27, 2017 @ 5pm



Diabetes Prize Bingo

Our next bingo will be held on Thurs, May 18, 2017 @ 6.30pm in the Complex.

****Snacks provided****



Medical Van / Passenger Van

If you require transportation to town please call
(705)856-1993 ext # 229

Please leave your message of when and where you would like to be picked up. The driver will check the messages before leaving the Medical Centre.

Please **do not** call the front desk or your message **may not** reach the driver.

Poker Loppet Fundraiser

We will begin our poker loppett again on Monday, April 18-28, 2017 @ 1pm

~Winners determined at the end of two weeks~

\$2:00 per play ~ High hand wins 50% pot.

Funds raised will go towards the Youth & Elders Gathering ~Open to all~

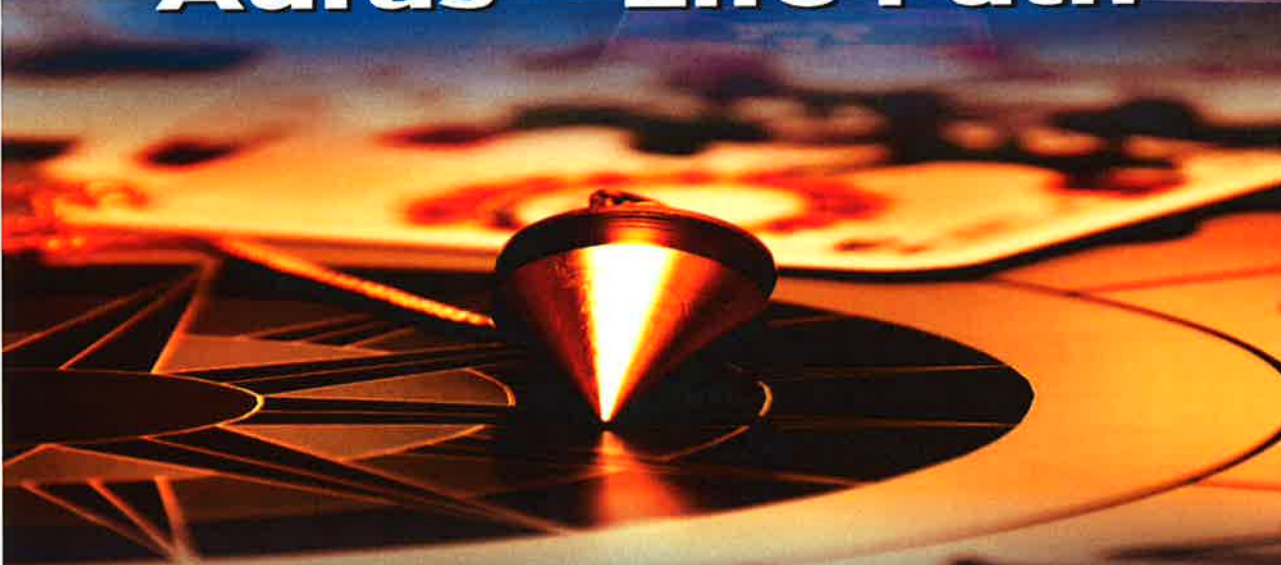
“Miigwetch for your support”

Tarot Ida

TAROT IDA'S



**Tarot - Tea Leaf
Auras - Life Path**



By appointment only, please call
705-297-5323 (LEAF)

AVAILABLE TO VISIT

SAULT STE. MARIE, ONTARIO

Tarot Ida

Michipicoten First Nation - Wednesday May 10, 2017

Have you ever wondered what message could be awaiting you?

Here is your chance to find out through my healing readings. This is a gift that I was born with and therefore, have had many experiences throughout my life and have read for people from all four corners of the world.

The sessions will begin at 12:00 noon – 3:00 pm at the Medical Centre Michipicoten. Afternoon Michipicoten Family Wellness Centre Wawa 4:00 – 6:30 pm

They are about 1/2 hour with the last one booked at 6:30 pm. There will be a break between 3 and 4 pm for location move.

Feel free to call Teresa Black to save a spot for yourself.

Please pick one of the following:

- Tealeaf reading..(no questions)
- Tarot card reading...layout...no questions
- Tarot card...questions only....have them ready...up to 13 questions
- Life path/aura (energies around you)
- Angel card reading
- Native tarot card reading
- Rune stone reading

I will also take a quick look at you palm as well with any of the above.

Looking forward to meeting all the lovely people from the area as my Spirit Guides has pointed me in that direction.

Miigwetch,

Ida

Contact Teresa at

705 856-1993 ext 228

tblack@michipicoten.com

MFN
Woman
Young Ladies
Baby Girls

Sewing Circle

Creating Sacred Skirts

Circle will start off with:

*Smudge/prayer

*Teaching of the Sacredness of

Woman and wearing their skirts

Where: Miigizi Suswinn Complex

When: Saturday May 13, 2017—Time 9:00—4:00 pm

Sunday May 14, 2017—Time 9:00—2:00 pm

First 10 Michipicoten First Nation Woman, young ladies and babies

In order to hold your seat there will be \$10.00 deposit that will be re-funded upon date of Program start. Non refundable for “no Show”

Lunch and refreshment will be provided for both days

Come out for some love and laughter

Please call Teresa at 856-1993 ext 228 or email tblack@michipicoten.com

Light Snack
and coffee

This circle is a circle of friendship and healing.

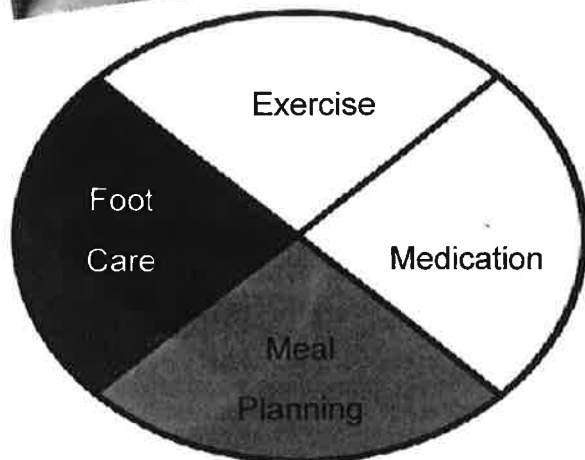
Dilico Health Services

Diabetes Program


Dilico
Anishinabek Family Care



In-home and community based services committed to clients who require diabetes education for prevention of diabetes and diabetes care for individuals diagnosed with pre-diabetes, diabetes and gestational diabetes.



**A1C lab testing available.
Receive your result within
minutes.**

Visit the Diabetes Educators at the Michipicoten Health Centre:

When: May 17th

From:

May 17th 9:00am – 4:30pm

Call Lena at 856-1993 ext. 224 to book a visit with the Diabetes Educator.



**MICHIPICOTEN FIRST NATION IN
PARTNERSHIP WITH THE CANADIAN
CONSERVATION INSTITUTE
ARE PROUD TO HOST**



**INSTITUT
CANADIEN DE
CONSERVATION**

CARE OF OBJECTS IN INDIGENOUS CULTURAL CENTRES

Facilitated By: Carole Dignard & Jill Plitnikas

*** May 17th and 18th, 2017- 8:30am- 4pm ***

Michipicoten First Nation @ the

Miigizi Suswiin Complex

~ \$75 Registration Fee ~

*** Deadline: April 26, 2017 ***

This workshop looks at the preservation of material culture for staff or volunteers with little to no experience in the care of collections. The workshop is designed as an introduction to the care of collections for staff working in Indigenous cultural centres, although others are welcome. The workshop covers how various types of materials deteriorate, how best to minimize this deterioration, how to identify problems of storage and display of various kinds of artifacts, and how to make informed choices relating to the long-term preservation of collections.

Upon completion of this workshop, participants will be able to:

- *identify basic deterioration problems of many organic and inorganic materials**
- *understand the damaging effects of the most common agents of deterioration**
- *choose proper materials and techniques for storage and display of many types of artifacts found in cultural centres**
- *safely handle artifacts**

Please register with Wendy Peterson

705-856-1993 Ext. 219, wpeterson@michipicoten.com

***20 max participants* MFN members costs covered!**

**Lunch is provided! Shuttle service will be available from the
Wawa Motor Inn.**

AN EVENING OF INSPIRATION, MAGIC, MUSIC & FUN!

Overcome difficulty. Achieving your goals in life.

Feeling good being you!

Self-Confidence

*Overcoming
Addiction*

*Understanding
Depression*



*Living Your
Dreams!*

*Maintaining
Sobriety*

*Personal
Resiliency*

with Earl Lambert - Motivational Speaker

Where: Migizi Suswin Community Complex

When: May 25th, 2017

Time: Dinner: 5PM - 6PM

Presentation: 6PM - 8PM

Fun Challenges! Door prizes!

Not designed for anyone under 14 years old

Earl Lambert is a Cree/Métis warrior who's dynamic and entertaining way of combining music, magic, hip-hop, humor and uplifting energizers with inspirational life-lessons has made him popular with First Nations and organizations across Canada. He lives with a great sense of pride as a warrior walking upon the Red Road and continues to gain strength from the spiritual teachings of his elders. A successful entrepreneur, he is well-known for not only his powerfully upbeat energy, but for his positive and optimistic outlook on life. Driven by his passion to motivate others toward making positive life choices and living out their dreams, he remains committed to inspiring others with the gift of his words!

*** Elder Fun Day Activities *
and Ojibwe language too :)**

Every Tuesday afternoon 12:30-3pm
@ the Medical Centre!

Activities can include –
knitting, crocheting, beading
and/or other crafts!
First one will be kind of a planning
session organizing what we need.



ALL WELCOME!




This Week at the Hub!



superior children's centre
centre supérieur d'enfants

BestStartHub
CarrefourMeilleurdépart

Connecting Children and Families with Community Services and Schools
Relier les enfants et les familles avec les services et les écoles des collectivités

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Monday Muffin Morning</p> <p>Join us this morning at 9:00 am as we bake super nutritious muffins, share the recipes and enjoy coffee with a Parent Chit Chat.</p> <p>In the afternoon we have more creative muffin fun!</p> 	<p>2</p> <p>Bounce and Learn Night</p> <p>Parents join us from 5-8 pm at the Hub as we discuss "The Challenges of Parenting"</p> <p>While your children partake in bouncy fun in our indoor bouncy castle!</p>	<p>3</p> <p>Infant Massage</p> <p>Parents and infants under 1 years of age are invited to come to the Hub for 12 pm and join our infant massage program.</p> <p>Pizza & Paint Night at Hillcrest Heights</p> <p>In the Common room at Hillcrest Hts. from 5 pm - 8 pm</p> <p>FREE</p> <p>All children under 12 MUST be accompanied by an adult. Limited spaces available. Call the Hub at 705-856-7354 to let us know if you would like to attend.</p>	<p>4</p> <p>Lunch & Learn</p> <p>Join us at the Hub at 11 am At our Lunch and Learn today we have a special guest Anita Krahy who will have an interactive presentation on Infant and child first aid and cpr as well as information around shaken baby syndrome.</p> <p>Lunch will follow the presentation - Everyone is welcome!</p>	<p>5</p> <p>Friends on Friday</p> <p>Bring that special friend you have to the Hub today and take pictures together for our communication board!</p> <p>Your special friend could be your parent, a sibling, a friend down the street, your grand parent, a favourite teddy bear or doll or just someone who you feel brings love to your life.</p> <p>Open from 9 am - Noon.</p>	<p>6</p> <p>Silly Saturday</p> <p>Join us for a great story about Silly Sally and her wonderful world.</p> <p>Lot's of opportunities to dress up and participate in creative art fun</p> <p>Open from 9 am - 2 pm</p> <p>Everyone is welcome</p> 