



MICHIPICOTEN FIRST NATION



Community Flyer



First Aid & CPR-C Certification	2
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Monday, February 29, 2016



LAUGHTER is timeless,
 IMAGINATION has no age
 and DREAMS are forever.



~2016~	Monday Feb 29	Tuesday Mar 1	Wednesday Mar 2	Thursday Mar 3	Friday Mar 4	Saturday Mar 5	Sunday Mar 6
<u>Weather Conditions</u> 6am-6pm							
	A few clouds	A mix of sun & clouds	Mainly sunny	Mainly sunny	A mix of sun & clouds	Light snow	Cloudy with sunny breaks
<u>High</u>	-14°C	-9°C	-13°C	-11°C	-6°C	-4°C	-1°C
<u>Low</u>	-21°C	-21°C	-23°C	-17°C	-14°C	-12°C	-1°C
<u>24 hr snow</u>	<1cm	—	—	—	—	~5 cm	<1 cm

CANADIAN RED CROSS



**STANDARD
FIRST AID AND CPR-C
CERTIFICATION**

Includes: DEFIBRILLATION Certification

March 8-9th, 2016

Or

April 7-8th, 2016

CALL:

Trudy Dunham

Call or text 705-856-1048

tdunha@adsab.on.ca

9-3 pm
Embassy

We have our Poker Loppett at the Medical Centre,
to help fundraise for the Youth & Elders Gathering.
Come out to try your luck, only the high hand wins

Everyone welcome!



Medical Van/Passenger Van

If you require transportation to town please call

(705)856-1993 ext # 229

The answering machine will come on, please leave your message of when
you would like to be picked up: morning or afternoon. The driver will check
the messages before he leaves the Medical Centre.

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



**B
TUESDAYS
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6:30PM
N
COMPLEX
G
BE THERE
O**



BEGINNER TO INTERMEDIATE

~SEWING WORKSHOP~

WITH JUNIOR SHAWANA

FANCY MAKING YOUR OWN CLOTHES
OR ACCESSORIES BUT DON'T KNOW
HOW? IS YOUR SEWING MACHINE JUST
GATHERING DUST?

COME ALONG AND LEARN IN A
CREATIVE AND FRIENDLY
ENVIRONMENT @ THE MFN LIBRARY!

**TENTATIVE PROJECT- A THROW PILLOW FOR YOUR
COUCH! :) ALL MATERIALS WILL BE SUPPLIED!*

**INTERESTED? PLEASE REGISTER WITH
WENDY 705-856-1993 EXT 219**

(Limited 10 participants)

2 SESSIONS:

TUESDAY, MARCH 1 (4-6PM)

SHOW ME HOW & LET'S DO IT PROGRAMMING:

WEDNESDAY, MARCH 2 (4-5:30PM)

pageborders.org

Niiwin Apaabowenan (4 Seasons) FUNdamentals Program

Laughter Yoga



for Joy and Health!

Enjoy this wonderful activity- where you can feel good, to let your lighter emotion free, let the stress go..... relax and go with the flow!

Join in with everyone, be tickled by your own antics that will keep you roaring with-

LAUGHTER! Ho, Ho, Ha, Ha, Ha!!!

MARCH 3, 2016

4:30-5:15pm @ Complex

More info please contact Wendy (ext 219) or Tina (ext 226) 705-856-1993

Niiwin Apaabowenan (4 Seasons) FUNdamentals - Mobility, Activity and Physical Literacy Program

POKER FITNESS



WALK



When: March 16, 2016 @ 1-4pm

Where: Beginning & ending point at the MFN Library! Walk to MFN beach!

WALK YOURSELF

OUT OF YOUR
BAD MOOD.

STUDIES SHOW
THAT EVEN A
10 MINUTE
WALK

IMMEDIATELY BOOSTS
BRAIN CHEMISTRY
TO INCREASE HAPPINESS.



NOTSALMON.COM

Must register with
Wendy (ext 219) or Tina
(ext 226) 705-856-1993

Not a race... just a fun
walk with family and
friends!

GRAND PRIZE

Proscan dual core android 4.2 Tablet
FOR BEST HAND!!

LET'S GET OUT AND WALK!

SNOWSHOEING @ THE BEACH!

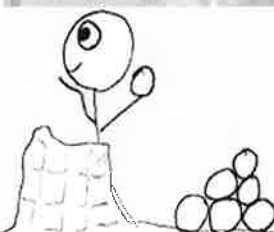
Tuesday, March 8/2016

***4-6pm* Meet @ Library!**

**Please sign up with
Wendy (ext 219)/ Tina (ext 226)
705-856-1993**

to book your snowshoes!

EVERYONE WELCOME!



My Declaration of Self-esteem

I am me.

In the entire world, there is no one else exactly like me. There are people who have some parts like me, but no one adds up exactly like me. Therefore, everything that comes out of me is mine because I alone chose it.

I own everything about me – my body, including everything it does and all its thoughts and ideas; my eyes and everything they see; my feelings, whatever they are – anger, joy, frustrations, love, disappointment, excitement; my mouth and all the words that come out of it – polite, sweet or rough, correct or incorrect; my voice, loud or soft; and all my actions, whether they be to others or to myself.

I own all my dreams, my hopes, my fears.

I own all my Triumphs and successes, all my failures and mistakes.

Because I own all of me, I can love and be friendly with me in all parts. I can then make it possible for all of me to work in my best interests.

I know there are things about me that I don't understand, but as long as I am friendly and loving to myself; I can courageously get to know myself better.

However I look and sound, whatever I say and do and whatever I think and feel at a given moment in time is me. I can choose to keep what I like about myself and change what I don't like.

I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to give and take and to make sense out of the world of people and things outside of me.

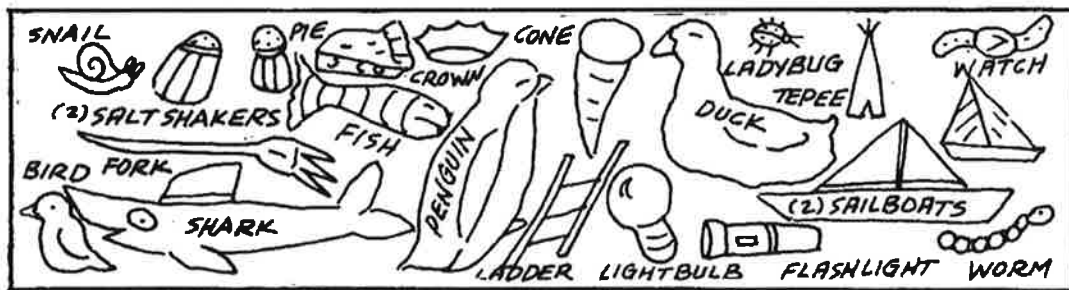
I own me and therefore, I am in charge of me.

I am me and I am okay.

just
love
yourself

I 
ME

Hidden Picture Puzzle: Sick with a Cold



Free worksheet provided by www.elcivics.com. Copyright Liz Ball. To order Liz's hidden picture puzzle books, send \$5.95/book plus \$2.50 shipping to: Hidden Pictures, P.O. Box 63, Tipp City, OH 45371.