



# MICHIPICOTEN FIRST NATION



## Community Flyer



Committee Member Wanted	2
Health Staff Calendar	3
Diabetes Program - A1C testing	4
Motivational speaker -Earl Lambert	5-6
Elder Fun Day Activities	7
Treaty Annuity Payments	8

Monday, May 15, 2017

### Daily Affirmations

**My life is joyously balanced with work and play.**

~2017~	Monday May 15	Tuesday May 16	Wednesday May 17	Thursday May 18	Friday May 19	Saturday May 20	Sunday May 21
<u>Weather Conditions</u> 6am-6pm							
	Mainly sunny	Risk of thunderstorms	Risk of thunderstorms	Rain	Sunny	Mainly sunny	Chance of a shower
<u>High</u>	17°C	8°C	13°C	8°C	12°C	13°C	11°C
<u>Low</u>	8°C	1°C	2°C	0°C	4°C	7°C	5°C
<u>24 hr rain</u>	—	5-10mm	15-20mm	10-15mm	—	—	1-3mm

## **DILICO Elders Advisory Committee Member Wanted**

Dilico Anishinabek Family Care is in the process of establishing a formal Elders Advisory Committee. MFN is invited to have one Elder from the community represent our First Nation.

The Dilico Elder's Committee is being developed to ensure that knowledge, values, lessons and teachings from Elders are included in Dilico's day-to-day activities.

It's well known that in Anishinabek culture, Elders are the keepers and teachers of traditional teachings. They are a direct link to our past, present, and future. Many are spiritual leaders, and teachers of wisdom and guidance.

**Chief and Council invite MFN Elders to let us know if you're interested. Send your letter of interest to Gimma Kwe (Chief) Pat Tangie if you can commit to this important project.**

**Chi-Miigwetch,**

## **Diabetes Prize Bingo**

Monday, May 29th  
6.30pm at the Complex  
~snacks included~



## **Learn to use Nordic poles**

Thursday May 25

Time: 1-3pm

Place: Complex

For more information call Lena  
(705)856-1993 ext 224

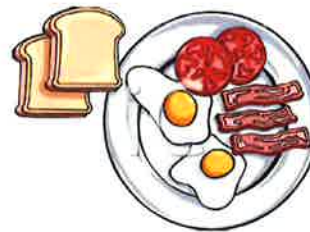
We have 9 sets of poles

(MaryLou will not be available from May 4-19)



## **Breakfast Program**

Thursday, May 25, 2017  
7.30am  
Band Hall  
~All Welcome~



## **Poker Loppet Fundraiser**

Monday, May 15-26, 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

"Miigwetch for your support"

# May 2017

## MICHIPICOTEN FIRST NATION

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Mitt Making 6-8 @Lodge Gathering & Pow-wow Meeting 10 am	3 After care 6-8 @ Lodge Lateral Violence 1-4:30 @ Complex	4 Wellness Group 6-8 @ Lodge	5	6 Sewing Circle 9-4 @ Complex
7 Sewing Circle 9-2 @ Complex	8	9 Elder's Craft Day 1230-3 Beading 6-8 @Lodge	10 After care 6-8 @ Lodge Tarot Ida 12-3 Medical Centre 4-6:30 @ Family	11 Wellness Group 6-8 @ Lodge	12	13
14	15	16 Elder's Craft Day 1230-3 Beading 6-8 @Lodge	17 After care 6-8 @ Lodge Care of Artifacts 830-4 @ Complex	18 Wellness Group 6-8 @ Lodge Care of Artifacts 830-4 @ Complex	19	20
21	22 Office Closed	23 Elder's Craft Day 1230-3 Beading 6-8 @Lodge	24 After care 6-8 @Lodge	25 Wellness Group 6-8 @ Lodge Nordic Pole Walking 1-3 @ Complex Earl Lambert 5-8 @ Complex Adults	26 Earl Lambert 6-8 @ Complex Community	27 Earl Lambert @ Complex Youth
28	29 Pole Walking 1230 @ Complex Diabetes BINGO 630-8	30 Elder's Craft Day 1230-3 Beading 6-8 @Lodge	31 After care 6-8 @Lodge			



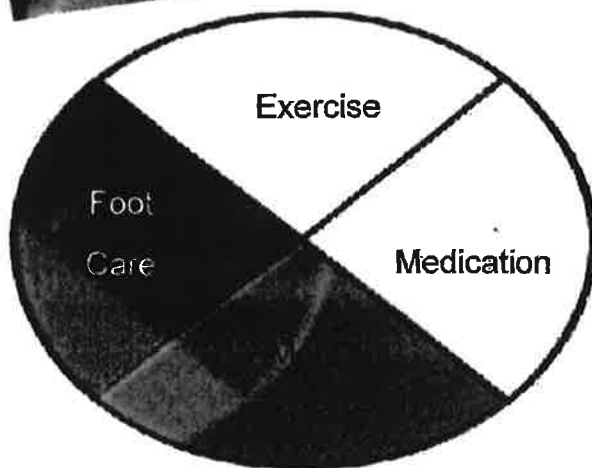
# Dilico Health Services

## 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 17<sup>th</sup>**

**From:**

**May 17th 9:00am – 4:30pm**

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

# 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 (Adults)**

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!

**Community Members** are invited to



# *The Spirit of Positivity!*

with

**Earl Lambert Motivational Speaker**



**Where:** Migizi Suswin Community Complex

**When:** Friday May 26, 2017

**Time:** 10:00AM-4:00PM

**Who:** Ages 18+

**Fun! Music! Great Door prizes!**

*Earl Lambert is a Cree-Métis warrior who continues to live out his passion as a motivational speaker and inspirational storyteller. His dynamic and entertaining way of combining music, magic, hip-hop and humor with inspirational life-lessons has made him popular with First Nations across Canada. He lives with a great sense of pride as a warrior walking the Red Road and inspires others with the gift of his words!*

All Youth are invited to



# Living into Confidence!

with  
**Earl Lambert Motivational Speaker**



**Successful Entrepreneur  
& Motivational Speaker!**

**Where:** Migizi Suswin Community Complex

**When:** Saturday, May 27, 2017

**Time:** 10:30AM-4:00PM

**Fun! Music! Great Door prizes!**

*Earl Lambert is a Cree-Métis warrior who continues to live out his passion as a motivational speaker and inspirational storyteller. His dynamic and entertaining way of combining music, magic, hip-hop and humor with inspirational life-lessons has made him popular with First Nations across Canada. He lives with a great sense of pride as a warrior walking the Red Road and inspires 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!**





# YOUTH & ELDERS WORKSHOP



BINGWI NEYAASHI ANISHINAABEK HEALTH AND SOCIAL SERVICES IS PLEASE TO HOST AN INNOVATIVE AND CREATIVE 2 DAY CONFERENCE THAT AIMS TO ENGAGE ABORIGINAL YOUTH, SENIORS AND ELDER:

"STITCHING THE GENERATIONS TOGETHER"

ON MAY 29TH AND 30TH, 2017, AT THE AIR AND HOTEL IN THUNDER BAY. THE CONFERENCE DETAILS HAVING SHARE & WALKING CIRCLES BETWEEN THE ELDER'S AND YOUTH ABOUT THE HARDSHIP THEY FACED THROUGHOUT LIFE AND HOW THEY HAVE OVERCAME THEM. TO SHARE TRADITIONS THAT HAVE BEEN LOST TO OUR YOUTH AND OFFER GUIDANCE TO HELP THEM WITH THE STRUGGLES THEY FACE NOW IN LIFE.

WE ARE LOOKING FOR 1 YOUTH AND 1 ELDER TO ATTEND! PLEASE SUBMIT A LETTER NO MORE THEN 1 PAGE TO NANCY ANDRE BY MAY 12th, 2017 BY 12:00PM NOON! THE LETTER SHOULD ENTAIL WHY YOU WANT TO GO TO THIS CONFERENCE, AND WHAT YOU CAN CONTRIBUTE.

MIIGWETCH!



# TREATY ANNUITY PAYMENTS

---

## MICHIPICOTEN FIRST NATION

**Saturday, August 12, 2017**

**10:00 a.m. to 12:00 p.m.**

*During Pow wow*

### **REMINDER**

- **Bring your status card or other ID for yourself**
- **Must have ID for children and your spouse**
- **No third party pickups**
- **Third party notes are not accepted**