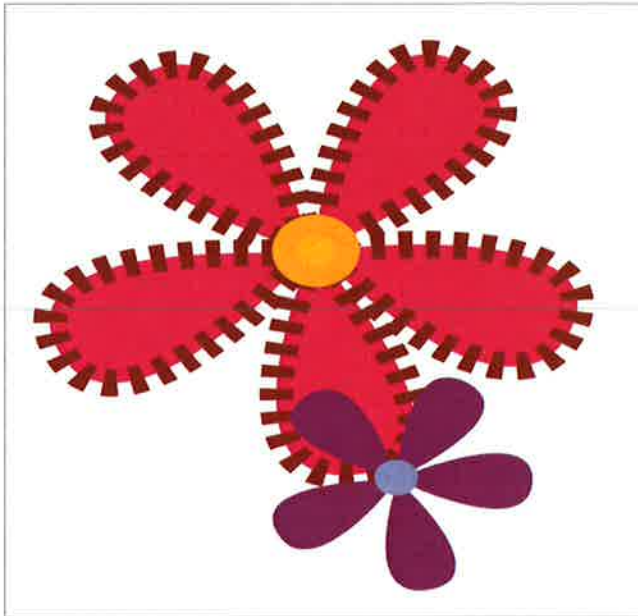




# MICHIPICOTEN FIRST NATION



## Community Flyer



Committee Member Wanted	2
Tarot-Tea Leaf /Auras-Life Path readings	3
Sewing Circle-Sacred Skirts	4
Health department activities	5
Diabetes Program - A1C testing	6
Motivational speaker -Earl Lambert	7
Elder Fun Day Activities	8
Social Services Conference	9
2017 Treaty Annuity Payments	10

Monday, May 8, 2017

### Daily Affirmations

I am guided in my every step by Spirit who leads me towards what I must know and do.

~2017~	Monday May 8	Tuesday May 9	Wednesday May 10	Thursday May 11	Friday May 12	Saturday May 13	Sunday May 14
<b>Weather Conditions</b> 6am-6pm							
	Sunny	Mainly sunny	A mix of sun & clouds	A mix of sun & clouds	Chance of a shower	Cloudy with showers	A mix of sun & clouds
<b>High</b>	9°C	8°C	13°C	13°C	14°C	16°C	16°C
<b>Low</b>	-2°C	1°C	2°C	4°C	5°C	6°C	5°C
<b>24 hr rain</b>	—	—	—	—	1-3mm	5-10mm	—

## **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 Tangle 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 1-12, 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"

# 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,

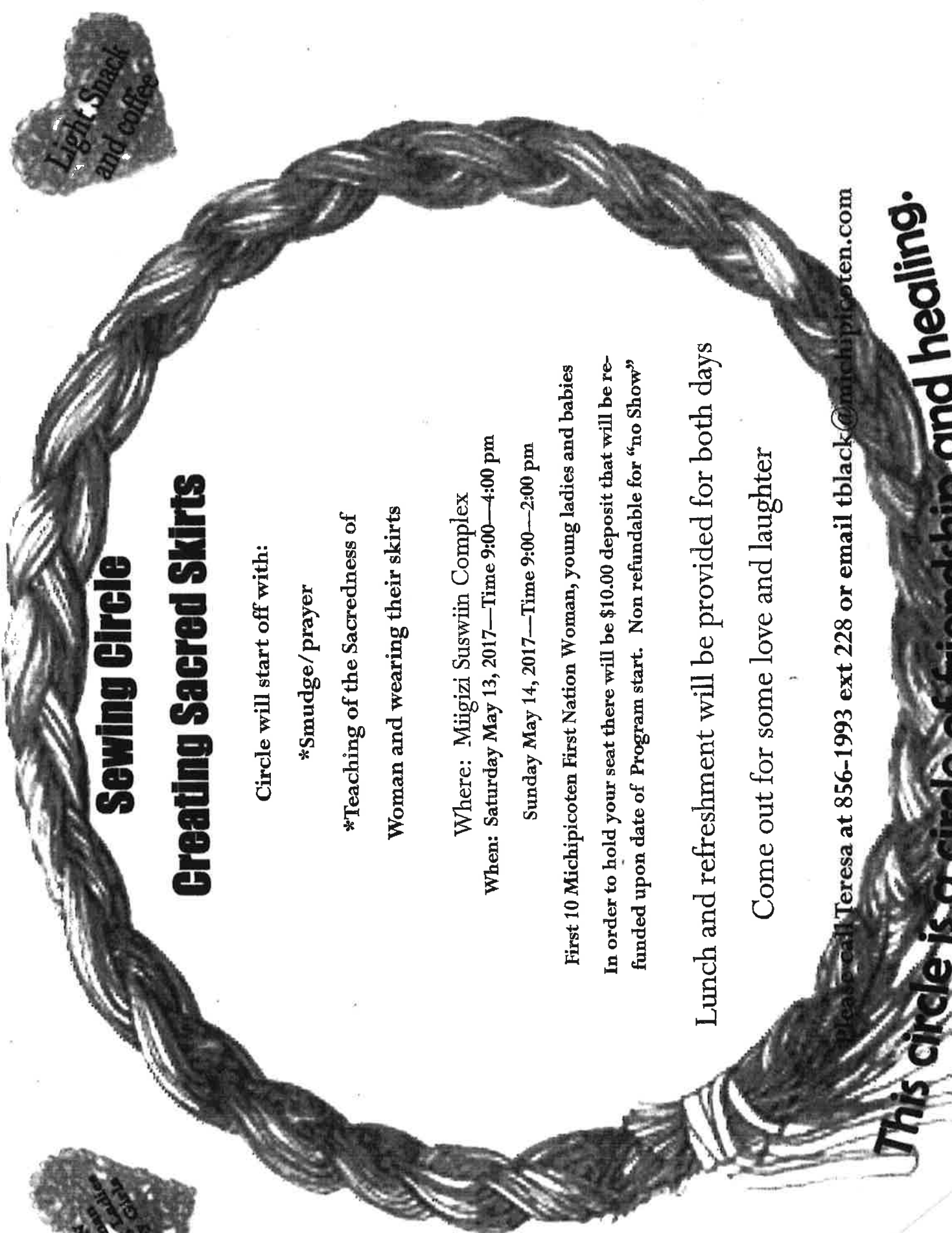
Ida

Contact Teresa at

705 856-1993 ext 228

[tblack@michipicoten.com](mailto:tblack@michipicoten.com)

~ Last chance ~



Light Snack  
and coffee

Light Snack  
and coffee

# **Sewing Circle Creating Sacred Skirts**

Circle will start off with:

\*Smudge/prayer

\*Teaching of the Sacredness of

Woman and wearing their skirts

Where: Miigizi Suswiin 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

For more information call Teresa at 856-1993 ext 228 or email [tblack@michipicoten.com](mailto:tblack@michipicoten.com)

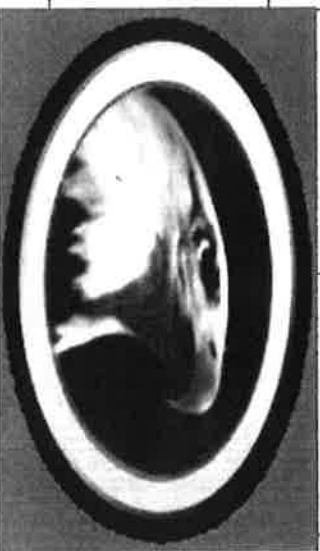
**This circle is a circle of friendship and healing.**



# May 2017

## MICHIPICOTEN FIRST NATION

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		2 Mitt Making 6-8 @Lodge Gathering&Pow-wow Meeting 10 am	3 After care 6-8 @ Lodge Lateral Violence 1-430 @ Complex	4 Wellness Group 6-8 @ Lodge		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 Tarat Ida 12-3 Medical Centre 4-630 @ 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	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	26 Earl Lambert 6-8 @ Complex	27 Earl Lambert @ Complex
28	29	30	31			
	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			



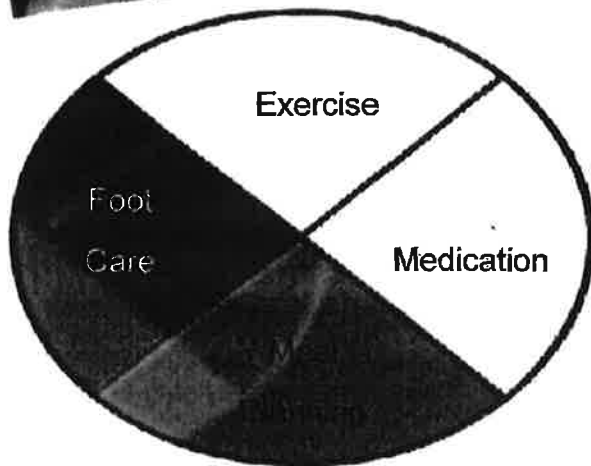
# Dilico Health Services

## 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*

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**with Earl Lambert - Motivational Speaker**

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**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 :)**

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

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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**



**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 ELDERS:**

**“STITCHING THE GENERATIONS TOGETHER”**

**ON MAY 29TH AND 30TH, 2017, AT THE AIRLANE  
HOTEL IN THUNDER BAY. THE CONFERENCE ENTAILS  
HAVING SHARING/TALKING 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

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## MICHIPICOTEN FIRST NATION

**Saturday, August 12, 2017**

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

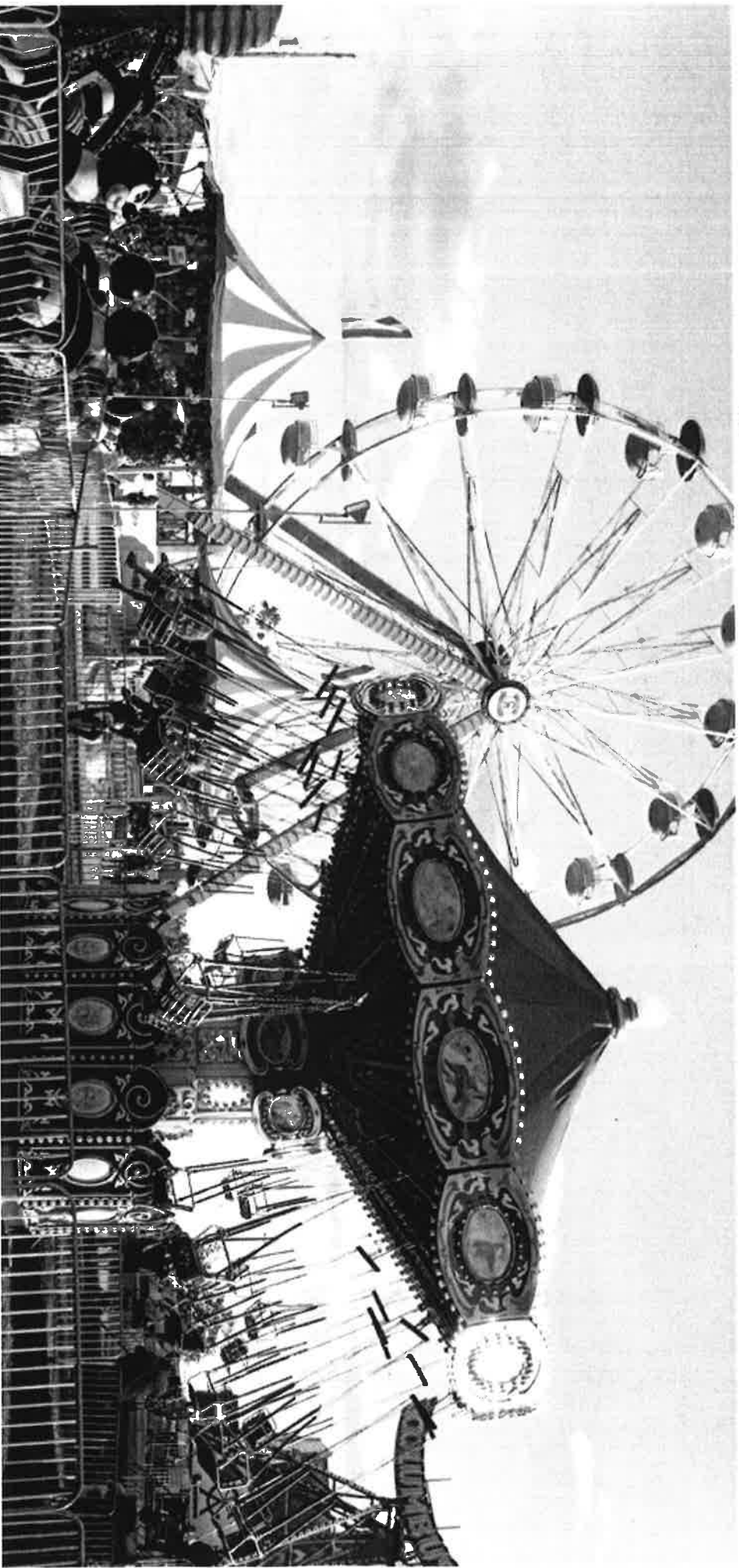
*During Pow wow*

### **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**



# Michipicoten First Nation Families



Families interested in attending please contact

Nancy at 705-856-1993 Ext 226/ [nandre@michipicoten.com](mailto:nandre@michipicoten.com) or

Wendy at Ext 219/ [wpeterson@michipicoten.com](mailto:wpeterson@michipicoten.com)

\*Bracelets only provided! \$15.00 deposit per person required by  
Monday, May 15 at 4:30pm \*refundable after proof of carnival visit.