



# MICHIPICOTEN FIRST NATION



## Community Flyer

# JANUARY

Diabetes Bingo	2
Community flyer bingo	3
Reiki and Meditation with Tina	4

Monday, Jan 8, 2018

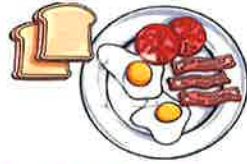
I take time to appreciate the beauty  
in my world today.

~2018~	Monday Jan 8	Tuesday Jan 9	Wednesday Jan 10	Thursday Jan 11	Friday Jan 12	Saturday Jan 13	Sunday Jan 14
<b>Weather Conditions</b> 6am-6pm							
	Scattered flurries	Mainly sunny	Mixed precipitation	Snow	Sunny	A few flurries	A mix of sun & clouds
<b>High</b>	-6°C	-7°C	1°C	-1°C	-15°C	-19°C	-19°C
<b>Low</b>	-13°C	-7°C	-1°C	-20°C	-23°C	-24°C	-21°C
<b>24 hr rain</b>	—	—	1-3mm	<1mm	—	—	—
<b>24 hr snow</b>	<1cm	<1cm	<1cm	5-10cm	—	<1cm	—

Breakfast Program

Thursday, January 18, 2018

7.30am @ Band Hall



Anyone wanting to buy tickets for  
**Wawa Minor Hockey Association**  
CASH DRAW.

I will have tickets on me when I  
deliver the weekly flyer on Mondays.

Also my mom Nancy will have  
tickets next week. Tickets are  
\$10.00 each for a grand prize of  
\$5,000.00 cash.

Draw date is April 8th, 2018

@ 2pm in Wawa.

~Tyler Andre~

**NOTICE**

Please note that the Cataloguing  
Inventory of Artifacts in the Library  
will be cancelled this week.

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Miigwetch from the Librarian

Don't forget to play  
Community Flyer Bingo

Jackpot starting at \$442.00

You can win it in **56** numbers

Curves machines will be  
available during the day from 8am  
–4.30pm @ 3 Maple St. in Wawa  
A scheduled evening will also be  
offered, just as soon as a program  
calendar is finalized.



Diabetes Prize Bingo

Thursday, January 11, 2018

6.30pm @ Complex



Poker Loppett will be available  
again at the Medical Centre  
from Monday, Jan 8th to  
Friday, January 19th

\$2.00 per play

See Lena (CHR)





# "MFN GATHERING" FUNDRAISING COMMUNITY FLYER BINGO



**PROGRESSIVE 50/50**

**\$2.00 A STRIP - 3 CARDS PER STRIP**

**JACKPOT STARTING AT: 442.00**

**NEED TO WIN IN 56#'S TO WIN THE PROGRESSIVE JACKPOT**

**AFTER 56#'S WIN CONSOLATION PRIZE {\$20.00}**

**DON'T FORGET TO BRING  
IN YOUR WINNING CARD  
BEFORE THEN;  
WE NEED TO VERIFY IT.**

**CHI-MIIGWETCH  
FOR YOUR  
SUPPORT!**

**NEW GAME STARTS EVERY MONDAY: #'S IN FLYER  
GAME CLOSSES AT NOON ON FRIDAY**

**BINGO CARDS ON SALE NOW UNTIL 11:00AM ON FRIDAY**

| GAME #: 38 |             |        | WEEK: Jan.8-12'18 |             |        | CARD COLOUR: GREEN |               |        | STARTING CARD #: 51 |
|------------|-------------|--------|-------------------|-------------|--------|--------------------|---------------|--------|---------------------|
| BALL #     | FIRST 56#'S |        | BALL #            | FIRST 56#'S |        | BALL #             | FIRST 56#'s   |        |                     |
|            | Letter      | Number |                   | Letter      | Number |                    | Letter        | Number |                     |
| 1          | B           | 3      | 26                | B           | 6      | 51                 | B             | 13     |                     |
| 2          | B           | 15     | 27                | I           | 25     | 52                 | O             | 66     |                     |
| 3          | B           | 11     | 28                | G           | 50     | 53                 | O             | 67     |                     |
| 4          | I           | 20     | 29                | I           | 23     | 54                 | N             | 34     |                     |
| 5          | O           | 72     | 30                | N           | 39     | 55                 | N             | 31     |                     |
| 6          | N           | 43     | 31                | B           | 5      | 56                 | O             | 64     |                     |
| 7          | I           | 16     | 32                | B           | 1      |                    | REMAINING #'S |        |                     |
| 8          | I           | 19     | 33                | G           | 46     | 57                 | O             | 74     |                     |
| 9          | B           | 12     | 34                | G           | 49     | 58                 | B             | 10     |                     |
| 10         | N           | 40     | 35                | G           | 48     | 59                 | O             | 62     |                     |
| 11         | N           | 45     | 36                | N           | 38     | 60                 | O             | 73     |                     |
| 12         | I           | 21     | 37                | G           | 56     | 61                 | G             | 47     |                     |
| 13         | B           | 9      | 38                | G           | 54     | 62                 | I             | 22     |                     |
| 14         | G           | 53     | 39                | G           | 57     | 63                 | G             | 55     |                     |
| 15         | I           | 18     | 40                | O           | 69     | 64                 | B             | 7      |                     |
| 16         | I           | 24     | 41                | I           | 17     | 65                 | I             | 30     |                     |
| 17         | O           | 61     | 42                | B           | 8      | 66                 | I             | 29     |                     |
| 18         | N           | 35     | 43                | O           | 68     | 67                 | O             | 71     |                     |
| 19         | I           | 27     | 44                | G           | 58     | 68                 | N             | 44     |                     |
| 20         | N           | 33     | 45                | B           | 4      | 69                 | N             | 42     |                     |
| 21         | G           | 59     | 46                | O           | 65     | 70                 | I             | 28     |                     |
| 22         | I           | 26     | 47                | G           | 52     | 71                 | N             | 36     |                     |
| 23         | B           | 14     | 48                | O           | 63     | 72                 | B             | 2      |                     |
| 24         | G           | 51     | 49                | N           | 41     | 73                 | N             | 37     |                     |
| 25         | G           | 60     | 50                | N           | 32     | 74                 | O             | 75     |                     |
|            |             |        |                   |             |        | 75                 | O             | 70     |                     |

Game #37 Consolation Winner: Ida Swanson Won full card in: 62#'s

***REIKI AND MEDITATION  
WITH TINA***



**INTRODUCTION TO MEDITATION**

**TUESDAY January 9th**

**6:00pm-7:30pm**

***Location: Family Well-Being Lodge, 3 Maple St.***

During this 1.5 hour session we will practice basic meditation techniques, learn about the body's energy and how it relates to the greater life force energy, and participate in a guided meditation

To register contact Teresa Black  
by email: [tblack@michipicoten.com](mailto:tblack@michipicoten.com),  
or by phone: 705 856 1993 Ext.228

# Michipicoten First Nation Dilico Health Services—January 2018

| Sun | Mon                                   | Tue              | Wed      | Thu                                                                                                                                                                                                                                                                                            | Fri | Sat |
|-----|---------------------------------------|------------------|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----|
|     | 1<br>New Year's Day<br>Offices Closed | 2<br>C&PSW       | 3        | 4<br>C&PSW                                                                                                                                                                                                                                                                                     | 5   | 6   |
| 7   | 8<br>CHN                              | 9<br>CM<br>C&PSW | 10       | 11<br>CHN<br>C&PSW                                                                                                                                                                                                                                                                             | 12  | 13  |
| 14  | 15<br>CHN                             | 16<br>C&PSW      | 17       | 18<br>C&PSW                                                                                                                                                                                                                                                                                    | 19  | 20  |
| 21  | 22<br>CHN                             | 23<br>C&PSW      | 24<br>DE | 25<br>C&PSW                                                                                                                                                                                                                                                                                    | 26  | 27  |
| 28  | 29<br>CHN                             | 30<br>C&PSW      | 31       | Community Health Nurse = CHN<br>Integrated Services Community Health Nurse = ISCHN<br>Mental Health Community Health Nurse = MHCHN<br>Aboriginal Healthy Babies Healthy Children Nurse = AHBCN<br>Diabetes Educator = DE<br>Care Manager = CM<br>Community and Personal Support Worker = C&PSW |     |     |

# Snow Word Search Puzzle

C A N A D A D R A Z Z I L B H  
A S T H E W O R L D S C S E C  
S O N D C D R I F T S E O L D  
L N E W S U L T B U T C S N O  
I W O I E S N O W F O R T S W  
P L S W T L N I C A Y Y T H I  
P O N A B L L C Q R A S I P I  
E T A L W A I T E U H T A N A  
R D N S N B N D U A E A L S N  
Y E O W N W W K F A L L L O Y  
F K A B O O R E Z B U S U T R  
T C C W P N W O H U N D R E R  
D A A I N S D M T H I R T Y U  
S P I X T C E N A T I M E T L  
L E V O H S R E S N E Z O R F

BLIZZARD  
COLD  
DRIFTS  
FLURRY  
FROZEN  
ICE CRYSTALS  
PACKED  
POWDERY  
SHOVEL  
SLIPPERY

SNOW FORTS  
SNOWBALLS  
SNOWBANK  
SNOWMAN  
PLOW  
STICKY  
SUB-ZERO  
UNIQUE  
WHITE