



MICHIPICOTEN FIRST NATION



Community Flyer



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Monday, March 12, 2018

Cheerfulness is the very flower of health.



~2018~	Monday Mar 12	Tuesday Mar 13	Wednesday Mar 14	Thursday Mar 15	Friday Mar 16	Saturday Mar 17	Sunday Mar 18
<u>Weather Conditions</u> 6am-6pm							
	Scattered flurries	A mix of sun & clouds	A mix of sun & clouds	A mix of sun & clouds	Sunny	Mainly sunny	Cloudy with sunny breaks
<u>High</u>	-1°C	-5°C	-2°C	-5°C	-3°C	-21C	-1°C
<u>Low</u>	-9°C	-15°C	-8°C	-13°C	-11°C	-6°C	-9°C
<u>24 hr snow</u>	<1cm	—	—	—	—	1-3cm	—

Diabetes Educator will be at the Medical Centre on Tues, Mar 27th

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Community Health Nurse will be in the Community every Monday & Thursday (Away - March 29th)

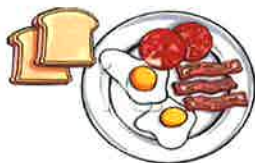
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Personal Support Worker will be in the Community every Tuesday & Thursday March 13, 15, 20, 22, 27, 29

Breakfast Program

Thursday, March 22, 2018

Band Hall at 7:30am



Weight Program

Ending Thursday, March 29/18

Meet at the Complex at 5pm for the prizes.



Monday's

Soup n Share/Exercise

11:30-2:00pm

MFN Complex Common room



Microsoft Office Training

Date to be determined

INTERESTED?

Please sign up at the Band Office- front desk or email wpeterson@michipicoten.com



United Church

~Thrift Shop~

April 12-16, 2018

Mon, Apr 16, 2018

~Bag Day~



MFN Public Library

TEA & BANNOCK

~Thursday afternoons 1-2pm~

*New renovations

*New Crafts

*Computer/Internet access

*Scan/Print

EVERYONE WELCOME!

MFN March Break Youth Activities

Monday March 12th

9-10am Breakfast @ Band Hall

10am-12pm Scavenger Hunt @ the Library

11am-1pm- Soup & Share/ Exercise @ Complex

1-3pm Fun Activity Centre @ Complex- games, coloring, bouncy house!



Tuesday March 13th

10am-12pm Obstacle Course Fun @ Medical Centre

1-3pm Youth Prize Bingo @ the Library

6-9pm Movie Night @ the Library

6-9pm Cribbage Tournament @ Complex



Wednesday March 14th

9-10am Breakfast @ Band Hall

10am-2pm Dore River Hike with Leo, Meet @ Band Hall

2:30-3pm Chili & Bannock Brunch @ Band Hall

3-30pm Moose Calling Contest @ Band Hall- Prizes for 1st place! (best call in each category child, youth, adult)

Thursday March 15th

11am-1pm Poker Walk \$5.00 entry free per hand, prizes for highest and lowest hands! Sign up @ Medical Centre

1-3pm Making Slime @ the Library



Friday March 16th

10am-1pm PlayStation 4 game day @ the Library



Mental Health Conference

MARCH 20TH - 23RD, 2018

M.C.: TODD GENNO

BIIGTIGONG NISHNAABEG
COMMUNITY CENTRE

TOPICS
TRAUMA ~ ANXIETY ~ DEPRESSION ~ CULTURE ~ ATTACHMENT ~ ADDICTION ~ RELATIONSHIPS



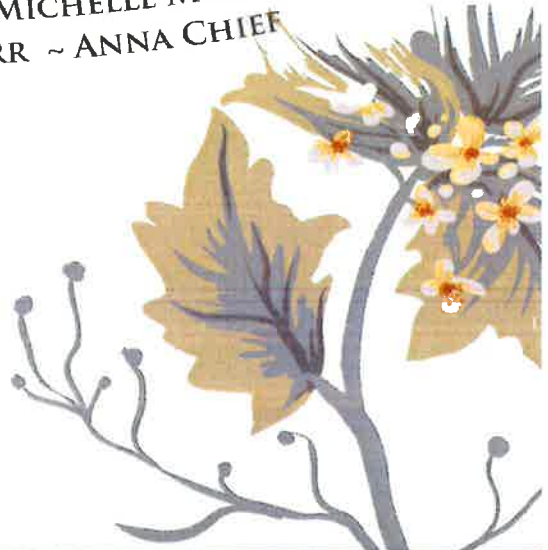
SPEAKERS
EDDY ROBINSON ~ DON BURNSTICK ~ MICHELLE MCKITRICK ~
JACINDA FIRTH ~ JERRI-LYNN ORR ~ ANNA CHIEF

Free Registration for residents of:
**Pays Plat First Nation, Biigtigong Nishnaabeg,
Pic Mobert First Nation, Michipicoten First Nation**
\$50/day for others wishing to attend.
Registration includes breakfast and lunch.

This Conference is Accredited by:



The
Indigenous
Certification
Board of
Canada
(ICBOC)



For more information or to register and secure your spot, please contact April Thornton:
northeastcoordinator@picriver.com

Michipicoten First Nation Public Library
invites you to



*NEW Renovations, NEW Craft
makerspace area, *Scan docs/ Print!

*Search google, Watch videos on youtube,
Check out Instagram, , Search pinterest,
Check out facebook, Search
wawa-news.com or sootoday.com

McCafe, Tim Hortons,
Cappuccino and Tea
AVAILABLE!



ALL WELCOME!

Michipicoten First Nation Artifacts

Cataloguing Inventory of Artifacts
@ the Library! Tuesday Morning's
9am- 12pm



Come learn some MFN History and
help us create a vision; a future for
pieces of our past!

Contact Wendy Peterson 705-856-1993
Ext 219 for more info! All Ages Welcome!

REIKI AND MEDITATION WITH TINA



THE BASICS OF MEDITATION

Tuesday March 6th 6:00 - 7:30 pm

Tuesday April 10th 6:00pm - 7:30 pm

Tuesday May 8th 6:00 - 7:30 pm

Tuesday June 12th 6:00 - 7:30 pm

Tuesday July 10th 6:00 - 7:30 pm

(Dates are subject to change)

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

For more information contact **Teresa Black** or
Helga Moore

tblack@michipicoten.com

hmoore@michipicoten.com

705 856 0129

APRIL 10TH - 13TH THE SEVEN GRANDFATHER TEACHINGS &

GROWTH AFTER TRAUMA



Everyone has a right to a future that is not dictated by the past! Call to sign-up and take that first step toward your wellness!

DR. JULIE WOIT
COMING TO
MICHIPICOTEN
FIRST NATION!

4-DAY EXPERENTIAL
ART-BASED
PROGRAM
FOCUSING ON
RECOVERY FROM
TRAUMA

APRIL 10TH - 13TH
*JULIE WILL BE
AVAILABLE ON THE
13TH FOR ONE-ON-ONE
FOLLOW-UP SESSIONS

PARTICIPANTS MUST
ATTEND ALL 3 DAYS

MICHIPICOTEN FIRST
NATION - MIGIZII
SUSWIIN COMPLEX

To sign up, call: Teresa or
Helga 705 975-0129

Please register for supply
Limited Space Available



Looking to develop a **COMMUNITY Gathering Committee**



Deadline March 16, 2018!!! Committee duties include such as:

1. Find a way to secure funds to build the new Sacred Fire Arbor.
2. Designing a new Sacred Fire Arbor and move it to the Western Direction as directed by Elder Willard Pine
3. Post our pow wow in Anishinabek trail guide
4. Set up gathering flyer
5. Book host and co-host drummers
6. Book head male and female dancers
7. Set up Sunrise Ceremony
8. Book accommodation for all our guests
9. Book Arena Director
10. Book Master of Ceremonies.
11. Secure a reliable PA system.
12. Get pow wow grounds cleaned up, seeded, watered and cut before pow wow
13. Ensure that grounds do not have goose poop, rocks or stones so dancers don't step on when dancing
14. Community women should gather the cedar in skirts for all cedar needed in the grounds.
15. Ensure that water and electricity is working properly at all times during the pow wow
16. Ensure there is garbage pickup Saturday and Sunday
17. Ensure chairs are set in the drum arbor for drummers, enough for guests also
18. Ensure there is water for all the drummers and some aside for dancers.
19. Ensure that all the benches are safe and secure, with no nails sticking out or broken boards on benches.
20. Ensure that fire keepers are feed and given refreshments
21. Ensure the overall cleaning of the grounds during the gathering.
22. Someone to take care of the craft and food vendors.
23. Requisition for dry firewood, birch bark and kindling to be piled neatly at Sacred Fire Arbor before first sunrise.
24. Prepare the medicines to be placed at Sacred Fire Arbor – seema, wiingush, giizhik mshkodewushk
25. Hang up cedar where required
26. Ensure there is a registration area.
27. Ensure our fire keepers are contacted and booked, and have acknowledged the seema given.
28. To organize feast, set it up AND cleanup for Saturday.
29. Organize events for the pow wow, such as hand drum contest, potatoe dance or something different this year.

Among other duties that are done annually to make this community gathering a success

PLEASE CONTACT LINDA PETERSON (lpeterson@michipicoten.com or 705-856-1993 ext 218)
IF YOU ARE ABLE TO VOLUNTEER AND ASSIST BY END OF FEB. PLANNING NEEDS TO
START ASAP IN ORDER TO BOOK PERTINENT PEOPLE. Dates are still being discussed.

Miigwetch!