



MICHIPICOTEN FIRST NATION



Community Flyer



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Monday, April 23, 2018

You are capable
of amazing things!



~2018~	Monday Apr 23	Tuesday Apr 24	Wednesday Apr 25	Thursday Apr 26	Friday Apr 27	Saturday Apr 28	Sunday Apr 29
<u>Weather Conditions</u> 6am-6pm							
	Sunny	Chance of a shower	Mainly sunny	Sunny	A few flurries	A mix of sun & clouds	A few flurries
<u>High</u>	11°C	8°C	6°C	7°C	4°C	5°C	5°C
<u>Low</u>	1°C	-2°C	-3°C	-2°C	-3°C	-3°C	-2°C
<u>24 hr rain</u>	—	~ 1mm	—	<1mm	—	—	—
<u>24 hr snow</u>	—	—	—	—	~ 1cm	—	<1cm



Poker Loppett

\$2:00 each hand

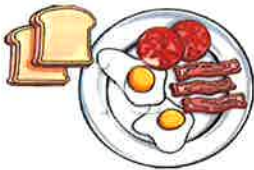
Monday, April 16, 2018 to
Friday, April 27, 2018

~Highest Hand Wins~

Breakfast Program

Thursday, April 26, 2018

Band Hall at 7:30am



After School Club

3:45-5:00pm-MFN Library

Contact: Wendy Peterson

(705)856-1993 # 219

~All Welcome~

Monday's

Soup n Share/Exercise

11:30-2:00pm

MFN Complex Common room

Regular Chief & Council meeting

Thursday, April 26, 2018

6:00pm

~Band Hall~

Upcoming 2018 office closures

Monday, May 21, 2018

(Victoria Day)

Thursday, June 21, 2018

(National Aboriginal Day)

Monday, July 2-in lieu of Sunday, July 1st

(Canada Day)

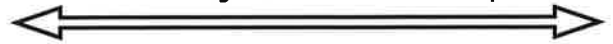
Monday, August 6, 2018

(Civic Holiday)

MFN Public Library

TEA & BANNOCK

~Thursday afternoons 1-2pm



MFN Public Library

Internet Café

~Every Tuesday~

6-8pm

MFN YOUTH

The Feathers of Hope Team and the Ontario Child Advocate would like to extend an invitation to Northern Ontario First Nations young people to attend the *Feathers of Hope: Health and Wellbeing* youth forum being held at the Best Western Nor'Wester Hotel and Conference Centre in Thunder Bay, Ontario on **May 28 – June 1, 2018**.

Feathers of Hope speaks to the power and importance of hope. It is an initiative led by First Nations young people that has evolved into a continually growing collective voice for First Nations youth in Ontario. The forum will have representation from Northern Ontario's First Nations communities, particularly, Grand Council Treaty #3, Nishnawbe Aski Nation, Robinson-Superior, and Independent First Nations.

The forum is designed to help young people participate in an open dialogue about how they want to sustain and improve their health and wellbeing. The forum was created in response to a recommendation in *Feathers of Hope: A First Nations Youth Action Plan* that was written by young people. Young people have said at previous Feathers of Hope forums that their physical, emotional, spiritual and mental wellbeing is important and needs to be supported by their families, community leadership and all levels of government. They want to be actively involved in creating positive change to improve the health and well-being of their peers and their communities. Toward meeting this goal, a key objective of the forum is to bring together youth and elders in the spirit of sharing and learning.

We are looking for **youth aged 15 to 29** who have an interest in contributing their thoughts and ideas about creating positive change at the *Feathers of Hope: Health and Wellbeing* forum. We would like to ask if you could promote the forum with young people in your community and encourage them to register. To ensure there is representation from as many communities as possible, up to two youth per community can participate in the forum. Youth can be living on/off reserve. Preference will be given to young people who have not attended previous Feathers of Hope forums.

Applications will be considered on a first-come, first-served basis.

CHAPERONE REQUIREMENTS - Youth under the age of 18 will require a chaperone who will be responsible for them for the duration of the forum. If two youth under 18 are attending from one community, only one chaperone is required.

TRAVEL COSTS - The most economical transportation and accommodation costs for youth and their chaperone will be covered by the Ontario Child Advocate. Meals will be provided for youth and chaperone attendees during the forum. **Please note that May 28 and June 1 are travel days.**

INTERESTED?

Please contact Wendy at wpeterson@michipicoten.com/ 705-856-1993 ext 219.

INDIGENOUS YOUTH GATHERING

2ND Annual

Honouring Mother Earth
Healthy Relationships
Mental Wellness
Careers
Education

STEM

Algoma
UNIVERSITY



May, 3rd - 4th 2018

Register at: [Eventbrite.com](https://www.eventbrite.com)  

For more information please contact
Samantha Solomon: 705-256-5443
or Deanna Jones: 705-948-3933 ext 211



Garden River First Nation's Aboriginal Skills and Employment training, Garden River Education and Adults in Motion is partnering with Algoma University this year to host our 2nd Annual Indigenous Youth Gathering. It will be held at Algoma University on **Thursday May 3rd and Friday May 4th 2018**. The theme of the gathering is "Walking in Both Worlds". In other words, we want to empower youth with knowledge that you can be successful in the non-Indigenous world while still maintaining our culture with pride. We have a Culture day & a career day planned for the youth. With 5 main guest speakers, a tour of the University as well as a Residential School tour and an afternoon of workshops and panels. This event is for Indigenous **Youth ages 15-30**. Open to the Northshore. Breakfast, Lunch and Dinner provided on Day 1. On Day 2 Breakfast and Lunch will be provided. We will also be having a few draws for awesome prizes. More information to be announced!

INTERESTED?

Please contact Wendy at wpeterson@michipicoten.com/ 705-856-1993 ext 219



Pow-wow and Annual Gathering Meeting



Luncheon meeting in main hall at 12pm noon on April 25th, 2018.

**** All interested community citizens invited to attend! ****

AGENDA ITEMS TO BE DISCUSSED:

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.
30. Annual gathering suggestions.

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 HAVE ANY QUESTIONS AND/ OR CONCERNS.**

Miigwetch!

MAY 28TH - 30TH

**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
IS COMING TO
MICHIPICOTEN**

**9:00AM TO 3:00PM
4-DAY EXPERIENTIAL
ART-BASED
PROGRAM
FOCUSING ON
RECOVERY FROM
TRAUMA**

***JULIE WILL BE
AVAILABLE ON THE
MAY 31 FOR ONE-
ON-ONE FOLLOW-UP
SESSIONS**

**PARTICIPANTS
MUST ATTEND ALL 3
DAYS**

**MIGIZII SUSWIIN
COMPLEX - MFN**

To sign up, call:

Limited spaces available -
Don't miss out!

Contact: Teresa or Helga

705 856-0129



What's New in the Library?

The Woman in the Window- A. J. Finn

The Perfect Nanny- Leila Slimani

The Chalk Man- C. J. Tudor

The Wife Between Us- Greer Hendricks & Sarah Pekkanen

The Dry- Jane Harper

The Black Painting- Neil Olson

Grist Mill Road- Christopher J. Yates

Sunday Silence- Nicci French

The Thirst- Jo Nesbo

Need to know- Karen Cleveland

Harry Potter and The Philosopher's Stone- J.K. Rowling

The Break- Katherena Vermette

The Reason You Walk- Wab Kinew

Medicine Walk- Richard Wagamese

Motorcycles & Sweetgrass- Drew Hayden Taylor

Son of a Trickster- Eden Robinson

Up Ghost River- Edmund Metatawabin

Those Who Run in the Sky- Aviaq Johnston

Twisted- Helen Hardt

Year One- Nora Roberts

Close Contact- Lori Foster

Promise Not to Tell- Jayne Ann Krentz

Past Perfect- Danielle Steel

Magic- Danielle Steel

Against All Odds- Danielle Steel

Fairytale- Danielle Steel
The Right Time- Danielle Steel
Stephen King- The Dark Tower I-III Boxed Set
Sleeping Beauties- Stephen King/ Owen King
End of Watch- Stephen King
Revival- Stephen King
Finder's Keepers- Stephen King
Renegades- Marissa Meyer
The Girl in the Woods- Camilla Lackberg
A Monster Calls- Patrick Ness
Shatter Me- Taherah Mafi
The Mask That Sang- Susan Currie
The Mortal Instruments- The Complete Collection- Cassandra Clare
A Court of Thorns and Roses Series- Sarah J. Maas
The Sacred Tree- Dr. Jane Goodall DBE
Creative Native American Beading- Teresa Flores Geary Ph D
Spirits of the Earth- Bobby Lake Thom
Sacred Plant Medicine- Stephen Harrod Buhner
Native American Moccasins- A Craft Manual- George M. White
Maker Lab- 28 Super Cool Projects
The Bad Seed- Jory John
Up the Creek- Nicholas Oldland
Little Blue Truck's Springtime- Alice Schertle
Dog Man #4: Dog Man and Cat Kid- Dav Pilkey
Fancy Nancy Oodles of Kittens- Jane O'Conner
Bedtime 123- Eric Walters
Sea Patrol to the Rescue- James Backshall and Jeff Sweeney
Weird but true! Animals- National Geographic Kids
How to play guitar in 10 easy lessons- Dan Holton
Who was Albert Einstein- Jess Brallier
Minecraft Guide to Redstone
Fantastic Beasts and Where to find them- J. K. Rowling
Dr. Seuss's Beginner Book Collection
I Love You Through and Through- Bernadette Rossetti- Shustak
The Very Cranky Bear- Nick Bland



The Screen for Life Coach is Visiting You Soon!

Mobile Screening for Breast, Cervical and Colorectal Cancer

- Breast cancer screening for women 50 to 74 years of age.
- Cervical cancer screening for women 21 to 69 years of age.
- Colon cancer screening for men and women 50 to 74 years of age.

Wawa

May 7-12, 2018

Michipicoten Community Centre

Call to book your appointment

1-800-461-7031

www.tbrhsc.net/screenforlife



Thunder Bay Regional
Health Sciences
Centre

Screen for Life
Cancer screening sees what you can't
Breast | Cervical | Colorectal



Aanii, Boozhoo, Hello ☺

Wow, what a ride winter was for all our relatives. From the migrating birds to our crawlers; Winter certainly confused us all. On the bright side, my faith and trust in winter, is that I have to believe in old man winter needed more time to nurture that medicine to meet the needs of our people and all our relatives; the animals, plants, water and air.

Spring has sprung to allow the old seed to rest and to awaken the NEW seeds of life; the fresh stream bursting open, the birds transporting those seeds need, babies being born, new idea popping and looking for fruition. Many beautiful beginning are about to happen. Stay in the moment of positive and continue to strive forward. Leave what wasn't working behind and inhale new beginnings. They will come...

What is new in Social:

Family Well-being Lodge is currently under construction for our sister services of Maamwasying primary health care that will house a nurse practitioner, social worker, diabetic educator, children's mental health worker and traditional doctoring.

We are excited to see this partnership of a caterpillar unfold to the butterfly that it is. Having these services will enhance what we already have from our Wawa Family Health Centre. We are looking forward to modernize Maamwasying to fill the gaps for Michipicoten's needs. We plan to host mini conversation sessions to see what it is we can do better for our citizens of Michipicoten First Nation.

The Family Well-Being Worker Helga Moore has brought to the program the approach of going back to our natural resources. Resources in products of soap, creams, bath bomb and lip balms. She is a qualified physio therapist assistant. Helga is married to a fella from Pic Mobert and she is originally from Croatia. Helga knows first hand of the struggles First Nations go thorough; as she has experienced it in her country. Helga is proud be working with Michipicoten First Nation and enjoys the commitment members who come out to programming. Helga is very knowledgeable and doesn't hesitate to share her knowledge.

Jansene Small is Maamwasying diabetic nurse educator. Jansene was eager to get Maamwasying going for Michipicoten and provide services for the members of Michipicoten by educating the members through soups and healthy snacks. We are "just now" learning what really is good for our digestive system. How preservative, chemicals and fatty ingredients have been damaging our system and we are left with "diabetes". We are seeing an increase in this disease; where we need more education out there for our members. We are getting better at understanding what "sugar" is and too much of one thing can do to our body's system.

Jansene's approach in delivering these teachings are through the "kitchen table". Bringing healthy soup to the Wawa Location and to Migizii Suswiin Complex in Michipicoten First Nation. Today's flavour was a yummy "bean, ham soup" with bread sticks, cut peppers, cucumber, hummus and cedar tea.

We anxiously wait for the contractor to finish up their work to prepare the grand opening of those mentioned services.

The opening will consist of a ceremony; asking our ancestors to continue to guide the resources that we need for our members. Because we all related and we do not discriminate who we serve. We know we are all related and we are not conditioned by the Indian Act that tell us who belongs where.

We will keep you updated on when the grand opening will take place and we hope to see you there.

Love and light to you all. baa maa pii. Teresa Black, Family Support Worker/Family Well-Being Assistant.



Spring Cleaning

CHECKLIST

Supplies

- Vacuum
- Steam Cleaner or Mop
- Dusting Materials
- Paper Towels
- Broom
- Boxes
- New Furnace Filter

Closets

- Donate or toss old clothes and shoes
- Pack up winter clothes
- Wash/hang up spring clothes
- Dust/wipe down shelves
- Clean or replace laundry basket

Kitchen

- Get rid of outdated spices and food
- Defrost and clean fridge and freezer
- Steam clean grout and appliances
- Polish silverware
- Clean inside of cabinets and drawers
- Dust top of cabinets and above fridge
- Steam clean microwave
- De-clutter junk drawer
- Clean oven
- Clean pantry shelves and around trash

Laundry Room

- Move washer/dryer and clean behind
- Check dryer vent
- Clean out cabinets and drawers

Hall Rooms

- Wipe down baseboards
- Clean air vents
- Dust blinds and windows
- De-clutter any drawers/messy areas
- Clean windows
- Vacuum/Mop Floors
- Replace HVAC/Furnace Filter

Bedroom

- Dust ceiling fan
- Clean or replace sheets
- Vacuum mattress
- Clean and vacuum under bed
- Wash pillows

Living Room

- Dust around and behind TV
- Clean fireplace
- Clean window treatments/furniture
- Wash, vacuum, or replace dog beds
- Polish hard wood floors

Outside

- Clean light fixtures
- Wash outdoor furniture
- Clean sliding glass door tracks
- Steam clean cement/cracks
- Plant flowers
- Clean/repair gutters
- Clean and organize garage

Bathrooms

- Throw away expired cosmetics
- Steam clean mirrors, countertops, sink
- Change shower curtain
- Steam clean floors, bath tub, and toys
- Clean in, around, and behind toilet
- Unclog drains