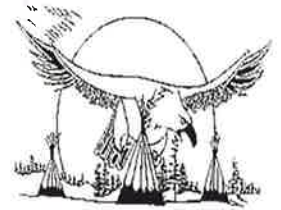


MICHIPICOTEN FIRST NATION

Community Flyer

Wednesday October 24th, 2018



Community Info & Notices	2
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I love you dearly, but if you fall down in
the cemetery and someone grabs you
you're on your own



	Wednesday 24 th	Thursday 25 th	Friday 26 th	Saturday 27 th	Sunday 28 th	Monday 29 th	Tuesday 30 th
Weather Conditions	Mainly sunny with cloudy	Chance of a shower	A mix of sun & clouds	Mainly sunny	A Mix of Sun and Clouds	Mainly sunny	Sunny
High	-1°C	6°C	3°C	6°C	5°C	4°C	5°C
Low	-3°C	0°C	-1°C	0°C	-2°C	-1°C	1°C
24 hr. rain	—	-1mm	—	—	—	—	—
24 hr. snow	—	—	—	—	—	—	—



Soup'n'Share/Exercise

Monday's with Helga

11:30-2:00pm

MFN Complex Common room



Bible Study

Wednesday Nights at 7:00pm

Complex in the Common Room

Contact *Ida Swanson*

705-856-7151

Regular Chief and Council Meeting

6pm at the Band Hall



Breakfast

Thursday October 25, 2018

7:30am @ the Band Hall



Flu Shot Clinics

Marylou Kobzick will be medical center to give flu shots on:

Thursday October 25, 2018—9:30a.m. to 3:30p.m.

Monday October 29, 2018—9:30a.m. to 3:30p.m.



Out of Office

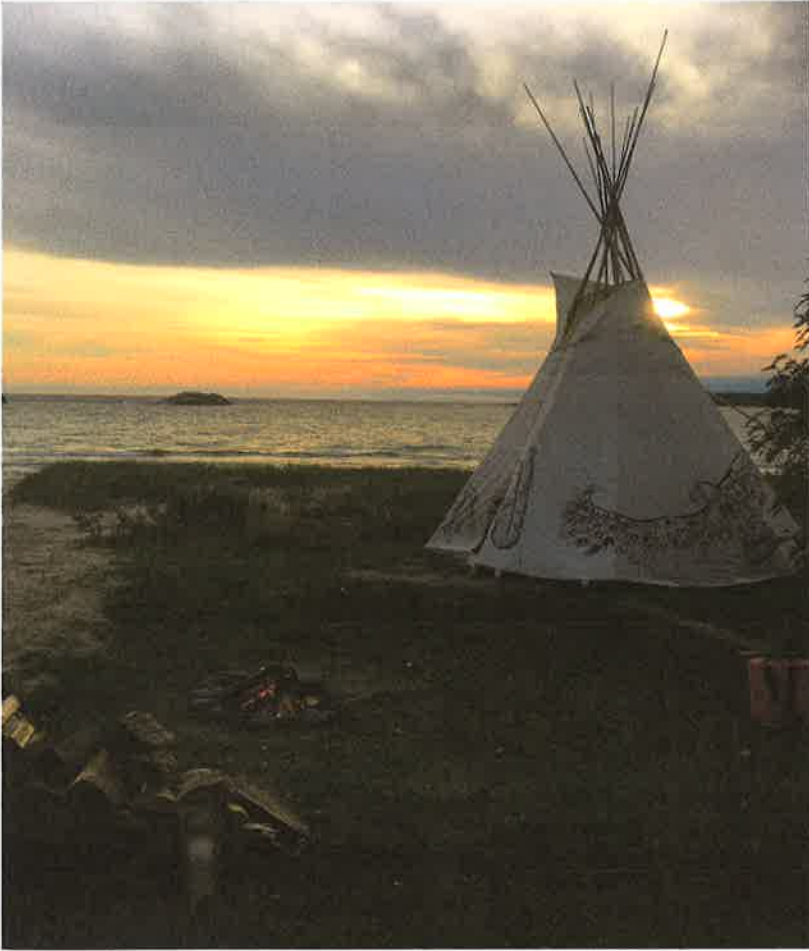
Our Family Support Worker will be away from the office
the week of:

Monday October 22, 2018 — Friday October 26, 2018.

Contact info: email—j.wilson@michipicoten.com

Cell—705-914-0004

Michipicoten First Nation



OCTOBER 25

**FULL MOON
CEREMONY**

For more information call Helga @ 705.856.0129 ext.235



6:00-8:00pm

At the Complex

Drumming social

Ceremony

&

Teachings

MFN Complex

**Light snack will
be provided**





Halloween

is back and so is our party...

Friday, October 26, 2018

from 7:00 p.m. to 10:00 p.m

Michipicoten First Nation Complex

EVERYONE WELCOME



Costume Contest

Coloring

Dance

Musical Chairs

Spot Dances

Games



Snacks and refreshments

Prizes, Prizes, Prizes





WIIYAAS BINGO

TYPE	STYLE	PRIZE
MINI	1 LINE	\$20 SUBWAY CARD
MINI	1 LINE	\$20 SUBWAY CARD
MINI	1 LINE	\$20 SUBWAY CARD
MINI	1 LINE	\$20 SUBWAY CARD
GAME 1	2 LINE	1 BOLOGNA
GAME 2	2 LINE	1 KIELBASA COIL
FIRST SPECIAL	ROTATING T	1 BACON, 12 EGGS, HASHBROWNS. BREAD
Game 3	2 LINES	1 BOLOGNA
Game 4	2 LINE	1 KIELBASA COIL
SECOND SPECIAL	CRAZY L	1 SAUGAGES, PANCAKES, 12 EGGS, 1 SYRUP
GAME 5	2 LINES	1 BOLOGNA
GAME 6	2 LINE	1 KIELBASA COIL
JACKPOT	LETTER X (KEEP CARD) (CONTINUE) FULL CARD	1 KIELBASA COIL 1 BALOGNA 2 EGGS 2 BREAD 1 10LB POTATO

October 29, 2018

COMPLEX

6-9 p.m

\$5.00 each pack

\$1.00 for Mini's

Chips, Chocolate and Pop for sale

All proceeds to the Youth and Elders Gathering

EVERYONE IS WELCOME

Multi-Family Community Yard Sale

~Donations \$5.00 per table~

All donations will go towards the
2019 National Elders Gathering in Manitoba

When: Saturday, November 3, 2018

Where: 10-plex Common Room

Time: 10am-4pm

If you would like to participate in the Community yard sale, gather your treasures and meet us at the Complex Common Room.



Jams

Cabbage Rolls



Beets



Pies



Pickles





Caribou Hair Tufting

with Doris

October 30, 2018

From 5-7

Family Well -Being Lodge

3 Maple street ,Wawa

All supplies and a light snacks will be provided.

For more information contact:

Helga Moore@

705.856.0129 #235



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Traditional Fall Gathering Oct 1-4 (see attached schedule)	2	3	4 Community Thanksgiving Feast 5:30pm Complex Wellness Group 6pm-8pm 3 Maple St	5 Soup and Share 11:30am 3 Maple St. Music with Clinton	6
7	8 Band Office Building Closed Thanksgiving Monday	9 Drum Social 7pm Complex	10 The Great Benjamin's Circus 4:30pm & 7:30pm showtimes Michipicoten Community Center Field	11 Walking Program 11:00am Health Center Wellness Group 6pm-8pm 3 Maple St	12 Soup and Share 11:30am 3 Maple St. Reiki	13 Halloween Trail 6:00pm—10:00pm
14 Cheryl & David Blacksmith Traditional Healers Oct. 14-17 (see attached schedule)	15 Walking Program 11:00am Health Centre Drum Social 7:00pm Complex	16	17	18 Walking Program 11:00am Health Centre Wellness Group 6pm-8pm 3 Maple St. Diabetes Prize Bingo 6:30pm Complex	19 Soup and Share 11:30am 3 Maple St. First Contact Halloween Trail 6:00pm—10:00pm	20 Halloween Trail 6:00pm—10:00pm
21	22 Walking Program 11:00am Health Centre Soup & Exercise 11:30pm—12:30pm	23 Drum Social 7:00pm 3 Maple St.	24 Full Moon Ceremony 7:00pm End of Beach	25 Breakfast 7:30am Bandhall Walking Program 11:00am Health Centre Wellness Group 6pm-8pm 3 Maple St.	26 Halloween Dance & Social 7:00pm Band Hall	27
28	29 Walking Program 11:00am Health Centre Soup & Exercise 11:30pm—12:30pm Complex Wiiyaas Bingo 6pm—8pm Complex	30	31 			



Michipicoten First Nation Community Trust

NOMINATIONS AND ELECTION NOTICE

The M.F.N. Community Trust will be holding nominations / election for
Three (3) Trustee Positions:

three (3) off-reserve

(1) One year term

(2) Three year term

Saturday, December 8, 2018.

Nominations are from 9:00 a.m. – 11:00 a.m.

And voting will take place from 12:00 p.m. – 6:00 p.m.

**At the Michipicoten First Nation Community Trust Administration Office
located at 16 Whitesands Drive.**

Please be advised that three (3) positions are available.

The Trustees encourage all voting M.F.N. band members to participate and to note the following regulations pertaining to the Saturday, December 8, 2018 election date:

1. No mail-in nominations or votes are permitted.
2. Electors must be 18 years of age or older in order to vote.
3. You are required to bring applicable identification (i.e. status card).
4. Potential Trustees must be 25 years of age or older to be eligible.
5. All nominees must be present and sign an Acceptance Form prior to 11:30 a.m.

If you have any questions and/or concerns, please contact **Michelle Wheatley** at the Michipicoten First Nation Community Trust Office.

M.F.N. Community Trust Toll-free #: 1 (888) 818-4417 or 1 (705) 856-9559
Or by e-mail: mfncadmin@xplornet.ca

Dirt & Worm Cakes



What You Need

- ƒ **24 white cupcakes**
- ƒ **1 cup boiling water**
- ƒ **1 pkg. (85 g) *Jell-O Orange Jelly Powder***
- ƒ **2 cups thawed *Cool Whip Whipped Topping***
- ƒ **48 worm-shaped chewy fruit snacks**
- ƒ **3 Tbsp. *Oreo Baking Crumbs***

Make It

- Place cupcakes in muffin pan cups. Use large fork to pierce holes at 1/4-inch intervals in tops of cupcakes.
- Add boiling water to jelly powder; stir 2 min. until completely dissolved. Drizzle over cupcakes with small spoon.
- Refrigerate 3 hours or until jelly is firm. When ready to serve, dip bottom of muffin pan in warm water 10 sec.; unmold onto serving plate. Frost with *Cool Whip*. Garnish with remaining ingredients.



MEDIA RELEASE:

Ground-Breaking Technology & Tradition Connect to Help More Indigenous Women.

THUNDER BAY, ON, Tuesday, October 23, 2018: Today, Talk4Healing, a crucial helpline for Indigenous women, launched new text and chat technology that will increase the ability to provide support and services across Ontario.

"Technology is having epochal changes on how people communicate and is a human story that is evolving every day. Talking on the telephone to connect with others is fast becoming a trend of the past," explains Debra Vermette, Executive Director of Beendigen. "Women now have a choice in how they connect with the helpline. A live, trained counsellor can talk with callers over the phone, text through mobile device, or chat via the Talk4Healing website's Live Chat, providing culturally sensitive crisis counselling, advice and support."

All talk, chat and text services are free, confidential and protected. Talk4Healing, offers 24/7 help, support and resources for Indigenous women, by Indigenous women, in 14 Indigenous languages as well as English. Over the past six years, the helpline has received nearly 20,000 calls from northern communities.

"Wherever you are, we're here for you. This new technology will enable Talk4Healing to reach a broader demographic, including younger Indigenous women that have identified that they are more comfortable texting. Whether you are at home or on the go, texting is a norm in today's society and is more accessible in certain situations in which women are at risk. This new service should also provide comfort for those that might be too hesitant to call over the phone, but does not compromise the culturally sensitive support," says Robin Haliuk, Talk4Healing Supervisor. "Talk4Healing services focus on the acceptance of Indigenous women's issues in a non-judgmental way."

"I've personally experienced mental health challenges in my life and know how critical support like Talk4Healing is for young women like myself. This new texting option allows a younger demographic to communicate in a way that is more comfortable for us, and it could have the potential to save a life," says Melinda Henderson. The 26-year-old is featured in new promotional photography for the helpline and is inspired to use her voice to share information about Talk4Healing.



Since its launch in October 2012, Talk4Healing has helped Indigenous women through various issues and circumstances such as escaping violent relationships, health and wellness, difficult personal relationships, financial turmoil and addiction.

Talk4Healing is a partnership between Beendigen and Ontario Native Women's Association (ONWA).

-30-

Talk: Call us at 1-855-554-HEAL and live support will be there to listen, any time of day.

Text: Simply send us a message to receive support anywhere.

Chat: Visit talk4healing.ca. Click on our live chat option and start your session to begin your path to healing.

Media contact:

Amanda Bay
Firedog Communications
Tel: 807-767-4443 ext.: 223
Email: amanda@firedogpr.com