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# Community Flyer

Wednesday, January 22, 2020

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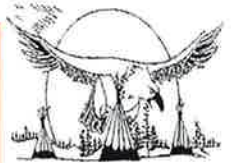
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Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th	Monday 27th	Tuesday 28th
Snow	Light snow	Mainly cloudy	Mainly cloudy	A mix of sun & clouds	A mix of sun & clouds	Scattered flurries
						
-3°C	-1°C	-1°C	-1°C	-1°C	-2°C	-1°C
-11°C	-6°C	-4°C	-5°C	-7°C	-5°C	-4°C
~1cm	1-3cm	—	—	—	—	<1cm



# MFN Ongoing Programs



Questions? Contact Deanna at: [d.buonomo@michipicoten.com](mailto:d.buonomo@michipicoten.com) or (705) 856-1993 ext. 219

Or

Ashley at: [a.berry@michipicoten.com](mailto:a.berry@michipicoten.com) or (705) 856-0129 ext. 235

## Crafting Social



Every Wednesday Night  
6:00-8:00pm - 3 Maple



## Lunch Social



Every Monday at The Complex: 12:00 -2:00pm  
Every Friday at 3 Maple: 11:30-1:00pm

## Drumming Social



Every Tuesday from 6-8pm at 3 Maple Street.  
Everyone welcome!



## After School Program: Kidz Zone

Mondays, Wednesdays & Thursdays in the MFN Library.

\* 3:45 - 4:45pm - Snacks provided \*



## Sew Much Fun!

Every Tuesday at 3 Maple

1:00 - 3:00pm



# COMMUNITY INFO



**Welcome  
2020**

## Lunch & Learn

**January 30, 2020  
12pm  
Band Hall**



### **Presenters:**

**North East Mental Wellness  
& Crisis Team**

## First United Church Thrift Shop

**Thurs, Jan 30th 5-9pm  
Fri, Jan 31st 1-4pm & 5.30-8.30pm  
Sat, Feb 1st 9-4pm  
Mon, Feb 3rd 9-8pm (Bag Day)**



Lena Andre, CHR will be away from her office from January 20th to 24th. She will return on Monday, January 27th for any Medical Travel please see Wendy Peterson  
705-856-1993 # 218

~~~~~

Nancy Andre, CHPW will be away from her office from January 20th to 24th. She will return on Monday, January 27th

## Wellness Group

**Every Thursday evening at  
3 Maple Street with  
Laverne & Gretchen  
6.00-8.00pm**



**MICHIPICOTEN FIRST NATION**

**MICHIPICOTEN FIRST NATION  
CHIEF AND COUNCIL COMMUNITY MEETING  
JANUARY 23, 2020 — 6:00 PM**

**AGENDA**

**A. OPENING OF MEETING**

1. CALL TO ORDER
2. OPENING PRAYER
3. APPROVAL OF AGENDA
4. DECLARATION OF CONFLICT OF INTEREST

**B. APPROVAL OF MINUTES**

**6:05-6:15** SEPTEMBER 26, 2019 AND NOVEMBER 28, 2019

**C. OLD BUSINESS**

| <b>ITEM</b>                                                      | <b>TOPIC LEAD</b> |
|------------------------------------------------------------------|-------------------|
| <b>6:15 – 6:45</b> ANISHINABEK GOVERNANCE AGREEMENT – DISCUSSION | IRENE ARMSTRONG   |

**D. NEW BUSINESS**

| <b>ITEM</b>                                                                                            | <b>TOPIC LEAD</b> |
|--------------------------------------------------------------------------------------------------------|-------------------|
| <b>6:45 – 7:30</b> CULTURAL CENTRE – DISCUSSION ON LOCATION, DESIGN, AND WHAT TO INCLUDE IN THE CENTRE | IRENE ARMSTRONG   |
| QUESTIONS FROM THE FLOOR                                                                               |                   |

**E. CLOSE OF MEETING**

CLOSING PRAYER  
MOTION TO CLOSE

# Michipicoten First Nation Family Fun Fish Derby



Saturday, February 22<sup>nd</sup>, 2020  
1:00 P.M. - 4:00 P.M.  
Pike Lake - Michipicoten First Nation

Top prizes for: Longest Fish  
Smallest Fish  
Mystery Size Fish

*2 categories 16+ and 15 and under*

**\*MUST REGISTER\***

**REGISTRATION DRAW- Power Ice Auger**

**MUST register by February 21<sup>th</sup>, 2020 @ 1:00 pm \* NO EXCEPTIONS\***  
*Registration prize will be drawn February 22<sup>nd</sup>, must be present and fishing to win.*

- *Holes will be pre-drilled*
- *No personal ice augers to be used*
- *No one shall drill their own holes*
- *One hole per participant*
- *If there are no fish caught, prizes will be drawn randomly*

*Dress Warm! Bring you rod/bait/tackle! Meet at Pike Lake by 12:30 pm*  
*Hot dogs, sausages, water, coffee, tea and hot chocolate will be available*

*Fishing will begin at 1:00 pm and finish at 4:00 pm!*  
*Random prizes will be drawn throughout the Derby*  
*Top Prizes announced or drawn at 4:15 pm*

Register with Nancy ONLY by February 21st, 2019 @ 1pm  
More information call Nancy 705-856-1993 ext. 226  
if no answer please leave a message or by  
email [nandre@michipicoten.com](mailto:nandre@michipicoten.com)

*Happy Fishing Everyone!!!!*


















# MICHIPICOTEN FIRST NATION



# January

| Sunday | Monday                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                           | Wednesday                                                                                                                                                                                                                                                   | Thursday                                                                                                                                                            | Friday                                                                                                                                                                                                  | Saturday                                                |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| 19     | <p><b>20</b></p> <p>-MFN Nurse is in the Health Centre: 9-4pm</p> <p>-Lunch Social: 12-2pm at The Complex</p> <p>-KIDZ ZONE: After School Program in the library: 3:45-4:45pm</p>    | <p><b>21</b></p> <p>-Sew Much Fun: 1-3pm at 3 Maple</p> <p>-Drumming Social: 6-8pm at 3 Maple (men &amp; women welcome)</p>    | <p><b>22</b></p> <p>-Crafting Social: 6-8pm at 3 Maple</p> <p>-KIDZ ZONE: After School Program in the library: 3:45-4:45pm</p> <p>-Bible Study: 6:30 at The Complex</p>    | <p><b>23</b></p> <p>-MFN Nurse is in the Health Centre: 9-4pm</p> <p>-Wellness Group: 6-8pm at 3 Maple</p> <p>-Chief &amp; Council Meeting</p> <p>Band Hall 6pm</p> | <p><b>24</b></p> <p>-Lunch Social: 11:30-1pm at 3 Maple</p>                                                            | <p><b>25</b></p> <p>Garden River Round Dance 5pm</p>    |
| 26     | <p><b>27</b></p> <p>-MFN Nurse is in the Health Centre: 9-4pm</p> <p>-Lunch Social: 12-2pm at The Complex</p> <p>-KIDZ ZONE: After School Program in the library: 3:45-4:45pm</p>    | <p><b>28</b></p> <p>-Sew Much Fun: 1-3pm at 3 Maple</p> <p>-Drumming Social: 6-8pm at 3 Maple (men &amp; women welcome)</p>    | <p><b>29</b></p> <p>-Crafting Social: 6-8pm at 3 Maple</p> <p>-KIDZ ZONE: After School Program in the library: 3:45-4:45pm</p> <p>-Bible Study: 6:30 at The Complex</p>                                                                                     | <p><b>30</b></p> <p>-MFN Nurse is in the Health Centre: 9-4pm</p> <p>-Wellness Group: 6-8pm at 3 Maple</p> <p>-United Church Thrift Shop 5-9pm</p>                  | <p><b>31</b></p> <p>-Lunch Social: 11:30-1pm at 3 Maple</p> <p>-United Church Thrift Shop 1-4pm &amp; 5.30-8.30pm</p>  | <p><b>1</b></p> <p>-United Church Thrift Shop 9-4pm</p> |
| 2      | <p><b>3</b></p> <p>-MFN Nurse is in the Health Centre: 9-4pm</p> <p>-Lunch Social: 12-2pm at The Complex</p> <p>-KIDZ ZONE: After School Program in the library: 3:45-4:45pm</p> <p>-United Church Thrift Shop 9-8pm (Bag Day)</p>                                      | <p><b>4</b></p> <p>-Sew Much Fun: 1-3pm at 3 Maple</p> <p>-Drumming Social: 6-8pm at 3 Maple (men &amp; women welcome)</p>   | <p><b>5</b></p> <p>-Crafting Social: 6-8pm at 3 Maple</p> <p>-KIDZ ZONE: After School Program in the library: 3:45-4:45pm</p> <p>-Bible Study: 6:30 at The Complex</p>                                                                                      | <p><b>6</b></p> <p>-MFN Nurse is in the Health Centre: 9-4pm</p> <p>-Wellness Group: 6-8pm at 3 Maple</p>                                                           | <p><b>7</b></p> <p>-Lunch Social: 11:30-1pm at 3 Maple</p>                                                           | <p><b>8</b></p>                                         |
| 9      | <p><b>10</b></p> <p>-MFN Nurse is in the Health Centre: 9-4pm</p> <p>-Lunch Social: 12-2pm at The Complex</p> <p>-KIDZ ZONE: After School Program in the library: 3:45-4:45pm</p>  | <p><b>11</b></p> <p>-Sew Much Fun: 1-3pm at 3 Maple</p> <p>-Drumming Social: 6-8pm at 3 Maple (men &amp; women welcome)</p>  | <p><b>12</b></p> <p>-Crafting Social: 6-8pm at 3 Maple</p> <p>-KIDZ ZONE: After School Program in the library: 3:45-4:45pm</p> <p>-Bible Study: 6:30 at The Complex</p>  | <p><b>13</b></p> <p>-MFN Nurse is in the Health Centre: 9-4pm</p> <p>-Wellness Group: 6-8pm at 3 Maple</p>                                                          | <p><b>14</b></p> <p>-Lunch Social: 11:30-1pm at 3 Maple</p>                                                          | <p><b>15</b></p>                                        |

Round Dance in  
Garden River

Saturday January 25<sup>th</sup>

Michipicoten will be providing  
a van for this Event!

Van will be leaving  
MFN @ 2PM

And 3 Maple at 230 PM

And will be returning @ 8PM

Bring warm clothing, skirts  
or ribbon shirts and

**\*feast bundle\***

**MICHIPICOTEN**



**FIRST NATION**

**\*Limited spots Available\***

If you are interest and would like to reserve a seat  
contact Ashley @7058560129 ext. 235



"Honouring our Families"

# Round Dance

Saturday, January 25, 2020

All welcome



**Pipe Man**

Darren McGregor- Sagawick

**Co-Emcees**

Quinn Meawasige- Genaabaajing

Joel Syrette- Batchewana

**Stickman**

Joe Syrette-Batchewana

**Invited Singers**

Dion Syrette - Batchewana

Matthew Isaac - Sarnia

Lakota Raphael - Peshawbestown

Christopher Simpson-

Johnston - Genaabaajing

Wesley aka "Kwak" Hale - Iowa

Nathan Pelly - Saskatchewan

All singers will be acknowledged



**Pipe Ceremony | 5:00pm**

**Feast | 5:30pm**

**Round Dance to follow**

**Specials & Spot Dances**

Feast Plates, Skirts &

Ribbon Shirts are encouraged.

This is a drug & alcohol free event.

**Garden River Rec Centre**

48 Syrette Lake Road, Garden River, ON

Brought to you by:



**NOGDAWINDAMIN**  
FAMILY & COMMUNITY SERVICES

For more information please contact Leah Boissoneau  
(705)946-3700 ext 2356 | leboissoneau@nog.ca



## TO ALL MEMBERS OF MICHIPICOTEN FIRST NATION

A vote will be held February 1, 2020 to February 29, 2020 to ratify the Anishinabek Nation Governance Agreement between Michipicoten First Nation and Canada. The Ballot Question is:

**As an Eligible Voter of Michipicoten First Nation, do you:  
approve the proposed Anishinabek Nation Governance Agreement and  
authorize the Ogiimah and council to execute the Agreement?**

**Voting on Michipicoten First Nation will take place on Friday, February 28, 2020  
and Saturday, February 29, 2020 between the hours of 9:00 a.m. and 8:00 p.m. at  
the Michipicoten First Nation Administration Office.  
(107 Hiawatha Drive, Wawa ON P0S 1K0)**

You are eligible to vote if you are at least 18 years of age by the last day of the Voting Period of February 29, 2020 and your name appears on the band list or you are entitled to have your name appear on the band list. You will be required to produce identification in order to vote.

To confirm your name is on the List of Eligible Voters or to receive instructions on the process to request changes to the List of Eligible Voters, contact your First Nation Ratification Officer at the address set out below.

You may also vote by Electronic Vote from February 1 to February 29, 2020 at 8:00 p.m. In order to cast an Electronic Ballot, follow the instructions set out at [www.onefeather.ca](http://www.onefeather.ca).

You may also vote by Mail-in Ballot. In order to receive a Mail-in Ballot, request a Mail-in Ballot by mail, email, facsimile, phone, or in person from your First Nation Ratification Officer at the address set out below. To be eligible to be counted, a Mail-in Ballot must be received by the First Nation Ratification Officer identified on the envelope by the close of Voting Period. Requests for packages must be received by the close of business on February 19, 2019.

You may only vote once.

All votes will be counted at the location set out below after the close of polls on February 29, 2020.

Anishinabek Nation Governance Agreement information sessions, including information on the Ratification Process, will be held at the locations set out below.

You can obtain a copy of the Anishinabek Nation Governance Agreement, the Anishinabek Nation Fiscal Agreement, and the Implementation Plan at [governancevote.ca](http://governancevote.ca) or by contacting your First Nation Ratification Officer.

This notice is given 20<sup>th</sup> day of December, 2019 by Scott Jacobs, First Nation Ratification Officer, for Michipicoten First Nation.

An information session will be held at the Michipicoten First Nation Community Hall on Monday, January 20, 2020 between the hours of 6:00 pm and 9:00 pm. regarding the Agreement and Voting Process.

**Scott Jacobs Ratification Officer**

**Address: P.O. Box 159, Wawa, Ontario, P0S 1K0**

**Phone: 705-741-3773**

**Fax: 705-743-5178**

**E-mail: [scott.jacobs@sympatico.ca](mailto:scott.jacobs@sympatico.ca)**

The toll-free number for inquiries related to the Ratification Process is 1-833-297-9850



Nutrition News Presents:

# FEBRUARY IS HEART HEALTH MONTH!



Created by Vicki Lee RD  
705-856-0129



## HEART HEALTH IS IMPORTANT

There are many risk factors to heart health...

### LEADING CAUSES OF POOR HEART HEALTH

Heart disease can be caused by:

#### Medical conditions

- High blood pressure
- High cholesterol levels
- Diabetes
- High blood pressure during pregnancy
- Sleep apnea

#### Lifestyle risk factors

- \*\*Unhealthy diet\*\*
- \*\*Not enough physical activity\*\*
- Unhealthy weight
- Smoking (tobacco misuse)
- Too much alcohol
- Stress
- Recreational drug use
- Birth control or HRT

Aim for at least  
15 minutes of  
physical  
activity a day!

### Risk factors you cannot control

Sex –

a woman's risk of heart disease and stroke changes over her lifetime

Age –

the older you are, the higher your risk of heart disease

#### family and medical history

South Asian and African heritage, Indigenous heritage

#### Personal circumstances –

including access to healthy food, safe drinking water, health services and social services

# HEART HEALTHY RECIPE IN 30 MINUTES!

## Sheet pan Pork Tenderloin with Sweet Potatoes



### Ingredients

3 tbsp (45 mL) canola oil, divided  
1 lb (500 g) pork tenderloin, fat trimmed off  
1 tbsp (15 mL) pure maple syrup  
1 tbsp (15 mL) Dijon mustard  
1 tsp (5 mL) garlic powder, divided  
1/2 tsp (2 mL) black pepper, divided  
3 cups (750 mL) sliced sweet potato wedges  
1 lb (500 g) thick- asparagus spears, trimmed

### Directions

1. Preheat oven to 425°F . Lightly grease a rimmed 13 x 18 - inch baking sheet with 2 tsp canola oil.
  2. Place pork tenderloin in a medium bowl and add maple syrup, mustard, 1/2 tsp garlic powder and 1/4 tsp pepper. Rub over the pork tenderloin.
  3. Warm a large non-stick skillet over medium-high heat. Add 1 Tbsp canola oil. When hot, add pork tenderloin and sear for 3 minutes on each side.
  4. While pork is searing, slice sweet potato into wedges. Place in a medium bowl and toss with remaining canola oil, garlic powder and black pepper.
  5. Arrange asparagus in centre of sheet pan, trying not to overlap. Place seared tenderloin on top of asparagus, pouring any remaining marinade over pork.
  6. Tuck sweet potato wedges around pork and asparagus. Roast for 20-25 minutes. Let rest for 5 minutes before slicing. Enjoy!
- Adapted from heart&stoke.ca*

### Nutritional info

**Serving (4 oz pork, 4 oz asparagus,  
3/4 cup (sweet potatoes)**

Calories 320  
Protein 28 g  
Total fat 10 g  
Saturated fat 1.5 g  
Cholesterol 75 mg  
Carbohydrates 29 g  
Fibre 6 g  
Sugars 10 g  
Added sugars 3 g  
Sodium 210 mg  
Potassium 1089 mg

### Use Fiber to reduce your cholesterol!

Aim for 10-25 g/day.

#### How does that work ?

Soluble fiber forms a gel when dissolved in fluid in our bodies and binds the "bad" cholesterol in our body (LDL Cholesterol) causing the amount of LDL cholesterol to be reduced

#### High Fiber Foods

Choose whole grain breads and cereals, oats, oat bran, psyllium, beans, peas, lentils, eggplant, and okra.

TIP\*\* Eat vegetables and fruit with the peels on.