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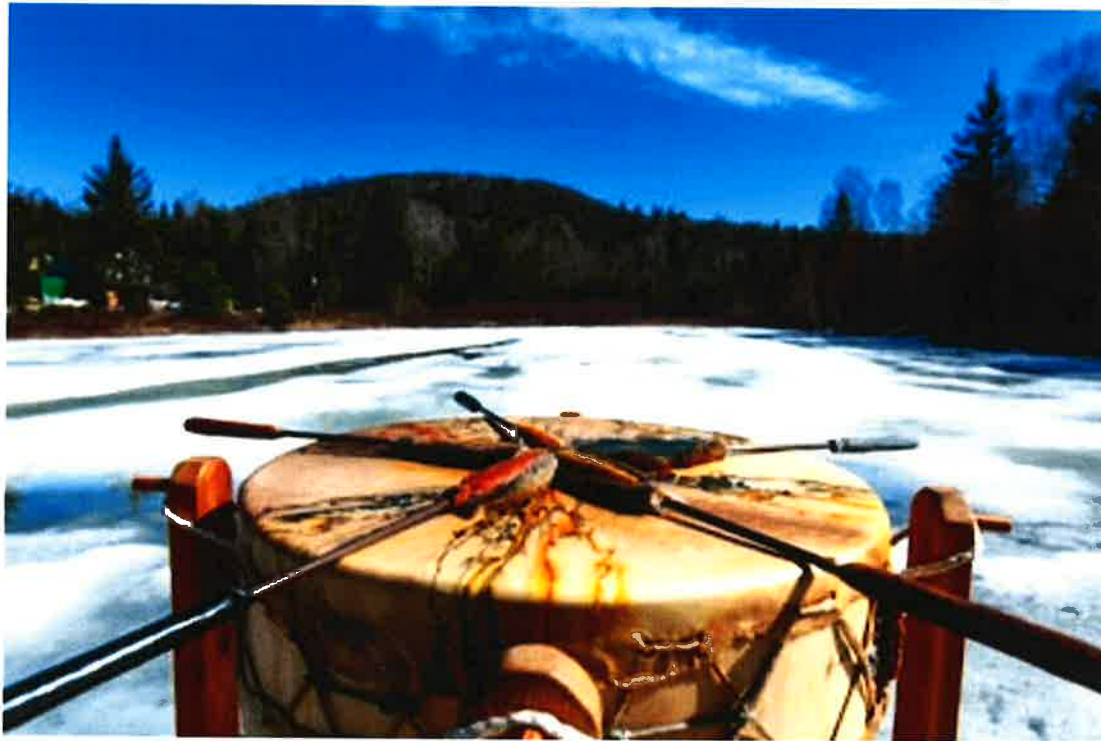


Community Flyer

Wednesday, February 19, 2020



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| Wednesday 19th | Thursday 20th | Friday 21st | Saturday 22nd | Sunday 23rd | Monday 24th | Tuesday 25th |
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| -22°C | -22°C | -12°C | -5°C | -1°C | -3°C | -4°C |
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COMMUNITY INFO



- Reminder -

**The Family Fun Fish Derby is this
Saturday, February 22nd.**

Where: Pike Lake

Time: 12:00-3:00pm



Wellness Group

*Join us at 3 Maple Street on
Thursday nights from
6:00-8:00pm for a Wellness
Group discussion. Refreshments
will be provided.*



Chief & Council Meeting: Prodigy Agreement Signing



**February 27th
At The Complex**



**Dinner will be served at: 5:30pm
(Prime Rib Dinner)**

**Comedy show to follow: Moccasin Joe
RSVP by contacting Alex at:
(705) 856-1993 ext. 214**



Wednesday Night Bible Study at The Complex

**At 6:30pm a meal is provided
before the Bible Study every Wednesday night,
except on the 4th Wednesday of the month.**



If you have any questions, please feel free to call Ida at: (705) 856-7151



**Note: Monthly "Songs and Praise" will be at
7:00 pm (no meal) on the 4th Wednesday.**





MFN Ongoing Programs



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

Or

Ashley at: 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!



Sew Much Fun!



Every Tuesday at 3 Maple
1:00 - 3:00pm





MICHIPICOTEN FIRST NATION EMPLOYMENT OPPORTUNITY MANAGER, HEALTH & SOCIAL SERVICES

(Internal/External Posting - January 31, 2020)

Michipicoten First Nation is a vibrant Ojibway First Nation community located on the white sands (north east shores) of Lake Superior. The registered population is approximately 1,100 with 70 members living on reserve. With a strong sense of community and cultural identity, Michipicoten First Nation strives to maintain harmony and balance with Mother Earth, neighbouring First Nations and surrounding communities.

We are seeking an experienced professional to fill the role of **Manager, Health and Social Services**. This is an exciting opportunity to have a significant impact on the well-being and everyday lives of a First Nation Community. Reporting to the Executive Officer, the Manager – Health & Social Services is responsible for the direct supervision of health & social service department staff and for ensuring the effective delivery of Michipicoten's health and social service programs to serve the needs of all MFN citizens; whether that be within an Indigenous culturally competent framework, or a best practice model. Frequent travel and flexibility to work outside of office hours may be required.

Program Leadership: Implement health-related goals as established by Chief and Council. Administer and implement all health-related policies and programs adopted by Michipicoten. Coordinate and assist health & social service staff with daily, weekly, monthly and yearly planning for program delivery and services. Evaluate current health programs and services. Develop programs related to community health needs.

Finance & Administration: Provide an administrative/monitoring function over health programs and service delivery, as well as the day-to-day operations of Michipicoten's Health & Social Service department. Safeguard health records and maintain confidentiality of the health practice. Ensure that programs operate within budget allocations.

Operations and Maintenance: Ensure the safe and efficient operation of the Michipicoten Health Centre including supply ordering and delivery/receipt, ensuring regular maintenance is performed and as required, coordinate with health professionals to ensure their clinic needs are met.

Human Resources Management: Perform day-to-day staff management in accordance with MFN policies and performance expectations including processing paperwork for timesheets, leave requests, ensuring that vital services are covered at all times, dealing with on-call issues, planning holiday coverage, performing evaluations, and providing regular constructive performance feedback.

Quality Management: Ensure that all programs meet or exceed program objectives. Ensure that Michipicoten's traditions and cultural health approaches are incorporated into service delivery. Work to maximize member satisfaction within policy constraints. Stay in close contact with members, families and the community to better appreciate their needs and assess the quality of services provided by the First Nation and Government programs.

Reporting: Submit regular reports or forecasts as required, to the Executive Officer, Chief and Council or other external representatives. Complete all reporting on a timely basis. Assist in preparing and presenting plans and/or strategies for Michipicoten Health & Education.

Funding: Identify and apply for funding available for Michipicoten Health & Social Service programs

Building Relationships: Maintain excellent working relations and communications with external service partners including First Nations Health Authority, Dilico Anishinabek Family Care, local schools, and other health and education professionals. Provide and lead opportunities for staff and other service providers to coordinate services, assist one another, and debrief for constant improvement. Act as the health and social service representative with external stakeholders and government bodies when required.

Qualifications:

- Degree in Health Sciences, Social Work or a related field preferred. Equivalent combination of education and experience will be considered
- 3+ years' experience in the direct supervision of staff involved with health or community services
- Significant, recent and relevant experience working in a health setting including the development, implementation, delivery, monitoring and evaluation of health and social services programs and services
- Detail-oriented with ability to put the complex puzzle pieces of community efforts together
- Proficiency with MS Office applications
- In depth knowledge of First Nation health and education issues.
- Knowledge of and experience with relevant health and education legislation
- Excellent verbal and written communication skills
- Ability to build effective relationships with MFN citizens and external stakeholders
- High degree of confidentiality
- Experience working with First Nations preferred
- Valid driver's license and access to a reliable vehicle
- Current criminal record check required

Term: 2-year contract (with opportunity for extension)

Wages:

Michipicoten First Nation offers a comprehensive employee benefit package and competitive salary based upon experience and qualifications. This position is a salaried position with flexible hours as some travel and extended hours may be required based on activity.

To apply:

Interested persons may submit their cover letter & resume as **one document** by email to Lisa Belanger hr@michipicoten.com no later than **February 21, 2020**. **Please include the job title in the email subject line.**

Michipicoten First Nation (MFN) is an equal opportunity employer. MFN will attempt to provide reasonable accommodation for known disability for an applicant or employee if requested. Preference will be given to qualified MFN members.



EMPLOYMENT OPPORTUNITY
FOR MICHIPICOTEN BAND MEMBERS

ENVIRONMENTAL MONITOR AT GOLDCORP BORDEN GOLD

(Internal / External Posting)

February 6, 2020

Michipicoten First Nation is seeking a full-time **Environmental Monitor to work at the Goldcorp Borden Mine Site (located approximately 15 min from Chapleau, ON)**. Under the direction of the Michipicoten's Director of Lands & Economic Development, you will be involved in ongoing environmental information review and gathering, to ensure the environmental commitments made by the Goldcorp Borden Gold Project are being delivered upon. The successful candidate will also be required to travel to Wawa, as needed, to report findings and share information with Michipicoten to enable Michipicoten to assess and provide recommendations to Goldcorp on mitigation of any adverse impacts.

Responsibilities

- Aid in the review of environmental monitoring data
- Assist in monitoring surveys including aquatic, terrestrial, fish and bird surveys
- Facilitate engagement sessions with the MFN to inform, gather feedback, concerns and questions from members regarding the Project
- Participate in morning huddles at the Borden Mine Site
- Complete daily 5-point cards and complete any risk assessments needed
- Complete daily checklist based on compliance with permit conditions/requirement
- Conduct daily environmental inspections on site (Hazardous waste, Environmental Inspections)
- Inspection of sites in need of sediment control
- Monitoring and enforcing "no spill" policy
- Contact fellow Goldcorp employees if there is anything unacceptable that needs to be fixed
- Oversee any new construction on site
- Shadow contractors on site completing any monitoring or studies
- Assist with sampling programs for air, water, noise, vibration etc.
 - Document GPS coordinates at each sample location
 - Order lab supplies
 - Update field binder as needed
 - Data entry of sampling results received
- Provide MFN and Goldcorp with a monthly report including:
 - Effectiveness of mitigation measures
 - Recommendations for improvements
 - Activities and mitigation measures for upcoming work
- Any other duties as assigned

Qualifications

- **Must be a member of Michipicoten First Nation**
- Ability to work with limited supervision
- Willingness to work outdoors (80% of work is conducted in the field)
- Strong written and verbal communication
- Computer literacy including experience with MS Word & Excel
- Demonstrated leadership skills
- Driver's License and reliable transportation
- Satisfactory Criminal Background Check
- First Aid and CPR (asset)
- Work experience in the field of environmental monitoring (asset)
- Practical experience with collecting and documenting of samples (asset)
- Demonstrated involvement in environmental stewardship (asset)
- Knowledge of the Michipicoten First Nation's values on the landscape (asset)

Term Full-time, permanent

Work is conducted at the **Goldcorp Borden Mine Site (located approximately 15 min from Chapleau, ON)**. Occasional travel to attend meetings in Michipicoten will be required.

Schedule: 7:00 am – 3:30 pm Monday through Thursday
7:00 am – 1:00 pm Fridays

The successful candidate will receive training by Blue Heron Environmental Services through "in-class" presentations as well as on-site practical training.

Wages

We offer a comprehensive employee benefit package and competitive salary based upon experience and qualifications. This position is a salaried position and may require extended hours based on activity.

To Apply

If your qualifications, positive attitude and commitment to ensuring environmental integrity make you an ideal candidate for this position, please submit your cover letter and resume **by email as one document with the position title in the subject line** to Lisa Belanger at hr@michipicoten.com

Deadline Open until position is filled

BROTHERHOOD

Filmed in Beautiful Michipicoten First Nation

Saturday, February 29 at 4:30pm

in Sault Ste Marie at the Grand Theater.

Tickets are limited to 18 Members.



Please confirm with Paula by Feb. 24 at 4:00pm

705-856-1993 ext.210

Van will leave

MFN 12:00pm 3 Maple St. 12:30pm

Van will return by 10:00pm

PG (parental guidance)



Anishinabek Nation Governance Agreement

VOTE HERE

Voting in-person on Michipicoten First Nation will take place on Friday, February 28, 2020 and Saturday, February 29, 2020 between the hours of 9:00 am and 8:00 pm at the Michipicoten First Nation Administration Office. (107 Hiawatha Drive, Wawa, ON P0S 1K0) Mail-in and Electronic Voting will run from February 1 to February 29, 2020.

**Contact: Scott Jacobs
Ratification Officer
P.O. Box 159, Wawa, ON P0S 1K0
705-741-3773
scott.jacobs@sympatico.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.

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 or by contacting your First Nation Ratification Officer.

This notice is given 20th 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

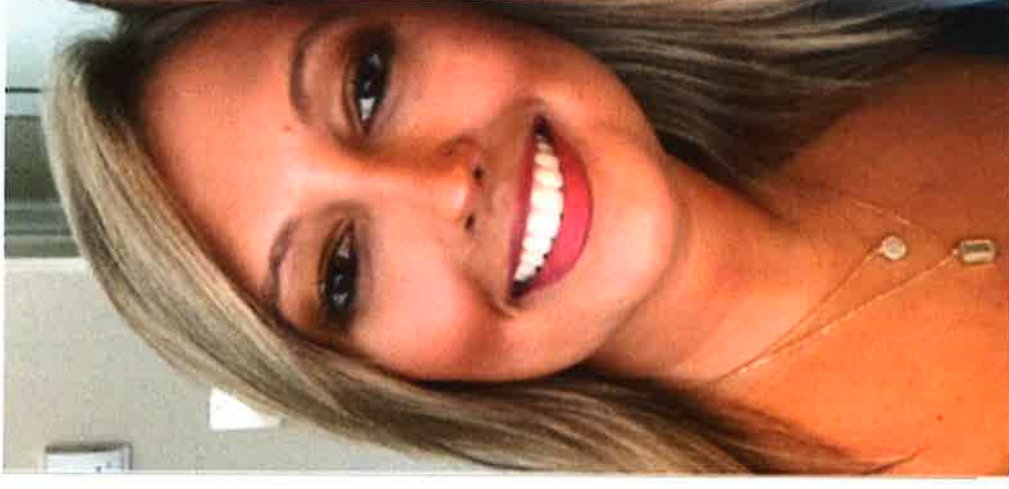
E-mail: scott.jacobs@sympatico.ca

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

New to the MFN Staff

We are pleased to announce that **Tiana Kusic** will be joining the Michipicoten team in the role of **Family Support Worker**, effective **February 18, 2020**. Tiana brings a wealth of knowledge and experience to this position and we are confident she has much to offer in this role. Tiana was raised in Wawa, and after ten years away obtaining her education and experience, she is excited to be returning home and able to use her skills to assist the citizens of Michipicoten First Nation.

Tiana will be available in the Michipicoten Health Centre weekdays 8:00 am – 4:30 pm. Her focus is to assist any MFN citizens facing personal challenges such as, substance abuse, mental health, family violence, grief, poverty, housing, legal issues, or any other situations requiring support. After hearing details of your situation, Tiana will work with you to ensure you are provided access to any supports, programs and services available to help you successfully overcome your challenges. We encourage you to stop into the Health Centre to introduce yourself and welcome Tiana to the community!





MICHIPICOTEN  FIRST NATION

Chief & Council Meeting



Prodigy Agreement Signing

All members welcome

Thursday, February 27th, 2020

At The Complex

Dinner will be served at: 5:30pm

- Prime Rib Dinner -

Comedy show to follow: Moccasin Joe

RSVP by contacting Alex at:

(705) 856-1993 ext. 214

or a.benson@michipicoten.com



Attention MFN Citizens

Michipicoten First Nation is looking to hold a similar course to the advertisement below. If you are interested in learning about fur harvest, fur management and conservation, please call Wanita Chapman at: (705) 856-1993 ext. 227 or w.chapman@michipicoten.com.

The course would be held at the MFN Band Hall.



Fur Harvest, Fur Management & Conservation Course

February 21-24, 2020

Elder's Hall
Anishinabek Nation Head Office

About the COURSE

The Anishinabek Nation's Lands and Resources Department is hosting the Fur Harvest, Fur Management and Conservation Course for interested individuals.

4 DAYS

of immersive hands-on activities
**Attendance for all four days is mandatory*

SPACES LIMITED

for 20 citizens from member Anishinabek First Nations

**As space is limited, registration will be filled on a first-come, first-served basis to a maximum of 20 participants (age 12+) until February 10.*

**The cost of the course and materials are provided at no charge for the 20 participants. The cost of accommodation, travel, and meals are the responsibility of the participant.*

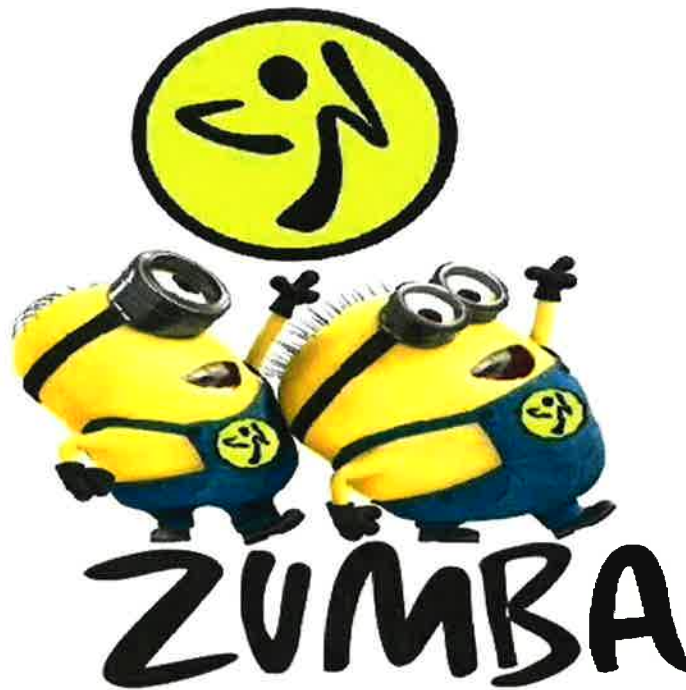
CONTACT

Curtis Avery
Lands and Resource Project Coordinator
Lands and Resources Department
Anishinabek Nation

☎ 705-497-9127 ext. 2502

✉ curtis.avery@anishinabek.ca





Every Tuesday from 5:45-7:00pm

The Elders Complex

Water will be provided.

FUN FOR ALL AGES

Will need a minimum of 8 participants to move forward.

PLEASE SIGN UP ASAP!

Contact Nancy Andre at:

705-856-1993 ext. 226 or

nandre@michipicoten.com

The Mikinauk Service Model

The Mikinauk Service Model was created by the Elders and Chiefs within the Kojonikon Superior Treaty Area. It recognizes the culture and traditions of all Indigenous Nations and provides First Nations a unified approach in caring for Anishinabek children families and communities. Mikinauk is an (Ojibway term: when translated) it means "Party" which represents Turtle Island another earth, holistic way of life which is representative of the 3 sacred hoop that and the well-being of the individual, family, extended family and community.

The Mikinauk Agreement for Customary Care has at its core, the belief that it takes a "community" to raise a child. It is the role of the worker to ensure that the "community" guides the decision making for a child in the Mikinauk agreement for Customary Care and other types of placement that is in the actual planning.

The Mikinauk Service Model is a child, family, and community service model that recognizes the traditional and customary practices of Indigenous communities. Dilico Anishinabek Family Care's Mikinauk Customary Care Service model ensures First Nations exercised their inherent right to care, plan and advocate for their children and community members.

We are seeking safe, loving and committed caregivers for our children. **Become a Mikinauk Caregiver.**



What is a Foster Parent?

When a child is placed in the care of Dilico Anishinabek Family Care, Alternative Care Families in Thunder Bay and the district provide a safe and caring temporary home for a child.

Different types of Alternative Care include:

- Emergency
- Mikinauk Customary Care Home
- Respite
- Specialized

Who can be a Foster Parent?

Dilico's Alternative Caregivers are caring, loving, team-orientated individuals who lead healthy lifestyles and are committed to making a positive difference for a child.

Caregivers are individuals who are committed to meeting physical, emotional, spiritual and cultural needs of a child.

Alternative Caregivers recognize the importance of a child's connection to family, extended family and communities. It's important to demonstrate a willingness to learn and appreciate Anishinabek culture.

Our commitment to your privacy

The protection of your privacy while using Dilico services is very important to us. Dilico ensures that the information you provide is fully protected.

Dilico - Main Office

200 Anemki Place
Fort William First Nation, ON P7J 1L6
Phone: (807) 623-8511
Toll-Free: 1-855-623-8511

Dilico - District Office

Whitesand District Office

Phone: (807) 583-2013
Toll-Free: 1-855-623-8511

Longlac District Office

Phone: (807) 876-2267
Toll-Free: 1-855-623-8511

Mobert District Office

Phone: (807) 822-2521
Toll-Free: 1-855-623-8511

Nipigon District Office

Phone: (807) 887-2514
Toll-Free: 1-855-623-8511



Join our Family.



Dilico

Anishinabek Family Care

www.dilico.com



Learn about the workplace skills that are **in demand!**

In this FREE, 25-30 hour training course, you will learn about the skills needed for success in today's workplace:

- ⚙️ Communication
- ⚙️ Teamwork
- ⚙️ Personal Management
- ⚙️ Problem Solving
- ⚙️ Professional & Skills Development

Sessions are small, interactive and fun.

Soft Skills Solutions® training is being offered at:

Location: 50 B Broadway Avenue or 3 Maple Street
Dates: Tuesday, Wednesday & Thursdays (for 3 weeks)
Hours: 1:00 pm - 4:00 pm (to be confirmed)
Start Date: March 25th, 2020

**Sign up now to save your seat. 50 B Broadway Avenue
Wawa Adult Learning Centre - 705-856-4394**

Certificate issued upon successful completion.

Soft Skills Solutions® facilitators deliver this course.



This Employment Ontario Project is funded by the Ontario Government



Michipicoten First Nation Family Fun Fish Derby



Saturday, February 22nd, 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 21th, 2020 @ 1:00 pm * NO EXCEPTIONS*

Registration prize will be drawn February 22nd, must be present and fishing to win.

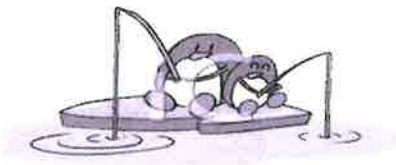
- *Holes will be pre-drilled*
- *No personal ice augers to be used*
- *No one shall drill their own holes*
- *One hole per participant*
- *If there are no fish caught, prizes will be drawn randomly*

*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

Happy Fishing Everyone!!!!



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Language Bingo!

February 27th 2020

1-3pm

Location: Family Well-Being Lodge, 3 Maple Street

Come join us for food, fun and prizes!!

For more information contact Ashley Berry @ 705-856-0129 Ext 235 OR 705-297-0392

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ANNUAL YOUTH & ELDER'S GATHERING CALL OUT FOR VOLUNTEERS

MFN is seeking volunteers to assist with this year's Youth and Elders Gathering 2020. We're looking for a working group of volunteers to assist with the following:

- ◆ Assist with the preparations for the event
- ◆ Preparing registration bags for participants
- ◆ Working various booths the week of the event
- ◆ Running the raffles the week of the event
- ◆ Assisting with the set-up and clean up of the event
- ◆ Providing support to workshops, entertainers and where needed
- ◆ Helping with food preparations for breakfast, bringing food to the Fire keepers, other volunteers, workshops Facilitators and entertainers
- ◆ Be runner
- ◆ Assisting with making the week schedule
- ◆ Assist with the creation of poster, flyer and sign up sheets

Volunteers are required to attend 2 meetings a month and weekly meetings starting in July.

If you are interested in being a volunteer please contact Alexandra Benson at 705-856-1993 ext 214 or by e-mail at a.benson@michipicoten.com



Supercom Industries in partnership with the Ministry of labour, training and skills development are pleased to offer

CONSTRUCTION CRAFT WORKER TRAINING

This course will run from Monday to Friday

Starting **March 16th** and ending **May 1st**

Eighteen **(18)** Positions available

Three **(3)** training positions available for each Supercom community

The following will be provided

One time return travel to Thunder Bay

Shared Hotel Accommodation during training if required

Meal Allowance

Training Allowance

Child Care allowance if required

If you are interested in this training opportunity, please indicate which Supercom community you are from and send your resume to sam.sobush@supercomindustries.com

Deadline to apply is **Wednesday Feb 19th at 12:00 pm**



Supercom Industries in partnership with the Ministry of labour, training and skills development are pleased to offer

HEAVY EQUIPMENT OPERATOR TRAINING

The course is a full 4-week course *including* weekends starting

March 31st and ending **April 25th**

Twelve (12) training positions are available

Two (2) training positions are available for each Supercom Community

The following will be provided

One time return travel to Thunder Bay

Shared hotel accommodations during training if required

Meal Allowance

Training Allowance

Child Care allowance if required

Valid Driver's license is mandatory in order to apply

If you are interested in this training opportunity, please indicate which Supercom community you are from and send your resume to

sam.sobush@supercomindustries.com

Deadline to apply is **Wednesday Feb 19th at 12:00 pm**

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.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|--|--|---|--|---|----------|
| *Schedule subject to change* | February 2020 | | | | | 1 |
| 2 | 3 Wawa Kasey, Vicki 10:00-2:00pm | 4 STWC Kasey, Vicki 8:30-4:30pm | 5 BHFN Kasey, Vicki 8:30-4:30pm | 6 Wawa Vicki 10:00-2:00pm | 7 Kasey, Vicki -ED -out of office | 8 |
| Melody out of office → | 9 Heritage Day- Out of office | 11 STWC Kasey, Vicki 8:30-4:30pm | 12 BHFN Kasey, Vicki 8:30-4:30pm | 13 Wawa Kasey, Vicki 10:00-2:00pm STWC Melody- 8:30am-4 pm THE SPICE IS RIGHT COOKING CLASS @ CCHC 6:30-8:30PM | 14 Kasey, Vicki -ED -out of office | 15 |
| Melody out of office → | 16 | 18 STWC Kasey, Vicki 8:30-4:30pm Melody 12:30-9:30pm | 19 BHFN Melody 8:30 am-4:00pm Kasey, Vicki 8:30-4:30pm STWC Melody 4:00pm-9:30pm | 20 Wawa Kasey, Vicki 10:00-2:00pm Melody 5:30pm-9:30pm STWC Melody- 8:30am-3:00 pm WAWA FOOT CARE DAY | 21 Wawa Melody 8:30am-4:00pm Kasey, Vicki -ED -out of office | 22 |
| SSM- Melody → | 23 Wawa Kasey, Vicki 10:00-2:00pm CCFN EXERCISE BINGO @BAND OFFICE 7PM | 25 STWC Kasey, Vicki 8:30-4:30pm | 26 BHFN Kasey, Vicki 8:30-4:30pm BHFN FOOT CARE DAY | 27 Wawa Kasey 10:00-2:00pm APANO NUTRITIAN PROGRAM WITH VICKI 11-1PM | 28 Kasey, Vicki -ED -out of office | 29 |



MAAMWESYING
NORTH SHORE COMMUNITY HEALTH SERVICES INC.



February/March



MICHIPICOTEN FIRST NATION

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|---|--|--|--|--|--|
| 16 | 17 Family Day Band Office Closed Cardboard Box Races: Queen's Park at 1:30pm | 18 Sew Much Fun: 1-3pm at 3 Maple -Drumming Social: 6-8pm at 3 Maple (men & women welcome) -Zumba: 5:45-7pm at The Complex | 19 Crafting Social: 6-8pm at 3 Ma- ple -Bible Study: 6:30 at The Complex | 20 -Wellness Group: 6-8pm at 3 Maple -Maamwesying Foot Care Clinic at 3 Maple | 21 -Lunch Social: 11:30-1pm at 3 Maple | 22 Family Fun Fishing Derby: 12-3pm at Pike Lake |
| 23 | 24 -Lunch Social: 12-2pm at The Complex | 25 -Sew Much Fun: 1-3pm at 3 Maple -Drumming Social: 6-8pm at 3 Maple (men & women welcome) -Zumba: 5:45-7pm at The Complex | 26 -Crafting Social: 6-8pm at 3 Maple -Bible Study: 6:30 at The Complex -Maamwesying Foot Care Clinic at 3 Maple | 27 -MFN Nurse is in the Health Centre: 9-4pm -Wellness Group: 6-8pm at 3 Maple -Chief & Council Meeting: Dinner at 5:30pm at The Complex (Prodigy Agreement Signing to follow) | 28 -Lunch Social: 11:30-1pm at 3 Maple | 29 Brotherhood Viewing at the Grand Theater in SSM. |
| 1 MARCH | 2 -Lunch Social: 12-2pm at The Complex | 3 -Sew Much Fun: 1-3pm at 3 Maple -Drumming Social: 6-8pm at 3 Maple (men & women welcome) -Zumba: 5:45-7pm at The Complex | 4 -Crafting Social: 6-8pm at 3 Maple -Bible Study: 6:30 at The Complex | 5 -MFN Nurse is in the Health Centre: 9-4pm -Wellness Group: 6-8pm at 3 Maple | 6 -Lunch Social: 11:30-1pm at 3 Maple | 7 |
| 8 | 9 -MFN Nurse is in the Health Centre: 9-4pm -Lunch Social: 12-2pm at The Complex | 10 -Sew Much Fun: 1-3pm at 3 Maple -Drumming Social: 6-8pm at 3 Maple (men & women welcome) -Zumba: 5:45-7pm at The Complex | 11 -Crafting Social: 6-8pm at 3 Maple -Bible Study: 6:30 at The Complex | 12 -MFN Nurse is in the Health Centre: 9-4pm -Wellness Group: 6-8pm at 3 Maple | 13 -Lunch Social: 11:30-1pm at 3 Maple | 14 |