



MICHIPICOTEN FIRST NATION



Community Flyer



Van schedule for April 7-10, 2015	2
50/50 Jackpot numbers are going up!	3
Community Social Luncheon	4
Progressive 50/50 Bingo	5
C&C Inaugural Meeting	6
Do you have any scrap metal?	7
Elder's Social with Pic Mobert FN	8
Free Parenting Workshop	9
Community Walking Challenge	10

Monday, April 6, 2015

Affirmation for the week

I am a soul living in a charmed world because I radiate wisdom, love, peace, joy and wealth.

~2015~	Monday Apr 6	Tuesday Apr 7	Wednesday April 8	Thursday April 9	Friday April 10	Saturday April 11	Sunday April 12
Weather Conditions 6am-6pm							
	Partly cloudy	A few clouds	Cloudy with sunny breaks	Light rain	Cloudy with showers	Mainly cloudy	Sunny
<u>High</u>	-8°C	4°C	4°C	3°C	5°C	3°C	8°C
<u>Low</u>	-11°C	-6°C	-7°C	-3°C	0°C	-5°C	-5°C
24 hr snow	—	—	—	—	—	—	—
24 hr rain	—	—	—	5-10mm	1mm	—	—



**Stop in for a
little bit of laughter,
and a little bit of bingo.**

**10-PLEX COMMON ROOM
At 6:30pm**

Only 16 years of age and older

S E E Y O U T H E R E

WANTED

Would anyone have any white goose feathers?
They are needed for the youth pow wow (craft).

Please contact Karen Evans (CHPW)
at kevans@michipicoten.com
or call (705)856-4464 ext. 67577



Van Schedule for Tuesday, April 7-10, 2015

The Community Van will have only one run in the mornings of
April 7-10, 2015.

Greg will be going in town, leaving at 9:30am each morning
and returning back to MFN at 11:30am





"MFN High School Student Lunch Days"

CULTURAL LODGE

April 20, 27, 2015

May 4, 11, 18, 25, 2015

TIME: 11:30AM TO 12:20PM

Poker Loppett

Poker Loppett will be available from March 30 to April 10, 2015. It is open to all, held at the Medical Centre, the cost is a Twoonie for each game, the best hand wins.

Closes @ noon on Friday, April 10, 2015 and the winner will be announced.

"From Soup to Tomatoes"

A Chair-Based Exercise Program

Mondays and Wednesdays

10:30 pm – 11:00 am

In the Library



Contact Wendy Peterson at 705-856-1993 Ext. 219 or Lena Andre Ext. 224

HEAR YE! HEAR YE!



\$2.00 A STRIP **PROGRESSIVE 50/50** **Win the Jackpot in** **This week's Jackpot starting at:**

B I N G O **49 #'s** **1500.00**

50 #'s or more win consolation.

NEW GAME STARTS EVERY MONDAY; #'s IN FLYER.

GAME CLOSSES AT NOON ON FRIDAY.

YOUR CHANCES TO WIN ARE GETTING BETTER;

STARTING APRIL 13'15 THE NUMBER IN WHICH TO WIN THE JACKPOT IN WILL GO UP ONE NUMBER A WEEK{GAME} UNTIL THE POT IS WON.



Community Social Luncheon

April 9, 2015 @ 12pm

Medical Centre

Everyone Welcome



Prenatal Session

April 16, 2015

6:30pm

Complex

Topic-Newborn

Snacks provided



Breakfast Program

April 23, 2015

7:30-8:00pm

Band Hall

Everyone Welcome



Diabetes Prize Bingo

April 30, 2015

6:30pm

Complex

Everyone Welcome



\$2.00 A STRIP

PROGRESSIVE 50/50



Win the Jackpot in

49 #'s

50 #'s or more win consolation.

This week's Jackpot starting at:

1462.00

NEW GAME STARTS EVERY MONDAY; #'s IN FLYER.

GAME CLOSSES AT NOON ON FRIDAY.

BINGO CARDS ON SALE NOW UNTIL 11:00am ON FRIDAY.

GAME #: 43			DATE: APR. 7'15			COLOUR: PURPLE { 368+ }		
Ball #	FIRST 49#'s		Ball #	FIRST 49#'s		Ball #	REMAINING #'s	
	Letter	Number		Letter	Number		Letter	Number
1	B	1	26	N	36	50	O	74
2	O	72	27	B	3	51	I	22
3	G	47	28	N	42	52	N	31
4	B	13	29	G	56	53	N	43
5	B	12	30	B	11	54	B	5
6	O	65	31	O	67	55	O	63
7	G	58	32	B	4	56	I	29
8	G	51	33	B	9	57	O	64
9	G	57	34	N	39	58	I	26
10	G	49	35	O	66	59	I	23
11	I	28	36	N	34	60	N	37
12	I	18	37	I	24	61	I	27
13	B	14	38	O	75	62	N	40
14	I	21	39	G	50	63	N	35
15	O	70	40	O	71	64	O	61
16	G	55	41	G	46	65	B	10
17	G	52	42	O	62	66	I	30
18	B	8	43	I	16	67	O	73
19	O	68	44	N	32	68	B	7
20	I	17	45	N	45	69	G	48
21	I	20	46	N	33	70	O	69
22	I	19	47	G	60	71	G	53
23	B	2	48	I	25	72	N	41
24	G	59	49	N	38	73	G	54
25	N	44	-----	-----	-----	74	B	6
Our last consolation prize winner was:						75	B	15
PETER ANDRE						He won it in 67 #'s		



You are cordially invited to attend the

INAUGURAL MEETING OF CHIEF AND COUNCIL

Wednesday, April 8th, 2015 AT 5:00 PM

AT MICHIPICOTEN FIRST NATION

COMMUNITY CENTRE (Band Hall)

Please be advised that the **Inaugural Meeting** of Chief and Council for 2015-2017 and Swearing in Ceremony in accordance to Chief and Council Policies and Procedures will take place on **April 8th, 2015**.

The Chief and Council Meeting will commence at 5:00 pm

Opening Prayer & Honour Song

Oath of Office and Undertakings

Banking Authorities

Closing Prayer

The Meeting will be followed by a Community Feast.

Miigwetch Chief Joe Buckell



DO YOU HAVE ANY SCRAP METAL?

(Washing machines, dryers, cars, barrels) that you may have on your property and would like it removed. Please contact Andy at the Carpentry shop prior to Wednesday, May 20, 2015.

Phone: (705)856-4825

Any small stuff can be placed at the corner of the driveway on this date.





Elder's Social with Pic Mober F.N.

April 23, 2015 from 10:00am – 2:00pm

The Elders are expected to arrive around 10:00am
at the Band Hall.

We will join the Soup to Tomatoes fun in the Library.

Lunch will be served at the Band Hall

We will be having a sharing and teaching circle, weather
permitting at the Fire Arbour after lunch for an hour or so before
our guests have to get back on the road!





for every parent

Small Changes, Big Differences.



FREE Parenting Workshop for parents of children 12 years and under

DVD Presentation
"Every Parent's Survival Guide"
@ the MFN Library!

Date : Thursday April 9th, 2015

Time: 4:00 pm – 6:00 pm

**Snacks and refreshments will be provided this evening
as well.**

Registration is required so please drop in, call our Hub at 856-7354 or email our Hub at beststarhub@superiorchildrenscentre.org or contact Wendy at the MFN library at 705-856-1993.

If you have any questions or would like more information about Triple P, please contact our centre and talk to our helpful staff.

10,000 STEPS, WALKING CHALLENGE

EUROPEAN TOUR

COMMUNITY

TAKE A VIRTUAL WALK THROUGH EUROPE WITH YOUR FRIENDS

Kick-off Event: April 27th



The Challenge starts May 4th – June 20th

This is a great way to bump up your physical activity with friends and family. Step up Wawa and let's take a virtual walk through Europe! Follow everyone's journey through Spain, France, Austria and Greece at the Community Centre where the team map will plot each team's progress weekly.

There will be weekly prizes and some grand prizes too!

Best of all, you'll enjoy all the positive health benefits of being more active...and have fun at the same time!

Here's how to participate

1. Think of eleven (11) friends, relatives or colleagues to join your team
2. Every team needs a captain! E-mail Silvana Dereski at the Family Health Team sdereski@wawafht.com and let her know that you are the Captain of your community walking team.
3. Every team needs a name! Get your team members involved and be creative!
4. You and your team members need to log onto www.10000steps.org.au and register individually on this site. This is where you and your team will log your daily steps.
5. You will need a pedometer. If you don't have one, be sure to purchase one prior to the event start!
6. Attend the Kick-Off Event at the Community Centre on April 27th. There will be door prizes and live music!
7. On May 4th...START WALKING, RUNNING, CYCLING, SWIMMING, EXERCISING ...whatever you like to do best...it all counts!

Have questions? Need more information? Call or e-mail Silvana Dereski at the Wawa Family Health Team: **705-856-1313** x4461 or sdereski@wawafht.com

Step up WAWA! Are you up for the challenge?