



MICHIPICOTEN FIRST NATION



Community Flyer



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Monday, October 26, 2015



Affirmation for the week

I am a unique and special person.



~2015~	Monday Oct 26	Tuesday Oct 27	Wednesday Oct 28	Thursday Oct 29	Friday Oct 30	Saturday Oct 31	Sunday Nov 1
Weather Conditions 6am-6pm							
	A mix of sun and clouds	Cloudy with sunny breaks	Rain	Light rain	A mix of sun and clouds	A mix of sun and clouds	Mainly cloudy
High	6°C	10°C	7°C	5°C	4°C	7°C	8°C
Low	2°C	5°C	6°C	1°C	1°C	3°C	6°C
24 hr rain	—	—	15-20 mm	5-10 mm	—	—	—

BINGO NIGHT ON THE REZ!

TUESDAY EVENING BINGO SOCIAL

10-PLEX COMMON ROOM

At 6:30pm

SEE YOU THERE!

Only 16 years of age and older please.



CHR will be out of the Office from October 26-30, 2015
 If you require any assistance please see Chris Wilson or
 call (705)856-1993 ext # 228

“From Soup to Tomatoes

A Chair-Based Exercise Program

EVERY Thursday, Oct 29, 2015


@10:30-11:00am

at the MFN Public Library!

Come join us!

For more information, contact Wendy Peterson ext 219 or Christina Bekintis. Miigwetch!

Brought to you by the Niiwin Apaabowenan (4 seasons) FUNDamentals -
 Mobility, Activity & Physical Literacy Program




Daylight Saving Ends
Sunday, Nov.1 @ 2:00am
 Set your clocks **BACK** One Hour
 before going to bed on
Saturday night
October 31st

Free Indoor walking program - call Shirley or Shelley 705-856-1313

Where: Michipicoten High School in Wawa

Time: 4:30-7:30pm

Every Monday, Tuesday, Wednesday and Thursday



FLU SHOTS

Flu Shots will be available at the Medical Center
on **Thursday, November 4, 2015**
from **9:30am to 3:30pm**



Shirley Hale

Shirley Hale will be in the community on the
following days for anyone wishing to see her.

Mon, Nov 16, 2015 from 9-3pm



Diabetes Prize Bingo

Thursday, November 19, 2015 @ 6:30pm

All are welcome to attend.

~Snacks provided~

**Rene Mellish (Diabetes Educator) and Rebecca (Dietitian) will be
at the Medical Centre on Thursday, November 19, 2015 from
3:30pm-5:30pm for anyone wishing to see them.**

MFN Youth Council invites you to the...

FREAK SHOW

Halloween Trail

AT MICHIPICOTEN FIRST NATION

Are you brave enough to walk the trail of TERROR?!!

Free FAMILY DANCE: Oct. 30th, 7-10pm @
the rink

PRIZES for best costume, most creative & scariest

Adult Night: October 31st, 9-11 pm

Ages 13 yrs & up \$10
12 & under \$5



Remember to wear good
running shoes as you will be
walking through the wilderness.



For more info, contact

Wendy Peterson at

705-856-1993 ext. 219

There will
be strobe
lights!

All proceeds go to MFN Youth Council. Thanks for supporting our



MFN POW-WOW / Y&E GATHERING FUNDRAISING

SET OF HAND-STITCHED NATIVE PICTURES IN
WOODEN FRAMES
18" x 20"

**TICKETS AVAILABLE AT BAND HALL
and MEDICAL CENTRE**

DRAW DATE: DEC. 17, 2015
(IN TIME FOR A NICE CHRISTMAS GIFT!)

\$2.00 EACH OR 3 FOR \$5.00
LICENSE #: MFN001-RAF-2015

Liquid Smudge Making Workshop with Lynda Banning

When: Thursday, November 12, 2015

11:30 am: Lunch

12:30 pm: Teachings and Making of Liquid Smudge

Please come at 10:00 am if you wish to see how the oils are prepared.

Where: Complex Common Room

Everyone will take home a bottle of liquid smudge

Contact Karen @ 705-856-4464 ext. 67577 for information



Dilico Health Services

Diabetes Program



In-home and community based services committed to clients who require diabetes education for prevention of diabetes and diabetes care for individuals diagnosed with pre-diabetes, diabetes and gestational diabetes.



**A1c and ACR lab testing available.
Receive your result within minutes.**

Visit Dilico's Diabetes Educator at the Michipicoten First Nation Health Clinic:

When: 9:00am – 4:30pm November 3

3:00pm-5:00pm December 2

9:00am-11:30 am December 3

Call Kelly 1-807-626-5252 or Roxanne 1-807-626-5251 or make arrangements with your Community Health Representative to book a home visit with the Diabetes Educator.

Foot Care Services Provided Upon Request

MFN Youth Council
is looking
for volunteers!



Volunteers needed for - set up battery operated props-
take down at end of night, *scarer's on the trail, family dance dj,
meet/greet visitors, etc. Also craft making at the lodge for adult night!

Any help much appreciated! Please contact Wendy
705-856-1993 ext 219 if you can lend a helping hand,

MIIGWETCH!

MIIGWETCH!



IT IS EXTREMELY DANGEROUS AND
ENVIRONMENTALLY IRRESPONSIBLE
TO SET GARBAGE ON FIRE AT THE
MFN DUMP SITE.

ANYONE CAUGHT DOING SO WILL BE
CHARGED AND PROSECUTED.



It's that time of year again!!

***MFN Community Trust is
Accepting....***

Tenders for Snow Removal 2015 - 2016

The Michipicoten First Nation Community Trust is accepting bids for the snowplowing of the yard and the cleaning of the office steps at our office located at 16 Whitesands Drive on Tuesday's to Thursday's before 9:00 am, starting when snow falls 2015 through to 2016 when snow is gone.

Bids will be accepted until Thursday, November 5th, 2014 at 3:00 pm. Bids can be sent to P.O. Box 24, Site 8, RR#1, Wawa, ON P0S 1K0, emailed to mfncadmin@xplornet.ca or dropped off at the Trust Office at 16 Whitesands Drive in a sealed envelope on Tuesday's – Thursday's from 9:00 am to 4:00 pm. Attention: *Christine Lewis*

The lowest or any tender will not necessarily be accepted. Winning bid will be contacted by November 12th, 2015.





Presentation Implementation Stage

MICHIPICOTEN FIRST NATION

Band Hall

Tuesday, November 24th, 2015

1 – 3 p.m.

For more information, please contact
Judy Binda, Project Coordinator
705.856.2335 Ext. 3153 or 1.866.832.3321 or email jubinda@ldhc.com

Thank you for your participation!