



# MICHIPICOTEN FIRST NATION



## Community Flyer










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### Monday, February 22, 2016

Dream  Hope  Wish  Believe

~2016~	Monday Feb 22	Tuesday Feb 23	Wednesday Feb 24	Thursday Feb 25	Friday Feb 26	Saturday Feb 27	Sunday Feb 28
<b>Weather Conditions</b> 6am-6pm							
	Partly cloudy	Scattered flurries	A few flurries	A mix of sun & clouds	A mix of sun & clouds	Scattered flurries	Mainly cloudy
<u>High</u>	-6°C	-1°C	-2°C	-8°C	-9°C	-10°C	-15°C
<u>Low</u>	-8°C	-6°C	-11°C	-16°C	-10°C	-20°C	-18°C
<u>24 hr snow</u>	<1cm	2-4 cm	<1 cm	—	1-3 cm	1-3 cm	—



# Niin Dibishkam!

It's my birthday!

## Bezhig nindaso-biboone

I am one year old today.

"Happy Birthday from Mommy,  
Daddy, Uncle Juice, Papa and Nan."



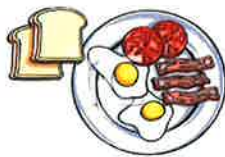
**Tristan Isaac Day-Andre**

**B**  
TUESDAYS  
**I**  
6:30PM  
**N**  
COMPLEX  
**G**  
BE THERE  
**O**

We have our Poker Loppett at the Medical Centre,  
to help fundraise for the Youth & Elders Gathering.

Come out to try your luck, only the high hand wins

Everyone welcome!



### Community Breakfast

**Thursday, February 25, 2016**

**@ 7:30am - Band Hall**

### Chief & Council Meeting

**Thursday, February 25, 2016**

**@ 6pm - Band Hall**



# SHOW ME HOW & LET'S DO IT!

~UNFINISHED PROJECTS~  
bring your project; we can help!



**WEDNESDAY, Feb 24/ 2016**  
**4 - 5:30PM @ the MFN Library!**

**EVERYONE WELCOME!**  
**SIGN UP-** Please call 705-856-7354 or  
705-856-1993 ext 219, for more info.



BEGINNER TO INTERMEDIATE

# ~SEWING WORKSHOP~

WITH JUNIOR SHAWANA

FANCY MAKING YOUR OWN CLOTHES  
OR ACCESSORIES BUT DON'T KNOW  
HOW? IS YOUR SEWING MACHINE JUST  
GATHERING DUST?

COME ALONG AND LEARN IN A  
CREATIVE AND FRIENDLY  
ENVIRONMENT @ THE MFN LIBRARY!

*\*TENTATIVE PROJECT- A THROW PILLOW FOR YOUR  
COUCH! :) ALL MATERIALS WILL BE SUPPLIED!*

**INTERESTED? PLEASE REGISTER WITH  
WENDY 705-856-1993 EXT 219**

(Limited 10 participants)

**2 SESSIONS:**

**TUESDAY, MARCH 1 (4-6PM)**

SHOW ME HOW & LET'S DO IT PROGRAMMING:

**WEDNESDAY, MARCH 2 (4-5:30PM)**



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



# PING-PONG

**Thursday, February 25th**

**4:00 pm - 5:00 pm**

**Come on out for some table tennis fun  
in the common room at the 10-plex**



Feel free to contact Wendy at 705-856-1993 ext. 219 or Tina at ext. 226 with any questions.



Please Post at schools and where young people gather. Thank you.

## **Which marijuana bud has been laced with Fentanyl?**



**Can't decide? Exactly, you can't tell when marijuana has been laced with Fentanyl by simply looking at the buds.**

# **Fentanyl Laced Marijuana can easily end your life.**

Fentanyl is 100 times stronger than morphine and 20 times more powerful than OxyContin. "The lethal dosage of fentanyl is basically two specs of salt or two milligrams," Staff Sgt. Martin Schiavetta told Global News. Fentanyl is sometimes sold as OxyContin or often added to other drugs because of its low cost and addictive nature. Kamloops, social workers and workers across Canada say they've also seen it mixed with marijuana.

"If you're a 16-year-old kid and you're opiate-naïve, you've never used an opiate before, smoking a joint like that will kill you," said Ken Salter of the ASK Wellness Society in Kamloops.

Also be aware there are fake Oxy 80's circulating that are made with Fentanyl and have been responsible for numerous deaths across Canada. They are generally green in color and marked 80 on one side and OC on the other. Also come stamped 80 on one side and CDN on the other.

**For information about our workshops please call 604 313-2896**

Email: [info@youngwarriors.net](mailto:info@youngwarriors.net) Website: [www.youngwarriors.net](http://www.youngwarriors.net)

Please Post at schools and where young people gather. Thank you.

## **PCP is currently making a comeback**

### **SLANG TERMS FOR PCP**

- Angel Dust
- Killer Weed
- Super Grass
- Wack
- Ozone

### **Some PCP drug facts you may not know of include:**

1. PCP is an addictive drug.
2. PCP can cause memory loss and other cognitive problems, such as thinking clearly, processing information, problems paying attention, and difficulty with judgment and reasoning.
3. An overdose of PCP can lead to death.
4. Repeated use and high doses of PCP can cause toxic psychosis, even for a person that has no prior psychiatric disorder.
5. Some effects of PCP can last for up to a year.

**For more information about PCP and further information about our education and prevention workshops please call 604 313-2896**

Email: [info@youngwarriors.net](mailto:info@youngwarriors.net) Website: [www.youngwarriors.net](http://www.youngwarriors.net)

# How does PCP affect your body

- Sleepiness
- Dizziness
- Irregular Heart Rate
- Loss of Bladder Control
- Jerky Eye Movement
- Heavy Sweating
- Vomiting
- Speech Impediments
- Loss of Reflexes
- Kidney Failure
- Brain Hemorrhaging
- Coma
- Death

"In 2013, 6.5 million people aged 12 or older reported that they had used PCP in their lifetime, (2.5 percent) according to NSDUH" 1



## LONG TERM EFFECTS

- brain damage affecting thought and memory
- Damage to portions of the brain that regulate critical functions (learning, sleep and emotion)
- Degenerated nerve branches and nerve endings
- Depression, anxiety, memory loss
- Kidney failure, Hemorrhaging, Psychosis, Cardiovascular collapse

