



Eagle Lake First Nation

MARCH 2023

# MIGISI SAHGAIGAN

## WINTER NEWSLETTER



Text and photos by various workers and members in the community.



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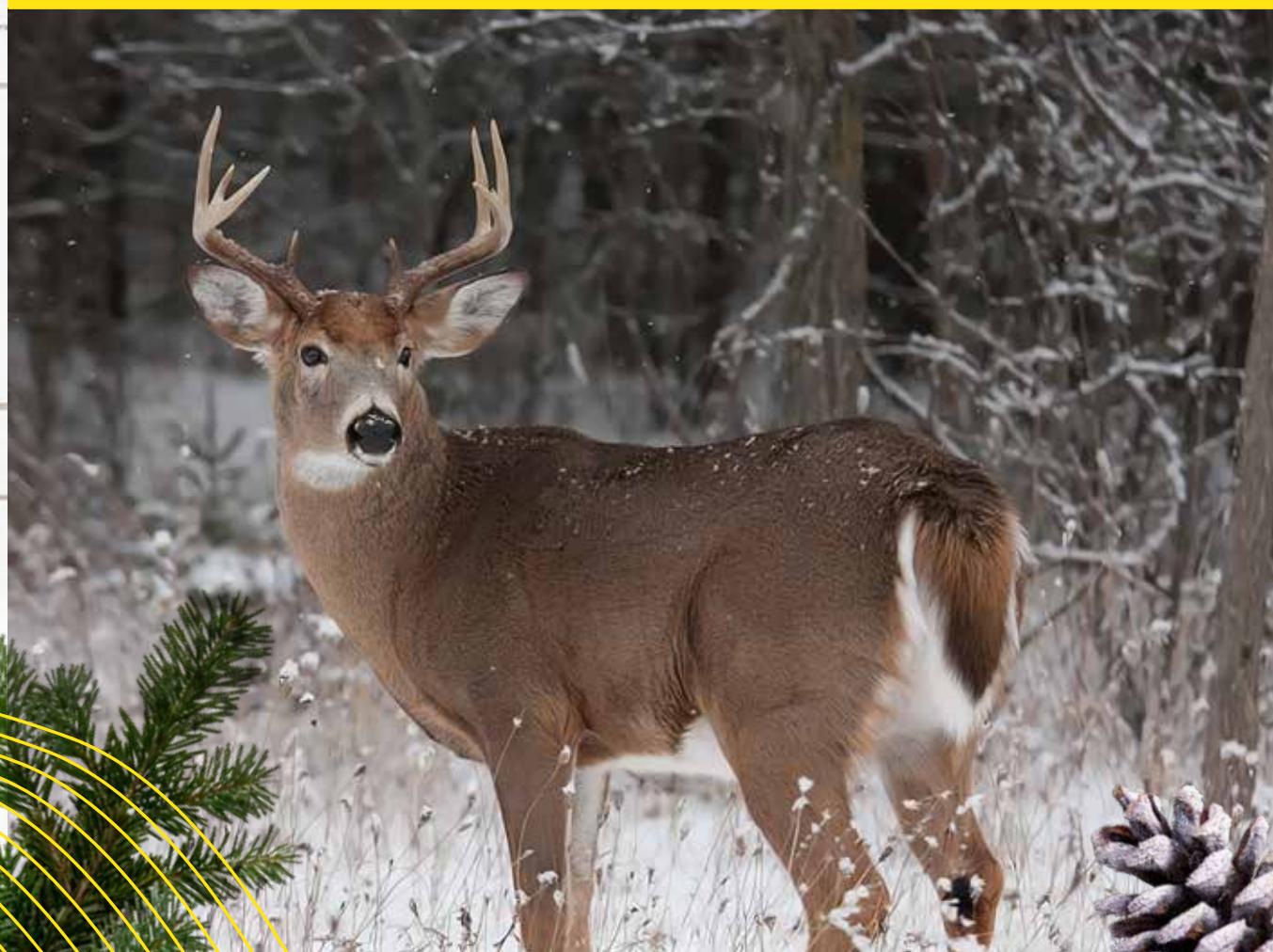
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# Introduction and Updates

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Welcome to the Winter edition of the Migisi Sahgaigan newsletter. Introduction, updates and photos by various workers and members in the community.

Migisi Sahgaigan staff and community members hope everyone is having a safe and enjoyable Winter. Our newsletters come in both digital and printed formats. The Health Centre and mailboxes will have printed formats available. For digital copies visit our website at [www.eaglelakefn.ca](http://www.eaglelakefn.ca) or join our Facebook page, Migisi Sahgaigan-First Nation, for a copy.



# Winter Events 2022-2023

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## Seniors 55+ Event - November 30th 2022

The 55+ event had 15 elders that participated in making these beautiful Christmas ornaments. Way to go to our well-respected elders.



## Migisi Sahgaigan Christmas Parade - December 8th 2022

The parade had 5 floats, lands and resources, health centre, Migisi school and Anishinaabe abinoojii family services and treaty three police.



### Christmas Dough Making - December 9th 2022

The event had numerous members come and make their dough.



### Merchandise Bingo - December 12th 2022

The event had an overwhelming amount of participants!! The winner of the grand prize was Ed Walmsley winning the big screen TV. All participants did not go home empty-handed. Congratulations to all that attended.



### Elders Tea - December 13th 2022

The event was held in the Community Hall. The community event had more than 20 participants attend.



**Elders Tea  
December 13th  
2022  
TODAY  
12pm to 3pm**



## Christmas Dinner - December 15th 2022

The Christmas dinner consisted of dinner being served, then Santa arrived shortly after dinner to deliver presents to the children of Migisi Sahgaigan.



## Family Bowling - December 19th 2022

The bowling event was held at timber lanes in Dryden, Ontario. One of our very respectful Elders, Margaret Gardner, was in attendance. A much well deserved applause goes out to her for getting out and being active.



### Christmas Decorating Contests

In total there were 45 participants and the contest prizes were as follows:

- 1st Ricky Cripps - \$300
- 2nd Samantha Pitchenese - \$200
- 3rd Rhonda Gardner - \$100
- 4th Wyatt Waboose - \$50
- 5th Shawn Kavanaugh - \$50



## New Year Party - January 1st 2023

This year's event was held at the Migisi Sahgaigan School. There were games, spot dances and fireworks at midnight along with snacks, refreshments and door prizes.



## Sliding Party - January 7th 2023

The sliding party was held by the entrance to the Pow Wow. There was a fire with hot chocolate and snacks provided.



## Elders Valentine's Dinner - February 14th 2023



## Family Day Activities - February 20th 2023

Breakfast was served from 9 am to 11 am consisting of pancakes and sausages. Teams then received their list of items to find or perform for the scavenger hunt. The winners of the scavenger hunt were:

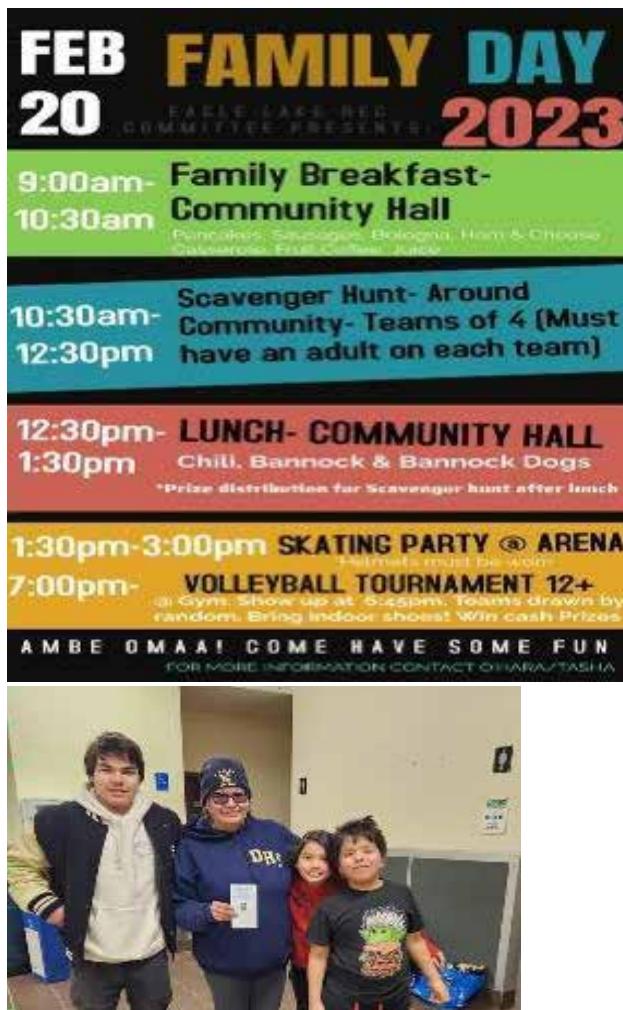
**1st place - Wanita Adams and group**

**2nd place - Andrew Perrault and group**

**3rd place - A tie between Margaret Wabonge and Julia Pitchenese teams**

**4th place - Josephine Kavanaugh and Grace Green**

**5th place - Joeanne Derosier and group**



## Family Day Activities Continued - February 20th 2023

Congratulations to all the teams. Gift cards were given to participants through the wheel application. The volleyball winners were:

**1st place - Chris Gardner and team**

**2nd place - O'Hara and team**

**3rd place - Miles and team**

**4th place - Andrew Sky and team**



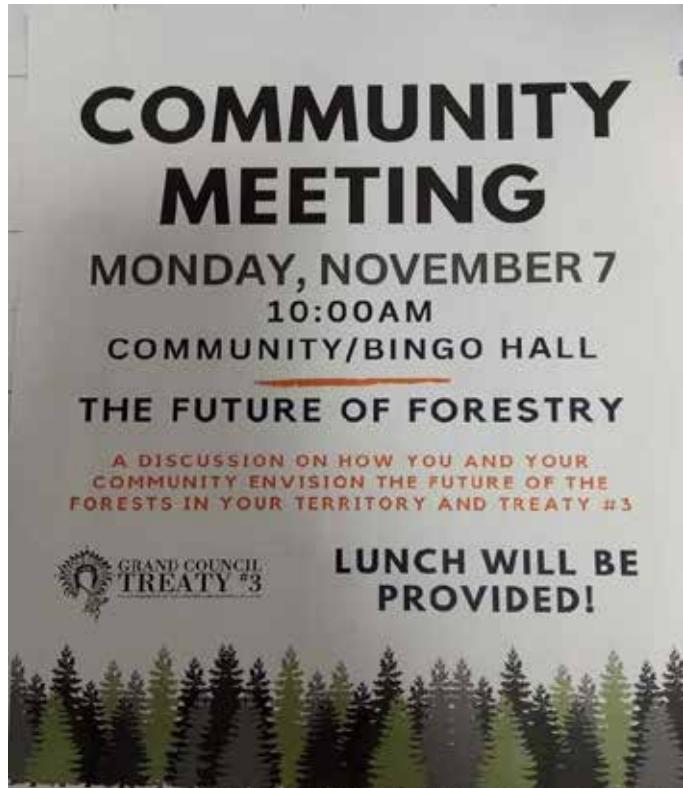
# Upcoming Events for Spring 2023

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-  **Service Canada Information Session - March 3rd 2023**
-  **Eli Napish 2nd Annual Fish Derby - March 4th 2023**
-  **Big Fish Madness Derby - March 11th 2023**
-  **March Break Activities**

# Eagle Lake Band Meetings and Events

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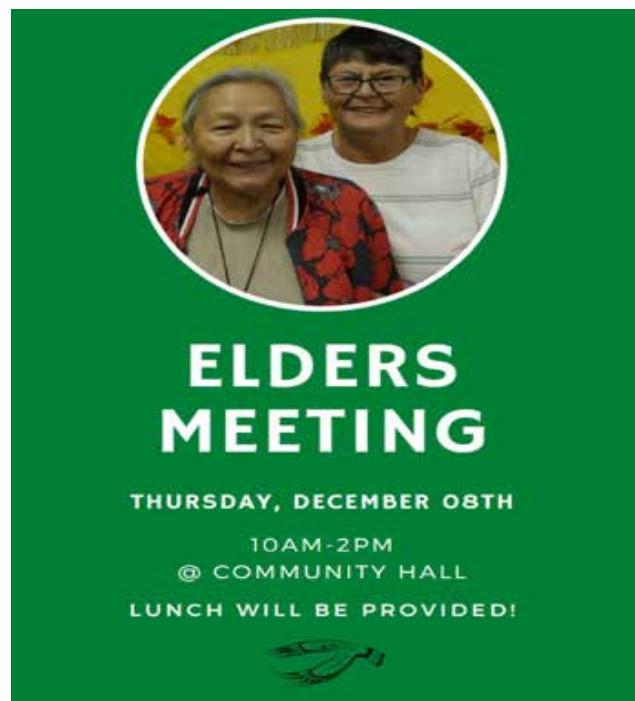
## Community Meeting - November 7th 2022

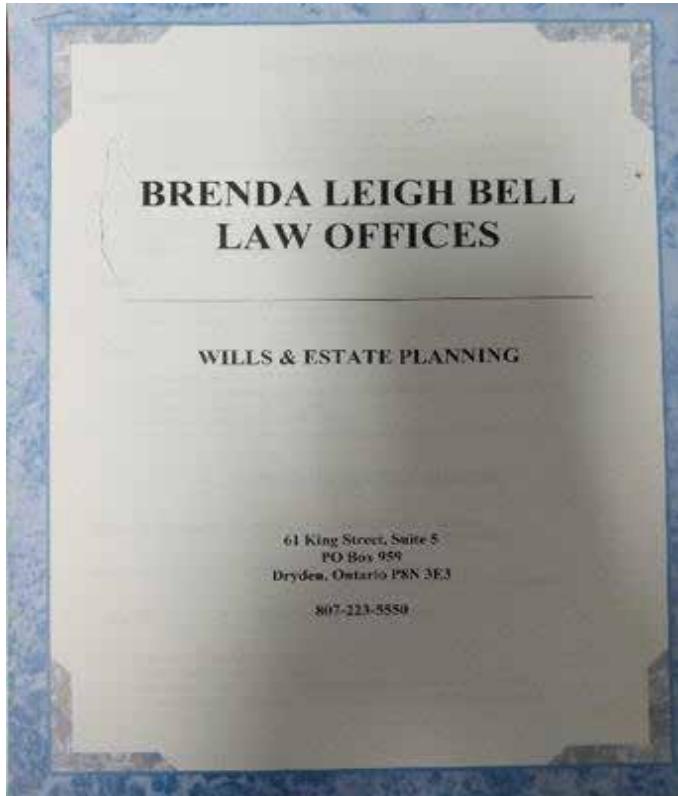
The Eagle Lake Band Office has a shout out board for the community and staff to recognize the hard work and dedication that members bring to the community. Feel free to drop in and add a member to the shout out board. Meegwiich for your input Migisi members.



## Elders Meeting - December 8th 2022

Topics discussed at the meeting were child welfare, treatment centre/safe house, Jordan's principle, water settlement, native language, elders trip and wilrice. In attendance, there were 23 band members.





### **Information Session with Brenda Leigh Bell Law Offices - February 15th 2023**

In attendance were 40 band members. The next meeting will be in March 2023.

### **Child Welfare Meeting - February 16th 2023**

In attendance were 13 Elders from the community. The next scheduled meeting will be in March 2023. Minutes from the meeting will be provided at the next scheduled meeting.

### **Dryden Ice Dogs - Icing on the Puck Campaign**

Chi-Miigwech to the Dryden Ice Dogs for the delivery of some "puck packs" this afternoon. Migisi Sahgaigan proudly supports the Icing On The Puck Campaign!



# Eagle Lake Health Centre Events

The Diabetic Retinopathy Clinic was in the community on November 18th 2022. The DR camera detects early signs of DR and can reduce the risk of vision loss.

Friday, November 18th  
10am-3pm

Diabetic Retinopathy (DR) develops from high blood sugars, which damage the blood vessels in the eye, leading to vision loss. The DR camera promotes early detection of DR, appropriate follow-up care with eye care professionals and timely treatment. The advantage to the DR camera is that it is portable and can be brought to any community. Early detection can reduce the risk of vision loss.

CALL EAGLE LAKE  
HEALTH CENTRE TO  
BOOK AN  
APPOINTMENT



Addiction Awareness presentation was held at the Community Hall on November 29th 2022 followed by a fish fry.



## Mobile Mental Health

The mobile mental health was in the community on November 21st 2022.



## Traditional Healers December 8th & 9th 2022

Derek and Alison were in the community to help out with any ailments or help they required.

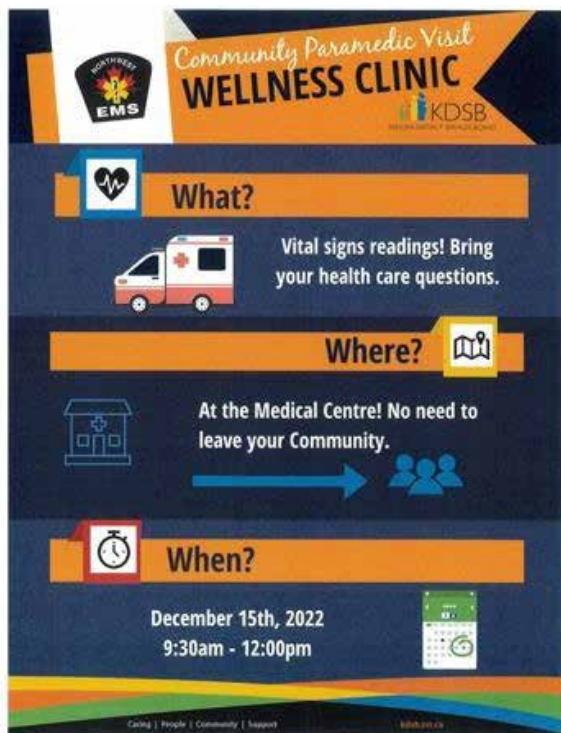


## A Time to Remember - December 12th 2022

The Eagle Lake health staff had a vigil to remember the ones who have left for the spirit world. In attendance were 10 participants. Stories were shared about their loved ones followed by prayer.



## Paramedic Visit - December 15th 2022



## First Aid CPR Training - January 10th and 11th 2023



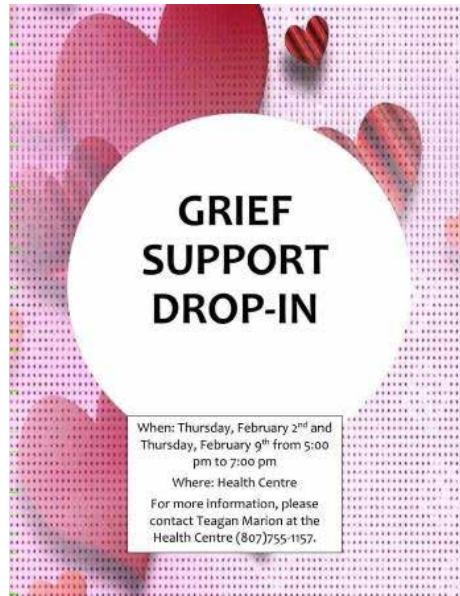
## Addictions Clinic - January 11th 2023



Canadian Mental Health Association  
Ontario  
Mental health for all

# The Mobile Mental Health & Addictions Clinic is open today!

## Grief Support Drop-In - February 1st 2023



## Valentine's Nurses Draw - Feb 14th 2023



## Understanding Diabetes - February 15th 2023



Leeanna Marie Riffel  
Admin · 37m · 0

Happening today, everyone welcome to drop by and come speak with the nurses, FHT staff and SLFNHA nurses.

### UNDERSTANDING DIABETES

FEBRUARY 15  
HEALTH CENTRE

EVERYONE WELCOME TO DROP IN FROM 1-4 PM  
THE DRYDEN AREA FAMILY HEALTH TEAM WILL BE DOING AICS  
INFORMATION SESSION TO FOLLOW  
HEALTHY SMOOTHIES WITH N800 AT THE YOUTH HUB FROM 4-5



Eagle Lake  
First Nation

## Floor Hockey Tournament for Diabetes - Feb 18th 2023



The event had 4 teams of 5 players.  
Congratulations to all participants.

**1st place winners - the Billy's Western**

**2nd place winners - the Billy's Eastern**

**3rd place winners - the Meatheads**

**4th place winners - the Scrabs**



# Lands and Resources Meetings and Events

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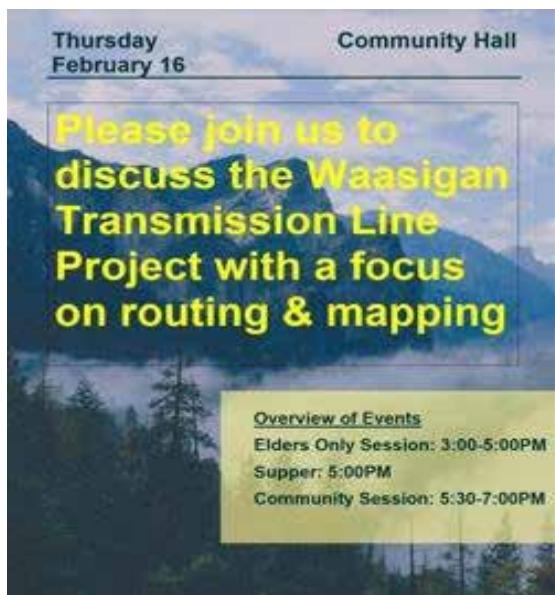
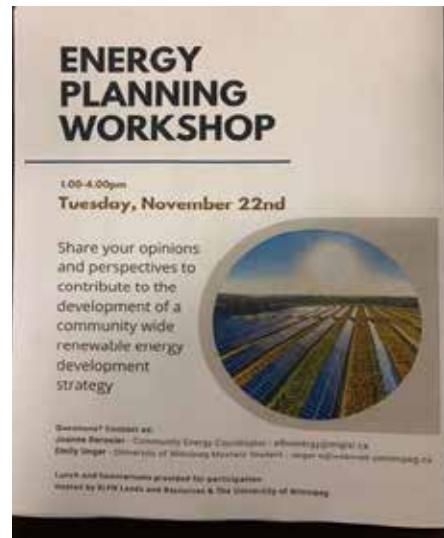
## Fishing Surveys – November 16th 2022

Numerous members of Migisi Sahgaigan filled out the survey. Your contribution to the surveys is greatly appreciated.



## Energy Planning Meeting – November 22nd 2022

This project is an ongoing process in energy planning. The information package is available through lands and resources worker Joeanne Deroisier.



## Transmitting Line Meeting – February 16th 2023

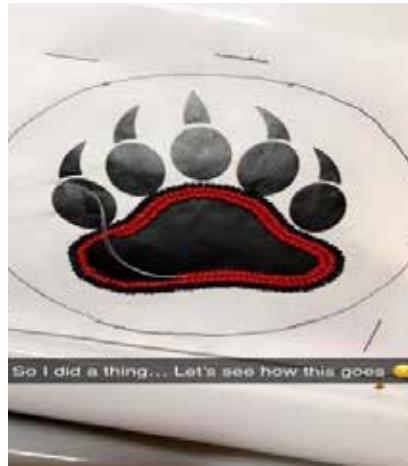
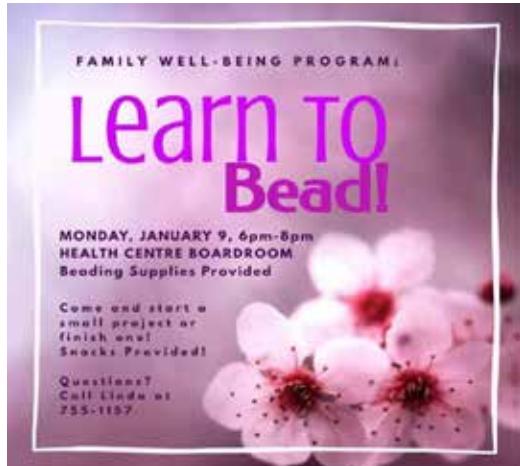
The meeting had 20 community members in attendance. The project has been in effect since 2020. Migisi Sahgaigan is part of the project along with 8 other First Nations. For more information on the project contact Daniel Morriseau at Lands and Resources (807) 755-5526. Link to supporting maps at <http://sac.holder.com/download>

# Eagle Lake Youth Hub Events

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## Learn to Bead - January 9th 2023

This event is an ongoing event. The beading is held at the Health Centre on Monday nights. Posters are available online or posted on bulletin boards in the Band Office or Health Centre, and in the mailbox location.



## Gym Night - February 7th 2023



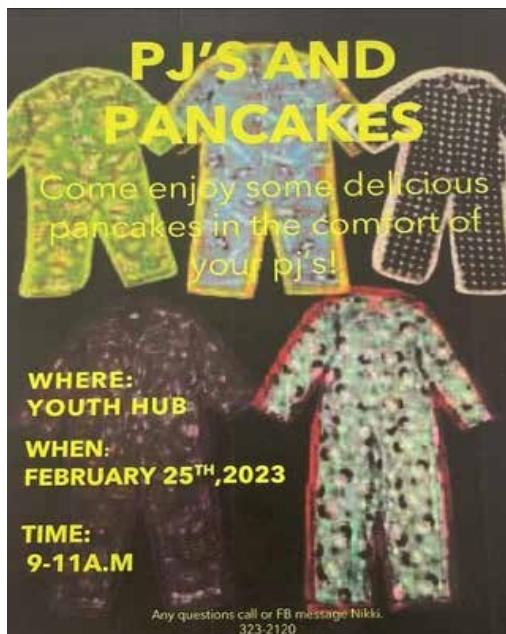
## Guess How Many Hearts

The winner of the valentines event was Corinna Oldford guessing 596. The jar had 595 candy hearts. Congratulations Corinna!



## PJS and Pancakes - February 25th 2023

25 community members attended the event. Breakfast was delicious.



## Lazer Tag - February 27th 2023



# Migisi Sahgaigan School Events

## Jordan's Principle - January 9th 2023

Information about Jordan's Principle is available to the community through the website, Jordan's Principle.



## Christmas Concert - December 13th 2022



## Valentine's Craft Event - February 13th 2023



# Calendars of Events

 **EAGLE LAKE HEALTH CENTRE**  
PHONE 755-1157 

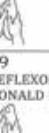
 **December 2022** 

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1	2	
4	5 Christmas Contest Watch for Posters!	6 Holiday Craft Craft Making (8:30pm) Reflexology 1pm	7 NP – Leanne	8 Traditional Healers Reflexology 1pm	9 Traditional Healers Cookie Dough Making	10
11	12 XMAS MERCHANDISE BINGO 3-3pm (Hall)	13 Elders Tea 12pm-3pm	14 Candlelight Vigil 10am-2pm (Hall)	15 EMT Tori 9:30 COMMUNITY XMAS FEAST 12 PM (Hall)	CLOSED	17
18	19	20	21	22	23	24
CLOSED FOR CHRISTMAS HOLIDAYS DECEMBER 16/22 – JANUARY 2/23						
25 	26	27	28	29	30	31 
<b>HAPPY HOLIDAYS &amp; HAPPY NEW YEAR!</b> HEALTH CENTRE WILL RESUME REGULAR HOURS ON JANUARY 3, 2023						
Notes	SLIDING PARTY BEING PLANNED DURING THE CHRISTMAS HOLIDAYS! WATCH FOR POSTER! PLEASE ENSURE LONG DISTANCE MEDICAL APPOINTMENT INFORMATION IS SUBMITTED BY DECEMBER 14/22 PLEASE NOTE: MEDICAL TRANSPORTATION WILL NOT BE AVAILABLE DECEMBER 16/22 – JANUARY 2/23 MEDICAL EMERGENCY: CALL 911					

## EAGLE LAKE HEALTH CENTRE



## January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 HEALTH CENTRE CLOSED!	3 HEALTH CENTRE RE-OPENS! WELCOME BACK!	4 NP – LEANNE 	5	6 FOOTCARE - SUE  Photo Contest Closed	7 SLIDING PARTY @ West End Powwow Grounds 12pm-3pm 
8	9 BEADING @ HC 6pm-8pm	10 FIRST AID/CPR COURSE 9am-4pm (Group 1 @ Hall)	11 FIRST AID/CPR COURSE 9am-4pm (Group 1 @ Hall) FAMILY HEALTH TEAM 9am-3pm	12 REFLEXOLOGY – DONALD 1-3pm 	13	14 BABYSITTING COURSE @ Youth Centre 9am-3pm
15	16 BEADING @ HC 6pm-8pm	17 FIRST AID/CPR COURSE 9am-4pm (Group 2 @ Hall)	18 FIRST AID/CPR COURSE 9am-4pm (Group 2 @ Hall)	19 REFLEXOLOGY – DONALD 1-3pm 	20 EMT – TORI @ Health Centre 1pm-3pm Drop-In	21 MOSS BAG MAKING @ Health Centre 10am-2pm
22 MOSS BAG MAKING @ Health Centre 10am-2pm	23 BEADING @ HC 6pm-8pm	24	25	26 FOOTCARE - LOU 	27 FOOTCARE - SUE 	28 MOSS BAG MAKING @ Health Centre 10am-2pm
29 MOSS BAG MAKING @ Health Centre 10am-2pm	30	31		CONTACT HEALTH CENTRE @ 755-1157	SEE POSTERS FOR EVENT INFORMATION	

## EAGLE LAKE HEALTH CENTRE

February FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEARN MORE ABOUT DIABETES! ATTEND FEB 7 <sup>TH</sup> EVENT FOR MORE INFO! 	<b>DIABETES</b> 	WALKING CHALLENGE! ATTEND FEB 7 <sup>TH</sup> EVENT FOR MORE INFO! 	1 NP - LEANNE @ HC  SNOW SCULPTURE CONTEST OPENS 	2  GRIEF SUPPORT DROP-IN 5 - 7PM @ YC	3	4 
5	6	7 DIABETES AWARENESS LUNCHEON 11-2 PM @ HALL GYM NIGHT 6-8PM	8 CPR/FIRST AID 9AM - 4PM @ YC  SWEAT 7PM	9 CPR/FIRST AID 9AM - 4PM @ YC GRIEF SUPPORT DROP-IN 5 - 7PM @ HC	10 FOOTCARE-SUE P. @ HC 	11 PJ/PANCAKES 9 - 11AM @ YC MOSS BAG MAKING 10AM - 4PM @ HC
12 MOSS BAG MAKING 10AM - 4PM @ HC	13 BEADING 6 - 8 PM @ HC	14  GYM NIGHT FLOOR HOCKEY 6 - 8PM	15 UNDERSTANDING DIABETES - FHT 1-4PM @ HC SMOOTHIES 4 - 5PM @ YC	16  YOUTH BEADING 5 - 7PM @ YC	17 EMT DROP IN WITH TORI 1-3PM @ YC 	18 MOSS BAG MAKING (TO BE DETERMINED)
19	20 	21  GYM NIGHT 6 - 8 PM	22 MMHAC OUTREACH 10AM-2PM @ HC DIABETES TEAM BINGO 6 - 8PM @ HALL	23  YOUTH BEADING 5 - 7PM @ YC	24 FOOTCARE-SUE P. @ HC 	25 YOUTH CENTRE PROGRAM (TO BE DETERMINED)
26 	27 BEADING 6-8 PM @ HC GYM NIGHT LAZER TAG 6 - 8 PM	28  GYM NIGHT 6 - 8 PM		REFLEXOLOGY WITH DONALD FEB 9 <sup>TH</sup> & 15 <sup>TH</sup> 1PM & 3PM 	SEE EVENT POSTERS FOR MORE INFO!	QUESTIONS? CALL THE HEALTH CENTRE 755-1157

# Migisi Sahgaigan Recognitions

Migisi Sahgaigan is proud to announce the hard work and dedication of MJ Singleton's artwork. Her art has been selected for the Ontario Native woman's association. MJ placed 1st in the Woman's category.

Dec. 16, 2022 · 0

ONWA held an #EndingViolenceAgainstIndigenousWomen #Youth #ArtContest. We asked Indigenous youth (ages 11-25) to submit artwork showcasing: "What ending violence against Indigenous women look like to you?"

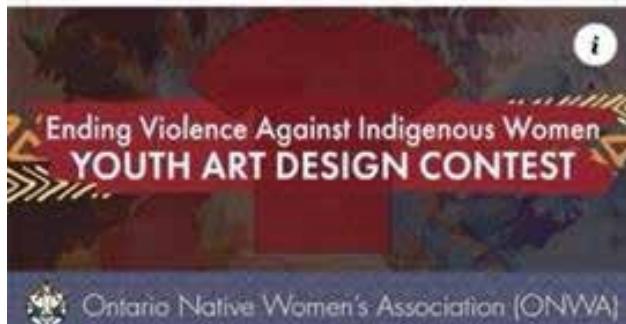
Miigwetch / Kinahnaskomiintin / Nakurmik / Marsee / Niáwen / Merci / Thank you to all the youth who generously shared their beautiful expressions about the very important issue of ending violence against #Indigenous women.

Watch the video at:

<https://youtu.be/faEKznBa9E0>

See the winner's announcement:

<https://www.onwa.ca/post/ending-violence-against-indigenous-women-youth-art-contest-winners>

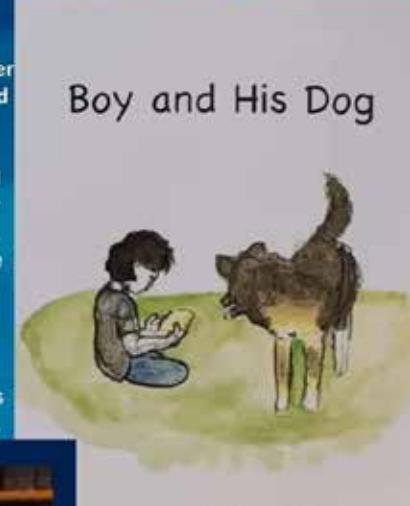


Migisi Sahgaigan would also like to congratulate Emma Gardner for publishing her first children's book, Boy and his Dog. Emma will be in the community presenting her book and answering any questions. May date to be determined, poster to follow.

## Emma Gardner Book Reading

Stop by the Community Hall to listen to Emma Gardner read her book Boy and His Dog

Inspired by the bond between her brother and their family dog, Emma Gardner wrote and illustrated a children's book intending to teach autism acceptance, told through the eyes of their dog, Tou Tou.



Written & Illustrated by: Emma Gardner

Where: Community Hall  
Date: February 21st 2023  
Time: 5:30 PM - 6:30 PM

