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**Day 1 Activities:** Saturday, October

7<sup>th</sup> Inventory of Plants & Trees –  
Harvesting

**Day 2 Activities:** Sunday, October 8<sup>th</sup>

Continuation of Harvesting, Trees &  
Medicines

**Day 3 Activities:** Monday, October 9<sup>th</sup>

Introduction & Welcome, Teaching of  
Medicines, How to Harvest Medicine,  
Trees, Animal Parts to fight illnesses

**Day 4 Activities:** Tuesday, October

10<sup>th</sup> Peeling of Medicines – Doctoring

**Day 5 Activities:** Wednesday, October

11<sup>th</sup> Diabetes Workshop A.M. &  
Prescription Drugs, Subozone &  
Methadone Teaching, Doctoring

**Day 6 Activities:** Thursday, October

12<sup>th</sup> Kidney, Urinary, Bladder Workshop,  
Doctoring

**Day 7 Activities:** Friday, October 13<sup>th</sup>

- Doctoring

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Making a Sweat Lodge outside the Round  
House on Monday A.M. – Volunteers  
needed to help with the Sweat. Anyone can  
come and help build the Sweat.

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**PRESCRIPTION  
DRUGS**

- Subazone  
Teachings
- Methadone  
Teachings
- How to help  
clients get off  
these drugs –  
Have been  
successful in  
the Northern  
Communities

Raphael  
offers a  
Teaching on  
Natural Herb to  
help with this



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## Youth & Elders Welcome

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Please accept this as your invitation to  
attend these sessions with our invited  
guest, healer, speaker. Youth are  
encouraged to attend as it will be our  
Youth who will be carrying these practices  
alive for our future generations to come.

He also has knowledge of Cancer  
Medicines, Muscular Dystrophy, Stroke,  
Arthritis, Kidney Dialysis, Osteoporosis etc.

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## Turkey Hamper Draw Friday, Oct. 13, 2017

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*Sandwiches will be provided to the  
Shikabays (Helpers) who will be  
picking barks, medicines on  
Saturday & Sunday.*

Sign Up with any contact people if  
interested: So that rides can be arranged

*Cooks will alternate from Big  
Grassy & Big Island from Monday to  
Friday*

Scheduled Sweat Monday Night starting at  
6:00 p.m. please bring tobacco & small  
amount of food

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### What Can You Offer:

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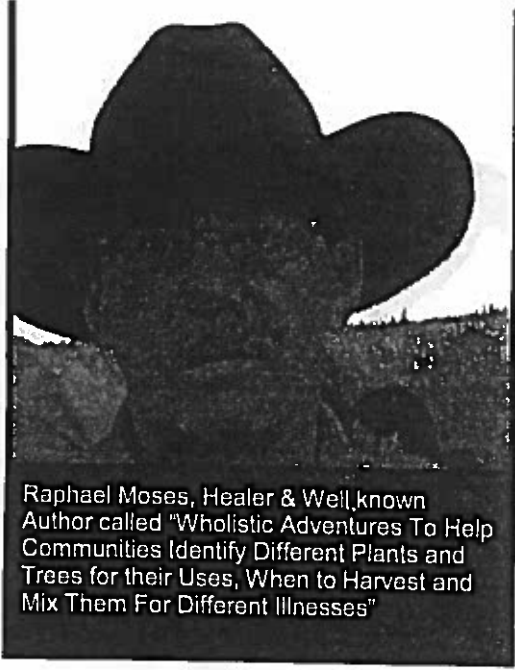
- Participants are encouraged to bring  
their own tobacco & gifts so as to  
honor the teachings & medicines

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### Our Goal to Meet the Needs of Our Members

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- Inquire about other ailments or if you  
would like to have more sweats. Bring  
your Drums.



Raphael Moses, Healer & Well known Author called "Wholistic Adventures To Help Communities Identify Different Plants and Trees for their Uses, When to Harvest and Mix Them For Different Illnesses"

## Raphael does Traditional & Cultural Teachings

He will help community members harvest, peel bark, preparing for the week of October 9 – 13 anyone who is in need of medicinal drinks for the winter.

Big Grassy & Big Island

Contact Information: Josie Copenace, NNADAP  
Elaine Ross, Esiniwab Health Director  
Chief Patricia Big George  
Jim Windigo, Big Island Band Manager

Big Grassy Esiniwab Health Centre Bus: 807-488-1153 &  
Fax #: 807-488-9844

Big Island Band Office Bus: 807-488-8002 & Fax #: 807-488-8042



Big Grassy & Big Island

## COMMUNITY PRESENTATION @ BIG ISLAND ROUND HOUSE

Sat. & Sun – Picking Medicines Oct. 7 & 8  
Monday to Friday  
October 9<sup>th</sup> – 13<sup>th</sup>,  
2017 Workshop