

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

December 2023

Boozhoo everyone! We are starting to see snowfalls and the cold weather appears to be here to stay. We hope you are all doing well, staying safe, and are looking forward to the holidays. The Christmas season provides a wonderful opportunity to spend extra time together as a family, reconnect with our loved ones, and create holiday memories that can help us build stronger relationships.

We are holding a variety of contests to help get everyone into the Christmas spirit. The majority of the contests are participation draws, so just submit an entry and you'll be entered for a chance to win. Make sure to check out the details on the following pages.

With the arrival of the colder months, we are now entering the peak of cold and flu season. We have been experiencing a high rate of infections of influenza, colds, Covid-19 and other illnesses. We encourage everyone to follow the precautions set out by your district health unit.

We hope you all enjoy your holiday season! Merry Christmas, Happy Holidays and Happy New Year!

Ontario Electricity Support Program (OESP)

The Ontario government announced that it is providing a \$50 million investment in the Ontario Electricity Support Program. Households that are eligible for the OESP can receive credits of \$35.00 to \$75.00 through the program, depending on household size. **Higher monthly credits of between \$52.00 to \$113.00 are available to Indigenous customers or customers living with Indigenous family, customers using electric heating, and customers using certain electricity-intensive medical devices.**

 Ontario Energy Board

**THERE'S HELP
FOR LOW-INCOME
HOUSEHOLDS**

[OntarioElectricitySupport.ca](https://ontarioelectricitysupport.ca)



If you are a customer of an electricity utility and in a lower-income home in Ontario, you may qualify for a reduction on your electricity bill. The OESP will reduce the cost of your household electricity by applying a monthly credit directly to your bill. The credit amount will depend on how many people live in your home and your combined household income.



Three symbols make up the Aboriginal Healing and Wellness Strategy logo. The turtle represents Turtle Island. This is Mother Earth. The people are holding hands. This means they will help each other with their problems.

They are standing in a circle. This is the circle of life. The people are our friends, families and strangers — people who need our help or who are helping us.

CONTENTS

Page 1 - Intro/OESP

Page 2 - Gingerbread House Contest
- Snow/Ice Sculpture Contest

Page 3 - Christmas Art Contest

Page 4 - Outdoor Activity Contest
- Christmas Tree Contest

Page 5 - Snow/Ice Sculpture Contest

CONTENTS

Page 1 - Intro/OESP

Page 2 - Gingerbread House Contest
- Snow/Ice Sculpture Contest

Page 3 - Christmas Art Contest

Page 4 - Outdoor Activity Contest
- Christmas Tree Contest

Page 5 - Snow/Ice Sculpture Contest

Mike Ignace

AHWS Coordinator

Phone:(807)622-9835 Ext 231

mignace@lacadesmillelacs.ca

Kayla Milani

Family Well-being Worker

Phone: (807)622-9835 Ext 259

kmilani@lacadesmillelacs.ca

Gingerbread House Contest

Participation Draws!



Decorating a gingerbread house during Christmas time is a great fun-filled activity to do with your family! It also provides us with an excellent opportunity to put on our creative hats and spend quality time with the ones we love.

We want to see your gingerbread houses! Big or small - send in a picture of your completed gingerbread house to be entered into the participation draw! There will be 10 draws for \$100.00 Walmart Gift Cards.

- ~ **Deadline: Monday January 16, 2024**
- ~ You can send multiple pictures
- ~ Email photos to Mike Ignace (mignace@lacadesmillelacs.ca)
- ~ Include the names of your team members

Snow/Ice Sculpture Contest

Participation Draws!

The snow is beginning to arrive! Its time to grab your shovels buckets, imaginations and create a work of art out of snow or ice. Large or small - we want to see what you can come up with. These sculptures can really be anything that is made out of snow or ice. Whether its a snow person, a snow fort, sculpture or anything you can come up with, make sure to snap a photo and send it in to be entered for a chance to win. **10 names will be drawn to receive a \$100.00 Walmart gift card.**

How to Enter

- ~ Create a snow/ice sculpture with the members of your household.
- ~ Snap a picture of your work of art.
- ~ Send your picture to Mike Ignace (mignace@lacadesmillelacs.ca)
- ~ **Deadline: Wednesday February 14, 2024.**

Annual Christmas Art Contest

We are holding our Annual Christmas Artwork Contest to assist in promoting healthy lifestyles at home during the Holiday season. This contest will have 4 age categories and is open to all Band and Community Members. The theme of the contest will be "Christmas" and we will accepting all forms of art.

Children's Category	0-12 Years
Youth Category	13-17 Years
Adult	18-54 Years
Elder	55+ Years

Interested participants are asked to create a piece of Artwork that reflects the Christmas season. Take a photo of your finished piece and email it to Kayla Milani along with the required information. All participants who submit an entry will be entered into a participation draw for their age category. Participation draws for each and all categories will be as follows:

1st Name Drawn	\$50.00 Walmart Gift Card
2nd Name Drawn	\$50.00 Walmart Gift Card
3rd Name Drawn	\$50.00 Walmart Gift Card
4th Name Drawn	\$50.00 Walmart Gift Card
5th Name Drawn	\$50.00 Walmart Gift Card

SOME IDEAS:

- ~Painting, drawing, or coloring
- ~Ornament making
- ~Make a wreath
- ~Christmas baking
- ~Build a snowman
- ~Various Christmas crafts

RULES:

We will only accept one submission per participant. All photos must be of original pieces and must be deemed appropriate. The theme is "Christmas". Late submissions will not be accepted.

SUBMITTING YOUR ARTWORK

Submit artwork to: kmilani@lacdesmillelacs.ca

Include in your email: Participant Name, Age, Address, Contact Information

Deadline: Monday January 15, 2024

CONTENTS

Page 1 - Intro/OESP

Page 2 - Gingerbread House Contest
- Snow/Ice Sculpture Contest

Page 3 - Christmas Art Contest

Page 4 - Outdoor Activity Contest
- Christmas Tree Contest

Page 5 - Snow/Ice Sculpture Contest

Mike Ignace

AHWS Coordinator

Phone:(807)622-9835 Ext 231

mignace@lacdesmillelacs.ca

Kayla Milani

Family Well-being Worker

Phone: (807)622-9835 Ext 259

kmilani@lacdesmillelacs.ca

CONTENTS

Page 1 - Intro/OESP

Page 2 - Gingerbread House Contest
- Snow/Ice Sculpture Contest

Page 3 - Christmas Art Contest

Page 4 - Outdoor Activity Contest
- Christmas Tree Contest

Page 5 - Snow/Ice Sculpture Contest

Family Winter Outdoor Activities Contest

Winter is here and it is time to get outside and enjoy the great outdoors. We want to see what you and your family are up to this winter! The winter season gives us an opportunity to enjoy many various outdoor activities that can't be enjoyed at other times of the year.

Send us a picture of you and your family enjoying time outdoors this winter season. Each family that sends us a picture will be entered into the draw for a chance to win one of ten \$50.00 Walmart gift cards. **Please send your photo to Kayla Milani by Monday February 19, 2024.** One entry per household.

Christmas Tree Decorating Contest



We are excited to be holding a Virtual Christmas Tree Decorating Contest again this year. We love seeing all the creativity! There will be one grand prize of \$200.00 in Walmart Gift Cards awarded to the winning submission. Ten names will also be drawn from all remaining submissions to receive \$100.00 Walmart Gift Cards. Don't forget to enter!

~Simply decorate your Christmas tree and send a photo to Mike Ignace to enter the contest. (mignace@lacadesmillelacs.ca)

~One photo per household.

~Include names and ages of everyone in the household, as well as your contact information

~Entries must be received by **Monday January 15, 2024.**

Mike Ignace

AHWS Coordinator

Phone:(807)622-9835 Ext 231

mignace@lacadesmillelacs.ca

Kayla Milani

Family Well-being Worker

Phone: (807)622-9835 Ext 259

kmilani@lacadesmillelacs.ca

CONTENTS

Page 1 - Intro/OESP

Page 2 - Gingerbread House Contest
- Snow/Ice Sculpture Contest

Page 3 - Christmas Art Contest

Page 4 - Outdoor Activity Contest
- Christmas Tree Contest

Page 5 - Snow/Ice Sculpture Contest

Outdoor Decorating Contest

Participation Prizes!



We are pleased to announce we will be holding a Outdoor Decorating Contest again this year. This contest is open to all Band and Community Members. There will be **10 participation draw prizes of \$100 Walmart Gift Cards**. Winners will be contacted.

Decorating the outside of your house for Christmas is one of the highlights and a tradition enjoyed by many families. One of the best parts of the holiday season is how festive everything looks. All of the lights and decorations that are on display can really get people into the Christmas spirit. The bright colors and festive decor seem to bring a sense of magic and inspiration to the season.

How to Enter

- ~Decorate your house, take a photo and email it to **Kayla Milani**.
- ~Include names and ages of everyone in the household.
- ~Submit your entry by **Monday January 15, 2024**.

Mike Ignace

AHWS Coordinator

Phone:(807)622-9835 Ext 231

mignace@lacadesmillelacs.ca

Kayla Milani

Family Well-being Worker

Phone: (807)622-9835 Ext 259

kmilani@lacadesmillelacs.ca