

# Lac des Mille Lacs First Nation Healing & Wellness

# Newsletter

March/April 2022

Boozhoo everyone! We hope you are all doing well and staying safe. The days are beginning to get warmer, and that means that Spring is on its way! Spring is a beautiful time of year that is often associated with renewal. The snow starts to melt, the birds are migrating, trees begin to bud and we begin to spend more time enjoying the outdoors.

On the following pages, please find information on a Spring Photo Contest, Children's Spring Artwork Contest, Virtual Presentation on Chaga, Ojibwe Language, Federal Indian Day School Class Action Lawsuit, Quitting Smoking, as well as information on some local organizations.

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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.



**Open to all Band and Community Members aged 16+**

The snow is melting and Spring is on its way. The sun shines brighter, the days get longer and the weather gets warmer each day. Surrounding yourself with nature can be beneficial to your mental health, help you lower stress, improve attention and lift your mood. Next time you are out enjoying the great outdoors, bring along your phone or camera and capture a photo of your favorite spring sightings.

### How to enter

- ~ Take a picture that captures the season of "Spring".
- ~ Send your picture to Mike Ignace ([mignace@lacadesmillelacs.ca](mailto:mignace@lacadesmillelacs.ca))
- ~ Include a brief description of your image
- ~ Include your name, and address.
- ~ Deadline for submissions is **Friday April 29, 2022**

***Prizes will be awarded through a participation draw. All participants will be entered into the draw and 10 names will be drawn to receive prizes of \$50.00 Walmart Gift Cards.***

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## Mike Ignace

AHWS Coordinator

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mignace@lacadesmillelacs.ca

## Kayla Milani

Family Well-being Worker

Phone: (807)622-9835 Ext 259

kmilani@lacadesmillelacs.ca

## Children's Spring Art Contest

The Family Well-being Program is holding a Children's Spring Artwork Contest! This contest will be open to all Band & Community Members 0-15 years of age. There will be 3 age categories. Three names from each age category will be drawn to receive \$50.00 Walmart Gift Cards. The theme of this contest is "Spring".

Age categories are as follows:

0-4 Years old

5-9 Years old

11-15 Years old

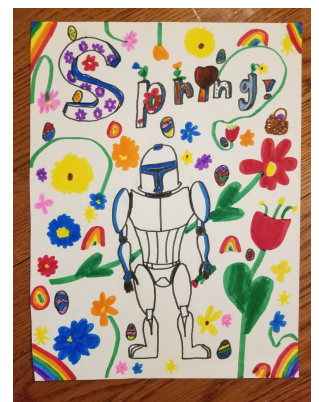
Interested children and youth are being asked to draw, paint, sculpt or color a picture of what Spring means to you. Take a photo of your finished product and email it to Kayla Milani with the required information.

### SUBMITTING YOUR ARTWORK

Submit artwork to: [kmilani@lacadesmillelacs.ca](mailto:kmilani@lacadesmillelacs.ca)

Include participant's name age and address.

Deadline: Friday April 22, 2022



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## Chaga Virtual Presentation



Chaga (*Innotus Obliquus*) is a parasitic fungi that grows on birch trees. Chaga appears as a black warty growth on birch trees. The inside of Chaga is orange and resembles a dense sponge. Chaga has been used for centuries for its many medicinal properties.

Please join us and presenter Alyssa Rubenick for a presentation on Chaga. The presentation will cover how to identify, how to harvest, how to prepare, how to store, and how to use Chaga. We will also be discussing the various medical properties of the fungus.

Join us on Zoom to take part in this awesome presentation! The presentation will be held on **Thursday April 21, 2022 from 6:00-7:00 PM** Eastern Standard Time.

Please register by contacting Mike Ignace and you will be sent a link to the zoom meeting space.

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## Ojibwe Language

We will be including a list of words and phrases in the Ojibwe language with every edition of the Healing & Wellness Newsletter. It is important to note that dialects differ from community to community and even from family to family.

Please find our first list of words and phrases below, as well as links to other resources to assist you in learning the language.

Spring (season) - Ziigwan

Rain - Gimiiwaan

Mosquito - Zagime

Nest - Wazason

Fly - Oojii

The snow is melting - Ningizagoon

Flower - Waabangwan

Fish - Giigoo

It is raining - Gimiiwan

River - Ziibi

Canoe - Jiiman

Soil - Azhashki

Birchbark - Wiigwaas

Green - Ozhaawashko

Bear - Makwa

Sun - Giizis

Here are a few links to assist you in learning the language.

<https://ojibwe.lib.umn.edu/about-ojibwe-language>

<http://www.native-languages.org/ojibwe.htm>

<http://nativetech.org/shinob/ojibwelanguage.html>

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## Federal Indian Day School Class Action

There is a nation-wide settlement to compensate Survivors of Federal Indian Day Schools and Federal Day Schools. If you attended one of these schools, you've waited a long time for this moment. This may be an important step in your healing journey. **Survivors have until July 13, 2022 to submit a claim.**

To find out if you are eligible for compensation and how you can make a claim, please visit: [www.IndianDaySchools.com](http://www.IndianDaySchools.com)

**Please see below for some options in seeking assistance completing your claim form, and support.**

Area	Description	Details
Gowling WLG (Class Counsel)	Free legal advice, assistance completing your Claim Form	Phone: 1-844-539-3815 Fax: 1-613-788-3629 Email: <a href="mailto:dayschools@gowlingwlg.com">dayschools@gowlingwlg.com</a>
Deloitte (Claims Administrator)	Questions regarding the administration of the Settlement, and processing your Claim Form	Phone: 1-888-221-2898 Website: <a href="http://www.indiandayschoolsclaims.com">www.indiandayschoolsclaims.com</a> Fax: 1-416-366-1102 Email: <a href="mailto:indiandayschools@deloitte.ca">indiandayschools@deloitte.ca</a>
Community Support Program	Trauma informed support and free, one-on-one help with filling out your Claim Form.	Phone: 1-877-515-7525 Email: <a href="mailto:idscommunitysupport@argylepr.com">idscommunitysupport@argylepr.com</a>
Mental Health and Awareness Support	Mental health counselling and crisis support  Support is available to action members 24 hours a day, 7 days a week. Counselling is available in English, French, Cree, Ojibway and Inuktitut (on request)	Phone: 1-855-242-3310 Website: <a href="http://www.hopeforwellness.ca">www.hopeforwellness.ca</a>
Grand Council Treaty #3 Indian Residential School Department	Cultural support to complete the Indian Day School application form.	Delores Kelly – IRS Cultural Manager Phone: 1-807-464-0037  Donald Kelly – IRS Support Worker Phone: 1-807-464-1261  Hazel Merrick – IDS Support Worker Phone: 1-807-464-6542  Jasmine Nastiuk – IRS Support Worker 1-807-464-5160

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## Quitting Smoking?

Try the STOP Program!



The Smoking Treatment for Ontario Patients (STOP) Program is a province-wide initiative delivering smoking cessation treatment and counselling support to people who want to reduce/quit their tobacco use. These supports are available free of charge, through partnerships with community health care organizations. Importantly, STOP has been able to reach and successfully be implemented within vulnerable communities that face barriers in accessing care. The STOP Program is funded by the Ontario Ministry of Health.

### STOP on the Net Program

The STOP on the Net program is an online initiative of the Smoking Treatment for Ontario Patients Program (STOP) and is funded by the Ontario Ministry of Health, designed to help individuals 18 years and older attempt to quit smoking. Participants will be able to receive up to 4 weeks of free NRT products.

<https://www.nicotinedependenceclinic.com/en/stop/stop-on-the-net>

### STOP with Health Care Organizations

STOP partners with Family Health Teams, Community Health Centres, Addiction Agencies, Nurse Practitioner-Led Clinics, Aboriginal Health Access Centres, and Indigenous Health Organizations to help you find support close to home.

<https://www.nicotinedependenceclinic.com/en/stop/Pages/STOP-for-Participants.aspx>

### CAMH Nicotine Dependence Clinic (NDC)

At the NDC we provide you with the support needed to help you quit smoking. Our clinical team can work with you to develop individualized goals and strategies that meet your needs.

<https://www.nicotinedependenceclinic.com/en/Pages/NDC.aspx>

*If you reside outside of Ontario, please contact your health provider for information on where you can seek assistance.*

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## Beendigen

### Anishinabe Women's Crisis Home & Family Healing Agency

At Beendigen, we offer support, referrals, counselling, safety planning, and more. Our programs align with our mission to provide safety, security, and opportunities for healing to Indigenous families who are in need of support.

**Anishinabe Women's Crisis Home** - Beendigen's Crisis Home provides free emergency shelter for women and children who require safe accommodations and are seeking refuge from abuse.

**Wakaigin Housing** - Wakaigin Housing provides both transitional and permanent affordable housing.

**Anti-Human Trafficking** - The Anti-Human Trafficking Program provides individual support and community education.

**Breaking Free from Violence** - The Breaking Free from Violence Program is designed to meet the unique needs of indigenous women who are involved with both the Child Welfare System and Violence Against Women Sector.

**Healing Our Own Counselling Unit** - Beendigen provides a wide range of culturally appropriate services to indigenous women and their families in the community.

**Community Action Program for Children (CAPC)** - CAPC provides support for Indigenous families with children ages 0-6 through programming, social outings, creative activities, and one-to-one services.

**Prenatal Program** - The Prenatal Program is committed to improving the nutritional health of Indigenous expectant mothers and those with babies up to 6 months of age who live off-reserve.

**National Native Alcohol & Drug Addiction Program (NNADAP)** - The NNADAP worker provides education and support to those living with addiction.

**Transitional Housing & Support Program** - Transitional Housing & Support workers advocate for women to secure and maintain housing and income. They can assist with legal, education, and other services to help women meet their goals.

**Family Court Support Program** - The Family Court Support workers provide direct support to women who have faced domestic violence who are involved in the family court process.

**Talk4Healing** - Talk4Healing is a provincial 24/7 confidential helpline for Indigenous women living in urban, rural and remote communities.

For more information on any of these programs/services, please visit:

<https://www.beendigen.com/>

## Thunder Bay Indigenous Friendship Center

### Waabogonee EarlyON Program

The program is for children up to six years of age and their parent and caregivers.

Waabogonee translated means; flower that wakes up in the morning and blossoms throughout the day.

Waabogonee EarlyON Child and Family Centre provides environments that engages parents and caregivers as co-learners and leaders in influencing positive child, family and community experiences and outcomes.

Given that a sense of identity is the path to wellness, cultural elements are essential in the deliverables of the program, including access to land and water-based learning, cultural knowledge keepers, traditional songs, stories, crafts, and foods, historical perspectives on raising children; parenting skills, and community development.

Our culturally responsible programming supports Thunder Bay Indigenous Friendship Centre's vision of assisting all children and their families in learning, growing and deepening their connections. Children and family relationships grow stronger and more resilient through our strength-based and community empowered approaches.

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**TBIFC WAABOGONEE**  
**EarlyON**  
Child and Family Centre

**FREE FAMILY SWIMMING  
PASSES**

**WAABOGONEE EARLYON WOULD LIKE TO PAY  
FOR YOU AND YOUR FAMILY TO GO  
SWIMMING AT THE COMPLEX.**

TO RESERVE YOUR FAMILY PASS, SIGN ON TO [WWW.KEYON.CA](http://WWW.KEYON.CA) AND SIGN UP FOR "COMPLEX FAMILY SWIMMING PASS" ON THURSDAY MARCH 17, 2022.

Family passes will be reserved under the family name. Each family will be responsible for booking their own time slot for a family swim.  
If you have any questions, email [nicole.gamble@tbifc.ca](mailto:nicole.gamble@tbifc.ca)