

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

July / August 2025

Boozhoo everyone! We hope you're enjoying the start of summer and finding time to be outside while staying safe. Many parts of the province—especially in the north—are experiencing a dry season with increasing wildfire risks. Please remember to stay informed, follow local fire bans, and help protect our lands and communities. Despite the challenges, this season is full of exciting opportunities! On the pages that follow, you'll find information on upcoming community events, cultural activities, and ways to connect with nature and each other. Whether you're joining us for a hike, a family day, or just looking to learn something new, we hope you find something that inspires you. *****Please note that we will be releasing information on our Summer Activity Week (July 14-17) in the coming weeks. Information will be posted to the website and call-outs will be made.**

Forest Fires in Canada 2025: A Dry Season Warning & Fire Safety Reminders

As we enter the summer of 2025, much of Canada is facing one of the driest seasons on record. Low spring rainfall and rising temperatures have created the perfect conditions for wildfires to ignite and spread rapidly. Provinces like British Columbia, Alberta, Manitoba and Ontario are already experiencing extreme fire danger ratings.

Fire bans are currently in effect across many rural and forested areas. Some northern communities are already facing evacuations due to this year's forest fire situation. It is imperative that we do everything we can to minimize the risk of new fires and protect our communities, forests, and frontline responders. Whether you're camping, spending time at the cottage, or simply enjoying the outdoors, please take extra care with any activities that could ignite a blaze.

Our forests are dry, and conditions can change quickly. A single spark can lead to devastating consequences. By staying informed, respecting fire restrictions, and practicing fire-safe habits, we can all do our part to prevent wildfires and keep our land, wildlife, and people safe during this challenging season.



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Three symbols make up the Indigenous 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.

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Forest Fire Safety Tips & Reminders For Everyone

Respect Fire Bans: If a fire ban is in place, do not light any open fires. This includes campfires, burning brush, or using fireworks.

Avoid Spark Risks: Don't discard cigarettes on the ground or from a vehicle. Avoid parking vehicles on dry grass, where heat from the exhaust can ignite it.

Report Fires Immediately: If you see smoke or fire, call 911 or your local forest fire reporting line. In Ontario, call 310-FIRE (3473).

While Camping or Outdoors

Use Portable Stoves Instead of Fires: Safer and often allowed during bans.

Keep Campfires Small and Contained (only if allowed): Use fire rings, keep water and a shovel nearby, and never leave the fire unattended.

Fully Extinguish Fires: Drown the fire with water, stir the ashes, and repeat until cold to the touch.

Home & Property Precautions

Create a Fire-Safe Zone: Clear dry leaves, needles, and wood piles from around your home and buildings.

Use Fire-Resistant Materials: When possible, build or upgrade using non-combustible materials for roofing and siding.

Maintain Access Routes: Ensure driveways and roads are clear and wide enough for fire trucks to get through.

Be Prepared

Make an Evacuation Plan: Know your local evacuation routes and have a "go bag" ready with essentials like documents, medications, and water.

Stay Informed: Check daily fire ratings from your province or local forestry agency. In Ontario, visit [Ontario.ca/forestfires](https://www.ontario.ca/forestfires).

A graphic with a dark background showing a forest at night with a bright orange and yellow fire burning in the distance. The text "WILDFIRE SAFETY AND PREVENTION" is written in large, white, bold, sans-serif capital letters across the center.

**WILDFIRE SAFETY
AND PREVENTION**

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Community Cosmic Bowling 2025

Join us for some exciting evenings of cosmic bowling with our community! Enjoy two hours of unlimited bowling, plus pizza and beverages served while you play. It's sure to be a fun-filled time for all!

Saturday July 19, 2025	7:00-9:00 PM
Saturday August 16, 2025	7:00-9:00 PM
Saturday September 20, 2025	7:00-9:00 PM
Saturday October 18, 2025	7:00-9:00 PM
Saturday November 22, 2025	7:00-9:00 PM

To register, please contact Kayla Milani - Family Wellbeing Worker. When registering please identify the dates you will be attending, participant names and your group's preference on 5 or 10 pin bowling. We will try our very best to accommodate everyones preference. See you at our next outing!

Community Drum Nights 2025

Come out and enjoy the beautiful sounds of Mother Earth's heartbeat. We are holding Community Drum Nights once a month at I.R. Churchill Elementary (2040 Walsh St. E). Light snacks and beverages will be provided. Please see below for event details.

Wednesday July 30, 2025	6:00-9:00 PM
Wednesday August 27, 2025	6:00-9:00 PM
Wednesday September 17, 2025	6:00-9:00 PM
Wednesday October 22, 2025	6:00-9:00 PM
Wednesday November 26, 2025	6:00-9:00 PM
Wednesday December 10, 2025	6:00-9:00 PM

Please contact Mike Ignace to register.

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Family Fishing Days

We are excited to announce that the Family Well-being Program is coordinating 2 days of fishing for families on beautiful Lac des Mille Lacs throughout this summer. Families are invited to come out and enjoy an afternoon of fishing. In order to ensure that everyone can be accommodated, please register as early as possible. Transportation can be provided but seating is limited.

We will meet at the Savanne River Resort for 10:00 AM, prepare our gear and head out onto the lake for several hours of fishing. We will meet back at the resort following fishing (3:00 PM) and families can have a fish fry (4:00 PM) with their catch from the day before heading back into town.

Family Fishing Dates

Wednesday July 9, 2025

Thursday August 7, 2025

It is very important that all interested families register early, as spots are limited. Please contact Mike Ignace to register! When registering your family, please indicate your preferred date and provide the following information:

Names of participants

Will you require travel?

Do you have your own fishing rods?

Do you have your own life jackets?

Do you have a Pleasure Craft Licence?

Are you comfortable operating a boat?

What to Bring?

Fishing gear if you have it

Weather appropriate clothing (hat, rain gear)

Packed lunch (snacks & beverages provided)

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Outdoor Hiking Excursions

We're excited to invite you on two upcoming hiking excursions designed to connect us with the beauty of the land and each other. These guided hikes will offer a chance to explore local trails, enjoy the fresh air, and learn about the natural history of the areas. Whether you're an experienced hiker or just looking to spend time outdoors with community, all are welcome. *****Please note that these hikes are long in distance, and involve some rough terrain so please use your judgment when registering.**

On each of these excursions we will meet at I.R. Churchill Elementary (2040 Walsh St. E) at 8:00 AM to load up onto the bus and depart for our destination. We will return by 5:00 PM. Please bring a packed lunch, and anything else you might require. We will have plenty of water and first aid supplies on hand.

Greenwood Conservation Reserve - Monday July 28, 2025
Tee Harbor Trail - Tuesday August 5, 2025

Spots are limited, so be sure to register early to save your place! Please contact Mike Ignace to register for these exciting excursions.

Greenwood Conservation Reserve



The Greenwood Conservation Reserve, located just outside of Thunder Bay, offers a breathtaking glimpse into the ancient boreal landscape of northwestern Ontario. This protected area is a sanctuary of towering, untouched white pine forests—some of the last of their kind—standing as living monuments to the region's natural heritage. With its peaceful trails, pristine waters, and rich biodiversity, Greenwood feels like a step back in time, inviting visitors to experience the quiet beauty and ecological importance of old-growth forest in its purest form. This hike is not long in distance, but does involve some rough terrain.

Tea Harbour Trail

The Tee Harbour Trail at Sleeping Giant Provincial Park is a beautiful hike that winds through lush boreal forest and along the rugged shores of Lake Superior. This well-maintained trail follows an old logging road and offers an easy to moderate hiking experience suitable for most skill levels. As you make your way through the peaceful landscape, you'll eventually reach a quiet peninsula where Tee Harbour opens up to stunning views of the lake, rocky outcrops, and distant islands. It's a perfect spot to pause and soak in the natural beauty of one of Ontario's most iconic parks. *****Please note this trail is 12.4 km round trip and we will be moving at a fairly quick pace. Please use your own discretion when registering.**

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Blueberry Picking Excursions

Blueberries are sweet, nutritious, and wildly popular. Often labeled a super food, they are low in calories and incredibly good for you! We are pleased to announce that we have planned a couple of blueberry picking excursions for August.

We will meet at I.R. Churchill Elementary (2040 Walsh St. E.) at 8:00 AM, load up the bus and head out for a day of berry picking. Please expect anywhere up to 1 1/2 hours of travel to get to the site location. There is a good chance we will be moving sites throughout the day. We plan to return to Thunder Bay by 5:00 PM. Please keep in mind that these berry picking excursions are tentative and are subject to change depending on the weather, interest, berry crops, etc.

When berry picking, we are typically far into the bush. This means that restrooms will not be available. Participants will have to utilize the forest when going to the bathroom. We will have toilet paper, water, soap and hand sanitizer readily available.

Tentative Excursion Dates

Thursday August 14, 2025

Monday August 25, 2025

What is provided?

Travel (LDML Van/Bus)

Snacks & drinks (granola bars, fruit, water, juice)

First aid supplies

What to Bring?

Bucket for picking berries

Weather appropriate clothing (hat, rain gear, closed toe shoes)

Allergy medication if required

Packed lunch (snacks and beverages provided)

To register, please contact Mike Ignace at your earliest convenience. Seating is limited so be sure to register as early as possible.

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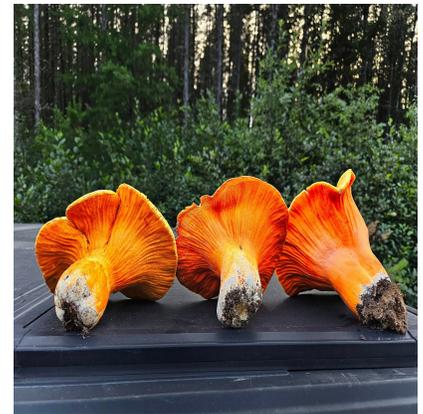
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Mushroom Picking Excursion

Join us for a fun and educational day of mushroom picking in the forest! We'll be guiding community members on a foraging adventure focused on two delicious and sought-after wild mushrooms: chanterelles and lobster mushrooms. This is a great opportunity to learn how to identify these species, explore the land together, and connect with nature in a meaningful way. Whether you're new to mushroom hunting or have some experience, everyone is welcome.



We will meet at I.R. Churchill Elementary (2040 Walsh St. E.) at 8:00 AM, load up the bus and head out for a day of mushroom picking. Please expect anywhere up to 1 1/2 hours of travel to get to the site location. There is a good chance we will be moving sites throughout the day. We plan to return to Thunder Bay by 5:00 PM.

Please keep in mind that this mushroom picking excursion is tentative and is subject to change depending on the weather, interest, etc. When mushroom picking, we are typically far into the bush. This means that restrooms are not available. Participants will have to utilize the forest when going to the bathroom. We will have toilet paper, water, soap and hand sanitizer readily available.

Tentative Excursion Date

Thursday August 28, 2025

What is provided?

Travel (LDML Van/Bus)
Snacks & drinks (granola bars, fruit, water, juice)
First aid supplies

What to Bring?

Bucket for picking mushrooms
Weather appropriate clothing (hat, rain gear, closed toe shoes)
Allergy medication if required
Packed lunch (snacks and beverages provided)

To register, please contact Mike Ignace at your earliest convenience. Seating is limited so be sure to register as early as possible!

Canadian Lakehead Exhibition

~Children's Ride Tickets~

August 6/7/8/9/10, 2025

The Canadian Lakehead Exhibition is an Annual Family Fair which takes place in August for 5 days from Noon until Midnight. It is deemed to be the largest Fair in all of Northwestern Ontario. The fair offers a wide range of fun and family friendly entertainment every year.

We are pleased to announce that we will be purchasing "Midway Rides Wristband Tickets" and "Gate Admissions" for children 0-17 years of age. The ride tickets are exchanged at the fair for a wristband that will give your child access to all the rides for a 6 hour period. (12-6 PM or 6-12 PM).

*****Please note: We are providing a maximum of 3 Child Gate Admissions and 3 Midway Rides Wristband Tickets per household. Children 4 and under do not require a Gate Admission but do still require a Midway Rides Wristband Ticket.**

To register your children, please contact Mike Ignace at your earliest convenience. Please provides names and ages of all children. **Registration will close July 24, 2025.**

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PHOTOGRAPHY by Bruce Symington

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Fun in the Sun at Boulevard Lake

Outdoor Activities and Mini-Putt

On Tuesday July 22, 2025 we will be heading to Boulevard Lake for some fun in the sun. The day will consist of swimming at the beach, playing mini-putt, playing at the park as well as other fun activities. We will meet near the playground at 10:00 AM. At noon we will take a break from activities and enjoy a light picnic style lunch before getting back into the activities.



Please contact Kayla Milani at your earliest convenience to register for this event.

Day at the Splash Pad

Come cool off with us at the splash pad! We're inviting community members to join us for a fun-filled day outdoors with water play, laughter, and connection. Bring the whole family, enjoy the sunshine, and beat the heat together! Snacks and refreshments will be provided.

North End Splash Pad

Date: August 24, 2025

Time: 11:00 AM-3:00 PM

Location: 954 Huron Ave. (Thunder Bay)

Please contact Kayla Milani to register for this fun-filled get-together.

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Ojibwe Word List

Please find a list of words and phrases below, as well as links to other resources to assist you in learning the language. It is important to note that dialects differ from community to community and even from family to family.

- Aabawaa - It is getting mild
- Animikiikaa - There is a thunderstorm
- Dakayaa - It's cool
- Giizawaayaa - It's warm
- Gimiwan - It's raining
- Gisinaa - It's cold
- Gizhaate - The sun is shining brightly
- Gizhide - It's hot
- Mino-giizhigan - It's a beautiful day
- Mino-dibikan - It's a beautiful night
- Niiskaadan - It's wet
- Ningokwan - It is cloudy
- Gichi-nodin - It's windy
- Zaagaate - The sun is coming out
- Asemaa - Tobacco
- Desabiwin - Chair
- Ishkwaandem - Door
- Mazina'igan - Book
- Mazinaakizon - Photograph
- Nibewin - Bed

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

- <http://ojibwe.lib.umn.edu/about-ojibwe-language>
- <http://www.native-languages.org/ojibwe.thm>
- <http://nativetech.org/shinob/ojibwelanguage>