

# Lac des Mille Lacs First Nation Healing & Wellness Newsletter

October 2024

**Boozhoo everyone!** Currently, the summer weather seems to be hanging on tight with all of its might! As much as we would love the longer days and warm weather to stick around, we know that the cool fall weather is right around the corner. With the children back in school and the cooler weather approaching, we can start to get excited about Halloween! We have planned plenty of events for children and families for the month of October. Please see details on the following pages.

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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.

## Cold & Flu Season is Here

As cold and flu season approaches, prioritizing health and safety becomes crucial for individuals and communities alike. The onset of cooler weather often brings an increase in respiratory illnesses, making it essential to adopt preventive measures. One of the most effective strategies is frequent handwashing with soap and water for at least 20 seconds. When soap isn't available, using hand sanitizer with at least 60% alcohol can help reduce the spread of germs.

Avoiding close contact with those who are sick is also important. If you're feeling unwell, it's best to stay home, not only to recover but to prevent spreading illness to others. Practicing respiratory etiquette—such as covering your mouth and nose with a tissue or your elbow when coughing or sneezing—can further reduce transmission.

Getting the seasonal flu vaccine is another vital step. Vaccination can significantly lower the risk of contracting the flu and can lessen the severity of the illness if you do become infected. It's advisable to consult with healthcare providers to ensure you and your family are up to date on vaccinations.

In addition to these preventive measures, maintaining a healthy lifestyle is key. A balanced diet rich in fruits, vegetables, and whole grains, combined with regular physical activity, can bolster your immune system. Staying hydrated and getting adequate sleep are also crucial in supporting overall health.

Staying informed about local health advisories and outbreaks can help you make better decisions regarding your health and safety. By taking these proactive steps, you can significantly reduce your risk of illness and contribute to the well-being of your community during the cold and flu season.

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## Mike Ignace

IHWS Coordinator

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mignace@lacdesmillelacs.ca

## Kayla Milani

Family Wellbeing Worker

Phone: (807)622-9835 Ext 259  
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## In-Person Pumpkin Carving Party



A pumpkin carving party is a fun and festive way to celebrate the fall season! Come on out and join us for an evening of fun and creativity while we carve pumpkins. All pumpkins and carving tools will be provided. We will also have paints, brushes and markers available for the little ones who are not yet old enough to carve. Snacks and beverages will be available.

**Date: Tuesday October 15, 2024**

**Time: 6:00 - 8:30 PM**

**Location: I.R. Churchill Elementary (2040 Walsh St. E.)**

Please contact **Kayla Milani** to register.

## Pumpkin & Carving Kit Deliveries

For those who cannot attend the in-person pumpkin carving party or would prefer to carve in the comfort of their own home, we will deliver pumpkins and a carving kit to your home. We are asking families and individuals to contact **Kayla Milani** to register for your pumpkin delivery. Pumpkin deliveries will take place on **Wednesday October 16, 2024**. Please be sure to register by **Monday October 14, 2024**.

To register your household, please send an email to Kayla, including the following:

- ~Names & ages of all participants wishing to receive a pumpkin
- ~Address & phone number for delivery

*For the out of town families/individuals who wish to participate, you can submit receipts for reimbursement (one pumpkin per participant and one carving kit). Please submit receipts to Mike Ignace in order to be reimbursed. Please include the names and ages of participants as well as your address.*

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## Paintball Mountain

**Date:** Wednesday October 16, 2024

**Time:** 6:00 - 8:00 PM

**Location:** Paintball Mountain (688 Mountain Road)

Paintball is a popular sport played by people from all professions and lifestyles. Paintball is very much a character-building sport. Players learn the importance of teamwork and gain self confidence all while getting physically active! Above all, Paintball is very exciting! It gives each of us an opportunity to set aside our daily routine and enjoy a fun-filled day participating in many game scenarios, meeting new friends, and having lots of stories to tell others. Recommended for ages 12+.

To register, please contact **Mike Ignace** at your earliest convenience.

## Community Drum Night

We continue to hold 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.

**Thursday October 17, 2024**

**6:00-8:30 PM**

**Tuesday November 12, 2024**

**6:00-8:30 PM**

Please contact **Mike Ignace** to register.

## Community Bowling

Come join us at **Mario's Bowl** for our last two in-person bowling sessions of 2024. We will pick up with monthly bowling in April of 2025. Between the months of November and April we will be offering "2 Hour All You Can Bowl Passes", please stay tuned to upcoming newsletters for details.

**Saturday October 19, 2024**

**7:00-9:00 PM**

**Saturday November 23, 2024**

**7:00-9:00 PM**

Please register with **Kayla Milani**.



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## The Vampire Circus



We are excited to announce that we have secured tickets for the Vampire Circus being held at the Thunder Bay Community Auditorium on Sunday October 20, 2024.

"Enjoy a phenomenal night of live entertainment, based on the multidisciplinary skills of international performers showcasing theatre, dance, and gymnastics. This amazing show pushes the physical boundaries of human performance and leaves audiences amazed, astounded, and astonished.

Mortal spectators will experience horrific feats of cirque-style acrobatics, comical audience interactions, contortionists, jugglers, acrobats, and clowns. Tantalizing sounds and mesmerizing illusions catapult audiences into an emotional roller-coaster of fear and joy, laughter, and wonder with raving cheers for a "Mad Graveyard Clown."

The 90-minute production is an immersive ride through the Underworld and Vampires. The Vampire Circus was inspired by the allure of legendary traveling carnivals — and a vision of Francisco Santos, show founder and Cirque Du Soleil veteran performer.

The Vampire Circus is a journey that takes audiences into an immersive experience, plunging guests into a deep hypnotic state while breaking the fourth wall. With The Vampire Circus, audiences are fully integrated into what is happening in front of them, surrounding them, and at times "inside" of them."

**We are offering this opportunity to those who are aged 18 and over. Tickets are limited so please register at your earliest convenience by speaking with Mike Ignace. Registrations will be limited to households, no third party registrations.**

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## Halloween Social at Gammondale Farm!

Date: ~~October 21, 2020~~ October 21, 2020

Time: 5:00-8:00 PM

Location: Gammondale Farm (426 McCluskey Dr.)



We are pleased to announce that we will be holding our Annual Halloween Social at Gammondale Farm again this year! Come join us for this fun filled family event. The evening will consist of Halloween craft tables, horseback riding, visit to the animal farm, visit to the Boo Barn, hay rides, door prizes and a whole lot of fun. Food and beverages will be served. For those that choose to attend in costume, prizes will be awarded for best costumes.

Please contact **Kayla Milani** to register you and your family for this wonderful event. We hope to see you there!

*Cold and flu season is upon us, please stay home if you are feeling ill. Masks are not mandatory for this event, but if you wish to wear one, please do. Hand sanitizer will be readily available.*





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## Family Halloween Dance Party



You are invited to our spooktacular Family Halloween Dance Party! Get ready for a hauntingly good time filled with music, dancing and thrilling fun. Join us on **Saturday October 26, 2024** from **5:00 – 8:30 PM** at **I.R. Churchill Elementary School** for an evening of Halloween magic.

Come dressed in your best costume for a chance to win fabulous prizes in our costume contest, with categories for the scariest, funniest (please ensure costume is appropriate for all audiences), cutest, and most creative costumes.

We will have a fantastic playlist of spooky music and various activities to keep the energy high. We will have pizza and lots of beverages on hand, so ensure to bring your appetite. We hope to see you all there!

If you and your family would like to attend this fun-filled event, please contact **Mike Ignace** to register.

\*\*\*This event is not a dropoff event, an adult is required to stay with their children during the event.

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## The Trail of Purgatory Halloween Walk Through & Display

Created by Band Member: Noah Fugere

Noah Fugere is in charge of the Trail of Purgatory on Pennock Drive, and has loved Halloween and scary stuff for as long as he can remember. He started his haunted trail in 2020 after being inspired by seeing other displays on YouTube. We highly recommend a visit to The Trail of Purgatory. The First Nation has made a donation on behalf of our members and families who wish to go on this walk.

The Trail of Purgatory is a Halloween walk through attraction & display. Walking through the trail you will experience jump scares from live actors and various Halloween themed display set ups.

Our location and hours are as follows:

115 Pennock Drive

Fridays & Saturdays: 7:30pm-10:30pm

Sundays & Wednesdays ( Family Friendly Nights): 6pm-9pm

Street parking available



[www.thetrailofpurgatory.com](http://www.thetrailofpurgatory.com)

[www.facebook.com/profile.php?id=100094801793654](https://www.facebook.com/profile.php?id=100094801793654)



## Pumpkin Carving Contest



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Halloween is quickly approaching! It's time to start pulling out your decorations and start carving your pumpkins to add to your displays. We want to see your pumpkin carvings! All participants who send their photos will be entered into a participation draw. **There will be 5 participation prizes of \$100.00 Walmart Gift Cards for the first 5 names drawn.** One photo will be selected by a panel of judges for the **Grand Prize of \$200.00.** Please submit your photos to **Kayla Milani** ([kmilani@lacadesmillelacs.ca](mailto:kmilani@lacadesmillelacs.ca)) by **Monday November 4, 2024.**

## Halloween Decoration Display Contest



We want to see your Halloween decoration display! Participants are asked to submit photos of their display if they wish to do so. All participants who send their photos will be entered into a participation draw. **There will be 5 participation prizes of \$100.00 Walmart Gift Cards for the first 5 names drawn.** One photo will be selected by a panel of judges for the **Grand Prize of \$200.00.** Please submit your photos to **Mike Ignace** ([mignace@lacadesmillelacs.ca](mailto:mignace@lacadesmillelacs.ca)) by **Monday November 4, 2024.**

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## Halloween Costume Contest!

~ Four age categories ~

~ 5 winners per age category ~

~ Winners will receive a \$50.00 Walmart gift card ~



## Age Categories

~ Ages 0-12 ~ Ages 13-17 ~ Ages 18-54 ~ Ages 55 and over ~

Contest Deadline - **Monday November 4, 2024**

To enter, dress up in your Halloween costume, snap a photo, send your photo to **Kayla Milani** ([kmilani@lacdesmillelacs.ca](mailto:kmilani@lacdesmillelacs.ca)). In your email, please include your name, age and contact information. We look forward to seeing all of your awesome costumes!



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## HUNTER SAFETY

Hunter safety is crucial for ensuring safe and responsible hunting practices. Here are some key principles to keep in mind when you are out harvesting this fall:

**Firearm Safety** - Always treat every firearm as if it is loaded. Keep the muzzle pointed in a safe direction and finger off the trigger until you are ready to shoot. Never point a firearm at anyone, even if you know it is not loaded.

**Identify Your Target** - Ensure you know what you're shooting at and what lies beyond it. Remember that bullets can travel great distances so always keep in mind what lies beyond your target.

**Wear Blaze Orange** - Use high visibility clothing to ensure you are seen by other hunters.

**Stay Sober** - Never hunt under the influence of drugs or alcohol.

**Communicate Your Plans** - Let someone know your hunting location and your expected return. Stick to your plans!

**Respect Wildlife and Regulations** - Follow local laws and ethical hunting practices. Give thanks to the Creator for the life of the animals and the nourishment that they provide your family.

**Respect Private Property** - Know where you can and cannot hunt. Utilize maps to stay within legal hunting boundaries.

**Hunt With a Buddy** - It's safer to hunt with at least one other person. You never know when something might go wrong and having another person nearby could prove beneficial if something were to happen.

## REMINDER TO OUR MEMBERS AND FAMILIES

We have received complaints of firearms being discharged in close proximity to the Community site/Residential area. We take the safety of our citizens very seriously. Everyone is reminded that there is to be **absolutely no hunting or discharging of firearms within 2 km of the Community site/Residential area**. A bullet fired from a centerfire rifle can travel several kilometers. **New signage will be posted clearly identifying the 2 km "No Hunting Zone"**. Lets all work together to keep our families and community safe. With residents now living year-round out on our reserve, we must increase safety plans and precautions. Miigwetch!