

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

October 2019

Halloween is just around the corner and we have planned a number of events for the month of October! We have scheduled a Pumpkin Carving Party, our Annual Halloween Social at Gammondale Farm, and purchased tickets for Haunted Fort Night at Fort William Historical Park. Please find details on the following pages. Below you will find pictures from previous years Halloween events.

CONTENTS

- Page 1 - Introduction
- Page 2 - Upcoming Events
- Page 3 - Upcoming Events
- Page 4 - Community Drum Night
- Page 5 - Halloween Safety
- Page 6 - Halloween Safety
- Page 7 - Halloween Safety
- Page 8 - Helplines
- Page 9 - October Calendar of Events



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.



UPCOMING EVENTS

CONTENTS

- Page 1 - Introduction
- Page 2 - Upcoming Events
- Page 3 - Upcoming Events
- Page 4 - Community Drum Night
- Page 5 - Halloween Safety
- Page 6 - Halloween Safety
- Page 7 - Halloween Safety
- Page 8 - Helplines
- Page 9 - October Calendar of Events

If you are interested in attending any of these events, please contact:

Mike Ignace

AHWS Coordinator

Phone: (807)622-9835 Ext 231

mignace@lacdesmillelacs.ca

Ernie May

Family Well-being Worker

Phone: (807)622-9835 Ext 257

emay@lacdesmillelacs.ca

Pumpkin Carving Party



On **Thursday October 17**, please join us for a fun-filled evening of carving pumpkins at the **Lac des Mille Lacs Education Centre** from **6:00-9:00 PM**. In order to ensure that we have enough pumpkins and carving supplies for everyone, it is requested that you register as soon as possible. Lights snacks and beverages will be provided. Contact **Mike Ignace - AHWS Coordinator** to register.

Halloween Social

Date: Thursday October 24, 2019

Time: 5:30-9:00 PM

Location: Gammondale Farm

Come join us at Gammondale Farm for our Annual Halloween Social. The evening will consist of Halloween crafts, horseback riding, visit to the animal farm, visit to the Boo Barn, hay rides, corn mazes and a whole lot of fun. Food and beverages will be served. Although not required, prizes will be awarded for best costumes.

Please contact **Mike Ignace - AHWS Coordinator** to register you and your family for this wonderful event.



UPCOMING EVENTS

CONTENTS

- Page 1 - Introduction
- Page 2 - Upcoming Events
- Page 3 - Upcoming Events
- Page 4 - Community Drum Night
- Page 5 - Halloween Safety
- Page 6 - Halloween Safety
- Page 7 - Halloween Safety
- Page 8 - Helplines
- Page 9 - October Calendar of Events

If you are interested in attending any of these events, please contact:

Mike Ignace

AHWS Coordinator

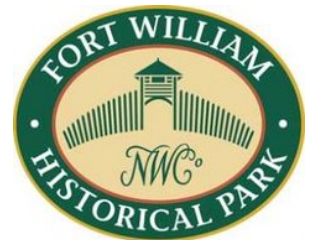
Phone: (807)622-9835 Ext 231
mignace@lacadesmillelacs.ca



Date: Saturday, October 26, 2019

Tour Start Times: 8:20-9:50 PM (Tours last roughly 1 hour)

For the Haunted Fort Night, Fort William Historical Park transforms from a placid fir trade post by day into a giant spook-house at night. The Halloween event takes visitors on eerie tours of dark, brooding Fort William where startling incidents begin to happen along the way. Visitors move from building to building encountering strange characters, where unsettling, ghostly storyline emerge. Frightening screams, piercing sounds, and unsettling bumps in the night abound. Not recommended for children under the age of 12.



*Preserving the Past
While Building the Future*

"Sinister forces are stretching the forlorn barrier between the living and the departed in the forsaken community of William's Town. Corrupted lost souls sense the weakness. These nightmarish creatures now call out, twisting and tormenting the innocent as they hunt for an escape from their purgatory of emptiness and endless misery. Will you be able to escape untouched or will you become trapped in their clutches?"

PLEASE NOTE, FWHP CANNOT ACCOMODATE LATE ARRIVALS, PLEASE ENSURE YOU ARRIVE 15 MINUTES EARLY!

If you and your family would like to attend this event, please contact **Mike Ignace** - AHWS Coordinator at your earliest convenience.

WORKSHOPS

DRUM TEACHINGS WORKSHOPS

CONTENTS

- Page 1 - Introduction
- Page 2 - Upcoming Events
- Page 3 - Upcoming Events
- Page 4 - Community Drum Night
- Page 5 - Halloween Safety
- Page 6 - Halloween Safety
- Page 7 - Halloween Safety
- Page 8 - Helplines
- Page 9 - October Calendar of Events



To register for these workshops please contact:

Mike Ignace

AHWS Coordinator

Phone(807)622-9836 Ext 231

mignace@lacdesmillelacs.ca

The Healing & Wellness Department will be offering regular drum teaching workshops. The sessions will be led by Nathaniel Moses/Dustin Gagne and will include teachings about the drum, learning songs and their meanings, and a whole lot of practice! Our next drum teaching workshops are scheduled for:

Wednesday October 9, 2019 6:00-9:00 PM

Wednesday October 16, 2019 6:00-9:00 PM

Wednesday October 23, 2019 6:00-9:00 PM

Wednesday October 30, 2019 6:00-9:00 PM

If you are interested in attending, please contact **Mike Ignace - AHWS Coordinator.**

HALLOWEEN SAFETY

CONTENTS

Page 1 - Introduction
Page 2 - Upcoming Events
Page 3 - Upcoming Events
Page 4 - Community Drum Night
Page 5 - Halloween Safety
Page 6 - Halloween Safety
Page 7 - Halloween Safety
Page 8 - Helplines
Page 9 - October Calendar of Events

Costume Cautions

- ✓ Choose bright colors that make your child more visible in the dark.
- ✓ Any store bought costumes and accessories (masks, beards, wigs) must be labeled "flame resistant."
- ✓ Avoid oversized clothing. It makes it hard to walk and can come in contact with open flames from a jack-o-lanterns.
- ✓ Your child should wear shoes that fit to avoid tripping.
- ✓ If you allow your child to carry a prop sword or knife, it should be made of soft plastic or rubber so it can bend if your child falls while carrying it.



HALLOWEEN SAFETY

CONTENTS

- Page 1 - Introduction
- Page 2 - Upcoming Events
- Page 3 - Upcoming Events
- Page 4 - Community Drum Night
- Page 5 - Halloween Safety
- Page 6 - Halloween Safety
- Page 7 - Halloween Safety
- Page 8 - Helplines
- Page 9 - October Calendar of Events



Practice Street Safety

- ✓ Remind your child of everyday safety tips like looking left, right, and left again before crossing the street, continuing to look as he/she crosses, and waiting for you at street corners before proceeding.
- ✓ Kids should stay on sidewalks at all times. Cutting through people's yards can lead to accidents when things like clotheslines and other hazards are hard to spot.



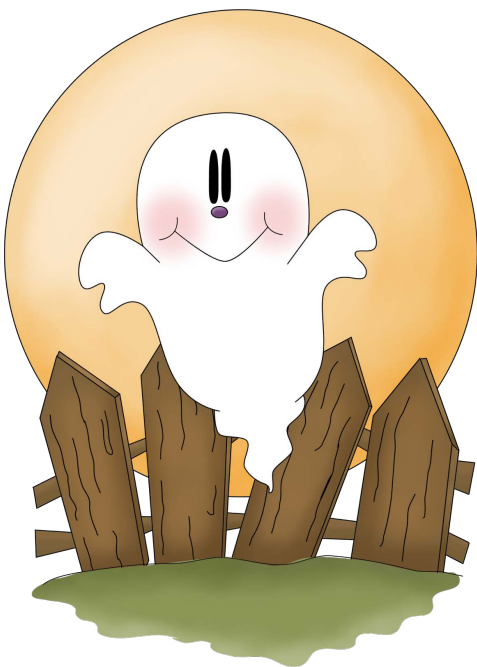
Make A Plan

- ✓ Kids 12 and under, should be accompanied by an adult and clothing should be labeled with your name, address, and phone number in case you get separated.
- ✓ If your child is older than 12, make sure he/she has a way to reach you via cell phone.
- ✓ Establish a pre-planned route and curfew for kids over 12.

HALLOWEEN SAFETY

CONTENTS

- Page 1 - Introduction
- Page 2 - Upcoming Events
- Page 3 - Upcoming Events
- Page 4 - Community Drum Night
- Page 5 - Halloween Safety
- Page 6 - Halloween Safety
- Page 7 - Halloween Safety
- Page 8 - Helplines
- Page 9 - October Calendar of Events



While Trick-or-Treating

- ✓ Make your child easy to see by adding reflective tape or stickers to their costume.
- ✓ See if neighbors will be home while it's still light out, and visit houses then if they're ready for trick-or-treaters.
- ✓ Give your child a flashlight with fresh batteries.
- ✓ Tell your child to go only to homes with outside lights on.



Before Eating Treats

- ✓ Have your child wait until you've inspected his/her treats before they eat them.
- ✓ Discard anything slightly or not completely wrapped.
- ✓ If your child is allergic to nuts, check all treats carefully before he/she digs in.
- ✓ Kids under four shouldn't have popcorn or hard candy -- both are choking hazards.

NEED A HELPLINE?

CONTENTS

- Page 1 - Introduction
- Page 2 - Upcoming Events
- Page 3 - Upcoming Events
- Page 4 - Community Drum Night
- Page 5 - Halloween Safety
- Page 6 - Halloween Safety
- Page 7 - Halloween Safety
- Page 8 - Helplines
- Page 9 - October Calendar of Events

Links/Resources

www.talk4healing.com
www.cmha.ca
www.beendigen.com
www.thunderbaypolice.ca
www.crimestoppers.ca
www.kidshelpphone.ca
www.tbsasa.org
www.fayepeterson.org
www.alphacourt.ca
www.tbrhsc.net

Support & Information Lines

Kids Help Phone - [1-888-668-6868](tel:1-888-668-6868)

Operation Come Home - [1-800-668-4663](tel:1-800-668-4663)

Missing Kids - [1-800-KID-TIPS](tel:1-800-KID-TIPS)

Assaulted Women's Helpline - [1-866-863-7868](tel:1-866-863-7868)

Senior Safety Line - [1-866-299-1011](tel:1-866-299-1011)

LGBT Youth Line - [1-800-268-9688](tel:1-800-268-9688)

Talk 4 Healing - [1-855-554-HEAL](tel:1-855-554-HEAL)

CMHA Crisis Line - [1-888-269-3100](tel:1-888-269-3100)

Beendigen Native Women's Crisis Home - [\(807\) 346-HELP](tel:807-346-HELP)

Child and Youth Crisis Support Line - [1-888-269-3100](tel:1-888-269-3100)

Telehealth Ontario - [1-866-797-0000](tel:1-866-797-0000)

Ontario Problem Gambling Helpline - [1-888-230-3505](tel:1-888-230-3505)

Drug & Alcohol Information Line - [1-800-565-8603](tel:1-800-565-8603)

If you are unsure of where to call, you can always give our Healing & Wellness Department a call and we will assist you in finding the help or information you are looking for.

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Sewing Spirits 6:00-9:00 PM	2 Community Drum Night 6:00-9:00 PM	3 ANNIVERSARY OF THE SIGNING OF TREATY #3		
6		8 Sewing Spirits 6:00-9:00 PM	9 Community Drum Night 6:00-9:00 PM	10	11	12
13	14 THANKSGIVING DAY	15 Sewing Spirits 6:00-9:00 PM	16 Community Drum Night 6:00-9:00 PM	17 Pumpkin Carving Party 6:00-9:00 PM	18	19
20	21	22 Sewing Spirits 6:00-9:00 PM	23 Community Drum Night 6:00-9:00 PM	24 Halloween Social 6:00-9:00 PM	25	26 Haunted Fort Night 8:20-9:50 PM
27	28	29 Sewing Spirits 6:00-9:00 PM	30 Community Drum Night 6:00-9:00 PM	31 HAPPY HALLOWEEN		