

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

June/July 2022

Boozhoo everyone! Old Man Winter certainly hung around a long time here in Northwestern Ontario. We still had snow in our yards, up until three weeks ago. Since then, spring has tried its best to arrive, and it finally came in the form of torrential rains and flooding. Our Spring Feasting of the Lands was delayed due to the late start of spring, but we managed to get it done. We hope our summer will be warmer and sunnier!

The First Nation sent Mother's Day gift cards to all of our registered mothers as a way of saying "We appreciate you mom!". We will be doing similar in June for the registered fathers in honor of Father's Day. Please see the following pages for some exciting opportunities! We are hopeful with the pandemic waning, we can look forward to start easing back to in-person programming for the month of August. This would come in the form of outdoor programming. Stay tuned for the August/September Newsletter.

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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.

High Water Levels Causing Safety Concerns



Spring is here! The heavy snowfall over the winter and the high amounts of spring rain have caused water levels to be higher than usual. The run-off has caused numerous and unprecedented road wash-outs in the bush, highways, and city roads and bridges. The Ministry of Natural Resources and Forestry is currently not able to keep up with signage for all of the washouts. We know that the spring weather brings us outdoors and that a lot of us travel these bush roads for various activities. Please be extremely diligent when traveling these roads, and keep your eyes open for sinkholes and washouts. It is also a good practice to let someone know where you will be traveling.

Our road to reserve 22A1 has held up remarkably well this spring. Most of the thaw has come out, and with this there are some soft edges in the road. Please drive with extra caution and let the office know if you come across any issues. We will then be able to address and fix the issue (erosion, washout, etc.) in a timely manner and avoid further deterioration.

The water levels on creeks, rivers and lakes are also extremely high this spring, increasing the chances for dangerous situations. As the water levels of creeks and rivers rise, the current becomes stronger and faster. What would normally be a slow meandering flow, could now be powerful whitewater pushing debris down the waterway. There is also a possibility that the soils have eroded underneath the banks. It is important that we use extreme caution when around any body of water. Enjoy the spring weather, but be safe!

Please continue to use personal safety equipment and clothing such as lifejackets while on and near the water.

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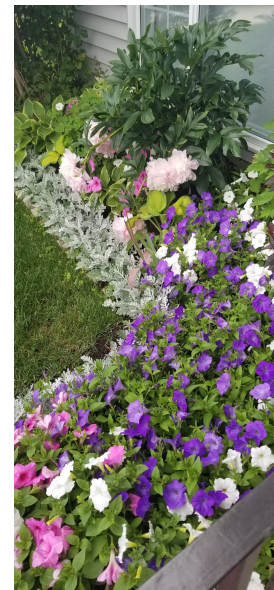
Mike Ignace

AHWS Coordinator

Phone: (807)622-9835 Ext 231

mignace@lacdesmillelacs.ca

Family Well-being Garden Contest



**Pictures from our 2021 Garden Contest*

Gardening has numerous benefits! Not only can gardening provide you and your family with healthy fresh produce, it has positive mental wellness benefits as well. Gardening can be fun for the whole family and can help to make us all connected with the land and mother nature.

We want to see what you are growing in your garden this year! Each household that submits a photo of their garden will be entered into a participation draw for a chance to **win one of five \$100.00 Canadian Tire Gift Cards.**

To register, please email your garden picture to **Mike Ignace by July 29, 2022.** When registering please include your name, household members and contact information.



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mignace@lacdesmillelacs.ca

Children's Scavenger Hunt 2022

Outdoor play is important for your child's physical health, mental health, and overall development. Playing outside gives your child the chance to explore the natural environment and have adventures. They can play games, test their physical limits, express themselves and build their self-confidence.

As a way of promoting outside play we are holding a Children's Nature Based Scavenger Hunt. The Scavenger Hunt is open to all children 0-13 years of age. All you have to do to enter is collect the items on the list, take a photo of your collection and email it to Mike Ignace. You will then be entered into a participation draw. The participation draw will have **five draws of \$50.00 in Walmart Gift Cards**. The **deadline for entries is Friday July 29, 2022**. Along with your child's entry, please include their full name, age, and mailing address.



Red Leaf



Green Leaf



Pine Needles



Flower



Pine Cone



Smooth Rock



Feather

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Ojibwe Language Word List

As mentioned in our last newsletter, we will be including a list of words and phrases in the Ojibwe language with every edition of the newsletter. It is important to note that dialects differ from community to community and even from family to family.

- Beaver - Amik
- Duck - Zhiishiib
- Deer - Waawaashkeshi
- Fox - Wagoosh
- Rabbit - Waabooz
- Frog - Omagakii
- Wolf - Ma'iingan
- Lynx - Bizhiw
- Hello - Boozhoo
- Yes - Eya
- No - Gaawiin
- All - Gakina
- Thank You - Miigwech
- Carefully - Wewenei
- Again - Minawaa

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>

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Virtual Presentations

Door Prizes!!!

Please see below for some upcoming virtual presentations

Door prizes will be drawn at the end of each presentation

Regional Berry Identification with Alyssa Rubenick

June 20, 2022 - 6:00 PM

Please join us for a presentation on the berries of Northern Ontario. Most people are aware that we have blueberries and raspberries, but did you know we also have numerous other edible berries such as, cranberry, saskatoon, snowberry, bearberry, buffalo berry etc. Alyssa will show you how to identify these edible species and will also show you berries you shouldn't eat.

Door Prize: Medicinal Plant Use Book Bundle (4 Books)

Powwow Protocol & Etiquette with Nathaniel Moses

June 22, 2022 - 6:00 PM

Powwows are a celebration of our culture. Powwows are a lot of fun - you get to see beautiful regalia and dances, as well as reunite with old friends and meet new ones. Keep in mind that Powwows are also cultural events infused with tradition. There is protocol and etiquette that should be followed at these events. Please join us for a brief presentation on some of the basic protocols to follow when attending these events.

Door Prize: \$100.00 Walmart Gift Card

7 Grandfather Teachings with Todd Genno

June 23, 2022 - 6:30 PM

Please join us for a presentation on the 7 Grandfather teachings, a set of Anishinabe guiding principles passed down from generation to generation to help guide us in living a good life in peace without conflict.

Door Prize: \$100.00 Walmart Gift Card

Drum Teachings & Demonstration with English River Singers

June 25, 2022 - 6:00 PM

Please join us for a presentation by the English River Singers Drum Group. This presentation will be 1 hour in length and will cover teachings that surround the drum and we will also be singing and sharing songs.

Door Prize: \$100.00 Walmart Gift Card

Please contact Mike Ignace to register for the events listed above.

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Canada Games Complex



We are excited to announce that we are providing members with single use passes to the Canada Games Complex through the Community Wellness Worker Program. The Canada Games Complex is fun for the whole family! It not only hosts a large indoor swimming pool, it also has various fitness amenities. Please contact Mike Ignace to register for your passes. There will be a limit of 1 pass per person. When registering, please have the names of all participants and identify whether they are children or adults. We will be mailing these out in the beginning of July.

Mario's Bowl



We are pleased to announce that we will be providing members with "1-Hour All You Can Bowl" passes to Mario's Bowl through the Family Well-being Program. Please contact Mike Ignace to register for your tickets. There will be a limit of 1 ticket per person. When registering, please have the names of all participants. We will be mailing these tickets in the beginning of July.

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Pleasure Craft Operators Course



Are you interested in obtaining your Pleasure Craft Operators Card? If you want to operate a pleasure craft for recreation in Canada, you must complete a boater safety course and pass the Transport Canada Exam. We are excited to announce that the Family Well-being program will cover the cost of this course for the first 40 participants who register.

To register for this course, please contact Mike Ignace at your earliest convenience. Please provide the following information for registration purposes.

- ~ Full Name
- ~ Date of Birth
- ~ Full Mailing Address
- ~ Phone Number

We will register you for the course and email you your login credentials and link to the website.

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Steps You Will Take

1. Register with Mike Ignace
2. Login using the provided credentials and link provided.
3. Study the course for 3 hours (This is timed by the Boater Exam website.)
4. Take the Final Exam (50 questions, multiple choice)
80% is required to pass.
If you fail, you can retake the test for free, if you fail again, you will have to start over, for free.
5. Print your temporary Pleasure Craft Operators Card
6. Your lifetime card should arrive in the mail within 2 weeks.

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Fire by Friction Virtual Workshop

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As a child, did you ever rub two sticks together to try and create a fire? Have you ever wondered what it would have been like to live generations ago?

Today, we have stoves for cooking, furnaces for warmth, and lighters and matches to start fires. For thousands of years, people of almost every culture have sought to create and control fire. No matter where you are from in the world, your ancestors used fire to cook food, provide warmth, and survive. Fire is a connection to your primal self, and family lineage. You are alive today because somewhere in the far distant past, your ancestors started a fire with a bow drill. Creating fire by friction is a connection to your past, and your ancestral family history, no matter where you are from.

Come and join us for a 2 evening virtual workshop on starting a fire using the Bow & Drill method.

Day 1 ~ July 19, 2022 (6:00-7:00 PM)

In this session we will cover the basics principles of fire starting. We will also cover the types of materials (roots, trees, tinder) that would be best to utilize and where to find them.

Day 2 ~ July 20, 2022 (6:00-7:00 PM)

In this session we will perform a demonstration on how to use what we learned in session #1 to create our very own fire.

To register for this virtual workshop, please contact Mike Ignace. You will be emailed a link to the Zoom meeting space.

Door prize: Three names will be drawn from the participant list and each name drawn will receive a survival kit valued at \$100.00.

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AHWS Coordinator

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