

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

October 2018

With the children going back to school, cooler temperatures rolling in, the leaves changing color, and the days becoming shorter, we know that Fall is here! 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 Haunted Fort Night at Fort William Historical Park. Please find details on the following pages. Below you will find pictures from last years Halloween events.

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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.



UPCOMING EVENTS

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

Mike Ignace

AHWS Coordinator

Phone: (807)622-9835 Ext 231

m.ignace@tbaytel.net

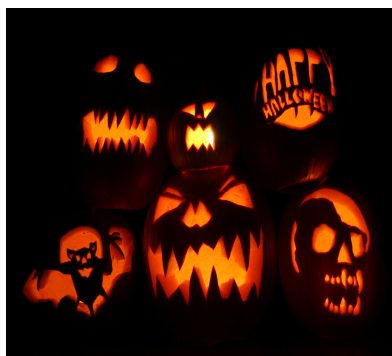
Ernie May

Family Well-being Worker

Phone: (807)622-9835 Ext 257

erniemay@tbaytel.net

Pumpkin Carving Party



On **Tuesday October 16**, please join us for a fun-filled evening of carving pumpkins at the **West Thunder Community Centre** from **6:00-9:00 PM**. In order to ensure that we have enough pumpkins for everyone, it is requested that you register at your earliest convenience. Lights snacks and beverages will be provided. Contact **Ernie May - Family Well-being Worker** to register.

Halloween Social

Date: Thursday October 25, 2018

Time: 6:00-9:00 PM

Location: Gammondale Farm
(426 McCluskey Drive)

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 **Ernie May - Family Well-being Worker** to register you and your family for this wonderful event.



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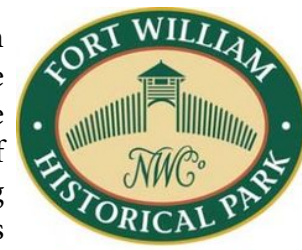
m.ignace@tbaytel.net



Date: Saturday October 27, 2018

Tour Start Times: 7:20 -7:50 PM (Tours last roughly 1 hour)

For the Haunted Fort Night, Fort William Historical Park transforms from a placid fur 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 an unsettling, ghostly storyline emerges. 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?

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



We would like to remind everyone that the Healing & Wellness Department has partnered with Kanachihih Treatment Centre and will be offering regular drum teaching workshops. The sessions will be led by Nathaniel Moses 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:

Tuesday October 9, 2018 6:00-9:00 PM
Tuesday October 23, 2018 6:00-9:00 PM

To register for these workshops please contact:

Ernie May
Family Well-being Worker
Phone(807)622-9836 Ext 257
erniemay@tbaytel.net

If you are interested in attending, please contact **Ernie May - Family Well-being Worker.**

A.S.I.S.T. Training

We are currently compiling a list of Community members who are interested in taking the Applied Suicide Intervention Skills Training (ASIST). It is our hopes that we will be able to put together a workshop during the month of November for those interested. Please contact **Ernie May - Family Well-being Worker** to put your name on the list.

HALLOWEEN SAFETY

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Links/Resources

www.safekids.org
www.canada.ca
www.caringforkids.ca
www.tbdhu.com
www.halloween-safety.com
www.thunderbaypolice.ca
www.oafc.on.ca

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-lantern.
- ✓ 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.

A SAFE
HALLOWEEN
IS A
HAPPY
HALLOWEEN!



HALLOWEEN SAFETY

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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.



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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?

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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
Operation Come Home - 1-800-668-4663
Missing Kids - 1-800-KID-TIPS
Assaulted Women's Helpline - 1-866-863-7868
Senior Safety Line - 1-866-299-1011
LGBT Youth Line - 1-800-268-9688
Talk 4 Healing - 1-855-554-HEAL
CMHA Crisis Line - 1-888-269-3100
Beendigen Native Women's Crisis Home - (807) 346-HELP
Child and Youth Crisis Support Line - 1-888-269-3100
Telehealth Ontario - 1-866-797-0000
Ontario Problem Gambling Helpline - 1-888-230-3505
Drug & Alcohol Information Line - 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 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Anniversary of The Signing of Treaty #3	4	5	6
7	8 Thanksgiving	9 Community Drum Night 6:00-9:00 PM	10	11 Sewing Spirits 6:00-9:00 PM	12	13
14	15	16 Pumpkin Carving Party 6:00-9:00 PM	17	18 Sewing Spirits 6:00-9:00 PM	19	20
21	22	23 Community Drum Night 6:00-9:00 PM	24	25 Halloween Social 6:00-9:00 PM	26	27 Haunted Fort Night Showtimes: 7:20 PM 7:30 PM 7:40 PM 7:50 PM
28	29	30	31 Halloween			