

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

July/August 2023

School is out for summer! This means it's time for summer activities. We have an exciting couple of months ahead of us with a number of community events planned, see details on the following pages. In June, we held our first Community Powwow since 2019 (pre-pandemic). The event was a big success with a lot of great feedback. It was a weekend full of healing, emotions, and positive vibes. It was great to see so many families come out and celebrate together. Below, we have provided a few pictures from this year's Powwow. Stay tuned to the Gallery on our community website as we will be uploading the pictures from the event in the coming weeks.

<http://lacdesmillelacsfirstnation.ca/pages/view/gallery>

Contents

- Page 1 - Annual Powwow
- Page 2 - Park and Splash Pad Days
- Page 3 - Hiking Excursions
- Page 4 - Children's CLE Tickets
- Page 5 - Boulevard/Chippewa Park
- Page 6 - Paintball
- Page 7 - Blueberry Picking
- Page 8 - Virtual Training
- Page 9 - Ojibwe Word List



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.



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Contents

- Page 1 - Annual Powwow
- Page 2 - Park and Splash Pad Days
- Page 3 - Hiking Excursions
- Page 4 - Children's CLE Tickets
- Page 5 - Boulevard/Chippewa Park
- Page 6 - Paintball
- Page 7 - Blueberry Picking
- Page 8 - Virtual Training
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Summer Park & Splash Pad Days!

Over the Summer months we will be visiting various parks/splash pads around the city to encourage healthy active outdoor play and bring the community together. Come join us for some fun activities for the little ones. It is very heartwarming to witness the children and families developing strong bonds. *Please note: All children must be accompanied by an adult, no drop-offs.* To register, please contact **Kayla Milani** at your earliest convenience.

Franklin Street Splash Pad

Date: July 17, 2023

Time: 1:00-3:00 PM

Location: 215 Franklin St, N (Thunder Bay)

Details: Bring bathing suits and towels to enjoy the splash pad. Children will have the opportunity to get creative and paint bird feeders that they can bring home. Freezies, drinks, and light snacks will be provided.

North End Park Splash Pad

Date: July 24, 2023

Time: 1:00-3:00 PM

Location: 984 Huron Avenue (Thunder Bay)

Details: Bring bathing suits and towels to enjoy the splash pad. Kids activities will include bubble wands and rock painting. Freezies, drinks, and light snacks will be provided.

Marina Park Splash Pad

Date: July 31, 2023

Time: 1:00-3:00 PM

Location: Marina Park (Thunder Bay)

Details: Bring bathing suits and towels to enjoy the splash pad. Freezies, drinks, and light snacks will be provided.

Hillcrest Park

Date: August 7, 2023

Time: 1:00-3:00 PM

Location: Hillcrest Park (High Street, Thunder Bay)

Details: Accessible playground equipment. Children's activities will include planting a vegetable in a pot, playing frisbee and skipping rope. There will also be a scavenger hunt.

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Newsletter

July/August 2023

Community Hiking Excursions

Contents

- Page 1 - Annual Powwow
- Page 2 - Park and Splash Pad Days
- Page 3 - Hiking Excursions
- Page 4 - Children's CLE Tickets
- Page 5 - Boulevard/Chippewa Park
- Page 6 - Paintball
- Page 7 - Blueberry Picking
- Page 8 - Virtual Training
- Page 9 - Ojibwe Word List



Being physically active can improve your quality of life! As a way to promote healthy active lifestyles, we will be going on various picnic and hike excursions throughout the summer months on some of Thunder Bay's finest hiking trails.

Being in nature, or even viewing scenes of nature, reduces anger, fear, stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.

Come on out and get your heart pumping while enjoying some beautiful scenery and pleasant company. To register please contact Kayla Milani at your earliest convenience.

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Centennial Park

Date: Wednesday July 19, 2023

Time: 10:00 AM

Location: Centennial Park (Thunder Bay). Directions provided upon registration.

Details: We will meet by the playground at 10:00 AM to commence our hike. We will hike along the beautiful Current River and loop back to our starting point. Children can then play at the playground and enjoy some light beverages and snacks.

The Cascades

Date: Wednesday August 2, 2023

Time: 10:00 AM

Location: The Cascades (Thunder Bay). Directions provided upon registration.

Details: We will meet near the parking lot/entrance to the park. We will hike along the upper Current River and loop back to our starting point. Light snacks and beverages will be provided.

Boulevard Lake

Date: Wednesday August 16, 2023

Time: 10:00 AM

Location: Boulevard Lake (Thunder Bay). Directions provided upon registration.

Details: We will meet near the playground structure at 10:00 AM to commence our hike. We will be hiking the perimeter trail around the lake. The hike will be followed with some beverages and light snacks.

Newsletter

July/August 2023

Canadian Lakehead Exhibition

~Children's Ride Tickets~

August 9/10/11/12/13, 2023

Contents

- Page 1 - Annual Powwow
- Page 2 - Park and Splash Pad Days
- Page 3 - Hiking Excursions
- Page 4 - Children's CLE Tickets
- Page 5 - Boulevard/Chippewa Park
- Page 6 - Paintball
- Page 7 - Blueberry Picking
- Page 8 - Virtual Training
- Page 9 - Ojibwe Word List

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 21, 2023.

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CANADIAN LAKEHEAD EXHIBITION
Since 1890!

ADULT GATE Advance - \$12 At gate - \$15	CHILD GATE (Ages 5 - 12) Advance - \$8 At gate - \$10 Children 4 & under - Free
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MIDWAY RIDES (NOON - 6 PM OR 6 PM - MIDNIGHT)
Advance - \$34 On-site - \$45

THEATRE & CLE ADMISSION AT GATE - \$18
ALL PRICES INCLUDE HST

ADVANCE TICKETS
Available Early July At both Locations of:

CANADIAN TIRE
Super Savings!

AUGUST 9-13, 2023
Noon - Midnight
email: clex@tbaytel.net

ROCK 92.5, 91.5ckpr, 93.5BAY, Curly 105, KASPER, PEPSI

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Contents

- Page 1 - Annual Powwow
- Page 2 - Park and Splash Pad Days
- Page 3 - Hiking Excursions
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- Page 5 - Boulevard/Chippewa Park
- Page 6 - Paintball
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Fun in the Sun at Boulevard Lake

Outdoor Activities and Mini-Putt



On Thursday July 27, 2023 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.

Chippewa Park

Outdoor Activities & Amusement Rides



On Thursday August 17, 2023 we will be heading to Chippewa park for an afternoon of fun outdoor activities and amusement rides! Activities will include sports, a scavenger hunt, 3 legged races, and much more. We will meet near the playground at 10:00 AM. At noon we will break for a BBQ lunch followed by an afternoon at the amusement rides. Don't miss this awesome event! Register at your earliest convenience by contacting Kayla Milani.

Contents

- Page 1 - Annual Powwow
- Page 2 - Park and Splash Pad Days
- Page 3 - Hiking Excursions
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- Page 6 - Paintball
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REMINDER

Paintball Mountain



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.

Using air powered paintball markers, each team competes in a designated game scenario (there are many). Paintball games have become recognized as one of the safest and most exciting outdoor sports. Paintballs are gelatin coated, non-toxic, completely biodegradable, and are water soluble.

Come on out and enjoy these fun-filled events! Please register with Kayla Milani at your earliest convenience.

Location: Paintball Mountain (688 Mountain Road)

Dates: Monday July 24, 2023

Time: 6:00 – 8:30 PM

Contents

- Page 1 - Annual Powwow
- Page 2 - Park and Splash Pad Days
- Page 3 - Hiking Excursions
- Page 4 - Children's CLE Tickets
- Page 5 - Boulevard/Chippewa Park
- Page 6 - Paintball
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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 are planning a couple of blueberry picking excursions throughout the month of August.

We will meet at the LDML Education Center at 8:00 AM, load up the van/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, 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 10, 2023

Tuesday August 15, 2023

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. Please indicate your preferred excursion date upon registering, we will do our best to accommodate.

Contents

- Page 1 - Annual Powwow
- Page 2 - Park and Splash Pad Days
- Page 3 - Hiking Excursions
- Page 4 - Children's CLE Tickets
- Page 5 - Boulevard/Chippewa Park
- Page 6 - Paintball
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Virtual Training Opportunities

The webinars below are offered through the Crisis and Trauma Resource Institute. The First Nation is covering the cost for those who wish to attend and learn more about these important topics.

WEBINAR - Suicide Intervention Skills - Promoting Life

Date & Time: August 1, 2023 2:00-3:00 PM EST

Knowing individuals who are experiencing suicidal thoughts or impulses is challenging, which is why a broad and diverse approach is needed to prevent and respond to the issue. This webinar explores various insights related to suicide intervention, with a key emphasis on life promotion. Participants will learn how to identify and assist those at risk of suicide and learn how to support people and communities impacted by suicide.

WEBINAR - Walking with Grief - Helping Others Deal with Loss

Date & Time: August 28, 2023 2:00-3:00 PM EST

Every person will experience grief and loss – a profound sense of final separation from something or someone important. Grief is a normal and appropriate reaction to the death of a loved one, the experience of separation/divorce, intergenerational loss, or the loss of opportunity. While there are similarities in how individuals work through loss, grief is a complicated and unique experience that requires helpers to be sensitive to the needs and experiences of those they are supporting. This webinar gives an overview of what grief is and the multileveled issues that may influence this experience.

If you would like to attend either of these webinars, please contact **Mike Ignace** to be registered.

Ojibwe Word List

Contents

- Page 1 - Annual Powwow
- Page 2 - Park and Splash Pad Days
- Page 3 - Hiking Excursions
- Page 4 - Children's CLE Tickets
- Page 5 - Boulevard/Chippewa Park
- Page 6 - Paintball
- Page 7 - Blueberry Picking
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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>