

The air is getting cooler, the leaves are changing color, the children are back in school - Autumn is officially here. With the cooler temperatures arriving, we need to remain diligent in reducing the spread of the Coronavirus and ensure that we are continuing to follow public health guidelines. Last year we experienced an enormous increase in Covid-19 cases in late October and early November. Lets all do our best to contain the spread.

Halloween is just around the corner. We will be holding a virtual Halloween Costume Contest, so make sure to dress up in your Halloween costume and send us a picture! We will also be delivering pumpkins, carving kits and treat bags to those who register. Make sure to register for the upcoming contests as well! 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.

## The Seven Grandfather Teachings

The Seven Grandfather teachings are a set of Anishinaabe guiding principles passed down from generation to generation to help guide us in living a good life in peace and without conflict. These teachings are among the most widely shared Anishinaabe principles because they are relatable and encompass the kind of morals that humanity can aspire to live by. They offer ways to enrich one's life while existing in peace and harmony with all of creation.

### Minwaadendamowin – Respect



Have respect for all that is. All of Creation should be treated with respect. You must give respect if you wish to be respected.

### Zaagidiwin – Love



To know love is to know peace. Love must be unconditional. When people are weak they need love the most.

### Debwewin – Truth



Speak the truth. Do not deceive yourself or others.

## 7 Grandfather Teachings (Con't)

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### Mike Ignace

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### Kayla Milani

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### Aakodewewin – Bravery



To face a foe with integrity. Do what is right even when the consequences are unpleasant

### Nibwaakawin – Wisdom



Speak the truth. Do not deceive yourself or other.

### Gwayakwaadiziwin – Honesty



Always be honest in word and action. Be honest first with yourself, and you will more easily be able to be honest with others.

### Dibaadendiziwin – Humility



Humility is to know yourself as a sacred part of creation. You are equal to others, but you are not better.

## Mino Bimaadiziwin

(Living the Good Life)

"Mino Bimaadiziwin" captures the concept of balancing the four elements of health: physical, mental, emotional, and spiritual.

## HALLOWEEN COSTUME CONTEST

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~ Four age categories ~

~ 3 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 1, 2021**

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

**Mike Ignace**

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## Pumpkin Carving & Treat Bags

We are pleased to announce we will be purchasing and delivering pumpkins for our members to carve from the comfort of their own home. Each child who registers for a pumpkin will also receive a Halloween treat bag. We are asking families and individuals to contact **Kayla Milani** to register for your pumpkin delivery. **Pumpkin deliveries will take place on October 19, and 20 so please register by 3:00 PM on October 15 to allow time for coordination of deliveries.**

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



**Mike Ignace**  
AHWS Coordinator  
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**Kayla Milani**  
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*For the out of town families who wish to participate, you can submit receipts for reimbursement. Please submit receipts to **Mike Ignace** in order to be reimbursed. Please include the names and ages of participants as well as your address.*

# Lac des Mille Lacs First Nation Healing & Wellness Newsletter

October 2021

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## Pumpkin Carving Contest & Participation Draws



We are holding a pumpkin carving contest for the community as a way to promote creativity and encourage healthy active lifestyles! Getting together with your close friends and family for an evening of pumpkin carving is a sure way to bring you closer together!

Participants are asked to submit photos of their completed pumpkins if they wish to do so. All participants who send their photos will be entered into a participation draw. There will be 10 participation prizes of \$50.00 Walmart Gift Cards for the first 10 names drawn. One photo will be selected by a panel of judges for the **Grand Prize of \$150.00**. Please submit your photos to **Kayla Milani by November 2nd**.

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AHWS Coordinator

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Children should be accompanied by an adult when trick-or-treating for safety reasons.

Wear clothing that can easily be seen at night. Reflective materials are best.

Trick or treat in a well-known area and not wander into unknown neighborhoods.

All candy should be inspected by an adult to make sure that no one has tampered with it. If it looks suspicious, dispose of immediately. If it has clearly been tampered with, contact the authorities.

Children are encouraged to wear masks that do not interfere with vision.

Watch for moving vehicles when crossing streets.

Dress appropriately for the weather.

Consider organizing a Halloween party for children in your neighborhood as an alternative to going door-to-door.

Families can visit their local spooky haunted houses or pumpkin patches the week leading up to Halloween. Remember to check in with your local Covid-19 guidelines and safety protocols

## Fall Harvest Photos - Participation Draws

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Autumn is the season of the harvest. It is the time of year that we gather nature's bounty, the fruits and vegetables, the grains and nuts. It is the season we typically pick our traditional medicines, and harvest fish and wild game to get us through the coming cold winter months. The colors change brilliantly all around us, and the sky is at its bluest against the colorful leaves. The air is cooler and drier; and there seems to be more clarity of vision, both externally as well as spiritually.

We want to see pictures of your fall harvest! Everyone who submits a photo of their fall harvest will have their name entered in a participation draw for a chance to win one of five **\$50.00 Walmart Gift Cards**. Some ideas for pictures can be found below.

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- Pictures of your harvest from your garden
- Pictures of you harvesting traditional medicines
- Berry picking pictures
- Pictures you took while out hunting
- Pictures you took while out fishing
- Any other fall harvest pictures

Please provide a small description of your photo along with your entry!  
Submissions can be sent to **Michael Ignace (mignace@lacadesmillelacs.ca)**  
**Deadline - November 1, 2021**