

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

September/October 2026

Boozhoo everyone! We hope you are all doing well as we welcome the fall season. This summer brought some challenges to Northwestern Ontario and our community, especially with the many forest fires that occurred during July and August. We are grateful for the strength, support, and care shown by our leadership, community, and volunteers.

As families settle back into school and regular routines, we wanted to take a moment to look back at some of the events that brought our community together earlier this summer. Our Annual Powwow at Savanne River Resort and Elder's Gathering at the Community Cultural Centre were both filled with celebration, connection, and positive energy. It was wonderful to see families, friends, Elders, and community members come together and share in these special moments.

This year's Powwow welcomed over 100 registered dancers, 14 drums, including five from Lac des Mille Lacs First Nation, and over 350 guests were served at the Feast. Congratulations to our 2026 Princess, Natalie McGinnis, and our 2026 Brave, Wakinyan Spade. We are proud to have them represent our community throughout the year.

As we move into a new season, we hope everyone has a safe, healthy, and positive fall. Below are a few photos from this year's Powwow and Elder's Gathering, along with information and resources for families.

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Three symbols make up the Indigenous 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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Community Cosmic Bowling

As promised, Saturday night Cosmic Bowling is returning! Come out and enjoy an evening of fun, laughter, and connection with family, friends, and community. Enjoy two hours of unlimited cosmic bowling, with pizza and beverages served while you play. Bowling is a great way to get active, try something new, and spend quality time together.

Beyond the fun, activities like bowling can help support physical activity, mental wellness, stress relief, social connection, and a sense of community. It's a chance to get out of the house, meet up with others, and enjoy some positive time together.

Saturday October 24, 2026

7:00-9:00 PM

Saturday November 21, 2026

7:00-9:00 PM

When registering, please identify the dates you will be attending, participant names and your group's preference on 5 or 10 pin bowling. We will try our very best to accommodate everyone's preference. See you at our next outing!

Community Drum Nights

Come out and enjoy the beautiful sounds of Mother Earth's heartbeat at our Community Drum Nights! The drum has always been an important part of Indigenous cultures, bringing people together through sound, connection, and ceremony. The steady rhythm of the drum can help create a sense of peace, grounding, and connection. Drumming can be a powerful way to support healing, release stress, lift our spirits, and reconnect with ourselves, each other, and Mother Earth.

We'll be gathering once a month at I.R. Churchill Elementary School (2040 Walsh St. E.) for an evening of drumming, connection, and community. Everyone is welcome! Bring your friends, family, children, and anyone who would like to come and experience the drum. No experience is needed. Whether you want to drum, listen, learn, or simply spend time with community, there is a place for you. We hope to see you there!

Tuesday October 20, 2026

6:00-8:30 PM

Monday November 23, 2026

6:00-8:30 PM

How to Register

To register for these events, please contact: **Mike Ignace**

Healing & Wellness Coordinator

Email: mignace@lacdesmillelacs.ca

Phone: (807) 622-9835 ext. 231

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Community Meat Bingo



Join us for some fun and exciting evenings of Community Meat Bingo, where you'll have the chance to win a variety of quality meat packages while enjoying laughs, friendly competition, and a great night out. Bring your lucky bingo dabbers and enjoy an entertaining evening with friends and family. Pizza and beverages will be provided throughout the event. ***Please note that we have changed locations due to renovations that have been taking place at the Seventh Fire Junior High gymnasium.***

Who: Band and Community Members Aged 18+

Where: I.R. Churchill Elementary (2040 Walsh St, E)

Why: Promoting Food Security and Community Connection

When: Tuesday September 29, 2026 6:30-9:00 PM & Tuesday November 24, 2026 6:30-9:00 PM

This event is reserved for band and community members 18+ to create a relaxing, enjoyable atmosphere where adults can unwind, connect, and share some laughs. By keeping it adults-only, we're aiming for a laid-back evening focused on good company and a whole lot of fun and giving mom and a dad a break from the kids.

To register for this event, please contact: **Mike Ignace**

Healing & Wellness Coordinator

Email: mignace@lacdesmillelacs.ca

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Status Card Clinic

Are you in need of a Status Card? We will be offering Status Card Clinics at our Community Meat Bingos for those who require status cards. Please call **Honey Chicago** at the Administration Office to register or for more information.

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Savio Joseph - Wonderstruck

MAGIC ~ MINDREADING ~ HYPNOSIS

We are excited to announce that we have secured tickets for the Savio Joseph - Wonderstruck being held at the Thunder Bay Community Auditorium on **Friday October 23, 2026**.



Get ready for an evening of magic, laughter, and wonder with world-class entertainer Savio Joseph! Savio has amazed audiences across the globe with his incredible talent and charisma. He discovered his passion for magic at a young age and has dedicated himself to mastering the craft.

Savio made history as the only magician to reach the finals of Canada's Got Talent, amazing millions of viewers with his unique and unforgettable performances. He has also been featured by Maclean's, CTV, and TEDx, and has entertained everyone from major corporations to celebrities.

Come experience an exciting show filled with magic, comedy, surprises, and moments you won't soon forget!

We are offering this opportunity to those who are aged 16 and over. Tickets are limited so please register at your earliest convenience. Registrations will be limited to households, no third party registrations. To register for this event, please contact:

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Pumpkin Carving Party

A Pumpkin Carving Party is the perfect way to celebrate the fall season! Come join us for an evening filled with fun and creativity as we carve pumpkins together. All pumpkins and carving tools will be provided. For the little ones who aren't quite ready to carve, we'll have paints, brushes, and markers available so everyone can take part in the festivities. Pizza and beverages will also be provided. Please register at your earliest convenience.

Date: Monday, October 19, 2026
Time: 6:00 – 8:30 PM
Location: I.R. Churchill Elementary (2040 Walsh St. E.)

Pumpkin & Carving Kit Deliveries

For those who cannot attend the in-person pumpkin carving party or would prefer to carve in the comfort of their own home, we will deliver pumpkins and a carving kit to your home. Pumpkin deliveries will take place on **Tuesday October 20, 2026**. Please be sure to register by **Thursday October 15, 2026**.

To register your household, please send an email including the following:

- ~Names & ages of all participants wishing to receive a pumpkin
- ~Address & phone number for delivery

For the out of town families/individuals who wish to participate, you can submit receipts for reimbursement (one pumpkin per participant and one carving kit). Please submit receipts in order to be reimbursed. Please include the names and ages of participants as well as your address.

Family Halloween Dance Party

Get ready for a hauntingly good time filled with music, dancing, and family fun! Join us for an evening of Halloween excitement. Come dressed in your best costume for a chance to win some awesome prizes in our costume contest! Please ensure costumes are appropriate for all audiences. Enjoy a fun night of spooky music, activities, and great food. We'll have pizza and plenty of beverages to keep everyone fueled up for an evening of dancing and fun! We can't wait to celebrate Halloween with you and your family!

Date: Sunday October 25, 2026
Time: 5:00-8:00 PM
Location: I.R. Churchill Elementary (2040 Walsh St, E)

Please note: This is not a drop-off event. An adult must stay with their children for the duration of the evening.

To register for these events, please contact:

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Halloween Social at Gammondale Farm

GAMMONDALE FARM

FAMILY FUN

Date: Wednesday October 28, 2026

Time: 5:00-8:30 PM

Location: Gammondale Farm (426 McClusky Dr.)

We are excited to announce that our Annual Halloween Social at Gammondale Farm is back again this year! Get your costumes ready and bring the whole family out for an evening filled with Halloween fun, laughter, activities, and time together as a community.

There will be lots to see and do throughout the evening, including Halloween craft tables, horseback riding, a visit to the animal farm, the Boo Barn, hay rides, door prizes, and plenty of other fun surprises along the way. Food and beverages will also be provided, so come hungry and ready to enjoy the evening!

Of course, costumes are encouraged! Dress up in your favorite Halloween costume for a chance to win a prize for best costume. We encourage families to register in advance so we can make sure we have enough food, supplies, and activities for everyone attending. Come out, bring your family and friends, get dressed up, and join us for another spooktacular evening at Gammondale Farm! We hope to see you there!

To register for this event, please contact: **Mike Ignace**

Healing & Wellness Coordinator

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Phone: (807) 622-9835 ext. 231

Virtual Halloween Contests

We are holding a variety of Halloween-themed virtual contests to help everyone get into the Halloween spirit! Get creative, have some fun, and join in from wherever you are. Please see contest details below. **The deadline for all submissions is Thursday, November 5, 2026.** Submissions can be sent to mignace@lacdesmillelacs.ca.

Pumpkin Carving Contest

It's time to bring out your spooky decorations and start carving those pumpkins to light up your displays. We want to see your creative pumpkin masterpieces! Everyone who submits a photo of their carved pumpkin will be entered into a participation draw. There will be five prizes of \$100 Walmart Gift Cards awarded to the first five names drawn. In addition, one standout photo will be selected by a panel of judges to win the Grand Prize of \$200.

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Virtual Halloween Contests (Con't)

Halloween House Decorating Contest

We want to see your Halloween decoration displays! Participants are invited to submit photos of their spooky setups for a chance to win some great prizes. Everyone who sends in a photo will be entered into a participation draw, with five prizes of \$100 Walmart Gift Cards awarded to the first five names drawn. In addition, one photo will be chosen by a panel of judges to receive the grand prize, a \$200.00 Walmart Card. We can't wait to see your creative and haunting Halloween displays.

Halloween Costume Contest

Get creative and show off your best Halloween costume in our Halloween Costume Contest! We want to see all the spooky, silly, creative, and unique costumes our community comes up with this Halloween. There will be 4 age categories, with 5 winners selected from each category. Each winner will receive a \$100 Walmart gift card!

~ Ages 0-12 ~ Ages 13-17 ~ Ages 18-54 ~ Ages 55 and over ~

Whether you put together your costume yourself, create something completely original, or have a classic Halloween favorite, we encourage everyone to join in, have some fun, and show off their Halloween spirit. Send us a photo of your costume for your chance to be one of our winners!

Halloween Safety Tips

Halloween is a fun time for families, but it is also important to take a few extra precautions to help keep everyone safe. Whether you are heading out trick-or-treating, attending a Halloween event, or handing out treats at home, a little preparation can go a long way.

Stay Visible

Be Careful Around Roads

Costume Safety

Stay Together

Keep Pets Safe

Dress for the Weather

Most importantly, have fun and enjoy the Halloween season!

The Trail of Purgatory Halloween Walk Through & Display

Created by: Noah Fugere

Noah Fugere is in charge of the Trail of Purgatory on Pennock Drive, and has loved Halloween and scary stuff for as long as he can remember. He started his haunted trail in 2020 after being inspired by seeing other displays on YouTube. The Trail of Purgatory is a Halloween walk through attraction & display. Walking through the trail you will experience jump scares from live actors and various Halloween themed display set ups.

Our location and hours are as follows:

115 Pennock Drive

Fridays & Saturdays: 7:30pm-10:30pm

Street parking available

