

# Newsletter

December 2018



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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.

December is here and that means that Santa and his elves are hard at work at the North Pole preparing for the big night, Christmas. The staff at Lac des Mille Lacs First Nation are also hard at work preparing for our visit from the big guy at our Annual Ho-Ho-Ho Afternoon With Santa and our Annual Christmas Get-Together Feast. In addition to these events, we have also planned our Annual Christmas Craft and Baking Night, please see details on the following pages.



We would like to remind everyone that the Administration Office will be closed from December 22, 2018 until January 7, 2019. The Healing & Wellness Department will not be publishing a newsletter for the month of January. Please stay tuned to the community website ([www.lacdesmillelacsfirstnation.ca](http://www.lacdesmillelacsfirstnation.ca)) for any news and upcoming events. The monthly newsletters will commence at the beginning of February.



## Christmas Craft & Bake Night

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If you are interested in attending this event, please contact:

**Ernie May**  
Family Well-being Worker  
Phone: (807)622-9835 Ext 257  
erniemay@tbaytel.net



On Tuesday December 11, 2018, come out and join us for our Annual Christmas Craft and Baking Night from 6:00-9:00 P.M. This event will be held at Hyde Park Education Centre (2040 Walsh St. E) in Thunder Bay, Ontario. The evening will consist of cedar wreath making, various Christmas crafts, baking and a whole lot of laughter. In order to ensure that we have an adequate amount of materials for the wreath making, it is requested that you please call ahead and confirm your attendance. Light snacks and beverages will be provided.



## Community Drum Nights

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If you are interested in attending the Community Drum Nights, 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



We would like to remind everyone that the Healing & Wellness Department has been holding regular Community Drum Nights. These sessions are open to everyone and include teachings surrounding the drum, learning and sharing songs, and a whole lot of practice. Light snacks and beverages are provided. These sessions will now be run out of **Hyde Park Education centre located at 2040 Walsh St. E.**

Our next scheduled Community Drum Nights are:

Wednesday December 5, 2018	6:00-9:00 PM
Wednesday December 12, 2018	6:00-9:00 PM
Wednesday December 19, 2018	6:00-9:00 PM

## WORKSHOPS

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**To register for this workshop please contact:**

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



In September's edition of the Healing & Wellness Department Newsletter, we asked if anyone would be interested in taking the Applied Suicide Intervention Skills Training (A.S.I.S.T). Unfortunately we did not receive enough interest in order to have a workshop put on specifically for the community. However, for those interested, there is a course coming up in January that is being offered by the Canadian Mental health Association and we would be happy to cover the costs.

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

The dates for the training are as follows:

January 22, 2019	9:00 A.M. - 4:30 P.M.
January 23, 2019	9:00 A.M. - 4:30 P.M.

If you would like to register for this training and can commit to both days, please email **Ernie May - Family Well-being Worker** with the following information:

~First Name~	~Organization~
~Last Name~	~Job Title~
~Email Address~	~Work Phone Number~
~Mailing Address~	~Mobile Phone Number~

## ASKING FOR HELP

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Some people worry about asking for help because there can be stigma around mental health problems. They may believe that asking for help means admitting that something is wrong. Some people worry about how others might see them. Asking for help means that you want to make changes or take steps towards your new health goals. We should celebrate the courage it takes to speak up and make changes. Getting help is part of recovery.



The first steps may be the toughest, but knowing where to look for help is a good start. Here are good places to begin building your team:

- Talk with supportive friends and family.
- Talk to your family doctor. They are a great resource and can link you to other professionals, if needed.
- Connect with community mental health clinics or organizations like the Canadian Mental Health Association (CMHA) for information, support, and services.
- Call a help line. Some organizations also offer support online or through text messaging.
- Learn more about mental health. You can find useful books, websites, and other resources through your provincial or territorial government and community agencies.
- Attend workshops and education sessions hosted at community centres, agencies, schools, colleges or universities.

KEEP  
CALM  
AND  
ASK  
FOR HELP

## CHRISTMAS RECIPES

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### Other places to look for delicious recipes:

[www.kraftcanada.com](http://www.kraftcanada.com)  
[www.allrecipes.com](http://www.allrecipes.com)  
[www.tasteofhome.com](http://www.tasteofhome.com)  
[www.foodandwine.com](http://www.foodandwine.com)  
[www.lifemadedelicious.ca](http://www.lifemadedelicious.ca)  
[www.bettycrocker.com](http://www.bettycrocker.com)  
[www.foodnetwork.com](http://www.foodnetwork.com)  
[www.simplyrecipes.com](http://www.simplyrecipes.com)

### Chocolate Shortbread Refrigerator Cookies



#### Ingredients (Makes 30-40)

- 1 cup (140 g) unbleached all-purpose flour
- ¼ cup (25 g) cocoa powder
- ½ cup (114 g) unsalted butter, softened
- ¾ cup (102 g) icing sugar
- ¼ tsp salt
- 1 egg white
- 3 oz (85 g) white chocolate, chopped

#### Preparation

In a bowl, combine the flour and cocoa powder. Set aside. In another bowl, cream the butter, sugar and salt with an electric mixer until smooth. Add the egg white and beat until smooth. With a wooden spoon, stir in the dry ingredients and chocolate. Divide the dough in half and place each piece on a sheet of plastic wrap. With the plastic wrap, shape and roll each piece of dough into a 1 ½-inch (4 cm) diameter log. Twist the plastic wrap at each end of the logs to seal. Refrigerate for 2 hours or until the dough is very firm to the touch (or freeze at this stage). With the rack in the middle position, preheat the oven to 350°F (180°C). Line two baking sheets with parchment paper. On a work surface, unwrap the logs. Cut into ¼-inch (7 mm) slices. Place the cookies on the baking sheets. Bake, one sheet at a time, for about 12 minutes or until the edges of the cookies are firm but still soft in the centre. Let cool completely on the sheets. These shortbreads will keep for about two weeks in an airtight container in a cool, dry place.

## NEED A HELPLINE?

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### Links & Resources

[www.talk4healing.com](http://www.talk4healing.com)  
[www.cmha.ca](http://www.cmha.ca)  
[www.beendigen.com](http://www.beendigen.com)  
[www.thunderbaypolice.ca](http://www.thunderbaypolice.ca)  
[www.crimestoppers.ca](http://www.crimestoppers.ca)  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)  
[www.tbsasa.org](http://www.tbsasa.org)  
[www.fayepeterson.org](http://www.fayepeterson.org)  
[www.alphacourt.ca](http://www.alphacourt.ca)  
[www.tbrhsc.net](http://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.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Language Class 4:30-7:00 PM	4 Language Class 4:30-7:00 PM	5 Community Drum Night 6:00-9:00 Language Class 4:30-7:00 PM	6 Sewing Spirits 6:00-9:00 PM	7	8 Annual Ho- Ho-Ho Afternoon With Santa 1:00-4:00 PM
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23	24 Office Closed	25  Office Closed	26 Office Closed	27 Office Closed	28 Office Closed	29
30	31 Office Closed					