

# Lac des Mille Lacs First Nation Healing & Wellness Newsletter

May 2019

The Community Easter Egg Hunt was held on Saturday April 20, 2019 at the Lac des Mille Lacs Education Centre. This event was a big success with over 130 community members coming out to participate. Children aged 0-12 years had the opportunity to collect as many Easter eggs as they could fit in their baskets during their allotted time frame. **The community Elders even had a chance to hunt for eggs!** The day was filled with fun and laughter, there was an arts & crafts room, sidewalk chalk & bubbles, a BBQ lunch and even a visit from the Easter Bunny!

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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

### MOTHERS DAY SPA PARTY 2019

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Mothers Day is a celebration honoring our Mothers, as well as motherhood, maternal bonds and the influence of mothers in society. The Mothers of the Community are invited to a fun-filled evening of pampering at "A Spa For You" in Thunder Bay, Ontario on **Thursday May 9, 2019**. The evening will consist of various massages, foot detox, therapeutic touch, paraffin wax and a whole lot of laughter. If you are interested in attending, please contact **Mike Ignace - Healing & Wellness Coordinator** at your earliest convenience. Spots are limited, so make sure to register early.



If you are interested in attending, please contact:

#### Ernie May

Family Well-being Worker

Phone: (807)622-9835 Ext 257

emay@lacdesmillelacs.ca

#### Mike Ignace

AHWS Coordinator

Phone: (807)622-9835 Ext 231

mignace@lacdesmillelacs.ca

### COMMUNITY DRUM NIGHTS

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 are being run out of the Lac des Mille Lacs First Nation Education Centre (2040 Walsh St. E.)

Our next scheduled Community Drum Nights are:

Wednesday May 1, 2019	6:00-9:00 PM
Wednesday May 8, 2019	6:00-9:00 PM
Wednesday May 15, 2019	6:00-9:00 PM
Wednesday May 22, 2019	6:00-9:00 PM
Wednesday May 29, 2019	6:00-9:00 PM



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## Community BBQ



On **Thursday May 23, 2019** come down to the Administration Office and join us for a BBQ lunch! This provides a great opportunity to meet the staff and ask any questions you may have regarding programming or services. It also brings our Community together! This event will run from **12:00-2:00 PM**. To ensure we have enough food, please call ahead and register with **Ernie May-Family Well-being Worker**.

## Shrine Circus

The Lakehead Shrine Circus is coming to the Fort William Gardens on **Saturday May 25, 2019**. The Shrine Circus features amazing acrobats, clowns, animals and so much more. The circus is a must attend event that is fun for the whole family. **Showtimes - 1:00 PM, 4:00 PM, and 7:00 PM**. If you and your family would like to attend the circus this year, please contact **Ernie May -Family Well-being Worker** at your earliest convenience.



THE COMMUNITY OF NEZAADIKAANG

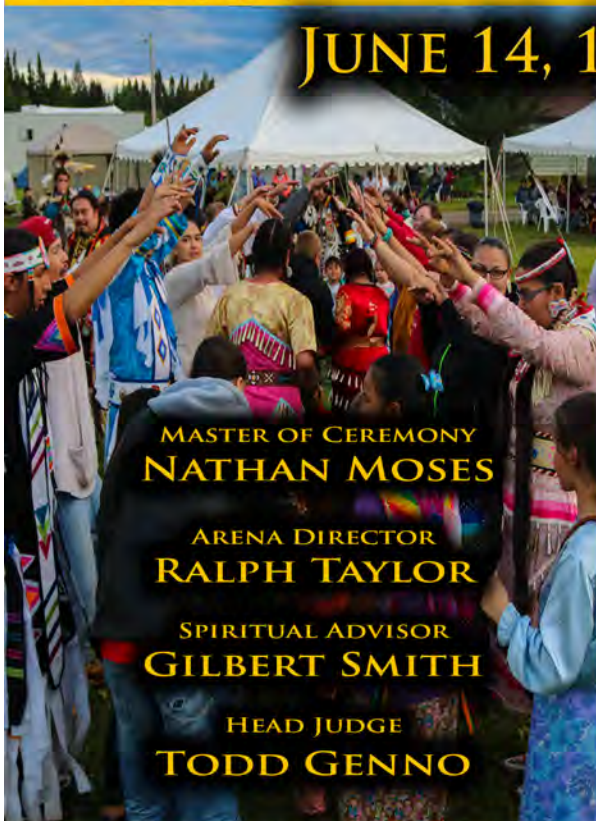
# LAC DES MILLE LACS FIRST NATION

12<sup>TH</sup> ANNUAL

# POW-WOW



**JUNE 14, 15, 16, 2019**



MASTER OF CEREMONY  
**NATHAN MOSES**

ARENA DIRECTOR  
**RALPH TAYLOR**

SPIRITUAL ADVISOR  
**GILBERT SMITH**

HEAD JUDGE  
**TODD GENNO**

WOMENS ALL CATEGORY SPECIAL



HOST DRUM  
**LITTLE BEAR SINGERS**

CO-HOST DRUM  
**HBO SINGERS**

INVITED DRUM  
**BATTLE NATION**

INVITED DRUM  
**WHITEFISH BAY SINGERS**

INVITED DRUM  
**NOKOMIS**

MENS ALL CATEGORY SPECIAL

1ST - \$750.00	2ND - \$500.00	3RD - \$350.00	1ST - \$750.00	2ND - \$500.00	3RD - \$350.00
4TH - \$200.00	5TH - \$100.00		4TH - \$200.00	5TH - \$100.00	

## FEAST SERVED SATURDAY

BREAKFAST SERVED  
SATURDAY & SUNDAY  
MORNING

CAMPING AND RV SPOTS  
AVAILABLE ON A FIRST  
COME FIRST SERVE BASIS

## AGENDA

FRIDAY 14TH  
WARM UPS

SATURDAY 15TH  
GRAND ENTRY  
1:00 PM & 7:00 PM

SUNDAY 16TH  
GRAND ENTRY  
1:00 PM

## DIRECTIONS

SAVANNE RIVER RESORT IS  
LOCATED ON HWY 17,  
1 HOUR WEST OF THUNDER BAY  
OR 3 HOURS EAST OF DRYDEN.

ALL TIMES ARE IN  
EASTERN STANDARD TIME

**ALCOHOL AND DRUG FREE EVENT**

CRAFT AND FOOD VENDORS WELCOMED  
PLEASE CALL AHEAD TO RESERVE A SPOT

FOR MORE INFORMATION PLEASE CONTACT  
MICHAEL IGNACE AT 807-622-9835 EXT 231

## 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.

MAY 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Community Drum Night	2	3	4
5	6	7	8 Community Drum Night	9 Mothers Day Spa Party	10	11
12	13	14	15 Community Drum Night	16	17	18
19	20	21	22 Community Drum Night	23 Community BBQ	24	25 Shrine Circus
26	27	28	29 Community Drum Night	30	31	