

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

July 2020

We hope everyone is enjoying their Summer. Summer break is officially here! We hope that everybody is staying safe and continuing to follow all safety precautions during this pandemic.

This is the perfect time to get outside and enjoy the outdoors. One of the easiest ways to connect with our children is to spend time with them outdoors. Whether its going on a camping trip, going fishing, taking a hike or simply having a picnic at the park, get outside and enjoy what Mother Nature has to offer! On the following pages, please find information on our Virtual Cultural Programming, Nature-based Scavenger Hunts, and Summer Artwork Contest.

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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.

Virtual Cultural Programming

Lac des Mille Lacs First Nation has secured funding from the Canadian Roots Exchange to provide virtual culturally based programming to our Youth aged 14-29, all Community members are welcome to attend! Activities will provide Youth the opportunity to stay connected to our Indigenous culture during the COVID-19 Pandemic. Sessions will be held 3 times a week and will run until the end of August. Please see below for details.

Sewing Spirits



Join us Tuesday evenings at 6:00 PM for Sewing Spirits Project sessions (July/August dates TBD). These project-based sessions will include a series on making a traditional style ribbon skirt as well as a beading/medicine bag series. Registered participants will be provided with all the required supplies and equipment to complete the project prior to the first session. Chat with our facilitator and

Elder, laugh, ask questions and learn! These live and interactive sessions will support learning and teachings and will provide the opportunity to share, talk, support one another and heal with a healthy and task-oriented activity.

***** Registration is Required ***** To register or for more information, please contact Marcia Pedri (mpedri@lacadesmillelacs.ca)

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Virtual Cultural Programming

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Drum Circles



On Wednesdays at 6:00 PM, join us for half hour sessions of drum teachings, songs and healing. Youth will have live and interactive online sessions to learn, share, sing, dance or just observe and listen to the healing sounds of the grandfather drum. Each week we will have an Elder present to share some songs and drum teachings. To register or for more information please contact Mike Ignace (mignace@lacadesmillelacs.ca)

Culture Night

Join us Thursdays at 6:00 PM in a half hour of teachings/demonstrations on various aspects of our culture. Some of these sessions will include, arrowhead making demonstrations, identifying trees and plants, preparing fish (filleting & cooking), identifying and harvesting medicines, drumstick making demonstration, and much more.

Thursday July 9, 2020 - Drumstick Making Demonstration

Thursday July 16, 2020 - Arrowhead Making Demonstration (Flintknapping)

Thursday July 23, 2020 - Powwow Etiquette

Thursday July 30, 2020 - The Four Sacred Medicines

To register or for more information please contact Mike Ignace.
(mignace@lacadesmillelacs.ca)

Those interested in taking part are asked to register via Email, upon registration you will be emailed a link/access code to your Zoom Virtual meeting space. If you have never used Zoom before, please arrive to meeting 20 minutes early to work out any technical difficulties.

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AHWS Coordinator

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Family Well-being Worker

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Outdoor play is important for your child's physical health, mental health, and overall development. Playing outside gives your child the chance to explore the natural environment and have adventures. They can play games, test their physical limits, express themselves and build their self-confidence.

As a way of promoting outside play we are holding a Children's Nature Based Scavenger Hunt. The Scavenger Hunt is open to all children 0-13 years of age. All you have to do to enter is collect the items on the list, take a photo of your collection and email it to Mike Ignace. You will then be entered into a participation draw. The participation draw will have **five draws of \$50.00 in Walmart Gift Cards**. The deadline for entries is **Friday August 14, 2020**. Along with your child's entry, please include their full name, age, and mailing address.



Red Leaf



Green Leaf



Pine Needles



Flower



Pine Cone



Smooth Rock



Feather

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Youth/Adult Scavenger Hunt - Participation Draws

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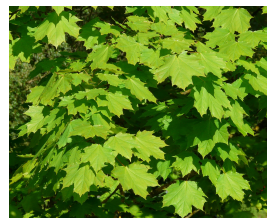


You may think when you go out in nature that you are just looking at the beautiful scenery, but being in a "green space" - whether that is a park, trail, grassy area or the forest - improves your mental and physical wellbeing. As a way of encouraging everyone to get out and enjoy what nature has to offer, we are holding a Youth/Adult Tree Identification Scavenger Hunt.

The Scavenger Hunt is open to all youth and adult Band and Community Members aged 14 and up. All you have to do to enter is collect the items on the list, take a photo of your collection and email it to Mike Ignace. You will then be entered into a participation draw. The participation draw will have **five draws of \$50.00 in Walmart Gift Cards**. The deadline for entries is **Friday August 14, 2020**. Along with your entry, please include your full name, age, and mailing address.



Jack Pine Needles



Maple Leaf



Balsam Fir Needles



Black Spruce Needles



Birch Leaf



Willow Leaf

Use this scavenger hunt as an opportunity to freshen up on your tree identification skills. There are many reasons people need to identify trees. Knowing which trees are growing can tell us about the soil, climate and other environmental conditions in the area. Certain trees make good lumber, paper, medicines, food or other products that people need. Some animals depend on particular trees for food or shelter! Utilize google if you need help with identification.

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Summer Artwork Contest

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With our community members staying at home during the COVID-19 pandemic, we are holding a Summer Artwork Contest to promote healthy lifestyles at home. This contest will have 3 age categories and is open to all Band and Community Members. The theme of the contest will be "Summer".

Children's Category	0 - 12 Years Old
Youth's Category	13 - 17 Years Old
Adult's Category	18 + Years Old

Interested children and youth are being asked to draw, paint or color a picture of what summer means to you. Take a photo of your finished product and email it to **Mike Ignace** with the required information. All children and youth who submit an entry will be entered into a participation draw. **Participation Draws (for each / all categories) will be as follows:**

- 1st Name Drawn - \$50.00 Walmart Gift Card
- 2nd Name Drawn - \$50.00 Walmart Gift Card
- 3rd Name Drawn - \$50.00 Walmart Gift Card
- 4th Name Drawn - \$50.00 Walmart Gift Card
- 5th Name Drawn - \$50.00 Walmart Gift Card

Adults are asked to submit one original scenic photograph that captures "Summer". Please email your photograph to Mike Ignace along with the required information. One photo will be selected, by a panel of judges, for the grand prize of \$250.00. All adults who enter the contest will be entered into a participation draw. The winner of the grand prize will not be entered into the participation draw. Prizes are as above but will include a:

Grand Prize (Adult Category Only) - \$250.00 in Walmart Gift Cards

RULES

We will only accept one submission per participant. All drawings, paintings, colorings, and photos must be originals and must be deemed appropriate. The theme is "Summer". Late submissions will not be accepted. Photos may be edited but must maintain a natural appearance.

SUBMITTING YOUR ARTWORK

Submit artwork to: mignace@lacdesmillelacs.ca

Include in your email: Participant Name, Age, Address, Contact Information, Description of artwork.
Deadline: **Friday August 14, 2020**

All entries will be uploaded to our Community Website Photo Gallery following the contest

CREATIVITY
is contagious.
PASS IT ON.

Mike Ignace

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