

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

October 2020

We hope that everyone is staying safe and continuing to follow proper protocols and procedures set forth in an effort to reduce the spread of the Coronavirus! Ontario is currently in its "Second Wave" of the COVID-19 Pandemic. It is ultimately up to each of us on how severe this second wave is going to be. It is very important that we follow protocols set forth by our local Health Authorities and continue to practice social distancing.

With that being said, Halloween is just around the corner! Unfortunately, due to the COVID-19 Pandemic, this year we will not be hosting our Annual Halloween Social at Gammondale Farm or the frightening Haunted Fort Night. We apologize for this inconvenience, but we need to remain diligent in reducing the spread of the Coronavirus and keeping our at-risk/vulnerable safe! We will still be putting on a Pumpkin Carving event where people can participate from home.

Pumpkin Carving

We are pleased to announce we will be purchasing and delivering pumpkins for our members to carve from the comfort of their own home. We are asking families and individuals to contact **Kayla Milani** to register for your pumpkin delivery. Pumpkin deliveries will take place on October 20, and 21 so please register by 3:00 PM on October 16 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

For the out of town members who wish to participate, you can submit receipts for reimbursement. Please submit receipts to Mike in order to be reimbursed. Please include the names and ages of participants as well as your address. One pumpkin per participant.



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.



Pumpkin Carving Contest and Participation Draws

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 Presidents Choice (PC) 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 by November 2nd**.

Mike Ignace - mignace@lacdesmillelacs.ca

Kayla Milani - kmilani@lacdesmillelacs.ca

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THE FLU SHOT:

Protect yourself, protect your community



The flu can spread easily and quickly to anyone, even before you know you are sick. Individuals with chronic health conditions or living in overcrowded homes are at a higher risk of hospitalization and serious health complications from the flu.

Getting the flu shot can help keep you and your community healthy!

THE FLU SHOT CAN SAVE LIVES

- ▶ Young children, people over age 65, pregnant women, and those who are in poor health are more likely to become very sick from the flu.
- ▶ The flu shot can help protect you and your family from the flu.

THE FLU SHOT WORKS

- ▶ There are many different types of flu viruses. Every year, the flu shot protects against the expected 3 or 4 most common types of the virus.
- ▶ Everyone responds differently to the flu shot. The shot can either prevent the flu entirely or reduce the severity of the sickness.
- ▶ It usually takes 2 to 4 weeks to build protection after you get the flu shot.
- ▶ The flu shot does not prevent colds because they are caused by different germs.

THE FLU SHOT IS SAFE

- ▶ You cannot get the flu virus from the flu shot.
- ▶ Most people do not have significant side effects from the flu shot.
- ▶ Serious side effects are very rare.
- ▶ If you have concerns or questions about the flu shot, talk to your nurse or doctor.

WHO SHOULD GET THE FLU SHOT

- ▶ **Everyone** 6 months of age and older.
- ▶ If you are pregnant or have an allergy to eggs, you can still safely get the flu shot.

Visit your community health centre, nursing station, or local healthcare provider to get your flu shot!

To learn more about the flu shot and other ways to prevent the flu, visit: Canada.ca/flu

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Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

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Indigenous Visual Artists Materials Grant

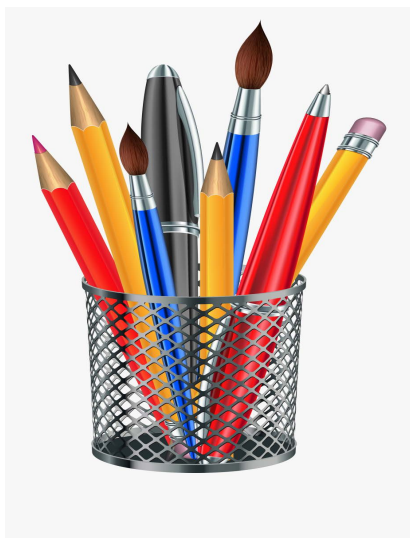
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Changes to the Indigenous Visual Artists Materials third-party recommender program: you can now apply for \$1,000, it can be used for travel costs to gather natural materials, and to purchase materials or tools to run or participate in workshops. Learn more: <https://www.arts.on.ca/grants/indigenous-visual-artists-materials>



OJIBWE CULTURAL FOUNDATION



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO
an Ontario government agency
un organisme du gouvernement de l'Ontario

APPLICATION DEADLINES FOR

INDIGENOUS VISUAL ARTISTS' MATERIALS GRANT

October 30, 2020, 1 p.m.
December 11, 2020, 1 p.m.

Apply online at <https://grants.arts.on.ca>

Questions about applying?
Contact the Ojibwe Cultural Foundation:
705-377-4902
or email naomi@ojibweculture.ca



Indigenous Visual Artists Materials

Apply online until
January 29, 2021
to a recommender

www.arts.on.ca



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Community Calendar Contest - Extended

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We are still looking for more entries for the Community Calendar Contest. We have received only a few entries so far. We are calling on all Community Members to submit your best scenic photos! Each participant may enter up to 3 photos. Photos will be selected to represent each month of the year. A total of 12 photos will be selected by a panel of judges to complete the calendar. Each participant who submitted a winning photo will receive a \$100.00 Wal-mart Gift Card.

CREATIVITY
is contagious.
PASS IT ON.



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Rules:

- ~Please submit your photos to **Kayla Milani** - kmilani@lacadesmillelacs.ca
- ~Maximum of 3 entries(photos) per person.
- ~Contest deadline is **November 2, 2020.** - **NEW DEADLINE**
- ~Photos must be deemed appropriate.
- ~Photo may be edited but must maintain a realistic appearance.
- ~Winning photos will be selected by a panel of judges.