

Boozhoo everyone! We hope you are all having a wonderful Summer so far! It is now August, and as promised we will be starting to venture back into in-person outdoor programming. If you feel unwell, please stay home to help keep others from getting sick. Please see the following pages for details on some fun-filled events we have coming up.

CONTENTS

- Page 1 - Avian Influenza Virus
- Page 2 - Contests
- Page 3 - Blueberry Picking
- Page 4 - Family Fishing
- Page 5 - Forest Tour
- Page 6 - Paintball
- Page 7 - Bowling/Swimming
- Page 8 - Ojibwe Word List



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.

Avian Influenza Virus - Report Dead Birds

As you may have noticed, Avian influenza virus (AIV) has been making the news lately, and we wanted to share some information and links to the Federal Handling guidelines. Whether you are raising your own poultry, or spend time on the land, this is good knowledge to have.

Avian influenza virus (AIV) is a contagious viral infection that can affect domestic and wild birds throughout the world. Many strains occur naturally in wild birds and circulate in migratory populations. AIV is designated highly pathogenic avian influenza (HPAI) when it has characteristics that cause mass disease and mortality in infected poultry.

The good news is that there have been no human cases of avian influenza resulting from exposure to wild birds in North America.

More information can be found here:

<https://www.canada.ca/en/environment-climate-change/services/migratory-game-bird-hunting/avian-influenza-wild-birds.html>

Here is the direct link to the Handling Guidelines:

<https://www.canada.ca/en/public-health/services/flu-influenza/fact-sheet-guidance-on-precautions-handling-wild-birds.html>

Signs of a sick bird

Do not touch a dead, injured or sick bird.

- lack of energy or movement
- nervousness, tremors or lack of coordination
- swelling around the head, neck and eyes
- lack of energy or movement
- coughing, gasping for air or sneezing
- diarrhea or sudden death

In Ontario, Report sick or dead birds to the Ontario regional center of the Canadian Wildlife Health Cooperative at (866) 673-4781.

CONTENTS

- Page 1 - Avian Influenza Virus
- Page 2 - Contests
- Page 3 - Blueberry Picking
- Page 4 - Family Fishing
- Page 5 - Forest Tour
- Page 6 - Paintball
- Page 7 - Bowling/Swimming
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Summer Activities Photo Contest (Participation Draws!!!)



We want to see what you have been up to this summer! Snap a picture while performing any summer activity and send it to us with a brief description for a chance to win one of our participation draws. **We will be drawing 5 names from all participants and each name drawn will receive a \$100.00 Walmart Gift Card.** Please send entries to Mike Ignace by September 30, 2022.

Poetry Contest (Participation Draws!!!)

Enter your poem for a chance to win! **5 names will be drawn to receive \$100.00 Chapter's/Indigo Gift Cards.** Your poem can be on any topic, using whatever style you prefer. Show us what you've got!

Please send your submissions to Mike Ignace by September 30, 2022.

Blueberry Picking Excursions 2022

Blueberries are sweet, nutritious, and wildly popular. Often labelled a super food, they are low in calories and incredibly good for you. Blueberries are so tasty and convenient that many people consider them their favorite fruit. We have had a good amount of rainfall this year and that typically points to a good berry harvest.

We are excited to inform you that we will be holding two Berry Picking Excursions throughout the month of August. We will meet at the Lac des Mille Lacs Education Center at 8:00 AM, load up the van/bus and head out for a day of berry picking. Please expect anywhere up to 1 ½ hours of travel to get to the site location. There is a good chance we will be moving sites throughout the day. We plan on returning to Thunder Bay by 5:00 PM.

When berry picking, we are typically far into the bush. This means that there will not be restrooms available. Participants will have to utilize the forest when going to the bathroom. We will have toilet paper, water and soap for hand washing, and hand sanitizer available.

Excursion Dates:

Thursday August 18, 2022

Friday August 19, 2022

What Will be Provided?

Travel (LDML Bus/Van)

Sunscreen & Bug Spray

Snacks & Drinks (Granola Bars, Fruit, Vegetables, Water, Juice)

First Aid Supplies

What to Bring?

Bucket for Picking Berries

Weather Appropriate Clothing (Hat, Rain Gear, Closed Toe Shoes)

Allergy Medication if Required

Packed Lunch (Snacks & Beverages Provided)

To register, please contact Mike Ignace at your earliest convenience. Seating is limited so be sure to register as early as possible. Please indicate your preferred excursion date upon registration, we will do our best to accommodate.

CONTENTS

Page 1 - Avian Influenza Virus

Page 2 - Contests

Page 3 - Blueberry Picking

Page 4 - Family Fishing

Page 5 - Forest Tour

Page 6 - Paintball

Page 7 - Bowling/Swimming

Page 8 - Ojibwe Word List

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Family Fishing Days 2022

We are excited to announce that the Family Well-being Program is coordinating 2 days of fishing for families on beautiful Lac des Mille Lacs throughout the month of August. Families are invited to come out and enjoy an afternoon of fishing. In order to ensure that everyone can be accommodated, please register as early as possible. Transportation can be provided but seating is limited.

The van/bus will be departing Thunder Bay at 8:30 AM. We will meet at the Savanne River Resort for 10:00 AM, prepare our gear and head out onto the lake for several hours of fishing. We will meet back at the resort following fishing (3:00 PM) and families can have a fish fry (4:00 PM) with their catch from the day. The van/bus will depart for Thunder Bay at 5:30 PM.

Family Fishing Dates

Tuesday August 23, 2022

Tuesday August 30, 2022

It is very important that all interested families register by **Wednesday August 17, 2022**. Please contact Mike Ignace to register! When registering your family, please indicate your preferred date and provide the following information:

Participant Names

Do you require travel?

Do you have your own fishing rods?

Do you have your own life jackets?

Do you have a Pleasure Craft License?

Are you comfortable operating a boat?

What to Bring?

Fishing Gear if You Have It

Weather Appropriate Clothing (Hat, Rain Gear)

Allergy Medication if Required

Packed Lunch (Snacks & Beverages Provided)

CONTENTS

Page 1 - Avian Influenza Virus

Page 2 - Contests

Page 3 - Blueberry Picking

Page 4 - Family Fishing

Page 5 - Forest Tour

Page 6 - Paintball

Page 7 - Bowling/Swimming

Page 8 - Ojibwe Word List

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Plant & Tree Identification Boreal Forest Tour 2022

The Boreal Forest includes numerous species of coniferous and deciduous trees, shrubs, grasses, and species of fungi and lichens. Large and small mammals have adapted to the harsh conditions of the Boreal Forest, and billions of birds breed in or migrate through the Boreal Forest each year. Biodiversity in the Boreal Forest is of global significance. Please join us while we explore the diversity of our surroundings.

This workshop, led by our Forest Tour Guide Alyssa Rubenick, will identify key plant and tree species of the Boreal Forest and learn core botany principles that will help you discover the plants and trees throughout our region. Learning the basics of plant and tree identification can open a whole world of possibilities while on the land. We will even learn a handful of plants that are safe to eat!

This event will take place out on our land base (22A1). Transportation can be provided, but seating is limited. Make sure to register with Mike Ignace for this educational event!

SCHEDULE

8:30 AM - Depart Thunder Bay
10:30 AM - Arrive at Land Base
11:00 AM - Forest Tour Session 1
1:00 PM - BBQ Lunch
2:00 PM - Forest Tour Session 2
4:00 PM - Depart for Thunder Bay
6:00 PM - Arrive in Thunder Bay

WHAT TO BRING?

Weather Appropriate Clothing (Hat, Rain Gear, Hiking Shoes/Boots)
Allergy Medication if Required

CONTENTS

Page 1 - Avian Influenza Virus
Page 2 - Contests
Page 3 - Blueberry Picking
Page 4 - Family Fishing
Page 5 - Forest Tour
Page 6 - Paintball
Page 7 - Bowling/Swimming
Page 8 - Ojibwe Word List

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CONTENTS

Page 1 - Avian Influenza Virus

Page 2 - Contests

Page 3 - Blueberry Picking

Page 4 - Family Fishing

Page 5 - Forest Tour

Page 6 - Paintball

Page 7 - Bowling/Swimming

Page 8 - Ojibwe Word List

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Paintball Mountain



Date: Thursday September 8, 2022

Time: 6:00-9:00 EST

Ages: 10 & Up

Location: Paintball Mountain (688 Mountain Road)

Paintball is a sport played by people from all professions and lifestyles. It is a sport where women and men, boys and girls all compete equally, and where age is not dominated by youth. Qualities such as intelligence and determination are more important than physical size and strength. Paintball is very much a character-building sport. Players learn the importance of teamwork and gain self confidence while developing leadership abilities.

Using air powered paintball markers, each team competes in a designated game scenario (there are many). Paintball games have become recognized as one of the worlds safest and most exciting outdoor sports. Paintballs are gelatin-coated, non-toxic, completely biodegradable, and are water soluble.

Above all, Paintball is very exciting! It gives each of us an opportunity to set aside our daily routine and enjoy a fun-filled day participating in many game scenarios, meeting new friends, and having lots of stories to tell others!

If you are interested in joining us for this fun-filled evening, please **register with Mike Ignace by Wednesday August 31, 2022.**

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

August/September 2022

CONTENTS

Page 1 - Avian Influenza Virus

Page 2 - Contests

Page 3 - Blueberry Picking

Page 4 - Family Fishing

Page 5 - Forest Tour

Page 6 - Paintball

Page 7 - Bowling/Swimming

Page 8 - Ojibwe Word List

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In July we had a high interest in bowling passes. We are pleased to announce that we will be providing members with "2- Hour All You Can Bowl" passes to Mario's Bowl through the Family Well-being Program. Please contact Mike Ignace to register for your tickets. There will be a limit of 1 ticket per person. When registering, please have the names of all participants. We will be mailing these tickets in the first week of September. Please register by August 31, 2022.



We are excited to announce that we are again providing members with single use passes to the Canada Games Complex through the Community Wellness Worker Program. The Canada Games Complex is fun for the whole family! It not only hosts a large indoor swimming pool, it also has various fitness amenities. Please contact Mike Ignace to register for your passes. There will be a limit of 1 pass per person. When registering, please have the names of all participants and identify whether they are children or adults. We will be mailing these out in the first week of September. Please register by August 31, 2022.

Newsletter

August/September 2022

Ojibwe Word List

As mentioned in our previous newsletters, we will be including a list of words and phrases in the Ojibwe language with every edition of the newsletter. **It is important to note that dialects differ from community to community and even from family to family.**

CONTENTS

- Page 1 - Avian Influenza Virus
- Page 2 - Contests
- Page 3 - Blueberry Picking
- Page 4 - Family Fishing
- Page 5 - Forest Tour
- Page 6 - Paintball
- Page 7 - Bowling/Swimming
- Page 8 - Ojibwe Word List

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- Table - Adoopowin
- Dog - Animosh
- Tobacco - Asemaa
- Door - Ishkwaandem
- Book - Mazina'igan
- Pen/Pencil - Ozhibii'iganaak
- House - Waakaa'iganaak
- Window - Waasechigan
- Money - Zhoonyaa
- River - Ziibi
- One - Bezhig
- Two - Niizh
- Three - Niswe
- Four - Niiwin
- Five - Naanan
- Six - Ngodwaaswi
- Seven - Niizhwaasi
- Eight - Nishwaasi
- Nine - Zhaangaswi
- Ten - Midaaswi

Here are a few links to assist you in learning the language.

<http://ojibwe.lib.umn.edu/about-ojibwe-language>

<http://www.native-languages.org/ojibwe.thm>

<http://nativetech.org/shinob/ojibwelanguage>