

# Lac des Mille Lacs First Nation Healing & Wellness

# Newsletter

December 2022

**Boozhoo everyone!** We hope you are all doing well and staying safe! Old man winter appears to be here to stay. Although this season is typically cold and dark, winter can be such a beautiful and lovely time of year! Watching the gently falling snow and observing the white covered landscapes, looking at the stars and listening to the sounds the ice forming, snuggling up with a warm cup of hot chocolate or enjoying a Christmas themed movie. The truth is, there are just so many activities that we can do throughout the winter months, both indoors and outdoors!

The arrival of winter also means that Christmas is quickly approaching. This is the time of year to start amping up your Christmas spirit. We are holding a variety of contests to help get everyone into the Christmas spirit. The majority are participation draw style contests, so just submit an entry and you'll be entered for a chance to win. Make sure to check out the details on the following pages.

With winter here we are now entering the peak of cold and flu season (Dec-Feb). We have been experiencing an alarming rate of infections of influenza, colds, Covid-19 and RSV. Unfortunately, high rates of infections means that many of our pediatric hospitals and emergency rooms are over capacity. We encourage everyone to follow the precautions set out by your district health unit. See below for a notice sent out by the Chief Medical Officer of Ontario

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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.

## Notice from Ontario's Chief Medical Officer of Health

**Dr. Kieran Moore**

Hello,

### COVID-19 Booster Dose

I am writing to you as your Chief Medical Officer of Health to **strongly recommend** that you get your COVID-19 fall booster dose as soon as possible, if you have not already. Please note that if you have had COVID-19 recently, you should wait six months (or a minimum of three months) after symptom onset or a positive COVID-19 test before getting a booster dose.

The bivalent booster currently available in Ontario better protects against the circulating COVID-19 variants and can help restore protection that may have decreased since your last dose. This will help ensure you have the best protection as the cold weather sets in and you spend more time indoors.

To learn more about COVID-19 vaccines, visit <https://www.ontario.ca/page/covid-19-vaccines>.

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You can book your booster dose through:

The Provincial Vaccine Contact Centre at 1-833-943-3900 (TTY for people who are deaf, hearing-impaired or speech-impaired: 1-866-797-0007)

The COVID-19 vaccination portal at <https://www.ontario.ca/book-vaccine/>

Public health units using their own booking system  
<https://www.phdapps.health.gov.on.ca/phulocator/>

Participating primary care providers

Participating pharmacies at <https://covid-19.ontario.ca/vaccine-locations>

Indigenous-led vaccination clinics

The GO-VAXX bus and mobile or pop-up clinics (for ages five and older)  
hospital clinics (for ages five and older, visit your local hospital or public health unit for booking details, if available in your region)

## Flu Shot

I also **strongly recommend** you get a flu shot as soon as possible. This will provide additional protection this respiratory illness season. Flu shots are now available, free of charge, for all Ontarians. Contact your local pharmacy or primary care provider to get your shot. COVID-19 vaccine doses and flu shots can be received at the same time, where available.

Learn more at <https://www.ontario.ca/page/flu-facts>.

## Testing and Antiviral Medications

For information on testing and treatment, visit <https://www.ontario.ca/page/covid-19-testing-and-treatment>.

## Masking

As one of the layers of protection, I strongly recommend that you wear a mask in indoor public settings such as schools and childcare settings.

Together we can work toward protecting you and your loved ones this fall.

Thank you,

*Dr. Kieran Moore, Ontario's Chief Medical Officer of Health*

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## Mike Ignace

AHWS Coordinator

Phone: (807)622-9835 Ext 231

[mignace@lacadesmillelacs.ca](mailto:mignace@lacadesmillelacs.ca)

## Kayla Milani

Family Well-being Worker

Phone: (807)622-9835 Ext 259

[kmilani@lacadesmillelacs.ca](mailto:kmilani@lacadesmillelacs.ca)



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## CHRISTMAS TREE DECORATING CONTEST

### Participation Draws!

Put on some Christmas music and pull out those decorations! We are excited to be holding a Virtual Christmas Tree Decorating Contest again this year. There will be one grand prize of **\$200.00 in Walmart Gift Cards** awarded to the winning submission. Ten names will also be drawn from all remaining submissions. Winners will receive **\$100.00 Walmart Gift Cards**.



### Mike Ignace

AHWS Coordinator  
Phone:(807)622-9835 Ext 231  
[mignace@lacadesmillelacs.ca](mailto:mignace@lacadesmillelacs.ca)

### Kayla Milani

Family Well-being Worker  
Phone: (807)622-9835 Ext 259  
[kmilani@lacadesmillelacs.ca](mailto:kmilani@lacadesmillelacs.ca)

Simply decorate your Christmas tree and send a photo to Mike Ignace to enter the contest. ([mignace@lacadesmillelacs.ca](mailto:mignace@lacadesmillelacs.ca))

One photo per household.

Include names and ages of everyone in the household, as well as your contact information

Entries must be received by **Monday January 16, 2023.**



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## Outdoor Decorating Contest

### Participation Prizes!



We are pleased to announce we will be holding a Outdoor Decorating Contest. This contest is open to all Band and Community Members. There will be **10 participation draw prizes of \$100 Walmart Gift Cards.** Winners will be contacted.

Decorating the outside of your house for Christmas is one of the highlights and a tradition enjoyed by many families. One of the best parts of the holiday season is how festive everything looks. All of the lights and decorations that are on display can really get people into the Christmas spirit. The bright colors and festive decor seem to bring a sense of magic and inspiration to the season.

### How to Enter

- ~Decorate your house, take a photo and email it to **Kayla Milani.**
- ~Include names and ages of everyone in the household.
- ~Submit your entry by **Monday January 16, 2023.**

### Mike Ignace

AHWS Coordinator  
Phone:(807)622-9835 Ext 231  
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## Snow/Ice Sculpture Contest



We challenge you and those in your household to grab your shovels, buckets, imaginations and create a work of art out of snow or ice. Large or small - we want to see what you can come up with. These sculptures can really be anything that is made out of snow or ice. Whether its a snow person, a snow fort, sculpture or anything you can come up with, make sure to snap a photo and send it in to be entered for a chance to win. **10 names will be drawn to receive a \$100.00 Walmart gift card.**

### How to Enter

- ~ Create a snow/ice sculpture with the members of your household.
- ~ Snap a picture of your work of art.
- ~ Send your picture to Mike Ignace ([mignace@lacdesmillelacs.ca](mailto:mignace@lacdesmillelacs.ca))
- ~ Deadline **Wednesday February 1, 2023.**

### Mike Ignace

AHWS Coordinator

Phone:(807)622-9835 Ext 231

[mignace@lacdesmillelacs.ca](mailto:mignace@lacdesmillelacs.ca)

### Kayla Milani

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## Christmas Art Contest

It's time to get your creativity flowing. We are holding a Christmas Artwork Contest to promote healthy lifestyles at home during the Holiday season. This contest will have 4 age categories and is open to all Band and Community Members. **The theme of the contest will be "Christmas" and we will accepting all forms of art.**

Children's Category	0-12 Years
Youth Category	13-17 Years
Adult	18-54 Years
Elder	55+ Years

Interested participants are asked to create a piece of Artwork that reflects the Christmas season. Take a photo of your finished piece and email it to **Kayla Milani** with the required information. All participants who submit an entry will be entered into a participation draw for their age category. **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

### SOME IDEAS:

- ~Painting, drawing, or coloring
- ~Ornament making
- ~Make a wreath
- ~Christmas baking
- ~Build a snowman
- ~Various Christmas crafts

### RULES:

We will only accept one submission per participant. All photos must be of original pieces and must be deemed appropriate. The theme is "Christmas". Late submissions will not be accepted.

### SUBMITTING YOUR ARTWORK

Submit artwork to: [kmilani@lacadesmillelacs.ca](mailto:kmilani@lacadesmillelacs.ca)

Include in your email: Participant Name, Age, Address, Contact Information

**Deadline: Monday January 16, 2023**



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## Family Winter Outdoor Activities Contest



Winter can be such a beautiful and lovely time to be outdoors. Playing outdoors in winter assists in promoting physical development and well-being. This is because outdoor play encourages the use of the whole body by offering a safe space to run, jump, and exercise key muscle groups. It is important that children remain active in the cooler months so that they continue to develop emerging skills that are crucial to their physical development.

We want to see what you and your family are up to this winter! The winter season gives us an opportunity to enjoy many various outdoor activities that can't be enjoyed at other times of the year.

Send us a picture of your and your family enjoying time outdoors this winter season. Each family that sends us a picture will be entered into the draw for a chance to win one of ten \$50.00 Walmart gift cards. **Please send your photo to Kayla Milani by Monday February 15, 2023.** One entry per household.

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AHWS Coordinator

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## Gingerbread House Contest

### Participation Draws!



Decorating a gingerbread house during Christmas time is a a great fun-filled activity to do with your family! The holidays can be a little stressful at times and building a gingerbread house with your family is a great stress reliever, also giving us an opporunity to spend quality time with the ones we love.

We want to see your gingerbread houses! Big or small - send in a picture of your completed gingerbread house to be entered into the participation draw! There will be 10 draws for \$100.00 Walmart Gift Cards.

- ~ **Deadline: Monday January 16, 2023**
- ~ You can send multiple pictures
- ~ Email photos to Mike Ignace ([mignace@lacdesmillelacs.ca](mailto:mignace@lacdesmillelacs.ca))
- ~ Include the names of your team members

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## 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.

Winter - Biboon  
It is snowing. - Zoogipon  
It is windy - Nodin  
It is cloudy - Ningokwan  
It is wet - Niiskaadan  
It is cold - Giisinaa  
It is cool - Dakaaya  
It is slippery - Ozhaasaa  
It is dark - Gashkiidibikad  
Northern Lights - Waawaate

December (Little Spirit Moon) - Manidoo-Giizisoons  
January (Great Spirit Moon) - Gichi-Manidoo-Giizis  
February (Sucker Fish Moon) - Namebini-Giizis

It is Christmas - Niibaa-Anama'e-Giizhigad  
Celebration - Jiikakamigad

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>