

# Lac des Mille Lacs First Nation Healing & Wellness Newsletter

January/February 2024

**Boozhoo Families!** We hope that you all had a wonderful time during the holidays and were able to spend quality time with your loved ones. Let's welcome 2024 with open hearts, hopeful spirits, positivity and meaningful connections. In this edition of the Healing & Wellness Newsletter we have included information on our upcoming Virtual Yoga Program, Virtual Cultural Programming, and Voyageur Winter Carnival which will be held at Fort William Historical Park. We have also included some information on how you can access assistance to quit smoking and getting help with substance abuse. Follow the links provided to access supports, or give us a call and we can point you in the right direction. Be sure to check out the Family Day Contest for a chance to win some awesome prizes.

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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.





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Family Well-being Worker

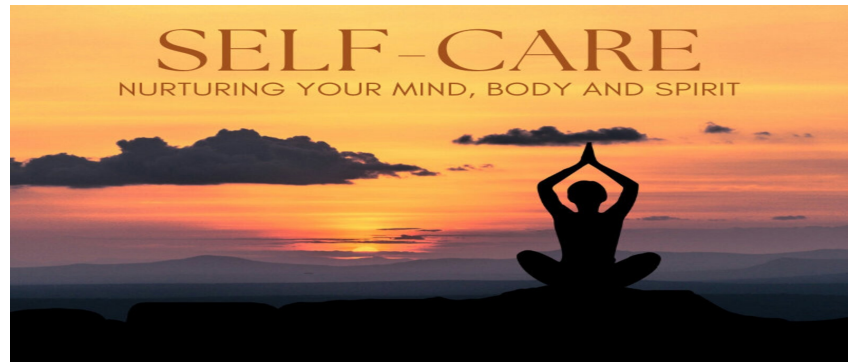
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kmilani@lacadesmillelacs.ca

## Virtual Yoga Classes

**\*Starting Soon\***

In early 2023, we held an 8-week Virtual Yoga Program that was quite popular amongst the community. The program was enjoyed so much that we ended up extending it an additional 4 weeks. We are happy to announce that we will again be offering virtual yoga classes throughout the months of February and March. All you need is access to the Internet and a little space to perform yoga. You can participate in these classes from the comfort of your own home. The classes will be provided on Zoom, you will be emailed with a reminder and a link to each class every week. If you are interested in participating in these on-line classes, please contact **Kayla Milani** to register.



Thursday February 1, 2024	7:00 PM EST
Thursday February 8, 2024	7:00 PM EST
Thursday February 15, 2024	7:00 PM EST
Thursday February 22, 2024	7:00 PM EST
Thursday February 29, 2024	7:00 PM EST
Thursday March 7, 2024	7:00 PM EST
Thursday March 21, 2024	7:00 PM EST
Thursday March 28, 2024	7:00 PM EST

### What are some of the health benefits of yoga?

Research suggests that yoga may:

- ~ Help improve general wellness by relieving stress, supporting good health habits, and improving mental/emotional health, sleep, and balance.
- ~ Relieve low-back pain and neck pain, and possibly pain from tension-type headaches and knee osteoarthritis.
- ~ Help people quit smoking.
- ~ Help people manage anxiety or depressive symptoms associated with difficult life situations.
- ~Relieve menopause symptoms.
- ~Help people with chronic diseases manage their symptoms and improve their quality of life.

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## Quit Smoking!

### ~ Nicotine Replacement Therapy Program ~

Are you ready to quit smoking? The Thunder Bay District Health Unit provides support for smokers and other tobacco users who are ready to quit.

#### Take Control Clinic

The Take Control Clinic is offered to residents of Thunder Bay and the district. The Smoking Treatment for Ontario Patients (STOP) Program is a province-wide initiative delivering smoking cessation treatment (up to 26 weeks of Nicotine Replacement Therapy) and counselling support to people who want to reduce/quit their tobacco use. Through this clinic, clients will meet with a smoking cessation nurse for a free personal, confidential one-on-one counselling. During these sessions, we help clients create an individualized “quit plan” and offer support as needed during and after they quit to help them in their new smoke-free life. The STOP Program is funded by the Ontario Ministry of Health.

To set up an appointment, please call (807) 625-5900.

#### STOP on the Net

The STOP on the Net Program is an online research program from the Centre for Addiction and Mental Health (CAMH) designed to help adults attempt to quit smoking. This program provides 10 weeks of free nicotine patches and gum/lozenges to help participants attempt to quit smoking.

You may be eligible to participate if you:

- ~Live in Ontario.
- ~Are 18 years of age or older.
- ~Meet other specific eligibility criteria.

To learn more about the program and to enroll, please visit:

[www.stopstudy.ca](http://www.stopstudy.ca)





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## Fort William Historical Park's Voyageur Winter Carnival



**Sunday February 18, 2024**  
**11:00am-5:00pm**

On Sunday February 18 we are heading to the Voyageur Winter Carnival at Fort William Historical Park. Celebrate the world of winter sports and games with a magical blend of traditional carnival fun. Embrace the outdoors with sliding, skating, snowshoeing, and snow snake, then roll through our Zorb ball snow track! Meet local artisans showcasing their traditional skills in toboggan making, wood carving, snowshoe weaving, sash weaving, and more! Warm-up in the Cozy Corner Café with tea and cookie samples or visit the craft station to make something beautiful. Enjoy live musical performances by local musicians and join our historical interpreters in voyageur songs and dances. Fort William Historical Park's Voyageur Winter Carnival is the perfect place for families and friends to share in the joy of play and embrace the magic of the winter season this Family Day Weekend.

If you and your family would like to attend this wonderful family event, please contact Kayla Milani to register for tickets before **February 8, 2024 at 4:00 PM**. Please provide names of all participants and state whether they are:

- Child 0-5
- Youth 6-17
- Adult 18+

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## Family Day Winter Fun Contest

Open to families with children/youth aged 0-17

We want to see what Family Day 2024 looks like through your eyes. Winter provides us with an awesome opportunity to get outside and enjoy the beauty of winter. All you have to do is perform an outdoor winter activity with your family/household and send us a picture of it for a chance to win one of five great prizes (See below).

### Some fun winter activities include:

- ~ Snowball Fight
- ~ Ice Skating
- ~ Ice Fishing
- ~ Go Sledding
- ~ Winter Hike
- ~ Make Snow Angels
- ~ Snowshoeing
- ~ Build Snow Fort
- ~ Skiing

The possibilities are endless, just get outside and enjoy the beauty of Winter!

#### 1st Place

Ice fishing rods for each members of the household,  
and a 6 inch manual ice auger.

#### 2nd Place

Snowshoes for each member of the household

#### 3rd Place

\$250.00 in Chapters/Indigo Bookstore Gift Cards  
(Can be used to order from their website)

#### 4th Place

\$200.00 in Chapters/Indigo Gift Cards  
(Can be used to order from their website)

#### 5th Place

Board game bundle (5 board games)

### Contest Details

- ~ Perform a fun filled outdoor activity with the members of your household
- ~ Take a picture of you/your family performing the activity
- ~ Send the picture to Mike Ignace ([mignace@lacadesmillelacs.ca](mailto:mignace@lacadesmillelacs.ca))
- ~ Deadline to send submissions is: **February 26, 2024**
- ~ When submitting, include names and ages of all household members.

## Virtual Cultural Programming

We have some great cultural presentations lined up for the months of February & March! There will be a participation draw at the end of each session, come out for your chance to win a \$100.00 Walmart Gift Card. Register for these sessions by contacting **Mike Ignace** at your earliest convenience. You will be emailed a link to the zoom meeting space.

### **Anishinaabe Mushkiki (The 4 Medicines)**

Presenter: Nathan Moses

Date: Tuesday February 13, 2024

Time: 7:00 PM EST

### **Sweatlodge Teachings**

Presenter: Nathan Moses

Date: Tuesday February 27, 2024

Time: 7:00 PM EST

### **Hand Drum & Round Dance Teachings**

Presenter: Dustin Gagne

Date: Wednesday February 28, 2024

Time: 7:00 PM EST

### **Journey of Becoming a Powwow Dancer**

Presenter: Nathan Moses

Date: Tuesday March 5, 2024

Time: 7:00 PM EST

### **Anishinaabe Names, Colors and Clans**

Presenter: Nathan Moses

Date: Tuesday March 26, 2024

Time: 7:00 PM EST

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## Getting Help With Substance Use

People use substances, such as controlled and illegal drugs, cannabis, tobacco/ nicotine and alcohol for a number of different reasons, including:

- ~medical purposes
- ~religious or ceremonial purposes
- ~personal enjoyment
- ~to cope with stress, trauma or pain

Substance use is different for everyone and can be viewed on a spectrum with varying stages of benefits and harms.

### Negative effects of substance use

Over time, the harms associated with higher-risk substance use may come to outweigh any perceived positive effects. Higher-risk substance use can impact many areas of a person's life:

### Mental Health

Substance use can affect mental health in many ways. It can trigger mood, anxiety or depression disorders. It can also increase the risk of developing a serious mental health illness, such as psychosis or schizophrenia.

### School

Using substances can affect someone's ability to study, to concentrate in class, and to keep up with assignments.

### Work

If someone cannot focus because of their substance use, they might lose their job, hurt themselves or endanger others at work.

### Relationships

Substance use can create an environment of secrecy, conflict, emotional chaos and fear, which can seriously impact surrounding relationships.

### Money

Using substances can be expensive. People might struggle to pay bills or buy the things they need.

### Mood

People may feel good while they use substances, but they feel worse when the effects wear off.

### Health and safety

Heavy use of some drugs and substances don't just affect your brain, it can also damage your physical health and your organs, such as your liver, kidneys and lungs.

### Canada-wide Help Services

If you or someone you know needs help with substance use, including overdose prevention, these services are available to anyone, anywhere at any time.

Please visit the following website for a complete list of Help Services: <https://www.canada.ca/en/health-canada/services/substance-use/get-help-with-substance-use.html>

## 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.

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- aadisooke ~ tells legends/stories
- abizo/awazo ~ warms up at the fire
- agoodoo ~ sets snares
- animikodaadim ~ it is New Year's Day
- biisaagwanagise ~ snow falls in small flakes
- gizhoo'o ~ dresses warmly
- miiwaji ~ it is too cold to go outside
- ningwadaasin ~ snowdrifts form
- nitaawaada'e ~ knows how to skate
- zhooshkwajiwe ~ skates
- zhooshkwajiwe ~ slides down hill
- goon ~ snow
- odaabaanak ~ sled
- ozhaashizi ~ is slippery
- gichi-awasi-biboonong ~ three winters ago
- awasi-biboonong ~ two winters ago
- biboonong ~ last winter
- biboon ~ it is winter
- biji-biboon ~ it is the middle of winter
- ge-biboong ~ next winter

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/ojibwelanguag>