

**Boozhoo Families!** We hope that you all enjoyed the holidays and were able to spend quality time with your loved ones. We have some fun and exciting events coming up, be sure to check out the details on the following pages and register at your earliest convenience!

## CONTENTS

Page 1 - Cold & Flu Season

Page 2 - Virtual Paint Nights

Page 3 - Virtual Yoga Program

Page 4 - Voyageur Winter Carnival

Page 5 - Swimming/Bowling Passes

Page 6 - Virtual Cultural Programming

Page 7 - Virtual Workshop

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.

## Cold & Flu Season Continues

Does it seem like more people are coming down with colds and flus this year? When they do, are they complaining that it's taking longer to recover? Across the country, our hospitals are dealing with a backlog of patients with infections of influenza, colds, Covid-19, and RSV. Many of our hospitals and emergency rooms are over capacity, meaning it is becoming more difficult for everyone to get the care that they require. It is important for everyone to continue to follow the precautions set out by your district health authority. See below for some of our recommendations

### **Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### **Stay home when you are sick.**

When possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

### **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Viruses spread mainly by droplets made when people with flu cough, sneeze or talk. Although not mandated, it is still suggested to wear masks when in public settings.

### **Clean your hands.**

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

### **Avoid touching your eyes, nose or mouth.**

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

### **Practice other good health habits.**

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

# Lac des Mille Lacs First Nation Healing & Wellness Newsletter

January/February 2023

## Virtual Paint Nights!

We are pleased to announce that we will be hosting 3 Virtual Paint Nights throughout February and March! This is a really fun activity that you can do from the comfort of your home.

Participants will be guided along by an art instructor through each step of the painting. Follow along at home and watch your piece of art come to life.

We will distribute (mail/deliver) the required art supplies to the registered participants. If you wish to participate, make sure to register with **Kayla Milani** at your earliest convenience.

**\*\*\*Spacing is limited, so please only register for one of the three sessions\*\*\***

### CONTENTS

- Page 1 - Cold & Flu Season
- Page 2 - Virtual Paint Nights
- Page 3 - Virtual Yoga Program
- Page 4 - Voyageur Winter Carnival
- Page 5 - Swimming/Bowling Passes
- Page 6 - Virtual Cultural Programming
- Page 7 - Virtual Workshop
- Page 8 - Ojibwe Word List

### Mike Ignace

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

### Kayla Milani

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



### Paint Night #1

Date: February 22, 2023  
Time: 6:30 PM  
Contact: Kayla Milani  
Register By: **February 8, 2023**



### Paint Night #2

Date: March 8, 2022  
Time: 6:30 PM  
Contact: Kayla Milani Register  
By: **February 22, 2023**



### Paint Night #3

Date: March 22, 2023  
Time: 6:30 PM  
Contact: Kayla Milani  
Register By: **March 8, 2023**

## Virtual Yoga

~ 8 Week Program ~



### CONTENTS

- Page 1 - Cold & Flu Season
- Page 2 - Virtual Paint Nights
- Page 3 - Virtual Yoga Program
- Page 4 - Voyageur Winter Carnival
- Page 5 - Swimming/Bowling Passes
- Page 6 - Virtual Cultural Programming
- Page 7 - Virtual Workshop
- Page 8 - Ojibwe Word List

In the fall of 2022, we announced that we would be holding Virtual Yoga Sessions in the new year. We are pleased to inform you that these sessions will start on **Thursday, February 9, 2023** and will continue every Thursday evening at 7:00 PM until March 30. These classes will be led by Colleen Dolce from Radiant Yoga. Simply log into the Zoom meeting space and follow along from home.

If you are are interested in joining these sessions, please contact **Kayla Milani** at your earliest convenience. The link to the zoom meeting space will be emailed to you.

Please see scheduled sessions below:

- Thursday February 9, 2023
- Thursday February 16, 2023
- Thursday February 23, 2023
- Thursday March 2, 2023
- Thursday March 9, 2023
- Thursday March 16, 2023
- Thursday March 23, 2023
- Thursday March 30, 2023

### Mike Ignace

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

### Kayla Milani

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

## Fort William Historical Park's Voyageur Winter Carnival



### CONTENTS

- Page 1 - Cold & Flu Season
- Page 2 - Virtual Paint Nights
- Page 3 - Virtual Yoga Program
- Page 4 - Voyageur Winter Carnival
- Page 5 - Swimming/Bowling Passes
- Page 6 - Virtual Cultural Programming
- Page 7 - Virtual Workshop
- Page 8 - Ojibwe Word List

**Sunday February 19, 2023  
11:00am-5:00pm**

On Sunday February 19 we are heading to the Voyageur Winter Carnival at Fort William Historical Park. Winter fun awaits the whole family at the Voyageur Winter Carnival this Family Day Weekend. Come out and enjoy the giant snow maze, tubing hills, skating, winter games and activities, carnival games and contests, live indoor and outdoor entertainment, and much more! This event has been a huge hit in previous years and is a great way to spend part of your Family Day weekend.

If you and your family would like to attend this wonderful family event, please contact Mike Ignace to register for tickets before **February 8, 2023 at 4:00 PM**. Please provide names of all participants and state whether they are:

Child 0-5  
Youth 6-17  
Adult 18+

### **Mike Ignace**

AHWS Coordinator

Phone: (807)622-9835 Ext 231  
mignace@lacdesmillelacs.ca

### **Kayla Milani**

Family Well-being Worker

Phone: (807)622-9835 Ext 259  
kmilani@lacdesmillelacs.ca

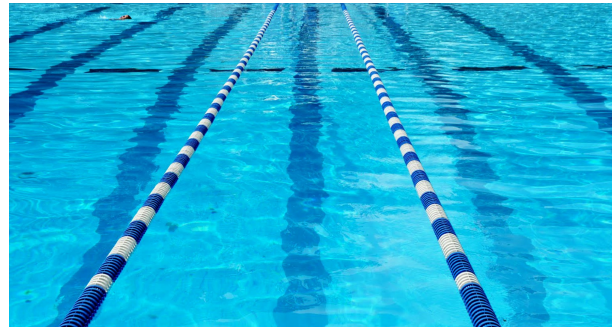
# Lac des Mille Lacs First Nation Healing & Wellness Newsletter

January/February 2023

## CONTENTS

- Page 1 - Cold & Flu Season
- Page 2 - Virtual Paint Nights
- Page 3 - Virtual Yoga Program
- Page 4 - Voyageur Winter Carnival
- Page 5 - Swimming/Bowling Passes
- Page 6 - Virtual Cultural Programming
- Page 7 - Virtual Workshop
- Page 8 - Ojibwe Word List

## Canada Games Complex Swim Passes



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. We will be distributing these in the first week of March. **Please register by February 28, 2023.**

## Mario's Bowl 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 distributing these passes in the first week of March. **Please register by February 28, 2023.**

### Mike Ignace

AHWS Coordinator  
Phone: (807)622-9835 Ext 231  
mignace@lacdesmillelacs.ca

### Kayla Milani

Family Well-being Worker  
Phone: (807)622-9835 Ext 259  
kmilani@lacdesmillelacs.ca

## 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.

### CONTENTS

- Page 1 - Cold & Flu Season
- Page 2 - Virtual Paint Nights
- Page 3 - Virtual Yoga Program
- Page 4 - Voyageur Winter Carnival
- Page 5 - Swimming/Bowling Passes
- Page 6 - Virtual Cultural Programming
- Page 7 - Virtual Workshop
- Page 8 - Ojibwe Word List

#### **Anishinaabe Mushkiki (Medicines)**

Date: Wednesday February 15, 2023

**Presenter: Nathan Moses**

Time: 7:00 PM EST

#### **Medicine Wheel Teachings**

Date: Tuesday February 21, 2023

**Presenter: Nathan Moses**

Time: 7:00 PM EST

#### **The Seven Grandfather Teachings**

Date: Wednesday March 1, 2023

**Presenter: Nathan Moses**

Time: 7:00 PM EST

#### **An Evening of Song & Stories**

Date: Tuesday March 7, 2023

**Presenter: Dustin Gagne**

Time: 7:00 PM EST

#### **The Hand Drum & Round Dance**

Date: Tuesday March 14, 2023

**Presenter: Dustin Gagne**

Time: 7:00 PM EST

#### **Sweatlodge Teachings**

Date: Wednesday March 15, 2023

**Presenter: Nathan Moses**

Time: 7:00 PM EST

#### **Eagle Feather Teachings**

Date: Tuesday March 28, 2023

**Presenter: Nathan Moses**

Time: 7:00 PM EST

#### **An Evening of Flute Music**

Date: Wednesday March 29, 2023

**Presenter: Ron Kanutski**

Time: 7:00 PM EST

#### **A Night with English River Singers**

Date: Friday March 31, 2023

**Presenter: E.R. Singers**

Time: 7:00 PM EST

### **Mike Ignace**

AHWS Coordinator

Phone: (807)622-9835 Ext 231

mignace@lacdesmillelacs.ca

### **Kayla Milani**

Family Well-being Worker

Phone: (807)622-9835 Ext 259

kmilani@lacdesmillelacs.ca

## Mental Health Awareness and Support Virtual Workshop



### CONTENTS

- Page 1 - Cold & Flu Season
- Page 2 - Virtual Paint Nights
- Page 3 - Virtual Yoga Program
- Page 4 - Voyageur Winter Carnival
- Page 5 - Swimming/Bowling Passes
- Page 6 - Virtual Cultural Programming
- Page 7 - Virtual Workshop
- Page 8 - Ojibwe Word List

### **Mike Ignace**

AHWS Coordinator  
Phone: (807)622-9835 Ext 231  
mignace@lacdesmillelacs.ca

### **Kayla Milani**

Family Well-being Worker  
Phone: (807)622-9835 Ext 259  
kmilani@lacdesmillelacs.ca

Mental health concerns will directly impact one in every five people. The remaining four will know a friend, family member, coworker, or acquaintance that struggles with their mental health.

Given this prevalence, it is essential that people build capacity to support those with mental health concerns because early identification and support typically lead to continued well-being. This workshop explores factors affecting mental health and provides a general overview of common adult mental illnesses. Most importantly, participants will learn how to be a support and will discover strategies for creating more inclusive environments that reduce stigma surrounding mental health.

This live virtual workshop is being offered by Achieve Centre for Leadership and will take place on **March 8, 2023 from 10:00 AM - 5:00 PM EST.**

If you are interested in attending this virtual workshop, please contact Mike Ignace at your earliest convenience to be registered. Spaces are limited!

## CONTENTS

- Page 1 - Cold & Flu Season
- Page 2 - Virtual Paint Nights
- Page 3 - Virtual Yoga Program
- Page 4 - Voyageur Winter Carnival
- Page 5 - Swimming/Bowling Passes
- Page 6 - Virtual Cultural Programming
- Page 7 - Virtual Workshop
- Page 8 - Ojibwe Word List

### Mike Ignace

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

### Kayla Milani

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

## 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.

Fire - Shkoday  
Builds a fire - Boodawe  
Fire goes out - Aatawe  
Firewood - Mishi, Misan (pl)  
Chops firewood - Daashkiga'inise  
Gets firewood - Naadinise  
Brings in firewood - Biindiggisse  
Is warm - Giizhoozi

Moon - Dibikigiizis  
Moon is shining - Giizhigaate  
It is midnight - Aabitaa-dibikan  
It is night - dibikong  
It is a dark night - Gashkiidibikan  
Star - Anangosh  
Sky - Giizhig

It is snowing - Zoogipan  
It starts snowing - Maadaagonagise  
There is much snow - Goonika  
It stops snowing - Boonaagonagise

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>