

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

July/August 2021

Boozhoo everyone! We hope that you are all enjoying the beautiful summer weather we are having! In June, the First Nation sent Father's Day gifts to all registered fathers, as a way of saying "**We appreciate you dad!**". We hope that everyone enjoyed their Father's Day and were able to find a way to celebrate the special day honoring the ones we love.

On the following pages, please find information on a Fishing Photo Contest, COVID-19 Vaccine Receipts & Appointments, Family Well-being Fishing event, Stone Tools & Flintknapping Workshop, Virtual Drum Teachings, Summer Artwork Contest and how to raise Monarch Butterflies.

We would like to remind everyone that this newsletter gets posted to the community website the day that it is mailed out. We cannot control how long the mail takes, so please stay tuned to the community website. www.lacdesmillelacsfirstnation.ca

CONTENTS

Page 1 - Contest

Page 2 - COVID-19 Vaccine

Page 3 - Family Fishing Days

Page 4 - Workshop

Page 5 - Community Drum Night

Page 6 - Art Contest

Page 7 - Raising Monarch Butterflies

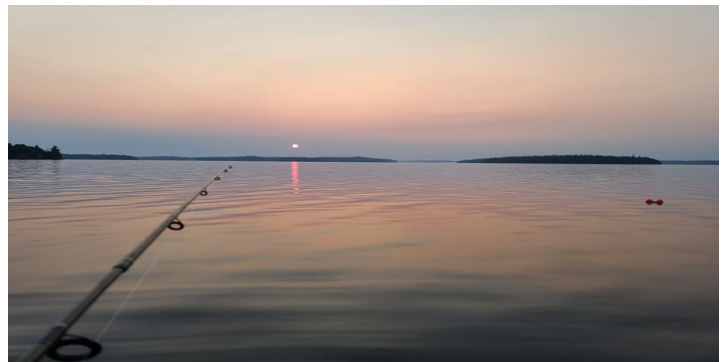


Three symbols make up the Aboriginal Healing and Wellness Strategy logo. The turtle represents Turtle Island. This is Mother Earth. The people are holding hands. This means they will help each other with their problems.

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.

Fishing Photo Contest

Participation Draws!!!



Fishing can be a hobby, a way to unwind, or a means to put food on the table. But did you know that it's seriously good for your health? From your physical wellbeing to your mental state, the health benefits of fishing are so great and varied that it's tough to truly appreciate.

The physical benefits of fishing are pretty clear. However, that's only half the picture. Angling also has miraculous effects on your mental state. Whether you're battling depression or simply struggling to concentrate, a few hours of rod in hand could just be the ticket.

We want to see your fishing pictures! Whether it's a picture of your catch or any picture that you took while out fishing, make sure to send it in for a chance to win! Every person that submits a photo will be entered into a participation draw for a chance to **win one of ten \$50.00 Walmart Gift Cards**. To register, please email your fishing picture to **Kayla Milani by August 30, 2021**. When registering please include your name, age and contact information.

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COVID-19 Vaccination Receipts & Appointments

CONTENTS

- Page 1 - Contest
- Page 2 - COVID-19 Vaccine
- Page 3 - Family Fishing Days
- Page 4 - Workshop
- Page 5 - Community Drum Night
- Page 6 - Art Contest
- Page 7 - Raising Monarch Butterflies



If you are looking to book a COVID-19 vaccination appointment or wondering how to obtain your vaccination receipt, please visit:

<https://covid19.ontariohealth.ca>

This system can be used to verify your identity, book your vaccination appointment and download your vaccination receipts.

Information required for logging in to the system:

- ~ Health Card Number
- ~ 9 Character Code on Back of Health Card
- ~ Date of Birth
- ~ Postal Code

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Kayla Milani

Family Well-being Worker Phone:
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CONTENTS

Page 1 - Contest

Page 2 - COVID-19 Vaccine

Page 3 - Family Fishing Days

Page 4 - Workshop

Page 5 - Community Drum Night

Page 6 - Art Contest

Page 7 - Raising Monarch Butterflies

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Family Well-being Program Presents:

Family Fishing Days



We are excited to announce that the Family Well-being Program is coordinating 3 days of fishing for families on beautiful Lac des Mille Lacs throughout the month of August. Families are invited to come out to Savanne River Resort to enjoy an afternoon of fishing. In order to ensure that everyone can be accommodated, please register as early as possible.

We will meet at Savanne River Resort in the morning, roast hot dogs, pack a light lunch, and head out onto the lake for a few hours of fishing.

Please be advised that Covid-19 protocols will be in place. This means that you will be required to wear a mask when social distancing can not be maintained. To ensure social distancing measures are met, each family will be allocated a boat and they will also have their own fire pit to roast hot dogs.

Tentative dates are as follows:

Thursday August 12, 2021	Rain Date	Friday August 13, 2021
Thursday August 19, 2021	Rain Date	Friday August 20, 2021
Thursday August 26, 2021	Rain Date	Friday August 27, 2021

It is very important that all interested families register by **Friday August 6, 2021.** Please contact **Mike Ignace** to register! When registering your family, please provide the following information:

Names and ages

Do you have your own fishing rods?

Do you have your own life jackets?

Do you have a Pleasure Craft License?

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

July/August 2021

CONTENTS

- Page 1 - Contest
- Page 2 - COVID-19 Vaccine
- Page 3 - Family Fishing Days
- Page 4 - Workshop
- Page 5 - Community Drum Night
- Page 6 - Art Contest
- Page 7 - Raising Monarch Butterflies

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Stone Tools & Flintknapping Workshop

Have you ever wondered how our ancestors survived in the wilderness without any modern tools? Have you ever wondered how stone tools were created and what they could be used for? If you have, then make sure to register for this Stone Tools and Flintknapping workshop. Join Mike Ignace on Zoom for a 2-part web series on the basics of stone tools and flintknapping. We will be ordering Basic Flintknapping Kits for all participants who complete the 2 sessions.



Session 1 (1 Hour)

August 16, 2021 (6:00-7:00 PM)

In this session we will look at various artifacts, and talk about what they may have been used for as well as how they would have been created. We will discuss the various types of materials used to make the stone tools and how to find the materials required to do so.

Session 2 (1 Hour)

August 17, 2021 (6:00-7:00 PM)

In this session Mike will perform a demonstration showing how to create an arrowhead from start to finish. He will explain the various techniques that he uses and will go over how to safely create these pieces.

All participants who complete the 2 sessions will receive a Basic Flintknapping Kit which contains all the tools necessary to start creating your own works of art.

To register for this , please email **Mike Ignace** by **August 6, 2021**. Spots are limited so register early! Once registered you will receive a confirmation email with links to all the Zoom meetings.

CONTENTS

Page 1 - Contest

Page 2 - COVID-19 Vaccine

Page 3 - Family Fishing Days

Page 4 - Workshop

Page 5 - Community Drum Night

Page 6 - Art Contest

Page 7 - Raising Monarch Butterflies

Virtual Community Drum Nights

We are pleased to announce that we will be starting up the Virtual Community Drum Nights for a 4 week period starting August 4, 2021. These evening sessions will run from 6:30-7:30 every Wednesday using a Zoom meeting space. Each week we will have a guest present to share teachings about drum, stories and songs. Many people have expressed that they miss the sound of the drum, so come on out and enjoy the healing sounds of Mother Earth's heartbeat.

To register for these sessions, please email Mike Ignace and each week you will be emailed a link to the Zoom meeting space. Just click the link in your email at 6:30 PM on Wednesdays to join the session.

Wednesday August 4, 2021 (6:30-7:30 PM)

Todd Genno

Wednesday August 11, 2021 (6:30-7:30 PM)

Dustin Gagne

Wednesday August 18, 2021 (6:30-7:30 PM)

Beatrice Twance-Hynes

Wednesday August 25, 2021 (6:30-7:30 PM)

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Summer Artwork Contest

The Family Well-being Program is holding a Summer Artwork Contest! This contest will have 3 age categories and is open to all Band & Community Members. The theme of this contest is "**Summer**".

Children's Category	0 - 12 Years Old
Youth's Category	13 - 17 Years Old
Adult's Category	18 + Years Old

CONTENTS

- Page 1 - Contest
- Page 2 - COVID-19 Vaccine
- Page 3 - Family Fishing Days
- Page 4 - Workshop
- Page 5 - Community Drum Night
- Page 6 - Art Contest
- Page 7 - Raising Monarch Butterflies

Interested **children and youth** are being asked to draw, paint or color a picture of what summer means to you. Take a photo of your finished product and email it to **Kayla Milani** with the required information. All children and youth who submit an entry will be entered into a participation draw. **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

Adults are asked to submit one original scenic photograph that captures "Summer". Please email your photograph to Mike Ignace along with the required information. One photo will be selected, by a panel of judges, for the grand prize of \$250.00. All adults who enter the contest will be entered into a participation draw. The winner of the grand prize will not be entered into the participation draw. Prizes are as above but will include a:

Grand Prize (Adult Category Only) - \$250.00 in Walmart Gift Cards

RULES

We will only accept one submission per participant. All drawings, paintings, colorings, and photos must be originals and must be deemed appropriate. The theme is "Summer". Late submissions will not be accepted. Photos may be edited but must maintain a natural appearance.

SUBMITTING YOUR ARTWORK

Submit artwork to: kmilani@lacdesmillelacs.ca

Include Participant Name, Age, Address, Contact Information, Description of artwork.

Deadline: **Friday August 30, 2021 (Noon)**

All entries will be uploaded to our Community Website Photo Gallery following the contest

Mike Ignace

AHWS Coordinator

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mignace@lacdesmillelacs.ca

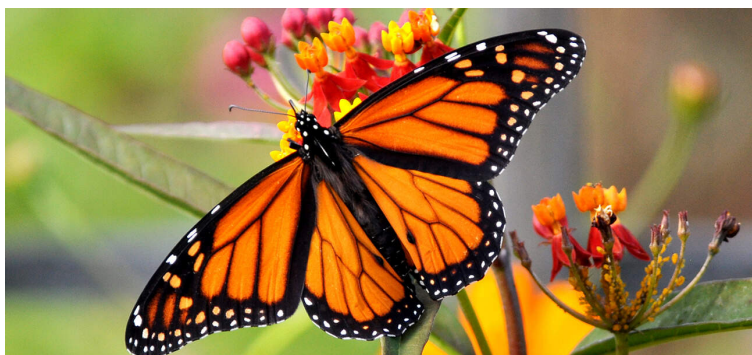
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Raising Monarch Butterflies



CONTENTS

Page 1 - Contest

Page 2 - COVID-19 Vaccine

Page 3 - Family Fishing Days

Page 4 - Workshop

Page 5 - Community Drum Night

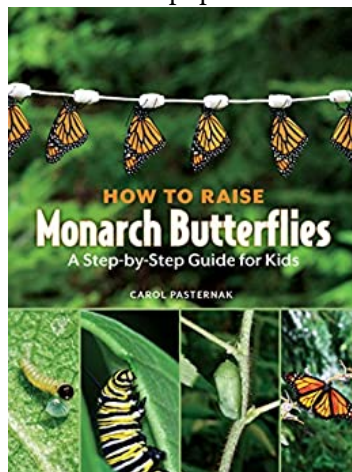
Page 6 - Art Contest

Page 7 - Raising Monarch Butterflies

The Monarch is a showy orange and black butterfly with small white spots. These butterflies are relatively large with a wingspan reaching 93-105 millimeters. The Monarch's caterpillar is easily recognized: It has black, white and yellow stripes and can be found feeding on milkweed plants. After their feeding and growth stage, the Monarch caterpillar moults into a striking jade-coloured chrysalis with golden spots.

Observing a Monarch butterfly as it transforms itself from caterpillar to chrysalis to butterfly is among the most thrilling experiences nature has to offer. The Monarch Butterfly is listed as a species of "Special Concern" by the Ontario Ministry of Natural Resources. "Special Concern" means the species lives in the wild in Ontario, is not endangered or threatened, but may become threatened or endangered due to a combination of biological characteristics and identified threats. Raising Monarchs can greatly assist the population as a large percentage of the larvae do not make it in the wild.

Raising Monarch butterfly larvae is very easy, and it's a great way to teach children about the Monarch butterfly life cycle and metamorphosis in general. Children will be able to follow and watch each species development stage up close as well as assist the Monarch population.



This is a wonderful children's book that explains how to raise Monarch Butterflies, the life cycle, releasing the butterfly into the world, predators and perils, mating and migration, and how to save the habitat of butterflies.

We will be ordering a supply of these children's books to distribute to the community members who are interested in raising Monarchs. Please contact Mike Ignace by **August 13, 2021 (Noon)** to get your household on the distribution list. Please include names, contact information, and address.

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