

# Lac des Mille Lacs First Nation Healing & Wellness Newsletter

April 2024

**Boozhoo Families!** We hope that you are all doing well and enjoyed the month of March. We recently held our March Break Activity Week which was a whole lot of fun for all who participated. Events included skating, swimming, bowling and movie matinees. See below for some pictures from these fun-filled activities. In this newsletter we have included some great information on upcoming events, a free personal finance course, tick safety, blastomycosis, and a really fun activity that helps you get outside and enjoying the the great outdoors. In addition, we have also included letters/posters about the Measles, Syphilis, and Congenital Syphilis as these are all on the rise in Ontario and across Canada. Please see attached documents. We hope you all enjoyed your Easter weekend and have a great month of April!

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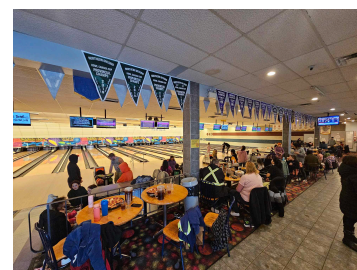
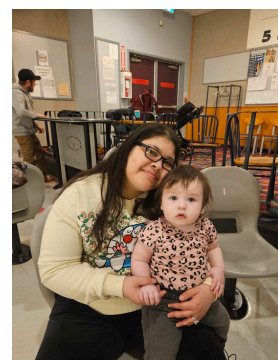
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Three symbols make up the Aboriginal Healing and Wellness Strategy logo. The turtle represents Turtle Island. This is Mother Earth. The people are holding hands. This means they will help each other with their problems.

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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### Kayla Milani

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## Community Bowling Events

We are happy to announce that we will be holding bowling events at Mario's bowl on a monthly basis! Come join us for fun-filled evenings of bowling with the Community. Pizza and beverages will be served, while you enjoy two hours of all you can bowl. Please see below for details on our next two upcoming bowling events.

Tuesday May 28, 2024	5:00-7:00 PM
Tuesday June 18, 2024	5:00-7:00 PM

If you are interested in attending, please contact Kayla Milani at your earliest convenience.

## Community Drum Nights



It is said that the first sound we hear in life is our mother's heartbeat. The beat of the drum represents this sound, that's why so many of us find it so comforting and are often drawn towards the drum. Come out and enjoy the beautiful sounds of Mother Earth's heartbeat. We will be holding Community Drum Nights once a month at I.R. Churchill Elementary (2040 Walsh St. E). Light snacks and beverages will be provided. Please see below for event details.

Thursday April 18, 2024	6:00-9:00 PM
Thursday May 23, 2024	6:00-9:00 PM
Thursday June 13, 2024	6:00-9:00 PM

Please contact Mike Ignace to register.



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## Free Online Personal Finance Essentials Course

Provided by: McGill University in collaboration with RBC Future Launch and The Globe and Mail

Personal finance includes all the actions taken by an individual or family to manage money in the present while making financial plans for the future. If you're ready to take charge of your personal finances, then you're in the right place. From budgeting to borrowing, real estate and beyond, invest a few hours in this free, online course and you'll gain the knowledge and confidence to make a lifetime of smart financial decisions. Taught by professors from McGill University's Desautels Faculty of Management, the course is open to everyone.

Finish all eight core modules to receive a McGill Personal Finance Essentials attestation of completion.

- Module 1 - Introduction to Personal Finance
- Module 2 - Budgeting and Saving
- Module 3 - Your Money: Today and Tomorrow
- Module 4 - Understanding Debt and Borrowing
- Module 5 - The Art of Investing
- Module 6 - Retirement Planning
- Module 7 - The Realities of Real Estate
- Module 8 - Behavioural Finance



#### Learn from the best

McGill's professors are world-class researchers and teachers who bring both passion and experience to the course.



#### Learn at your pace

All learning modules and tests are online, so you can complete the course when and where it's best for you.



#### Learn for free

Financial literacy is key to achieving important life goals. That's why we have made this course free for anyone ready to invest in themselves.

To register, please visit: <https://www.mcgillpersonalfinance.com/register>

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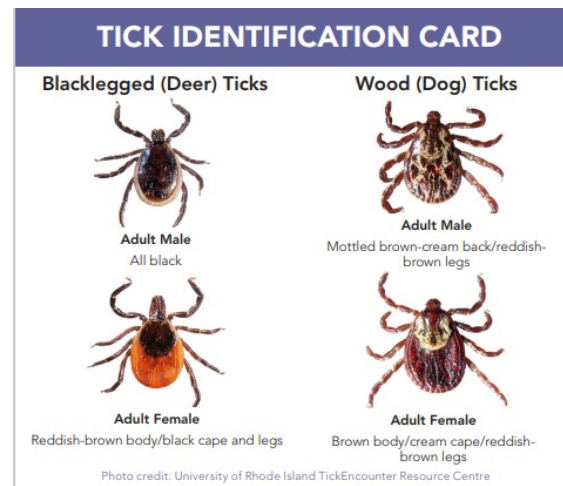
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## Tick Safety

Ticks belong to the same class as spiders and mites, characterized by having four pairs of legs and no antennae. Most are external parasites on mammals, birds, and reptiles and known vectors of various diseases to both humans and animals, domestic and wild. Ticks are blood-sucking parasites commonly found throughout Canada. Peak tick season for nymphs usually occurs during the spring and summer months, while adults are a threat in the late fall. The pests are usually found in wooded areas that provide ample shade or in areas overgrown with tall grasses. Certain species of ticks are known to transmit harmful diseases, including Lyme disease, to both humans and domesticated animals.



### PREVENT THE BITE

- Cover up as much skin as possible.
- Use bug spray with Icaridin or DEET on exposed skin.
- Check yourself and your pets before heading inside.

### REMOVE THE TICK

- Use fine-tipped tweezers to grab as close to the skin as possible.
  - Pull up slowly, don't twist or turn.
- Wash with soap or apply rubbing alcohol.
- Monitor for unusual symptoms.
- See health care provider if concerned

### SUBMIT THE TICK

- Place in a clean container and submit to Health Unit.

*The City of Thunder Bay and surrounding areas are now considered risk areas for Lyme disease. About 10 percent of black-legged ticks in this area are infected with Lyme disease bacteria. For more information please visit [www.tbdhu.com](http://www.tbdhu.com)*

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## Blastomycosis - Fast Facts

What you need to know about the infection and ways to minimize the risk to you and your family.

### What is Blastomycosis?

Blastomycosis is an infection caused by breathing in spores of the soil fungus blastomyces. It usually begins as a lung infection. It is not spread person-to-person, nor animal-to-person.

### Where is it found?

The fungus that causes blastomycosis is found across Ontario, with the highest rate of infection in the northwest. It grows in soil and damp organic matter like wood or leaves. It is often found near bodies of water, including the shores of the Great Lakes and along the St. Lawrence Seaway.

### What causes illness?

The spores can become airborne when soil or organic matter that the fungus is growing on is disturbed, causing them to be breathed in and settling in the lungs.

### What should I do if I have symptoms?

Symptoms may include a cough, chest pain, difficulty breathing, fever, night sweats, unexplained weight loss and extreme fatigue. If you are experiencing these symptoms, please speak with a health care provider as soon as possible for assessment.

### When am I most at risk?

The risk for exposure is highest in the spring and summer, and most cases are diagnosed in the fall and winter due to the time it takes to show signs of the illness. Symptoms usually appear 3 weeks to 3 months after breathing in the fungal spores.

### Blastomycosis is treatable!

About half the people infected with blastomyces will become symptomatic. Early diagnosis and treatment is the best way to prevent serious health outcomes.

For more information, please visit:

<https://www.onehealth.ca/on/Ontario-One-Health-Portal/Environmental-Public-Health>



## 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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Ishpiming - Universe

Aki - Land

Dibikigiizis - Moon

Giizis - Sun

Giizhig - Sky

Giizhigong - In the sky

Gimiwan - Rain

Bijibiisan - The rain is coming

Nodin - Wind

Gwekaaniman - The wind changes direction

Ningikamigishkaa - The earth is thawing

Ningizo Goon - The snow is melting

Wiigobiisaagan - Rainbow

Waabigwan - Flower

Noopimiing - Forest

Gitigaan - Garden

Waabamaawaso - Gives birth

Nitaawigi - Is born

Zaagakii - It grows out of the ground

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>

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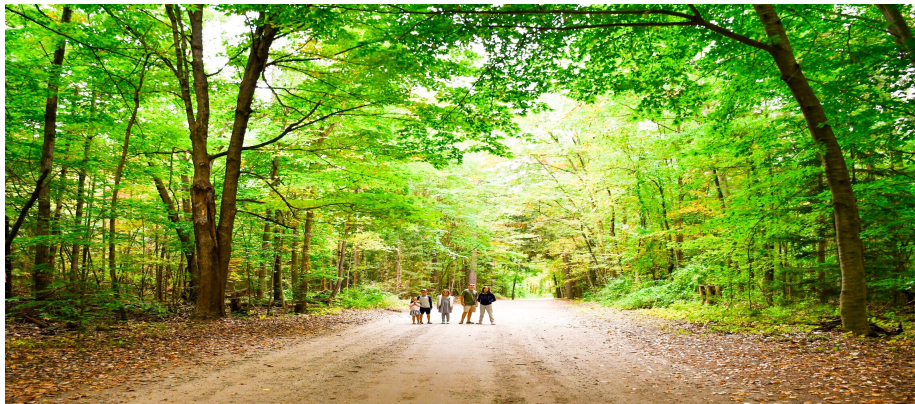
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## 1000 Hours Outside Challenge



1000 Hours Outside is a global movement designed for any age child (or adult) and any environment. The entire purpose of 1000 Hours Outside is to attempt to match nature time with screen time. If kids can consume media through screens 900 hours a year on average, then the time is there and at least some of it can and should be shifted towards a more productive and healthy outcome!!

The concept at the core of this movement is simple - the amount of time kids spend outside actually matters'. A childhood flooded with nature time benefits kids (and adults) in untold ways. However, the spirit behind it is one of encouragement - not competition. There are often questions about 'rules', but the good thing here is that there really aren't any. 1000 Hours Outside is about striving for engaged time outside, and that looks different from one family to the next. That's the beauty of nature play; it works for any age and any stage, in any outdoor environment. Remember not to get bogged down on the details. Adjust the goal if you need to.

On the following page, you will find an activity tracker. The activity tracker has 1000 spots that can be colored in. The idea is that each day, you record and track your outdoor time by coloring in a spot for each hour spent outdoors. For more information and to access various tracker sheets, please visit: [www.1000hoursoutside.com](http://www.1000hoursoutside.com).



