

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

May/June 2025

Boozhoo Families! - We hope this message finds you well and that you're soaking up the beautiful spring weather. March was an exciting month for us—especially during our March Break Activity Week! We had a blast with a variety of activities including painting, skating, swimming, bowling, and movie matinees—something for everyone to enjoy. In early April, we sent Walmart gift cards to all children 0-12 years of age so they could pick out a special Easter gift. We hope your family had a joyful Easter weekend and that your spring is off to a great start!

Be sure to check out the following pages for details on our upcoming events, helpful spring home maintenance tips to protect your home, an exciting meat bingo, and an important reminder about tick safety—Lyme disease has become a real concern in our area.

ShowMeTheGreen.ca

Canadian Government Homeowners Grants & Rebates

Spring is here, bringing fresh energy - the perfect season to take advantage of renovation grants and start those long-awaited home improvements. ShowMeTheGreen's mission is to make it easy for homeowners to find the government grants that they are entitled to. More and more Canadians are looking for ways to help the environment while making their homes more energy and water efficient. If we can all save some money at the same time, why not?

ShowMeTheGreen.ca is all about helping you:

- ~ Find government grants and rebates
- ~ Find “green” deals offered by companies
- ~ Share your experiences with others

Where do we get our information from?

Government websites. We regularly search through dozens of government websites and pull out information on grant and rebate programs. We do the work, so you don't have to! Browse around our site and find out how much money you can save.

Renovation Grants

Energy Rebates

Seniors Homeowner Grants

First Time Home Buyer Grants

Down-payment Assistance Loans & Grants

Provincial Grants

Federal Grants

First Time Home Buyer

Grants for Disabled Homeowners

Home Energy Audits

Visit www.ShowMeTheGreen.ca for more information.

CONTENTS

- Page 1 - Renovation Grants
- Page 2 - Spring Home Maintenance
- Page 3 - Kindness Rock Painting
- Page 4 - Drum Nights & Cosmic Bowling
- Page 5 - Virtual Presentations
- Page 6 - Meat Bingo & Status Card Clinic
- Page 7 - Walking Stick Workshop
- Page 8 - Annual Powwow
- Page 9 - Tick Safety Reminder
- Page 10 - Ojibwe Word List



Three symbols make up the Indigenous 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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CONTENTS

- Page 1 - Renovation Grants
- Page 2 - Spring Home Maintenance
- Page 3 - Kindness Rock Painting
- Page 4 - Drum Nights & Cosmic Bowling
- Page 5 - Virtual Presentations
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- Page 8 - Annual Powwow
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Spring Home Maintenance Checklist

As winter fades and the days grow warmer, spring is the perfect time to give your home a little extra attention. Seasonal maintenance not only keeps your home looking its best but also helps prevent costly repairs down the line. Here's a simple spring home maintenance checklist to help you freshen up your space and ensure everything is in top shape for the months ahead.

Inspect the roof: Look for missing or damaged shingles and signs of wear or leaks.

Clean gutters and downspouts: Remove leaves and debris to ensure proper drainage.

Check the foundation: Look for cracks or signs of water pooling around your home.

Examine windows and doors: Inspect for drafts, damage, or worn-out weather stripping.

Service your HVAC system: Replace filters and schedule a professional inspection if needed.

Test smoke and carbon monoxide detectors: Replace batteries and ensure they're working properly.

Clean siding and exterior walls: Wash away dirt, mold, and grime that built up over winter.

Pressure wash driveways and walkways: Remove stains and slippery buildup.

Inspect your deck or patio: Check for loose boards, nails, or signs of rot.

Tidy up your yard: Rake leaves, trim shrubs, and prep your garden beds for planting.

Check outdoor faucets and sprinklers: Ensure there are no leaks or damage from freezing.

Clean and store winter tools: Put away snow blowers and winter gear, and prep summer tools.

A little effort now goes a long way—taking the time to tackle these spring tasks will help protect your home and keep it running smoothly all season long.

CONTENTS

- Page 1 - Renovation Grants
- Page 2 - Spring Home Maintenance
- Page 3 - Kindness Rock Painting
- Page 4 - Drum Nights & Cosmic Bowling
- Page 5 - Virtual Presentations
- Page 6 - Meat Bingo & Status Card Clinic
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Kindness Rock Painting Workshop

"Spreading Joy, One Rock at a Time"



Rocks in pictures were painted by Barb Osadec

We are excited to invite you to a heartwarming and creative event designed to bring our community together through art and kindness. Join us for a **Kindness Rock Painting Workshop**, where we'll transform simple stones into colorful messengers of hope, positivity, and encouragement.

Kindness rocks are more than just painted stones—they're tiny tokens of encouragement meant to bring unexpected smiles to those who find them. Artists paint the rocks and hide them in public settings for others to find. When you find a rock, you can take it home and keep it, or hide it somewhere else for another person to find. This activity can be fun for all ages and assists in getting us outside and enjoying the great outdoors. In a world that can always use a little more kindness, your rock might be just the thing someone needs to brighten their day.

We are pleased to announce that we have arranged for Barb Osadec (local rock painting artist) to come and paint rocks with the community. Rocks, paint and brushes will be provided. Please see event details below.

Date: Wednesday May 7, 2025

Time: 6:00-8:30 PM EST

Location: Lac des Mille Lacs Education Centre (2040 Walsh St.)

I.R. Churchill Elementary

To register you and your family for this fun-filled evening of painting, please contact **Kayla Milani** at your earliest convenience.

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Newsletter

May/June 2025

CONTENTS

- Page 1 - Renovation Grants
- Page 2 - Spring Home Maintenance
- Page 3 - Kindness Rock Painting
- Page 4 - Drum Nights & Cosmic Bowling
- Page 5 - Virtual Presentations
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Community Drum Nights

Community Drum Nights play a powerful role in preserving culture and traditions by keeping ancestral rhythms, songs, and stories alive. These types of gatherings allow us to pass down knowledge through generations in an engaging and meaningful way, strengthening cultural identity and pride. As people come together to drum, they not only celebrate their heritage but also ensure that traditional practices remain vibrant and relevant in today's world.

Come out and enjoy the beautiful sounds of Mother Earth's heartbeat. We are 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.

Wednesday May 28, 2025	6:00-9:00 PM
Wednesday July 30, 2025	6:00-9:00 PM
Wednesday August 27, 2025	6:00-9:00 PM
Wednesday September 17, 2025	6:00-9:00 PM
Wednesday October 22, 2025	6:00-9:00 PM
Wednesday November 26, 2025	6:00-9:00 PM
Wednesday December 10, 2025	6:00-9:00 PM

Please contact **Mike Ignace** to register.

Community Cosmic Bowling

We have secured all of our cosmic bowling dates for 2025. Come on out and join us for some fun-filled evenings of bowling with our community. Pizza and beverages will be served while you enjoy 2 hours of all-you-can-bowl.

Saturday May 24, 2025	7:00-9:00 PM
Saturday June 14, 2025	7:00-9:00 PM
Saturday July 19, 2025	7:00-9:00 PM
Saturday August 16, 2025	7:00-9:00 PM
Saturday September 20, 2025	7:00-9:00 PM
Saturday October 18, 2025	7:00-9:00 PM
Saturday November 22, 2025	7:00-9:00 PM

Please contact **Kayla Milani** to register you and your family.

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Newsletter

May/June 2025

Virtual Presentations

Foraging the Forest – Nature’s Hidden Bounty

Discover the basics of foraging in the forest—from identifying edible plants and mushrooms to safe, sustainable harvesting tips. Perfect for beginners and nature enthusiasts!

Date: Tuesday May 13, 2025

Time: 7:00-8:30 PM EST

Location: Online (link provided upon registration)

Join us and learn how to turn a walk in the woods into a wild food adventure!

Tree & Plant Identification Basics

Learn how to identify common trees and plants using leaves, bark, and other key features. This beginner-friendly session will help you build confidence in recognizing the flora around you.

Date: Tuesday June 10, 2025

Time: 7:00-8:30 PM EST

Location: Online (link provided upon registration)

Join us and sharpen your nature ID skills—no prior knowledge needed!

Regional Edible Berries

Discover the delicious and nutritious wild berries growing right in your region! Learn how to safely identify, harvest, and enjoy a variety of native edible berries.

Date: Monday July 7, 2025

Time: 7:00-8:30 PM EST

Location: Online (link provided upon registration)

Perfect for foragers, hikers, and berry lovers alike—join us for a taste of the wild!

To register for the virtual presentations, please email Mike Ignace. You will be emailed a link to the Zoom meeting space.

CONTENTS

- Page 1 - Renovation Grants
- Page 2 - Spring Home Maintenance
- Page 3 - Kindness Rock Painting
- Page 4 - Drum Nights & Cosmic Bowling
- Page 5 - Virtual Presentations
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Community Meat Bingo



We are bringing together our love for bingo and our commitment to food security with a Community Meat Bingo. Join us for a fun-filled evening with opportunities to win a variety of quality meat packages while enjoying good company and great laughs. Light snacks and beverages will be served.

Who: Band and Community Members Aged 18+

Where: Seventh Fire Junior High (1250 Balmoral St.)

When: Tuesday May 27, 2025 6:15-8:15 PM

Why: Promoting Food Security and Community Connection

This event is reserved for band and community members 18+ to create a relaxing, enjoyable atmosphere where adults can unwind, connect, and share some laughs. By keeping it adults-only, we're aiming for a laid-back evening focused on good company and a whole lot of fun.

Please register for this event by contacting Mike Ignace, registrations will be open until Tuesday May 20, 2025.

Status Card Clinic

Are you in need of a Status Card? We are pleased to announce that we will be offering a Status Card Clinic at our Meat Bingo for those who require status cards. This clinic will take place on **Tuesday May 27, 2025 at Seventh Fire Junior High (1250 Balmoral St.) from 6:15-8:15 PM**. Please call **Honey Chicago** at the Administration Office to register or for more information.

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CONTENTS

- Page 1 - Renovation Grants
- Page 2 - Spring Home Maintenance
- Page 3 - Kindness Rock Painting
- Page 4 - Drum Nights & Cosmic Bowling
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Diamond Willow Walking Stick Workshop



Join us for a unique and rewarding experience at our Diamond Willow Walking Stick Making Workshop, where you will have the opportunity to create a one-of-a-kind walking stick from one of nature's most beautiful and mysterious woods — Diamond Willow.

When: Thursday June 12, 2025 6:00-9:00 PM

Where: Lac des Mille Lacs Education Centre (2040 Walsh St. E)

I.R. Churchill Elementary

Who: Band and Community Members Aged 12+

*****As we will be working with some sharp tools, we have limited participation to those who are 12 years of age or older.**

What is Diamond Willow?

Diamond Willow refers to certain species of willow trees that have been affected by a fungus, causing them to grow distinct diamond-shaped patterns and rich contrasting colors in their wood. These "diamonds" appear as dark, recessed patches in the sapwood and are highly prized for their striking beauty and uniqueness. Each stick tells a story written by nature — no two are alike. These natural formations make Diamond Willow an ideal material for crafting beautiful, rustic walking sticks that are both functional and full of character.

This is a fantastic way to unplug, get creative, and connect with nature and your community. Spots are limited so please ensure you register at your earliest convenience.

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- Page 2 - Spring Home Maintenance
- Page 3 - Kindness Rock Painting
- Page 4 - Drum Nights & Cosmic Bowling
- Page 5 - Virtual Presentations
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THE COMMUNITY OF NEZAADIKAANG

LAC DES MILLE LACS FIRST NATION ANNUAL POW-WOW



JUNE 21/22, 2025

**HOST DRUM
ENGLISH RIVER**

**CO-HOST DRUM 1
WHITEFISH BAY**

**CO-HOST DRUM 2
WALKING BEAR**

**MASTER OF CEREMONIES
NATHAN MOSES**

**ARENA DIRECTOR
DUSTIN GAGNE**

**SPIRITUAL ADVISOR
AARON THERREAULT**

**INVITED DRUM
AMELIA CROWLEY
TRADITIONAL**

**INVITED DRUM
NOKOMIS**

WOMENS ALL CATEGORY SPECIAL

MENS ALL CATEGORY SPECIAL

1ST - \$750.00	2ND - \$500.00	3RD - \$350.00	1ST - \$750.00	2ND - \$500.00	3RD - \$350.00
4TH - \$200.00	5TH - \$100.00		4TH - \$200.00	5TH - \$100.00	

FEAST SERVED SATURDAY	AGENDA	DIRECTIONS
BREAKFAST SERVED SATURDAY & SUNDAY MORNING	SATURDAY 21ST GRAND ENTRY 1:00 PM & 7:00 PM	SAVANNE RIVER RESORT IS LOCATED ON HWY 17, 1 HOUR WEST OF THUNDER BAY OR 3 HOURS EAST OF DRYDEN.
CAMPING AND RV SPOTS AVAILABLE ON A FIRST COME FIRST SERVE BASIS	SUNDAY 22ND GRAND ENTRY 1:00 PM	ALL TIMES ARE IN EASTERN STANDARD TIME

ALCOHOL AND DRUG FREE EVENT

CRAFT AND FOOD VENDORS WELCOMED
PLEASE CALL AHEAD TO RESERVE A SPOT

FOR MORE INFORMATION PLEASE CONTACT
MICHAEL IGNACE AT 807-622-9835 EXT 231

CONTENTS

- Page 1 - Renovation Grants
- Page 2 - Spring Home Maintenance
- Page 3 - Kindness Rock Painting
- Page 4 - Drum Nights & Cosmic Bowling
- Page 5 - Virtual Presentations
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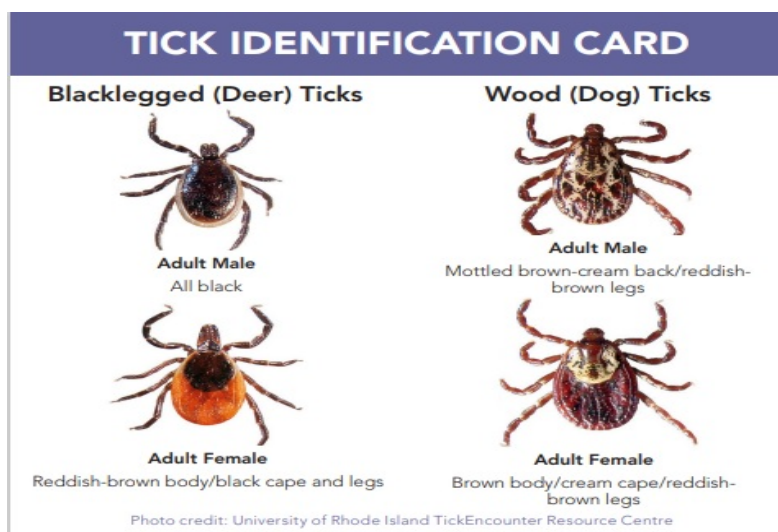
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Tick Safety (Reminder)

Lyme disease has become an increasing concern in Thunder Bay, Ontario, due to the presence of blacklegged ticks (also known as deer ticks), which can carry the bacterium *Borrelia burgdorferi* responsible for the illness. While wood ticks are the most common in the region and do not transmit Lyme disease, the city and its surrounding areas are now considered risk zones. Recent surveillance indicates that over 30% of blacklegged ticks in the area are infected with the Lyme disease bacterium. In 2021, nearly 63% of collected blacklegged ticks tested positive for the bacterium, marking a significant increase from previous years.

Blacklegged ticks are typically found in wooded or grassy areas and require at least 24 hours of attachment to transmit the bacterium to humans. Early detection and removal of ticks are crucial in preventing infection. To reduce the risk of tick bites, residents are advised to wear light-colored clothing, use tick repellents, and perform thorough tick checks after outdoor activities. If a tick is found attached, it should be carefully removed with fine-tipped tweezers, and the area should be cleaned. The Thunder Bay District Health Unit recommends submitting the tick for identification and consulting a healthcare provider if any symptoms develop.



Ojibwe Word List

As mentioned in our previous newsletters, we will be including a list of words and phrases in the Ojibwe language. It is important to note that dialects differ from community to community and even from family to family.

CONTENTS

Page 1 - Renovation Grants
Page 2 - Spring Home Maintenance
Page 3 - Kindness Rock Painting
Page 4 - Drum Nights & Cosmic Bowling
Page 5 - Virtual Presentations
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Page 7 - Walking Stick Workshop
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Aanakwaan - Hat

Azhigan - Sock

Babigiwayaan - Shirt

Bengwaasijigan - Dryer

Biizikawaagan - Coat/Jacket

Biinda'oozon - Sweater

Biitoomidaas - Underpants

Gaa-giziibiiga'igemagak - Washing Machine

Gichipizon - Belt

Giishkijii'on - Blouse

Giizhoopizon - Woolen Scarf

Giziibiiga'igewigamig - Laundromat

Magood - Dress/Skirt

Makizin - Shoe

Midaas - Pants

Minjikaawan - Mitt

Naabikaagan - Headscarf

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>