

Boozhoo everyone! The warm days of summer are fading, and the crisp air of fall has arrived. The leaves have turned vibrant shades and are beginning to fall to the ground, marking the true arrival of the season. With the kids back in school and Halloween just around the corner, it's the perfect time to celebrate the spirit of autumn. We have plenty of exciting events planned for children and families throughout October — check out the following pages for all the details!

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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.

Season of Sneezes: Stay Protected

As cold and flu season settles in, it's more important than ever to focus on keeping ourselves and our communities healthy. The cooler weather and return to school season often brings a rise in coughs, colds, and other respiratory illnesses. Taking simple preventive steps can make a big difference.

Frequent hand washing with warm water and soap for at least 20 seconds remains one of the best ways to stop germs from spreading. If soap and water aren't available, hand sanitizer containing at least 70% alcohol is a good alternative.

Try to keep some distance from anyone who is feeling sick, and if you're under the weather yourself, stay home to rest and recover. Remember to cover your mouth and nose with a tissue or your elbow when you cough or sneeze to help protect others.

Staying up to date on your flu shots and vaccines is another key step in prevention. The vaccine can reduce your chances of becoming ill and will likely lessen symptoms if you do. Speak with your healthcare provider to make sure you and your family are up to date on recommended vaccinations.

Healthy habits also play a big role in keeping your immune system strong. Eat a balanced diet full of fruits, vegetables, and whole grains, stay active, drink plenty of water, and make sure you're getting enough sleep.

Finally, stay informed about any local health updates or outbreaks. By practicing good hygiene, staying healthy, and looking out for one another, we can all help reduce the spread of illness and keep our communities well throughout the cold and flu season.

Lac des Mille Lacs First Nation Healing & Wellness

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Diabetes 101 E-Learning Course

The Indigenous Diabetes Health Circle (IDHC) is offering a free online course called Diabetes 101, designed to help individuals, families, and community members learn more about diabetes and how to manage or prevent it.

This self-paced e-learning course provides an introduction to the basics of diabetes, including what it is, how it affects the body, and ways to maintain a healthy lifestyle through nutrition, physical activity, and regular checkups. The course also highlights the importance of traditional knowledge and Indigenous approaches to wellness, recognizing the balance of physical, emotional, mental, and spiritual health.

Whether you live with diabetes, care for someone who does, or simply want to learn more about prevention, Diabetes 101 offers practical tools and culturally relevant information to support overall well-being.

To learn more or register for the course, visit the Indigenous Diabetes Health Circle website at:

<https://idhctrainingplatform.thinkific.com/courses/Diabetes-101>

Mental Health First Aid Training



Shoonyaa Wa-Bitong

**MENTAL HEALTH
FIRST AID
TRAINING**

October 16 - Agency #1
Office Boardroom
(Fort Frances)

October 21 - Seven Generations
Education Institute (Kenora)



Free registration -
open to Treaty #3
Members.
Lunch will be
provided.

Register by noon, October 2, 2025.
Contact Melanie via email,
melanie.mcpherson@shoonyaa.org

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Pumpkin Carving Party



A Pumpkin Carving Party is the perfect way to celebrate the fall season! Come join us for an evening filled with fun and creativity as we carve pumpkins together. All pumpkins and carving tools will be provided. For the little ones who aren't quite ready to carve, we'll have paints, brushes, and markers available so everyone can take part in the festivities. Snacks and beverages will also be provided.

Date: Monday, October 20, 2025

Time: 6:00 – 8:30 PM

Location: I.R. Churchill Elementary (2040 Walsh St. E.)

Please contact **Kayla Milani** to register.

Pumpkin & Carving Kit Deliveries

For those who cannot attend the in-person pumpkin carving party or would prefer to carve in the comfort of their own home, we will deliver pumpkins and a carving kit to your home. We are asking families and individuals to contact **Kayla Milani** to register for your pumpkin delivery. Pumpkin deliveries will take place on **Tuesday October 21, 2025**. Please be sure to register by **Monday October 20, 2025**.

To register your household, please send an email to Kayla, including the following:

- ~Names & ages of all participants wishing to receive a pumpkin
- ~Address & phone number for delivery

For the out of town families/individuals who wish to participate, you can submit receipts for reimbursement (one pumpkin per participant and one carving kit). Please submit receipts to Mike Ignace in order to be reimbursed. Please include the names and ages of participants as well as your address.

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Community Drum Night

We continue to hold Community Drum Nights once a month at **I.R. Churchill Elementary (2040 Walsh St. E)**. Light snacks and beverages are provided. Please see below for event details.

Wednesday October 22, 2025 **6:00-8:30 PM**

Wednesday November 26, 2025 **6:00-8:30 PM**

Please contact **Mike Ignace** to register.

Community Bowling

Come join us at **Mario's Bowl** for our last two in-person bowling sessions of 2025. We'll have pizza and drinks, and you can enjoy two full hours of unlimited bowling. See below for details:

Saturday October 18, 2025 **7:00-9:00 PM**

Saturday November 22, 2025 **7:00-9:00 PM**

Please register with **Kayla Milani**.

Virtual Yoga with Colleen Dolce

We continue to hold virtual yoga sessions that you can partake in from the comfort of your home. All you need is an internet connection and a small space at home to participate. Classes will be held via Zoom, and registered participants will receive a weekly reminder and link by email.

Class Schedule (all classes begin at 7:00 PM EST)

- **Thursday, October 16, 2025**
- **Thursday, October 23, 2025**
- **Thursday, October 30, 2025**
- **Thursday, November 6, 2025**
- **Thursday, November 13, 2025**
- **Thursday, November 20, 2025**
- **Thursday, November 27, 2025**

To register, please contact **Kayla Milani**.

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Halloween Social at Gammondale Farm!

Date: Wednesday October 29, 2025

Time: 5:00-8:30 PM

Location: Gammondale Farm (426 McCluskey Dr.)



We are pleased to announce that we will be holding our Annual Halloween Social at Gammondale Farm again this year! Come join us for this fun filled family event. The evening will consist of Halloween craft tables, horseback riding, visit to the animal farm, visit to the Boo Barn, hay rides, door prizes and a whole lot of fun. Food and beverages will be served. For those that choose to attend in costume, prizes will be awarded for best costumes.

Please contact **Kayla Milani** to register you and your family for this wonderful event. We hope to see you there!

Cold and flu season is upon us, please stay home if you are feeling ill. Masks are not mandatory for this event, but if you wish to wear one, please do. Hand sanitizer will be readily available.

GAMMONDALE FARM
FAMILY FUN

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Family Halloween Dance Party



You're Invited to Our Spooktacular Family Halloween Dance Party! Get ready for a hauntingly good time filled with music, dancing, and thrilling fun! Join us on **Saturday, October 25, 2025**, from **5:00 – 8:00 PM** at **I.R. Churchill Elementary School** for an evening of Halloween magic.

Come dressed in your best costume for a chance to win "fang-tastic" prizes in our costume contest! Please ensure costumes are appropriate for all audiences.

Enjoy a lively night of spooky tunes, fun activities, and great food — we'll have pizza and plenty of beverages, so be sure to bring your appetite!

We can't wait to celebrate with you and your family! To register for this fun-filled event, please contact **Mike Ignace**.

Please note: This is not a drop-off event. An adult must stay with their children for the duration of the evening.

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The Trail of Purgatory Halloween Walk Through & Display

Created by Band Member: Noah Fugere

Noah Fugere is in charge of the Trail of Purgatory on Pennock Drive, and has loved Halloween and scary stuff for as long as he can remember. He started his haunted trail in 2020 after being inspired by seeing other displays on YouTube.

The Trail of Purgatory is a Halloween walk through attraction & display. Walking through the trail you will experience jump scares from live actors and various Halloween themed display set ups.

Our location and hours are as follows:

115 Pennock Drive
Fridays & Saturdays: 7:30pm-10:30pm
Street parking available



www.thetrailofpurgatory.com
www.facebook.com/profile.php?id=100094801793654

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Halloween is almost here! It's time to bring out your spooky decorations and start carving those pumpkins to light up your displays. We want to see your creative pumpkin masterpieces! Everyone who submits a photo of their carved pumpkin will be entered into a participation draw. There will be **five** prizes of \$100 Walmart Gift Cards awarded to the first five names drawn. In addition, one standout photo will be selected by a panel of judges to win the Grand Prize of \$200.

Please submit your carved pumpkin photos to Kayla Milani. The deadline for submissions is November 3, 2025. We can't wait to see your spooky, silly, and creative designs!



We want to see your Halloween decoration displays! Participants are invited to submit photos of their spooky setups for a chance to win some great prizes. Everyone who sends in a photo will be entered into a participation draw, with five prizes of \$100 Walmart Gift Cards awarded to the first five names drawn. In addition, one photo will be chosen by a panel of judges to receive the Grand Prize of \$200. Please submit your photos to Mike Ignace by Monday, November 3, 2025. We can't wait to see your creative and haunting Halloween displays!

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Halloween Costume Contest!

- ~ Four age categories ~
- ~ 5 winners per age category ~
- ~ Winners will receive a \$50.00 Walmart gift card ~



Age Categories

- ~ Ages 0-12 ~ Ages 13-17 ~ Ages 18-54 ~ Ages 55 and over ~

Contest Deadline - **Monday November 3, 2025**

To enter, dress up in your Halloween costume, snap a photo, send your photo to **Kayla Milani (kmilani@lacadesmillelacs.ca)**. In your email, please include your name, age and contact information. We look forward to seeing all of your awesome costumes!

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ONTARIO REGION UPDATE



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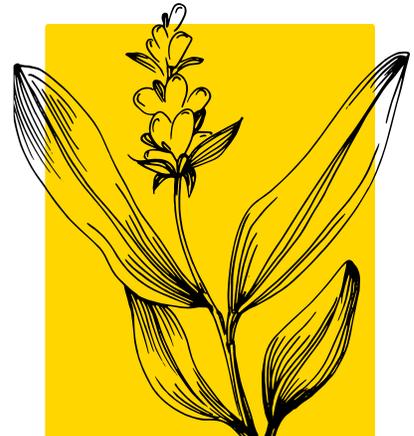
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For newsletter questions or to request a French copy, please email / Pour questions concernant la newsletter ou pour demander une copie en français, s'il vous plaît envoyez un e-mail :
ontario-communications@sac-isc.gc.ca



Communicating About Respiratory Illness Season



You can get sick at any time of the year, but there tends to be more cases of respiratory illnesses in the fall and winter. The [same protection methods](#) that have helped us get through past respiratory illness seasons will help us this year. Everyone is encouraged to use multiple [personal protective measures](#); stay home when they are sick; masking as needed; and making sure they are up to date with all recommended immunizations.

The Public Health Agency of Canada has developed an updated **Respiratory Illness Communications Toolkit**, that is designed to support your outreach efforts and help promote key public health messages.

[Click here to download the toolkit](#). It includes:

- Key messages
- Social media messages and sharable images
- Awareness resources
- Vaccination guides



This toolkit includes ready-to-use content that can be repurposed, reposted, or customized to suit your audience. It highlights the importance of personal protective measures and timely vaccination to help reduce the spread of respiratory illness and ease pressure on our health care systems.



Other communication resources

[Immunize Canada](#) creates great resources about respiratory illnesses. The [OneHealth Portal](#) also hosts a collection of resources. Visit each website to find a variety of products related to respiratory illness season. A few key examples from both are highlighted below.

- Fact sheet: Respiratory illness facts – [PDF](#)
- Graphic set: What is RSV? – [ZIP file](#) (automatic download)
- Infographic: Influenza prevention in people with asthma – [PDF](#)
- Infographic: Myth-busting Mondays, 2 in 1 shot – [Image file](#)

Seasonal immunizations (Ontario)

Ontario has launched its [fall immunization programs](#) for 2025. Both the National Advisory Committee on Immunization and the provincial Ministry of Health recommend giving immunization priority to specific populations this fall, which includes First Nations, Inuit, and Métis individuals. These groups may experience various risk factors and/or face barriers in accessing healthcare.

Here is a summary of key recommendations that apply to Indigenous individuals. Please speak with a local health care provider, nursing station, or public health unit for personal health guidance.

Influenza (flu) and COVID-19

It is recommended that the following priority populations receive their fall flu and COVID-19 immunizations as soon as possible:

- People in or from First Nations, Métis or Inuit communities

It is also recommended that **the following individuals receive an additional COVID-19 dose in Spring 2026:**

- Adults 55 years and older who identify as First Nations, Inuit or Métis, *and* their non-Indigenous household members who are 55 years and older
- Adults living in long-term care homes and other congregate living settings, such as Elder Care Lodges
- Individuals 6 months of age and older who are [moderately to severely immunocompromised](#) (due to an underlying condition or treatment)

For more information about flu immunization, please visit ontario.ca/page/flu-facts.

For more information about COVID-19 immunization, visit: ontario.ca/page/covid-19-vaccines.

Respiratory Syncytial Virus (RSV)

RSV is a major cause of respiratory illness, particularly among infants, young children, and older adults. Ontario offers immunization to these vulnerable groups, who are at a higher risk of serious infection. This includes infants; high-risk children; and First Nations, Inuit and Métis individuals 60 years of age and older.

People should speak with a health care provider for personalised immunization advice. For more information about RSV immunization and eligibility, visit: ontario.ca/page/respiratory-syncytial-virus-rsv-prevention-programs.

Staying Safe on the Land

The fall hunting season is underway in the regions. Wild game provides a major source of vitamin A, C, calcium, iron and protein, and is beneficial to health. However, wild game can be contaminated. It is especially important to stay informed about public health concerns like rabies and avian flu if you are someone who is more likely to come into close contact with wildlife – such as hunters, trappers, and fishers. The following resources may be helpful for tracking local concerns and promoting safety on the land this fall and winter.

Communication resources

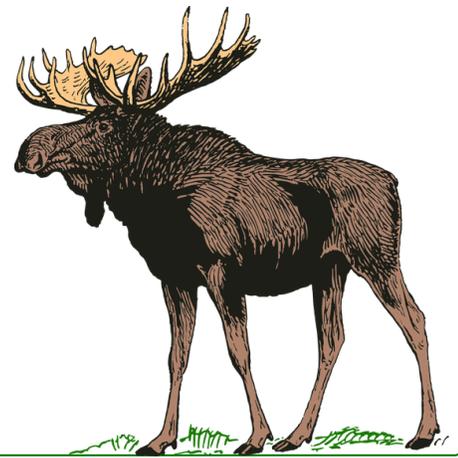
Government of Canada & Government of Ontario

- Hotline: Ontario rabies information line for non-emergencies – [1\(888\) 574-6656](tel:18885746656)
- Fact sheet: Chronic wasting disease and traditional food – [PDF](#) (auto-download)
- Webpage: Monitoring and testing chronic wasting disease – [Link](#)
- Webpage: Food safety for hunting – [Link](#)

Canadian Wildlife Health Cooperative (Ontario Regional Centre)

- Hotline: Reporting sick or dead animals – [1\(866\) 673-4781](tel:18666734781)
- Online tool: Reporting sick animals online – [Link](#)
- Dashboard: Avian influenza in wildlife – [Link](#)
- Poster: Prevent the spread of avian influenza – [PDF](#)

** Please note the centre takes reports on a variety of suspected illnesses and species, including bats, deer, and birds.*



Help is Here Whenever You Need It

Support is available 24/7 for all First Nations, Inuit, and Métis peoples. Please find a list of mental health helplines below that are able to provide culturally relevant support. To find more services and resources, [visit the national Indigenous mental health page](#).



Hope for Wellness Helpline

Phone: [1-855-242-3310](tel:18552423310)

Online chat: www.hopeforwellness.ca

Missing and Murdered Indigenous Women and Girls Support Line

Phone: [1-844-413-6649](tel:18444136649)

Indian Residential Schools Crisis Line

Phone: [1-866-925-4419](tel:18669254419)

Mental Health and Suicide Prevention Services

Phone: [9-8-8](tel:988) (call or text)



Entrepreneurship Funding

The Access to Business Opportunities program is accepting funding applications for the 2026 to 2027 fiscal year. The program offers non-repayable contributions to national and regional projects, similar to grants. Successful projects will promote a culture of entrepreneurship, improve access to business opportunities, and strengthen the capacity of other Indigenous business. The program does not fund individual businesses.

The program is open to First Nation and Inuit communities, as well as Indigenous-owned organizations and associations. Applicants are to submit a project pitch by e-mail to APA-ABO@sac-isc.gc.ca. If the pitched project aligns with the program's terms and conditions, the applicants will be invited to submit an application.

The deadline to apply is October 31, 2025 at 11:59pm, Eastern Time. Visit the Access to Business Opportunities [webpage](#) for more information.

Sport & Social Development

The Indigenous Sport Unit delivers the Sport for Social Development in Indigenous Communities (SSDIC). SSDIC provides multiple streams funding to support Indigenous efforts to stay active in community, and connects participants with culturally relevant physical activity. Stream Three is currently accepting applications for projects that meet the needs and priorities of Indigenous women, girls and 2SLGBTQI+ peoples.

Eligible projects will provide opportunities for these groups to participate in meaningful sport, recreational, and physical activities, while also supporting one or more social development goals. Stream Three's social development goals focus on:

- physical and mental health
- suicide prevention
- sexual trafficking awareness and prevention
- safe and healthy relationships
- sexual positivity (2SLGBTQI+)

This SSDIC stream is open to recognized First Nations, Inuit communities, and Metis Nations. It also open to non-profit organizations that are Indigenous-owned and/or operated, and primarily serves Indigenous women, girls, and/or 2SLGBTQI+ peoples.

The deadline to apply is October 6, 2025 at 4:00pm, Eastern Time. Please email the program to request an application form: sportcanada.ssdsc-ssdic.sportcanada@pch.gc.ca. Visit the [webpage](#) for more information.

