

Boozhoo everyone! We hope you've all had a wonderful summer and are feeling energized as we begin another school year. A new academic year is always a chance to set goals, take on fresh challenges, and welcome new opportunities with excitement. In this issue, we've included information on several upcoming community events, including our Community Bowling Nights, Drum Nights, an 8-week Virtual Yoga Program, and a Community Meat Bingo. Our team is also busy planning for October, with details on Halloween celebrations, contests, and a children's Halloween dance coming in early October. We're looking forward to another season of learning, laughter, and connection with all of you!

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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.

Harvesting Season is Here: Safety, Stewardship, and Responsible Practices

As summer fades into autumn and the air turns crisp, harvesting season arrives across the lands. This is the time when hunters, trappers, and outdoor enthusiasts head into the bush to practice traditions that have been passed down through generations. For many, this season is about more than just harvesting—it's about connecting with the land, honoring cultural values, and providing food, fur, and resources for our families and communities.

With this season also comes great responsibility. Safety, stewardship, and ethical harvesting must always be at the forefront. By caring for ourselves, respecting the animals we pursue, and protecting the ecosystems we rely on, we ensure that the land continues to provide for generations to come.

Safety in the Bush

The wilderness offers peace, adventure, and sustenance, but it can also be unpredictable. Preparing yourself properly is one of the most important steps before setting out:

Plan ahead – Always let someone know your travel plans, location, and expected return time. This ensures help can reach you if something goes wrong.

Carry proper gear – Maps, compass or GPS, fire-starting tools, first-aid supplies, and extra clothing for sudden weather changes can be life-saving.

Respect your tools – Firearms, traps, and knives are essential but dangerous if mishandled. Proper training, safe handling, and caution are non-negotiable.

Maintain your equipment – Regularly check traps, firearms, boats, and ATVs to ensure they are in safe working condition. A broken piece of equipment deep in the bush can quickly turn into an emergency.

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Mike Ignace

IHWS Coordinator

Phone: (807)622-9835 Ext 231

mignace@lacadesmillelacs.ca

Kayla Milani

Family Wellbeing Worker

Phone: (807)622-9835 Ext 259

kmilani@lacadesmillelacs.ca

Harvesting Season is Here: Safety, Stewardship, and Responsible Practices (Continued)

Hunter and Trapper Safety

Hunters and trappers play a key role in wildlife management, but that responsibility also comes with rules and best practices:

Follow provincial regulations – Seasons, quotas, and licensing requirements exist to balance human use with wildlife health.

Stay visible – Bright orange or high-visibility clothing helps prevent accidents when others are in the bush.

Camp responsibly – Keep your site clean and organized to prevent fires, avoid slips and injuries, and reduce the risk of attracting wildlife.

Ethical trapping – Check traps regularly, use legally approved sets, and avoid causing unnecessary suffering to animals.

Respect other land users – Remember that berry pickers, hikers, and forestry workers may also be out in the same areas. Clear communication and awareness are important.

Stewardship of the Land

Every step we take in the bush has an impact. Stewardship means leaving the land healthier than we found it, so that our children and grandchildren inherit thriving forests and waterways:

Respect habitats – Avoid damaging sensitive areas such as wetlands, streams, and nesting grounds. These places are critical for biodiversity.

Minimize your footprint – Pack out all garbage, reduce unnecessary tree cutting, and avoid creating new trails unless absolutely necessary.

Sustainable practices – Ensure harvests reflect healthy population levels. If numbers appear low in your area, adjust your effort to help species recover.

Cultural responsibility – Stewardship also includes following traditional and family teachings about balance and respect for the land.

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Harvesting Season is Here: Safety, Stewardship, and Responsible Practices (Continued)

Responsible Harvesting

Ethical harvesters recognize that every decision they make shapes the future of wildlife and the land:

Take only what you need – Harvest responsibly, ensuring nothing is wasted.

Respect the animal – From clean kills to proper skinning and processing, treat each harvest with care and gratitude.

Avoid over-harvesting – Following quotas and population data prevents declines that could take decades to repair.

Share knowledge – Teach younger generations safe practices, cultural values, and respect for wildlife so these traditions continue in a good way.

A Season of Connection

Harvesting season is not just about filling freezers or stretching fur on a board—it's about connection. Connection to the land, to family, to community, and to traditions that go back centuries. By practicing safety, respecting regulations, and caring for the land and animals, we honor these connections while ensuring that the bush remains vibrant, healthy, and abundant.

When we walk into the forest this season, we carry both responsibility and privilege. Let us step carefully, act wisely, and harvest with respect.

Fall Harvest Photo Contest

We'd love to see how you're celebrating the fall harvest season! Share your best harvest photos with us—whether it's hunting, trapping, fishing, berry picking, garden harvests, etc—for a chance to win 1 of 5 Walmart gift cards. Your photos help showcase the spirit of the season, so send in your pictures today for your chance to win! Email photos to mignace@lacadesmillelacs.ca

Mike Ignace

IHWS Coordinator

Phone: (807)622-9835 Ext 231

mignace@lacadesmillelacs.ca

Kayla Milani

Family Wellbeing Worker

Phone: (807)622-9835 Ext 259

kmilani@lacadesmillelacs.ca

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Guide to Eating Ontario Fish

The **Guide to Eating Ontario Fish** is an official resource published by the Ontario Ministry of Natural Resources & Forestry that provides up-to-date advice on how many fish meals per month are safe to eat, based on species, size, and the specific lake or river where the fish was caught. It includes an interactive map covering over 2,600 Ontario water bodies to help users identify safer choices, plus practical guidance on preparing fish—such as trimming off skin and fat, and cooking methods to reduce exposure to contaminants

You can view the full guide and the interactive consumption advisory here:
Guide to Eating Ontario Fish:

<https://www.ontario.ca/page/guide-eating-ontario-fish>

Fish Consumption Advisory – Lac des Mille Lacs

- Sensitive Population: Children under 15 years of age and people who are pregnant or may become pregnant.
- The consumption advice is based on an average fish meal of 227 grams (8 ounces, half a pound or approximately a fillet of dinner plate length) for an average-size adult weighing 70 kilograms (154 pounds).

Species	Length	General Population	Sensitive Population
Cisco (Lake Herring)	10-16 Inches	32 Meals	16 Meals
Lake Whitefish	12-20 Inches	32 Meals	32 Meals
	20-22 Inches	32 Meals	16 Meals
Longnose Sucker	18-20 Inches	16 Meals	4 Meals
	20-22 Inches	8 Meals	4 Meals
Northern Pike	22-24 Inches	12 Meals	4 Meals
	24-26 Inches	8 Meals	4 Meals
	26-28 Inches	8 Meals	0 Meals
	28+ Inches	4 Meals	0 Meals
Smallmouth Bass	12-14 Inches	16 Meals	8 Meals
	14-16 Inches	12 Meals	4 Meals
	16-18 Inches	8 Meals	4 Meals
Walleye	12-16 Inches	12 Meals	4 Meals
	16-18 Inches	8 Meals	4 Meals
	18-20 Inches	8 Meals	0 Meals
White Sucker	16-18 Inches	16 Meals	12 Meals
	18-20 Inches	16 Meals	8 Meals
	20-22 Inches	16 Meals	4 Meals
Yellow Perch	8-10 Inches	32 Meals	12 Meals
	10-12 Inches	12 Meals	4 Meals

*** Information compiled from Ontario's "Guide to Eating Ontario Fish"

Mike Ignace

IHWS Coordinator

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

Kayla Milani

Family Wellbeing Worker

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

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Community Cosmic Bowling

Join us for some fun community bowling nights! We'll have pizza and drinks, and you can enjoy two full hours of unlimited bowling. Bowling is a great activity for all ages, with lots of benefits like:

Staying Active – A light workout that helps with strength, coordination, and heart health.

Spending Time Together – A fun way to connect with friends and family

Relaxing – The easy rhythm of the game and friendly atmosphere can help melt away stress.

Sharpening Your Mind – Bowling takes focus and strategy, which can keep you thinking sharp.

Improving Skills – Helps boost hand-eye coordination and balance over time.

Check out the details below for our next three bowling events:

Saturday September 20, 2025	7:00-9:00 PM	Mario's Bowl
Saturday October 18, 2025	7:00-9:00 PM	Mario's Bowl
Saturday November 22, 2025	7:00-9:00 PM	Mario's Bowl

Please contact **Kayla Milani** to register.

Community Drum Nights

Come and experience the powerful sound of the Grandfather Drum. Its deep rhythm reflects the very first heartbeat we hear—our mother's—and carries the heartbeat of Mother Earth, reminding us of the rhythm of life and our connection to all living beings.

Our Community Drum Nights are a time to come together, share in collective joy, and strengthen our sense of belonging. These gatherings take place once a month at I.R. Churchill Elementary (2040 Walsh St. E). Light snacks and refreshments will be available. See below for upcoming event details.

Wednesday September 17, 2025	6:00-8:30 PM
Wednesday October 22, 2025	6:00-8:30 PM
Wednesday November 26, 2025	6:00-8:30 PM

Please contact **Mike Ignace** to register.

Mike Ignace

IHWS Coordinator

Phone: (807)622-9835 Ext 231

mignace@lacdesmillelacs.ca

Kayla Milani

Family Wellbeing Worker

Phone: (807)622-9835 Ext 259

kmilani@lacdesmillelacs.ca

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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 September 16, 2025 6:15-8:15 PM
Why: Promoting Food Security and Community Connection

Note: We are working within our budgets therefore this event is for band and community members 18+. Our aim is to create a relaxing, enjoyable atmosphere where adults can unwind, connect, and share some laughs.

Please register for this event by contacting Mike Ignace, registrations will be open until Thursday September 11, 2025.

Status Card Clinic

Are you in need of an updated 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 September 16, 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.

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

Kayla Milani
Family Wellbeing Worker
Phone: (807)622-9835 Ext 259
kmilani@lacadesmillelacs.ca

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8 Week Virtual Yoga Program



In 2023 & 2024, we hosted an 8-week Virtual Yoga Program that was very well-received by the community. We are excited to announce that virtual yoga classes will once again be offered this year, running throughout October and November.

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 2, 2025
- Thursday, October 9, 2025
- 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**.

Why Practice Yoga?

Research shows that yoga can:

- Reduce stress and support overall wellness
- Improve sleep, balance, and emotional health
- Relieve low-back pain, neck pain, tension headaches, and knee osteoarthritis
- Help manage symptoms of anxiety, depression, and menopause

Mike Ignace

IHWS Coordinator

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mignace@lacdesmillelacs.ca

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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 (such as wood or leaf piles) that the fungus is growing on is disturbed, causing them to be breathed in and settling in the lungs.

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Blastomycosis Fast Facts

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, speak with a health 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 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.

Mike Ignace

IHWS Coordinator

Phone: (807)622-9835 Ext 231

mignace@lacdesmillelacs.ca

Kayla Milani

Family Wellbeing Worker

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kmilani@lacdesmillelacs.ca

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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.

- Ningaabii'anong - West
- Giiwedionong - North
- Waabanong - East
- Zhaawanong - South
- Aazhagaam - Across the water
- Agwajiiing - Outside
- Anaamakamig - Underground
- Anaamibiig - Underwater
- Awasiwedi - Over there
- Bagwadakamig - In the wilderness
- Biindig - Inside
- Besho - Close by
- Biindoonag - Inside a boat
- Dabazhiish - Lower
- Megweshkwasiwag - In th tall grass
- Naazibiing - Down at the lake
- Niisadin - Down the hill
- Ningoji - Somewhere else
- Noopimiing - In th forest
- Waasa - Far away
- Zaagiing - Rivermouth

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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IHWS Coordinator

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mignace@lacdesmillelacs.ca

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Family Wellbeing Worker

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kmilani@lacdesmillelacs.ca