

# Lac des Mille Lacs First Nation Healing & Wellness

# Newsletter

May/June 2021

**Boozhoo everyone!** We hope that you are all enjoying the beautiful spring weather! In May, the First Nation delivered Mother's Day gifts to all the local registered mothers, and mailed gifts to the out of town mothers as a way of saying "**We appreciate you mom!**". We hope that everyone enjoyed their Mother'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 Family Well-being Garden Contest, Powwow Dance Presentations, Fly Fishing Workshop for Youth, and an opportunity to be trained in Mental Health First Aid. For homeowners, and those looking to purchase a home, we have provided information on various programs and resources that might assist you in saving some finances. The website mentioned on page 4 is a fantastic tool that provides information on Federal and Provincial Grants and Rebates.

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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.

## Family Well-being Garden Contest

### Participation Draws!!!



Gardening has many great benefits. Not only can gardening provide you and your family with healthy fresh produce, it has positive mental wellness benefits as well. Gardening can be fun for the whole family and can help us make connections with nature and each other.

We want to see what you are growing in your garden! Each household that submits a photo of their garden will be entered into a participation draw for a chance to **win one of five \$100.00 Walmart Gift Cards**. To register, please email your garden pictures to [Kayla Milani](mailto:Kayla.Milani) by **July 2, 2021**. When registering please include your name, household members, ages, and contact information.

## POWWOW DANCE PRESENTATIONS

Throughout the week following Aboriginal Day, we will be holding a variety of virtual presentations on various styles of powwow dance. These presentations will be one hour in length and presenters will talk about the history of the dance, the teachings surrounding the dance, regalia, and perform a demonstration of their dance. This is an excellent opportunity to learn more about one of our many Anishinaabe cultural practices.

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<b>June 22, 2021</b> Grass Dancer	6:30-7:30 PM Nathan Moses
<b>June 23, 2021</b> Jingle Dress Dancer Jingle Dress Dancer Jingle Dress Dancer (Youth)	6:30-7:30 PM Tausha Esquega Mary Magiskan Dannell McGinnis
<b>June 24, 2021</b> Traditional Dancer	6:30-7:30 PM Doug Turner
<b>June 25, 2021</b> Fancy Shawl Dancer	6:30-7:30 PM Deanne Hupfield

If you are interested in attending the presentations, please email Mike Ignace and he will provide you with a link to the Zoom meeting space.

### Mike Ignace

AHWS Coordinator  
Phone:(807)622-9835 Ext 231  
mignace@lacdesmillelacs.ca

### Kayla Milani

Family Well-being Worker  
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## Upcoming Events Reminder!

### Fly Fishing for Beginners

Are you a youth or young adult aged 13-29? Have you ever thought about taking up fly fishing? Well here is your chance. Join Mike Ignace on Zoom for a 4-part web Series on the basics of fly fishing. Participants who complete the 4-part series will receive a basic Fly Fishing Package.

This web series will provide with you all the basic knowledge required to learn how to fly fish. Fly fishing is an angling method that uses a light-weight lure—called an artificial fly—to catch fish. The fly is cast using a fly rod, reel, and specialized weighted line. The light weight requires casting techniques significantly different from other forms of casting. The flies may resemble natural invertebrates, bait fish, or other food organisms.

To register for this web series, please email **Mike Ignace** by **June 8, 2021**. **Spots are limited** so register early! Once registered you will receive a confirmation email with links to all the zoom meetings. All meetings will be on **Wednesdays from 7:00-8:00 PM**.

### Mental Health First Aid

We are pleased to announce that we will be coordinating a 2-day Virtual Mental Health First Aid Course for the month of June. We are asking that interested participants sign up by **June 11, 2021** to allow time for coordination. To sign up for this course, please email Mike Ignace at your earliest convenience.

One in three Canadians will experience a mental health problem at some point during their life. The earlier a problem is detected and treated, the better the outcome. Mental Health First Aid gives people the skills they need to provide that early help - that is so important to recovery. Mental Health First Aid (MHFA), is the assistance provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

## ShowMeTheGreen.ca

### Canadian Government Homeowners Grants & Rebates

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 Provincial Grants  
Federal Grants  
First Time Home Buyer  
Grants for Disabled Homeowners Home  
Energy Audits

AND MORE.....

Visit [www.ShowMeTheGreen.ca](http://www.ShowMeTheGreen.ca) for more information.

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**Ontario  
Aboriginal  
Housing Services**

Website: <https://www.ontarioaboriginalhousing.ca/>

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Ontario Aboriginal Housing Services is an organization with a mandate to provide safe and affordable housing for Indigenous People living in urban and rural areas of Ontario. Our vision is to lead the design, development, and delivery of a sustainable and culturally appropriate continuum of housing that promotes excellence in the community and organizational infrastructures.

### **Ontario Priorities Housing Initiative (OPHI) Homeownership Program**

Ontario Priorities Housing Initiative (OPHI) Ontario Renovates 2020/2022 Homeownership Program component aims to assist low to moderate income off-reserve Indigenous renter households to purchase affordable homes by providing down payment and closing cost assistance in the form of a forgivable loan. Funding is provided as a down payment and closing cost assistance loan for eligible purchasers. Assistance is forgiven in full after 20 years

### **Ontario Priorities Housing Initiative (OPHI) Ontario Renovates 2020/2022 Home Repair Program**

Ontario Priorities Housing Initiative (OPHI) Ontario Renovates 2020/2022 Home Repair Program is a forgivable loan program that will assist low to moderate income Indigenous off-reserve homeowner households to repair their primary and sole residence to bring them to acceptable standards while improving the energy efficiency of the unit. Eligible repairs and funding (to a maximum of \$25,000) will be determined on a case-by-case basis considering overall program priorities.

For more information, please visit:  
<https://www.ontarioaboriginalhousing.ca/>

## Ontario Renovates Program

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Ontario Renovates Program helps residents of Ontario make needed repairs using a combination of forgivable loans and grants. By investing just a bit of time in the application process, you can receive significant financial help.

The Investment in Affordable Housing Program (or IAH) is the primary program under which the Ontario Renovates Program component operates. Funding for the programs comes from both federal and provincial government sources.

In basic terms, Ontario Renovates provides financial help to qualifying people to repair their existing homes. Those who meet income thresholds and who own and occupy houses with substandard construction can use the funds to improve the home's build quality, reaching a minimum level of safety.

The program has a limited amount of money available each year within each locality, so applicants aren't guaranteed to receive any funds, even if they prove their need.

In most locations, the money is distributed to those who qualify on a first come, first served basis. This means it's important to send in applications on time to have the best chance. You must apply in the area where you own the home.

### HOW TO APPLY

To apply to receive funds from the program, you will have to fill out forms in the locality where you own the property, and you'll need to provide a lot of personal and financial information, along with verification documents.

Understand that the application process is a little different from area to area, so be sure to refer to your local rules to give you the greatest chance of a successful application process.

For more information on this program as well as other grants and rebates you may qualify for, please visit: [www.showmethethegreen.ca](http://www.showmethethegreen.ca)

**If you reside outside of Ontario, please use the link above for information pertaining to your province.**