

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

June 2019

The month of June has arrived and that means that "Summer Break" is just around the corner. This is the perfect time to get outside and enjoy the outdoors. One of the easiest ways to connect with our children is to spend time with them outdoors. Whether its going on a camping trip, going fishing, taking a hike or simply having a picnic at the park, get outside and enjoy what Mother Nature has to offer!

On Thursday May 9, 2019, the Healing & Wellness Department hosted our Annual Mother's Day Spa Party at A Spa For You. The mothers of Lac des Mille Lacs First Nation were treated to an evening of various massages, foot detoxes, therapeutic touch, paraffin wax and a whole lot of laughter.

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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.



Community Events

ITS SUMMER & ITS BBQ TIME

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On the last Friday of every month (May-September) come down to the Administration Office for a BBQ Lunch! This provides a great opportunity to meet the staff and ask any questions you may have about programming or services. It also brings our Community together! Our Second BBQ is scheduled for Friday June 28, 2019 from 12:00-2:00 PM. Hope to see you there! Please contact Ernie May - Family Well-being Worker, and let him know you will be attending. Come join us for some sun and a delicious BBQ.

If you are interested in attending, please contact:

Ernie May

Family Well-being Worker

Phone: (807)622-9835 Ext 257

emay@lacdesmillelacs.ca

Mike Ignace

AHWS Coordinator

Phone: (807)622-9835 Ext 231

mignace@lacdesmillelacs.ca

COMMUNITY DRUM NIGHTS



We would like to remind everyone that the Healing & Wellness Department has been holding regular Community Drum Nights. These sessions are open to everyone and include teachings surrounding the drum, learning and sharing songs, and a whole lot of practice. Light snacks and beverages are provided. These sessions are being run out of Hyde Park Education Centre located at 2040 Walsh St. E.

Our next scheduled Community Drum Nights are:

Wednesday June 5, 2019

6:00-9:00 PM

Wednesday June 12, 2019

6:00-9:00 PM

Wednesday June 19, 2019

6:00-9:00 PM

Wednesday June 26, 2019

6:00-9:00 PM

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Mike Ignace

AHWS Coordinator

Phone: (807)622-9835 Ext 231

mignace@lacdesmillelacs.ca

Ernie May

Family Well-being Worker

Phone: (807)622-9835 Ext 257

emay@lacdesmillelacs.ca

FATHER'S DAY MINI FISH DERBY



Fathers Day is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. We are pleased to announce we will be hosting our Annual Fathers Day Event on **Saturday June 22, 2019**. The fathers of Lac des Mille Lacs First Nation are invited to come out for a fun-filled day of fishing on beautiful Lac des Mille Lacs. We will meet at **Savanne River Resort at 9:30 AM (EST)**, pack lunches, gear-up and head out onto the lake. There will be prizes awarded for the 3 largest (heaviest) walleye. The weigh in station will close at 4:00 PM. A BBQ dinner will be provided and the winners will be announced at 5:00 PM.

Please call **Mike Ignace - AHWS Coordinator**, at your earliest convenience to register. Spots for this event are limited, register early!

NEED A HELPLINE?

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Links & Resources

www.talk4healing.com

www.cmha.ca

www.beendigen.com

www.thunderbaypolice.ca

www.crimestoppers.ca

www.kidshelpphone.ca

www.tbsasa.org

www.fayepeterson.org

www.alphacourt.ca

www.tbrhsc.net

Support & Information Lines

Kids Help Phone - [1-888-668-6868](tel:1-888-668-6868)

Operation Come Home - [1-800-668-4663](tel:1-800-668-4663)

Missing Kids - [1-800-KID-TIPS](tel:1-800-KID-TIPS)

Assaulted Women's Helpline - [1-866-863-7868](tel:1-866-863-7868)

Senior Safety Line - [1-866-299-1011](tel:1-866-299-1011)

LGBT Youth Line - [1-800-268-9688](tel:1-800-268-9688)

Talk 4 Healing - [1-855-554-HEAL](tel:1-855-554-HEAL)

CMHA Crisis Line - [1-888-269-3100](tel:1-888-269-3100)

Beendigen Native Women's Crisis Home - [\(807\) 346-HELP](tel:807-346-HELP)

Child and Youth Crisis Support Line - [1-888-269-3100](tel:1-888-269-3100)

Telehealth Ontario - [1-866-797-0000](tel:1-866-797-0000)

Ontario Problem Gambling Helpline - [1-888-230-3505](tel:1-888-230-3505)

Drug & Alcohol Information Line - [1-800-565-8603](tel:1-800-565-8603)

If you are unsure of where to call, you can always give our Healing & Wellness Department a call and we will assist you in finding the help or information you are looking for.

Lac des Mille Lacs First Nation Healing & Wellness

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June 2019

THE COMMUNITY OF NEZAADIKAANG
**LAC DES MILLE LACS
FIRST NATION**
12TH ANNUAL
POW-WOW



JUNE 14, 15, 16, 2019



MASTER OF CEREMONY
NATHAN MOSES

ARENA DIRECTOR
RALPH TAYLOR

SPIRITUAL ADVISOR
GILBERT SMITH

HEAD JUDGE
TODD GENNO

WOMENS ALL CATEGORY SPECIAL

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



HOST DRUM
LITTLE BEAR SINGERS

CO-HOST DRUM
HBO SINGERS

INVITED DRUM
BATTLE NATION

INVITED DRUM
WHITEFISH BAY SINGERS

INVITED DRUM
NOKOMIS

MENS ALL CATEGORY SPECIAL

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

FEAST SERVED SATURDAY

BREAKFAST SERVED
SATURDAY & SUNDAY
MORNING

CAMPING AND RV SPOTS
AVAILABLE ON A FIRST
COME FIRST SERVE BASIS

AGENDA

FRIDAY 14TH
WARM UPS

SATURDAY 15TH
GRAND ENTRY
1:00 PM & 7:00 PM

SUNDAY 16TH
GRAND ENTRY
1:00 PM

DIRECTIONS

SAVANNE RIVER RESORT IS
LOCATED ON HWY 17,
1 HOUR WEST OF THUNDER BAY
OR 3 HOURS EAST OF DRYDEN.

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

Event Calendar June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Traditional Early Years Program – Land Based Residential @ Community Cultural Centre Contact Dawn Aho (807) 699-0233 Ext 805 for info
2 Traditional Early Years Program – Land Based Residential @ Community Cultural Centre Contact Dawn Aho (807) 699-0233 Ext 805 for info	3 Language Program 4:30-6:30 pm @ LDML Education Centre	4 Language Program 4:30-6:30 pm @LDML Education Centre	5 Language Program Community Drum Night 6:00-9:00 pm @LDML Education Centre	6 Family Wellness Retreat @ Community Cultural Centre Contact Eva Graham 807-699-0233 Ext 804 to register	7 Family Wellness Retreat @ Community Cultural Centre Contact Eva Graham 807-699-0233 Ext 804 to register	8 Family Wellness Retreat @ Community Cultural Centre Contact Eva Graham 807-699-0233 Ext 804 to register
9 Family Wellness Retreat @ Community Cultural Centre Contact Eva Graham 807-699-0233 Ext 804 to register	10 Language Program 4:30-6:30 pm @ LDML Education Centre	11 Language Program 4:30-6:30 pm @ LDML Education Centre	12 Language Program Community Drum Night 6:00-9:00 pm @ LDML Education Centre	13 Annual Elder's Gathering @ Valhalla Inn Contact Danielle Morrison 807-622-9835 Ext. 230 for info	14 Annual Elder's Gathering @ Community Cultural Centre Contact Danielle Morrison 807-622-9835 Ext. 230 for info Pow Wow @Savanne River Resort	15 Annual Elder's Gathering/Pow Wow @ Savanne River Resort Contact Mike Ignace 807-622-9835 Ext. 231 for info
16 Annual Elder's Gathering/Pow Wow @ Savanne River Resort Contact Mike Ignace 807-622-9835 Ext. 231 for info	17 Language Program 4:30-6:30 pm @ LDML Education Centre	18 Language Program 4:30-6:30 pm @ LDML Education Centre	19 Language Program Community Drum Night 6:00-9:00 pm @ LDML Education Centre	20 Annual Elder's Gathering @ Valhalla Inn Contact Danielle Morrison 807-622-9835 Ext. 230 for info	21 NATIONAL INDIGENOUS PEOPLES DAY Administration Office Closed Education Centre will Remain Open	22 Fathers Day Fish Derby @ Savanne River Resort Contact Mike Ignace 807-622-9835 Ext 231
23 Language Program 4:30-6:30 pm @ LDML Education Centre	24 Language Program 4:30-6:30 pm @ LDML Education Centre	25 Language Program 4:30-6:30 pm @ LDML Education Centre	26 Language Program Community Drum Night 6:00-9:00 pm	27 Seventh Fire Last Day of Classes Student Appreciation Day	28	29
30						

*Please note for updates on events please refer to the Lac des Mille Lacs First Nation Website at <http://lacadesmillelacsfirstnation.ca/pages/view/event-calendar>