

# Lac des Mille Lacs First Nation Healing & Wellness Newsletter

November 2019

The month of October was filled with opportunities to get out with the family and enjoy fun-filled, family friendly events! Our Halloween Social, held at Gammondale Family Farm had an attendance of well over 100 people! Below you will find pictures from some of the events held throughout October. Please see the following pages for details on upcoming events. We would like to remind everyone to call ahead and register for any events they wish to attend so we can make sure we have enough refreshments and materials on hand. If you have registered for an event but cannot attend, please call and let us know as soon as possible.

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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.



## UPCOMING EVENTS

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If you are interested in attending any of these events, please contact:

**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

### Community Bowling



**Date:** Saturday November 23, 2019  
**Time:** 2:30-4:30 PM  
**Location:** Mario's Bowl (Thunder Bay)

Come join us for a fun-filled afternoon of bowling with the Community. Pizza and beverages will be served, while you enjoy two hours of all you can bowl. Please contact **Mike Ignace - AHWS Coordinator** to register for this event.

### Community Drum Night

The Healing & Wellness Department will be offering regular drum teaching workshops. The sessions will be led by Nathaniel Moses/Dustin Gagne and will include teachings about the drum, learning songs and their meanings, and a whole lot of practice!



Our next scheduled drum teaching workshops are scheduled for:

Wednesday November 6, 2019	6:00-9:00 PM
Wednesday November 13, 2019	6:00-9:00 PM
Wednesday November 20, 2019	6:00-9:00 PM
Wednesday November 27, 2019	6:00-9:00 PM

If you are interested in attending, please contact **Mike Ignace - AHWS Coordinator**.

## SMOKE ALARM SAFETY

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### Links/Resources

[www.gosafety.ca](http://www.gosafety.ca)  
[www.canadianfiresafety.com](http://www.canadianfiresafety.com)  
[www.superior-safety.ca](http://www.superior-safety.ca)  
[www.firesafety.ca](http://www.firesafety.ca)  
[www.tbpffa.com](http://www.tbpffa.com)



Smoke alarms are required on every level of your home and outside all sleeping areas, it's the law. Thunder Bay Fire Rescue also strongly recommends installing smoke alarms inside sleeping areas. Only a working smoke alarm can provide you with the early warning needed to safely escape a fire.

Test your smoke alarms every month.

Replace the batteries in your smoke alarms at least once a year. A good time to remember to do this is when we switch our time back one hour in the fall!

Replace all smoke alarms (hardwired and battery operated) every 10 years.

Clean your smoke alarms with a soft bristle attachment from your vacuum.

Remember that only working smoke alarms can save your life!

## Dressing Your Toddler For The Cold

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Toddler winter wear should both keep your little one cozy and allow for movement. A child that is mobile(or soon to be), needs to be able to move easily, keep this in mind when dressing your toddler for the winter weather. Even if your little one has no interest in dressing or undressing themselves, if they are not fully potty-trained, you'll want to go for easy-on/easy-off clothes for your own sanity. Some specific shopping tips to focus on:

**Lay on light layers.** The layers underneath your toddler's outerwear trap in warmth. Opt for all-cotton shirts, which will feel best against your child's still-sensitive skin. If possible, stay clear of bulky clothing which can cause your child to become too hot and can prevent them from moving around easily.

**Find a snowsuit that suits your toddler to a T.** Choose a wind- and water-resistant outer shell — nylon is ideal — and a chill-chasing material on the inside, such as down or Polartec. The zipper should run all the way down to the knee or ankle to make taking it off easier — especially when it's time for a diaper change or potty break. And check that cuffs fit tightly around ankles and wrists to prevent the cold (or snow) from creeping in. Elastic works, but Velcro tabs that let you adjust for a not-too-loose, not-too-tight fit are even better.



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**Choose mittens.** Stick with mittens, which are easier to slip on and are warmer because they keep fingers (and the heat they produce) close together. As with snowsuits, mittens should have a warm inner lining and a weather-resistant shell. And if the mitts don't come with short strings attached, consider purchasing clips to attach them to the sleeves of your toddler's snowsuit. (Tip: Slip on mittens before you put your child's snowsuit on; that way the cuffs will help keep the mittens in place.)

**A warm hat.** A huge percentage of body heat is lost through the head, so a hat is a vital item in a tot's winter-weather wardrobe. (This is especially true if your sweetie has yet to sprout a full head of hair.) Even if his/her snowsuit has a hood, a close-fitting hat is a better head-heating bet (you can always pull the hood over the hat). A cotton or soft-wool knitted cap with ear flaps is best, and even better if it fastens under the chin.

**Choose safe and easy clothing features.** Snaps and zippers are really good choices for toddlers, who will likely need constant wardrobe adjustments. If your little one isn't potty-trained, this also makes diaper changes easier. Also try to avoid ribbons and strings that might unravel or possibly be a choking hazard, especially on loose-fitting hoods.

**Don't forget car seat safety.** Even if it's freezing cold, take off your toddler's winter jacket in the car seat: It can compress in the event of an accident, creating a dangerous amount of space underneath the harness. Thin layers, mittens and hats are still fair game for keeping her comfy and cozy in the car.

**Cover up.** Sun protection is one of the most important factors when it comes to protecting your little one from the elements when it's cold or hot outside. Apply sunscreen 15 to 30 minutes before venturing out. It should be reapplied every few hours.



QuemPine

## NEED A HELPLINE?

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### Links/Resources

[www.talk4healing.com](http://www.talk4healing.com)  
[www.cmha.ca](http://www.cmha.ca)  
[www.beendigen.com](http://www.beendigen.com)  
[www.thunderbaypolice.ca](http://www.thunderbaypolice.ca)  
[www.crimestoppers.ca](http://www.crimestoppers.ca)  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)  
[www.tbsasa.org](http://www.tbsasa.org)  
[www.fayepeterson.org](http://www.fayepeterson.org)  
[www.alphacourt.ca](http://www.alphacourt.ca)  
[www.tbrhsc.net](http://www.tbrhsc.net)

### Support & Information Lines

Kids Help Phone - **1-888-668-6868**

Operation Come Home - **1-800-668-4663**

Missing Kids - **1-800-KID-TIPS**

Assaulted Women's Helpline - **1-866-863-7868**

Senior Safety Line - **1-866-299-1011**

LGBT Youth Line - **1-800-268-9688**

Talk 4 Healing - **1-855-554-HEAL**

CMHA Crisis Line - **1-888-269-3100**

Beendigen Native Women's Crisis Home - **(807) 346-HELP**

Child and Youth Crisis Support Line - **1-888-269-3100**

Telehealth Ontario - **1-866-797-0000**

Ontario Problem Gambling Helpline - **1-888-230-3505**

Drug & Alcohol Information Line - **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.

## November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Community Drum Night 6:00-9:00 PM LDMLEC	7	8	9
10	11	12	13 Community Drum Night 6:00-9:00 PM LDMLEC	14	15	16
17	18	19	20 Community Drum Night 6:00-9:00 PM LDMLEC	21	22	23 Community Bowling 2:30-4:30 PM Marios Bowl
24	25	26	27 Community Drum Night 6:00-9:00 PM LDMLEC	28	29	30