

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

July/August 2024

We hope you are all doing well and are enjoying the wonderful weather! School is out and this means one thing for a child, it is time for summer fun! We have a couple of very exciting months ahead of us with a number of fun-filled community events planned, see details on the following pages.

In June, we held our Annual Powwow and Elders Day at the Community Cultural Centre. It was a beautiful weekend full of healing, emotions, and positive vibes. It was great to see so many families and friends come out and celebrate together. The caterer at the powwow estimates that 350 people were served at Saturday's feast. We had well over 100 registered dancers and 14 drums attend our powwow (5 of them from LDMLFN).

Below, we have provided a few pictures from this year's Powwow and Elders Day.

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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.



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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



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Summer Park & Splash Pad Days!

Over the summer months we will be visiting various parks/splash pads around the city to encourage healthy active outdoor play and bring the community together. Come join us for some fun activities for the little ones. It is very heartwarming to witness the children and families developing strong bonds. *Please note: All children must be accompanied by an adult, no drop-offs.* To register, please contact **Kayla Milani** at your earliest convenience.

Franklin Street Splash Pad

Date: Tuesday July 23, 2024

Time: 11:00 AM-2:00 PM

Location: 215 Franklin St, N (Thunder Bay)

Activity: Rock Painting

Details: Bring bathing suits and towels to enjoy the splash pad. Children will have the opportunity to get creative and paint rocks that they can bring home. Light lunch, snacks and beverages will be provided.

Chapples Park - Kite Flying

Date: Wednesday July 31, 2024

Time: 10:00 AM-2:00 PM

Location: Chapples Park (Thunder Bay)

Activity: Kite Construction

Details: Construct a kite and learn to fly it! Light snacks, beverages and all supplies provided.

North End Splash Pad

Date: Tuesday August 13, 2024

Time: 11:00 AM-2:00 PM

Location: 954 Huron Ave. (Thunder Bay)

Activity: Tie Dye Shirts or Towels

Details: Bring bathing suits and towels to enjoy the splash pad. We will be tie dying, so dress appropriately.

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Community Hiking Excursions

Being physically active can and will improve your quality of life! As a way to promote healthy active lifestyles, we will be going on various picnic and hiking excursions throughout the summer months on some of Thunder Bay's finest hiking trails.

Being in nature, or even viewing scenes of nature, reduces anger, fear, stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.

Come on out and get your heart pumping while enjoying some beautiful scenery and awesome company. To register please contact **Kayla Milani** at your earliest convenience.

The Cascades

Date: Friday July 26, 2024

Time: 10:00 AM

Location: The Cascades (Thunder Bay). Directions provided upon registration.

Details: We will meet near the parking lot/entrance to the park. We will hike along the upper Current River and loop back to our starting point. We will have a number of activities for families to do following the hike. Light snacks and beverages will be provided.

Centennial Park

Date: Monday August 19, 2024

Time: 10:00 AM

Location: Centennial Park (Thunder Bay). Directions provided upon registration.

Details: We will meet at park entrance to commence our hike. We will hike along the current river, looping back to our starting point. We will have a number of activities to do following the hike. Light snacks and beverages will be provided.

Boulevard Lake

Date: Monday August 26, 2024

Time: 10:00 AM

Location: Boulevard Lake (Thunder Bay). Directions provided upon registration.

Details: We will meet near the playground structure at 10:00 AM to commence our hike. We will be hiking the perimeter trail around the lake(5.3 km). This will be followed by time at the playground. Lunch, snacks and beverages provided.

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Canadian Lakehead Exhibition

~Children's Ride Tickets~

August 7/8/9/10/11



The Canadian Lakehead Exhibition is an Annual Family Fair which takes place in August for 5 days from Noon until Midnight. It is deemed to be the largest Fair in all of Northwestern Ontario. The fair offers a wide range of fun and family friendly entertainment every year.

We are pleased to announce that we will be purchasing "Midway Rides Wristband Tickets" and "Gate Admissions" for children 0-17 years of age. The ride tickets are exchanged at the fair for a wristband that will give your child access to all the rides for a 6 hour period. (12-6 PM or 6 PM-12 AM)

Please note: We are providing a maximum of 3 Gate Admissions and 3 Midway Rides Wristband Tickets per household. Children 4 and under do not require a Gate Admission but do still require a Midway Rides Wristband Ticket.

To register, please contact **Mike Ignace** at your earliest convenience. Make sure to provide names and ages of all children. **Registration will close Tuesday July 23, 2024.**

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Fun in the Sun at Boulevard Lake

Outdoor Activities and Mini-Putt



On Friday August 23, 2024 we will be heading to Boulevard Lake for some fun in the sun. The day will consist of swimming at the beach, playing mini-putt, playing at the park as well as other fun activities. We will meet near the playground at 10:00 AM. At noon we will take a break from activities and enjoy a light picnic style lunch before getting back into the activities.

Please contact **Kayla Milani** at your earliest convenience to register for this event.

Fun in the Sun at Chippewa Park

Outdoor Activities & Amusement Rides



On Friday August 30, 2024 we will be heading to Chippewa park for an afternoon of fun outdoor activities and amusement rides! Activities will include sports, a scavenger hunt, 3 legged races, and much more. We will meet near the playground at 10:00 AM. At noon we will break for a BBQ lunch followed by an afternoon at the amusement rides. Don't miss this awesome event!

Register at your earliest convenience by contacting **Kayla Milani**.

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Community Bowling

Come join us for fun-filled evenings of bowling with the Community. Pizza and beverages will be served, while you enjoy two hours of all you can bowl. Please see below for details on our next two upcoming bowling events.

Wednesday July 17, 2024 7:00-9:00 PM

Wednesday August 21, 2024 7:00-9:00 PM

Please contact **Kayla Milani** to register.

Community Drum Nights

It is said that the first sound we hear in life is our mother's heartbeat. The beat of the drum represents this sound, that's why so many of us find it so comforting and are often drawn towards the drum. Come out and enjoy the beautiful sounds of Mother Earth's heartbeat. We will be holding Community Drum Nights once a month at I.R. Churchill Elementary (2040 Walsh St. E). Light snacks and beverages will be provided. Please see below for event details.

Thursday July 25, 2024 6:00-8:00 PM

Thursday August 22, 2024 6:00-8:00 PM

Please contact **Mike Ignace** to register.

Community Skating

We understand that many of our families have children who enjoy skating or playing hockey. We have booked 2 sessions of ice time throughout the summer to assist with keeping those skating skills in tip top shape. Come join us for some fun at the rink. These sessions will take place at the Fort William First Nation Arena. Light snacks and beverages will be provided. Please see below for event details.

Thursday August 1, 2024

6:15-8:15 PM

Monday August 5, 2024

6:00-8:00 PM

Please contact **Kayla Milani** to register.

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Blueberry Picking Excursion



Blueberries are sweet, nutritious, and wildly popular. Often labeled a super food, they are low in calories and incredibly good for you! We are pleased to announce that we are planning a blueberry picking excursion.

We will meet at the LDML Education Center at 8:00 AM, load up the van/bus and head out for a day of berry picking. Please expect anywhere up to 1 1/2 hours of travel to get to the site location. There is a good chance we will be moving sites throughout the day. We plan to return to Thunder Bay by 5:00 PM.

Please keep in mind that these berry picking excursions are tentative and are subject to change depending on the weather, interest, berry crops, etc.

When berry picking, we are typically far into the bush. This means that restrooms will not be available. Participants will have to utilize the forest when going to the bathroom. We will have toilet paper, water, soap and hand sanitizer readily available.

Tentative Excursion Date

Thursday August 15, 2024

Friday August 16, 2024 (Raindate)

What is provided?

Travel (LDML Van/Bus)

Snacks & Drinks (Granola Bars, Fruit Water, Juice)

First Aid Supplies

What to Bring?

Bucket for Picking Berries

Weather Appropriate Clothing (Hat, Rain Gear, Closed Toe Shoes)

Allergy Medication if Required

Packed Lunch (Snacks and Beverages Provided)

To register, please contact **Mike Ignace** at your earliest convenience. Seating is limited so be sure to register as early as possible.