

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

January/February 2025

Boozhoo everyone! We hope you all enjoyed your holiday season and are having a great start to 2025! As we step into this fresh chapter, may this year be filled with new opportunities, personal growth, and unforgettable moments. May this year bring you joy, success, and the strength to face any challenges ahead. Here is to embracing the future with gratitude, hope, and excitement for all that lies ahead. On the following pages we have provided some winter safety tips, information on upcoming events, contests, and some inserts containing information you may find useful. Stay tuned for our next edition for information on March break activities, virtual cultural workshops, and much more!

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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.

Winter Safety Tips

Winter in Canada can be beautiful, with glistening white snow coating the trees and landscapes. Winter can also be very dangerous, and we should know the right winter safety tips to stay safe and enjoy this chilly time of year. From low visibility on the road to icy sidewalks, there are many ways that someone can suffer an injury in the winter. Below, we have provided a few tips to help keep you safe through the winter season.

Always Check Weather Conditions - Weather conditions can change very quickly. If you are heading out, be sure to monitor the weather.

Practice Safe Driving - Pay attention to road conditions, lower speed, remove snow from your vehicles, and keep a safe distance behind others.

Wear Proper Winter Clothing - Dress appropriately for the weather and always dress in layers, this will allow you to remove or add layers as needed. It is also important to ensure that footwear provides enough traction on the slippery surfaces so you don't slip and fall.

Keep an Emergency Car Kit - You never know when your vehicle might break down or where you might be. It is important to keep an emergency car kit in your vehicle. Also, ensure that everyone has enough warm clothing in the vehicle that they would be able to stay warm while waiting for assistance.

Ice Safety - No ice is safe ice! Ice strength depends upon thickness, snow cover, changes in temperature, depth of the water, water flow (current), and a few other factors. If you are venturing onto a frozen body of water it is important that you pay close attention to the ice conditions. Stay off of ice that covers moving water such as creeks, rivers, springs, river mouths, narrow channels. The moving water actually carves out the ice from underneath, so it may look safe, but rarely is. Ice can be 16 inches thick in one spot, but only 2 inches a few feet over. Please take the time to research ice safety if you are planning on heading out and take the necessary safety equipment with you on your outing. Stay safe and have fun!

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Community Cosmic Bowling 2025

We are pleased to announce that we have secured all of our cosmic bowling dates for 2025. Cosmic bowling is a fun and exciting twist on traditional bowling, often set in a darkened alley illuminated by vibrant neon lights, black-lights, and glowing lanes. With energetic music playing in the background, cosmic bowling creates an immersive and lively atmosphere, making it a popular choice for parties, group events, of just a night out with friends/family. Come on out and join us for some fun-filled evenings of bowling with our community. Pizza and beverages will be served while you enjoy 2 hours of all-you-can-bowl.



Saturday January 18, 2025	7:00-9:00 PM
Saturday February 8, 2025	7:00-9:00 PM
Saturday March 15, 2025	7:00-9:00 PM
Saturday April 12, 2025	7:00-9:00 PM
Saturday May 24, 2025	7:00-9:00 PM
Saturday June 14, 2025	7:00-9:00 PM
Saturday July 19, 2025	7:00-9:00 PM
Saturday August 16, 2025	7:00-9:00 PM
Saturday September 20, 2025	7:00-9:00 PM
Saturday October 18, 2025	7:00-9:00 PM
Saturday November 22, 2025	7:00-9:00 PM
Saturday December 20, 2025	7:00-9:00 PM

To register, please contact Kayla Milani - Family Wellbeing Worker. When registering please identify the dates you will be attending, participant names and your group's preference on 5 or 10 pin bowling. We will try our very best to accommodate everyone's preference. See you at our next outing!

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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
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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.

Wednesday January 29, 2025	6:00-9:00 PM
Wednesday February 26, 2025	6:00-9:00 PM
Wednesday March 26, 2025	6:00-9:00 PM

Please contact Mike Ignace to register.

Canada Games Complex Swim Passes

We are excited to announce that we are again providing members with single use passes to the Canada Games Complex through the Community Wellness Worker Program. The Canada Games Complex is fun for the whole family! It not only hosts a large indoor swimming pool, it also has various fitness amenities. Please contact Mike Ignace to register for your passes. There will be a limit of 2 passes per person. When registering, please have the names of all participants. We will be distributing these by mail in early March. Please register by February 21, 2025.

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Valentine's Date Night 2025

Snowed in Comedy Tour at Thunder Bay Community Auditorium

Date: February 15, 2025

Start Time: 7:30 PM

Are you and your sweetheart looking for something to do together in honor of Valentine's Day? We are pleased to announce that we have secured tickets for a comedy show taking place at the Thunder Bay Community Auditorium on February 15, 2025 as a way of supporting our couples who are in healthy and long-term relationships. Come and join us for an evening filled with laughter. To register, please contact Mike Ignace by Tuesday February 4, 2025. Please note: Tickets are limited, so please register early to avoid disappointment.

Phone: (807) 622-9835 Ext 231

Email: mignace@lacadesmillelacs.ca

Tickets will be provided at the doors to the auditorium on the night of the event. Please keep in mind that the show starts at 7:30 PM, please arrive early to get your tickets, and find your seats. Our staff will be at the front doors from 6:30-7:15 PM.



The Snowed In Comedy Tour has turned into a Canadian success story, celebrating its sixteenth year. It has now grown to become the biggest comedy tour in Canada. Playing in 70 cities this year, coast to coast. Four international comedians come together to create one amazing show with each bringing a unique and hilarious take providing something for everyone.

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Fort William Historical Park's Voyageur Winter Carnival



Sunday February 16, 2025

11:00 AM - 5:00 PM

On Sunday February 16, we are heading to the Voyageur Winter Carnival at Fort William Historical Park. Winter fun awaits the whole family at the Voyageur Winter Carnival this Family Day weekend. Come out and enjoy the giant snow maze, tubing hills, skating, winter games and activities, carnival games and contests, live indoor and outdoor entertainment, and much more! This event has been a huge hit in previous years and is a great way to spend part of your Family Day weekend.

If you and your family would like to attend this wonderful family event, please contact Mike Ignace to register for tickets before February 7, 2025 at 3:00 PM. Please provide names of all participants and state whether they are:

Child 0-5

Youth 6-17

Adult 18+

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FAMILY

Lac des Mille Lacs First Nation Healing & Wellness

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Family Day Winter Fun Contest

Open to families with children/youth aged 0-17

We want to see what Family Day 2025 looks like through your eyes! Winter provides us with an awesome opportunity to get outside and enjoy the beauty of winter. All you have to do is perform an outdoor winter activity with your family/household and send us a picture of it for a chance to win one of five great prizes (See below).

Some fun winter activities include:

- ~ Snowball Fight ~ Go Sledding ~ Snowshoeing
- ~ Ice Skating ~ Winter Hike ~ Build Snow Fort
- ~ Ice Fishing ~ Make Snow Angels ~ Skiing

The possibilities are endless, just get outside and enjoy the beauty of Winter!

1st Place

Ice fishing rods for each members of the household, and
a 6 inch manual ice auger.

2nd Place

Snowshoes for each member of the household

3rd Place

\$250.00 in Chapters/Indigo Bookstore Gift Cards
(Can be used to order from their website)

4th Place

\$200.00 in Chapters/Indigo Gift Cards
(Can be used to order from their website)

5th Place

Board game bundle (5 board games)

Contest Details

- ~ Perform a fun filled outdoor activity with the members of your household
- ~ Take a picture of you/your family performing the activity
- ~ Send the picture to Mike Ignace (mignace@lacadesmillelacs.ca)
- ~ Deadline to send submissions is: February 28, 2025
- ~ When submitting, include names and ages of all household members

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INDIAN BOARDING HOME CLASS ACTION



What is the Indian Boarding Homes Class Action?

In the 1950s, the Indian Boarding Homes Program placed First Nations and Inuit children in private homes for the purpose of attending school. This Settlement provides compensation to people placed in these homes.

You may be eligible to make a claim for compensation if Canada placed you in a private home between **September 1, 1951 and June 30, 1992**.

You may still be eligible if you were placed after June 30, 1992. People who were placed in private homes, but died on or after July 24, 2016, may be eligible and their estate can apply on their behalf.

When can I apply?

You can start applying for compensation starting **Wednesday August 21, 2024**.

How can I know if I am eligible?

Use the eligibility checker available on Indian Boarding Homes Program Class Action website: <https://boardinghomesclassaction.com/eligibility-checker>

How can I start my Application?

Starting on August 21, 2024, you can find the claim forms by visiting the website: <https://boardinghomesclassaction.com/>

You can submit claims online, or by downloading and mailing it to the Administrator.

For more information or assistance with applications, please contact:

Fort Frances Area

Susan Councillor: Susan.Councillor@treaty3.ca
Darlene Bruyere: Darlene.Bruyere@treaty3.ca

Kenora Area

Brian Pelly: Brian.Pelly@treaty3.ca
Stephanie Courtoreille: Stephanie.Courtoreille@treaty3.ca

Dryden and Thunder Bay Area

Hayley Jaculak: Hayley.Jaculak@treaty3.ca



Tips to Get Active

> Physical Activity Tips for Adults (18-64 years)

Physical activity plays an important role in your health, well-being and quality of life. Improve your health by being active as part of a healthy lifestyle.

1

Be active at least **2.5 hours a week** to achieve health benefits.

2

Focus on **moderate to vigorous aerobic activity** throughout each week, broken into sessions of 10 minutes or more.

3

Get stronger by adding activities **that target your muscles and bones** at least two days per week.

Tips to help you get active

- ✓ **Choose a variety of physical activities you enjoy.** Try different activities until you find the ones that feel right for you.
- ✓ **Get into a routine** — go to the pool, hit the gym, join a spin class or set a regular run and do some planned exercise. Make it social by getting someone to join you.
- ✓ **Limit the time you spend watching TV** or sitting in front of a computer during leisure time.
- ✓ **Move yourself** — use active transportation to get places. Whenever you can, walk, bike, or run instead of taking the car.
- ✓ **Spread your sessions of moderate to vigorous aerobic activity throughout the week.** Do at least 10 minutes of physical activity at a time.
- ✓ **Join a team** — take part in sports and recreation activities in groups. You'll make new friends and get active at the same time.



- **Set a goal**
- **Make a plan**
- **Pick a time & place**
- **Every step counts**





Tips to Get Active

> Physical Activity Tips for Adults (18-64 years)

Health Benefits

LIVE LONGER! LIVE HEALTHIER!

Physical activity is an important part of a healthy lifestyle. Regular physical activity can help to reduce the risk of premature death and chronic diseases such as coronary heart disease, stroke, hypertension, colon cancer, breast cancer, type-2 diabetes and osteoporosis.

EVERY STEP COUNTS!

If you're not active now, adding any amount of physical activity can bring some health benefits. Take a step in the right direction. Start now and slowly increase your physical activity to meet the recommended levels.

FEEL BETTER!

Regular physical activity can improve your overall sense of well being by improving fitness levels and self esteem, reducing the effects of stress, increasing energy and contributing to positive mental health.

What is moderate aerobic activity?

Moderate-intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing.

- > Examples of moderate activity include walking quickly, skating and bike riding.

What is vigorous aerobic activity?

Vigorous-intensity aerobic activity makes your heart rate increase quite a bit and you won't be able to say more than a few words without needing to catch your breath.

- > Examples of vigorous activity include running, basketball, soccer and cross-country skiing.

What are strengthening activities?

Muscle-strengthening activities build up your muscles.

With bone-strengthening activities, your muscles push and pull against your bones, helping make your bones stronger.

- > Examples of muscle-strengthening activities include push-ups and sit-ups, lifting weights, climbing stairs and digging in the garden.
- > Examples of bone-strengthening activities include running, walking and yoga.

www.publichealth.gc.ca/paguide

Is physical activity safe for everyone?

The recommended level of physical activity applies to all adults aged 18-64 years who do not have a suspected or diagnosed medical condition. These guidelines may be appropriate if you are pregnant. Consult a health professional if you are unsure about the types and amounts of physical activity most appropriate for you.

Canadian Physical Activity Guidelines were developed by the Canadian Society for Exercise Physiology and are available at: www.csep.ca/guidelines

Where to Get Food in Thunder Bay



NORTH SIDE

2025

Food Banks

**Register once by calling 211 for these food banks*

Bread Box, Bethlehem Church

75 Walkover Street, 807-767-3961
Every second Wednesday 10:00am-12:00pm

Current River Churches Food Cupboard

361 Hodder Avenue, Unit C, 807-344-3391
Every second Saturday
8:30am -11:30am (Mar-Oct) & 9:00am-12:00pm (Nov-Feb)

Salvation Army Food Bank

545 North Cumberland Street, 807-345-7319
Every second Thursday, 10:00am-2:00pm

These food banks do not take registration through 211

Gathering Table Food Cupboard

228 Pearl Street, 807-345-6898
Second and fourth Sunday of the month, 11:30am - 12:30pm

Rural Cupboard Food Bank

Comnee Community Complex, 19 Holland Road,
807-285-0836
For rural residents outside of Thunder Bay. Must show I.D.
of each family member and verification of country address.
Third Wednesday of the month (second Wed in Dec. only)
Food Bank 9:00am -11:00am

Thunder Bay Indigenous Friendship Centre

401 Cumberland Street N., 807-345-5840
Third Tuesday of every month.
Registration first week day of the month.

*The organization below provide food to their clients
only, calling in advance is recommended:*

Confederation College Food Bank

SUCCI Office, Shuniah Room 160, 807-475-6226

Lakehead University Food Resource Centre

955 Oliver Road, UC-2014B
807-343-8010 ext. 8850, frc@lusu.ca
Monday 10:00am - 2:00pm, Tuesday 9:30am - 4:30pm,
Wednesday 10:30am - 4:30pm, Thursday 10:00pm - 4:00pm
Wednesday/Thursday Closed 12:30pm - 1:00pm
Friday 9:30am - 4:30pm

Healthy Kids - Windsor Site Food Cupboard

Unit 16-288 Windsor Street, 807-623-0292 ext. 228
ID required. Every Thursday 1:00 pm - 3:00 pm

Free Hot Meals

Salvation Army Soup Van

Dinner meal provided daily.
Wilson Park 7:00pm - 7:30pm

St. Andrew's Dew Drop Inn

292 Red River Road, 807-345-0481
Take home lunch 9:00am - 3:30pm
Hot meal 12:30pm - 3:30pm, Open to the public daily.

Urban Abbey

308 Red River Road, 807-768-8923
Open to the public.
Lunch Monday - Friday 12:30pm, Dinner Saturday 5:30pm

Elevate NWO

106 Cumberland Street N., Suite 102, 807-345-1516
For active clients.
Breakfast (9:00am - 12:00pm)
Lunch (12:00pm - 4:00pm), Monday - Friday

Roots Community Food Centre

Ages 60+,
Last Friday of month, traditional food meal in
partnership with TBIFC
Wednesday 5:00pm - 6:30pm, Friday 11:00am - 12:30pm

Affordable Fresh Produce

Good Food Box via Northwestern Ontario Women's Centre

807-345-7819
A monthly program for people who want to buy quality,
fresh produce at a lower price than the grocery store,
delivered to their neighborhood.
www.Goodfoodboxtb.org for order & pick-up dates

Community Food Market via Roots Community Food Centre

450 Fort William Road, 807-285-0189
Email: info@rootscfc.org
Website: <https://www.rootscfc.org/>
Fruits & vegetables at wholesale cost.
Wednesday 4:00pm - 7:00pm, Thursday 2:00pm - 6:00pm,
Fridays 10:00am - 1:00pm

NorWest Community Health Centres

has offered some clients "greens prescriptions" for
food purchases at the Roots Community Food Market.
Call Community Health Worker at
807-622-8235 ext. 2254 for info.

Where to Get Food in Thunder Bay



SOUTH SIDE

2025

Food Banks

**Register once by calling 211 for these food banks*

Family Giving Centre

@ St. Thomas Anglican Church

1400 South Edward Street, 807-623-3608 ext. 2
Every second Friday 10:00am - 11:30am

Thunder Bay Food Bank

129 Miles Street E., 807-626-9231
Every second Friday, 9:00am - 11:30am

Redwood Park Church Food Bank

2609 Redwood Ave, 807-577-3463
Every second Thursday 11:30pm - 2:30pm
Email: foodbank@redwoodpark.ca

St. Agnes – St. Vincent de Paul Society

1019 Brown Street, 807-629-7404
Every second Friday 9:00am - 10:30am

The Gathering Place

239 Amelia Street West, 807-623-8184
Every second Tuesday 11:00am - 2:00pm

These food banks do not take registration through 211

The Losier Centre

@ Thunder Bay Free Methodist Church

920 Sprague Street 807-622-7686
Third Thursday of each month 10:00am - 11:00am
(Please use the Christina Street entrance and go downstairs)

Our Kids Count

*can also register at OKC
704 McKenzie Street, 807-623-0292
ID required. Every Thursday 1:00pm - 3:00pm
(can access once per month)

Rural Cupboard Food Bank

Conmee Community Complex, 19 Holland Rd, 807-285-0836
For rural residents outside of Thunder Bay.
Must show I.D. of each family member and verification of country address.
Third Wednesday of the month (second Wed in Dec. only)
Food Bank 9:00am – 11:00am

PACE

510 Victoria Ave. E., 807-343-4760
Food Hampers every Wednesday, 11:30am - 2:00pm

The organizations below provide food to their clients only, calling in advance is recommended:

Confederation College Food Bank

SUCCI Office, Shuniah Rm 160, 475-6226

Free Daily Meals

Grace Place

235 Simpson Street, 807-473-3538
Hot dine-in meals Monday to Wednesday
1:00pm - 4:00pm

Salvation Army Soup Van

Dinner meal provided daily
Minnesota Park 6:00pm - 6:30pm

Shelter House

420 George Street, 807-623-8182
Hot meals served daily to the public.
Lunch 1:30pm - 2:30pm
Dinner 7:00pm - 8:00pm

**Access to sandwiches and pastries at window outside of meal times.*

Affordable Fresh Produce

Good Food Box via

Northwestern Ontario Women's Centre

807-345-7819

A monthly program for people who want to buy quality, fresh produce at a lower price than the grocery store, delivered to their neighborhood.
www.Goodfoodboxtb.org for order & pick-up dates.

Community Food Market via

Roots Community Food Centre

807-285-0189

Email: info@rootscfc.org

Website: <https://www.rootscfc.org/>

Fruits & vegetables at below cost prices.

Tuesday 1:00pm - 3:00pm at

Vale Community Centre, 420 Vale Avenue.

NorWest Community Health Centres

has offered some clients "greens prescriptions" for food purchases at the Roots Roots Community Food Market.
Call Community Health Worker at 807-622-8235 ext 2254 for info.