

Boozhoo everyone! We hope you all thoroughly enjoyed the summer months and are feeling refreshed as we transition back to another school year. As the new academic year begins, this is a great time to embrace new challenges and opportunities with renewed energy and enthusiasm. We are pleased to announce that we are currently working on coordinating some fun-filled events for October and will be sending out another newsletter in late September outlining the details. We are looking forward to hosting our annual Halloween events, Halloween contests and much more. We are excited to announce that this year we will be holding a Halloween dance for the children of the community. Details of all events will arrive in late September.

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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.

Back to School: Preventing Illness

A new school year brings new classes, new teachers, and reunions with friends after summer break. It can also bring increased sniffles, coughs and colds.

Children often come into contact with new viruses. The most common ones are colds, coughs, stomach bugs, and pink eye. COVID-19 and the flu also circulate during the fall and winter months. Children can also spread bacterial infections, including impetigo and strep throat.

There is no secret formula to keep kids from getting sick, but there are steps that parents and caregivers can take to assist with preventing illness when kids go back to school.

How can I keep my child from getting sick at school?

Preventing illness as students head back to school involves several key practices:

Hand Hygiene - Encourage frequent hand washing with soap and water, especially before eating and after using the restroom, or touching any shared surfaces.

Vaccinations - Ensure that students are up-to-date on vaccinations recommended by healthcare providers.

Healthy Habits - Promote a balanced diet, adequate hydration, and sufficient sleep to strengthen the immune system.

Avoiding Close Contact - Teach students to avoid close contact with others who are sick and to stay home if they are feeling unwell to prevent spreading illness.

Cleanliness - Regularly clean and disinfect commonly touched surfaces and personal items like lunch boxes and water bottles.

Respiratory Etiquette - Encourage covering coughs and sneezes with tissues or elbows and disposing of tissues properly.

Implementing these practices will help reduce the risk of illness as students return to school.

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The Seven Grandfather Teachings

The Seven Grandfather teachings are a set of Anishinaabe guiding principles passed down from generation to generation to help guide us in living a good life in peace and without conflict. These teachings are among the most widely shared Anishinaabe principles because they are relatable and encompass the kind of morals that humanity can aspire to live by. They offer ways to enrich one's life while existing in peace and harmony with all of creation.

Minwaadendamowin – Respect

Have respect for all that is. All of Creation should be treated with respect. You must give respect if you wish to be respected.

Zaagidiwin – Love

To know love is to know peace. Love must be unconditional. When people are weak they need love the most.

Debwewin – Truth

Speak the truth. Do not deceive yourself or others.

Aakodewewin – Bravery

To face a foe with integrity. Do what is right even when the consequences are unpleasant.

Nibwaakawin – Wisdom

Speak the truth. Do not deceive yourself or others.

Gwayakwaadiziwin – Honesty

Always be honest in word and action. Be honest first with yourself, and you will more easily be able to be honest with others.

Dibaadendiziwin – Humility

Humility is to know yourself as a sacred part of creation. You are equal to others, but you are not better.

Mino Bimaadiziwin (Living the Good Life)

"Mino Bimaadiziwin" captures the concept of balancing the four elements of health: physical, mental, emotional, and spiritual.

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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. Bowling is fun for the whole family and offers a range of benefits, including:

Physical Exercise - It provides a moderate workout, improving cardiovascular health, strength, and coordination.

Social Interaction - It's a great way to spend time with friends and family, fostering healthy social connections.

Stress Relief - The rhythmic nature of the game and the social environment can help reduce stress.

Mental Stimulation - Bowling involves strategy and focus, which can enhance mental sharpness.

Coordination and Balance - Regular play improves hand-eye coordination and balance.

Please see below for details on our next two upcoming bowling events.

Saturday September 21, 2024 7:00-9:00 PM

Mario's Bowl

Saturday October 19, 2024 7:00-9:00 PM

Mario's Bowl

Please contact **Kayla Milani** to register.

Community Drum Nights

Come out and enjoy the beautiful sounds of the Grandfather Drum. The deep, resonant sound of the drum imitates the first sound we hear in life - Mom's heartbeat. The sound embodies the heartbeat of Mother Earth, reflecting the rhythm of life and the interconnectedness of all beings. Our Community Drum Nights foster a sense of belonging and collective joy, enhancing both individual and community well-being.

We continue to hold 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 September 19, 2024 6:00-8:30 PM

Thursday October 17, 2024 6:00-8:30 PM

Please contact **Mike Ignace** to register.

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Lead in Drinking Water - Thunder Bay, ON

In Thunder Bay, the issue of lead in drinking water has been a significant concern, particularly in older neighborhoods with aging infrastructure. Lead contamination often stems from old pipes or plumbing fixtures, which can leach lead into the water supply.

The removal of lead service pipes remains a key priority in Thunder Bay. However, the full removal of lead service pipes will take many years to accomplish.

Water filters for homes with lead service pipes.

The City has identified properties with lead water service pipes. To reduce the risk of consuming lead while drinking tap water at this time, properties that have been identified with a known lead service pipe have received a Brita® Tahoe Water Pitcher with a total of two (2) Brita® Elite™ water filters, which for an average household is a 12-month supply of NSF/ANSI-53 approved lead-reducing filters at no cost. Additional filters can be purchased at a variety of local retailers.

Lead found in drinking water can pose a significant health risk. The population at the highest risk from lead exposure are infants, children under the age of 6, and pregnant women.

If you recently purchased your home, and/or are unsure if you may have a lead service pipe, please call City Dispatch at 807-625-2195.

How to tell if you have lead pipes.

Customers with lead service pipes should have received a notice from the City identifying that their property has a lead service connection. If you did not receive a letter and are still concerned that you may have a lead service pipe, contact the City of Thunder Bay's Infrastructure, Development & Operations Dispatch at 807-625-2195 to arrange a free test.

Lead water service replacement loan program.

City Council has approved an interest-free loan program that will allow property owners to borrow funds from the City to assist in the replacement of privately owned lead water service pipes.

This program provides financial assistance to homeowners to reduce lead levels in drinking water at the tap. Loans for up to \$5,000 of eligible costs are available for five years. There is also a 10-year loan option for property owners that qualify under the Tax and Credit Program for Low-Income Seniors and Low-Income Persons with Disabilities, or the Tax and Water Credit Program for Low-Income Persons, and a \$1,500 grant will also be provided. Loan and Grant approvals will be subject to the availability of funding and priority given on a first come first serve basis.

For more information, please visit: <https://www.thunderbay.ca/en/city-services/lead-in-drinking-water.aspx>

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Ontario Renovates Program

The Ontario Renovates program is a financial assistance initiative offered by the provincial government to support homeowners and landlords with the cost of home renovations and repairs. This program aims to improve housing conditions, enhance accessibility, and promote energy efficiency. It provides funding for various types of renovations, including modifications for accessibility, repairs to maintain the structural integrity of homes, and upgrades to energy-efficient systems.

Eligible applicants typically include low-to-moderate income homeowners, as well as landlords who rent to low-income tenants. The program is designed to help maintain safe, healthy, and affordable housing, and it often involves partnerships with municipal governments to administer and oversee the funding.

For detailed information on eligibility, application procedures, and specific renovation types covered, individuals should consult their local municipal offices. The program varies slightly from municipality to municipality so make sure to contact your local housing authority.

Below we have provided information on The District of Thunder Bay Social Services Administration Board's (TBDSSAB) Ontario Renovates Program.

TBDSSAB - Ontario Renovates Program

Are you a homeowner struggling to make home repairs? TBDSSAB may be able to help make home repairs more affordable through the Ontario Renovates program.

The Ontario Renovates Program may be able to help you:

- live in your home longer;
- repair your home with eligible repairs to make it safe while improving energy efficiency;
- install features that support modifications and renovations to increase accessibility

Ontario Renovates is designed to help low to moderate income homeowners make urgently-needed home repairs to address home health and safety problems, or to make modifications to their home to accommodate members with disabilities.

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TBDSSAB - Ontario Renovates Program (Cont'd)

Eligibility

You may be eligible for a forgivable loan (forgiven at 10% per year) through the Ontario Renovates Program if:

- Your total household income is at or below:
 - Single or couple with no dependents – \$51,000
 - Household with one dependent – \$66,000
 - Household with two dependents – \$76,000
 - Household with 3 or more dependents – \$89,200
- The condition of your home is substandard or deficient and needs repair to bring it up to a reasonable standard.
- Your cash and assets are at or below \$20,000 (savings account, bonds, not including locked in RRSP/RESP/RDSP).
- The house that needs repair is your sole and principal residence.

You may also be eligible for a GRANT of up to \$5,000 to make your home accessible for such items as ramps, chair lifts, handrails, height adjustments for counters, cues for doorbells/fire alarms. No repayment required if approved.

Eligible repairs may include but are not limited to:

- Structural
- Roof
- Electrical
- Plumbing
- Heating
- Fire Safety
- Septic Systems
- Well Water
- Improved Accessibility / Safety-related features that help seniors and persons with disabilities remain in their home.

Your eligibility will be fully assessed once you complete and submit an Application Form.

How to Apply

To apply, please visit the following link to download the application:

<https://www.tbdssab.ca/wp-content/uploads/2021/10/OR-Application-Form-HP-FRM-FILLABLE.pdf>

Questions? Please contact the Housing Programs Clerk at 766-4091.

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Fall Harvest Photo Contest

~ Participation Draws ~



Autumn is the season of the harvest. It is the time of year that we gather nature's bounty, the fruits and vegetables, the grains and nuts. It is the season we typically pick our traditional medicines, and harvest fish and wild game to get us through the coming cold winter months. The colors change beautifully all around us, and the sky is at its bluest against the colorful leaves. The air is cooler and drier; and there seems to be more clarity of vision, both externally as well as spiritually.

We want to see pictures of your fall harvest! Everyone who submits a photo of their fall harvest will have their name entered in a participation draw for a chance to **win one of ten \$100.00 Walmart Gift Cards**. Some ideas for pictures can be found below.

- Pictures of your harvest from your garden
- Pictures of you harvesting traditional medicines
- Berry picking pictures
- Pictures you took while out hunting
- Pictures you took while out fishing
- Any other fall harvest pictures

Please provide a small description of your photo along with your entry! Submissions can be sent to Michael Ignace (mignace@lacdesmillelacs.ca)

Deadline - November 29, 2024