

## Ignace Resident named Ontario Medical Student of the Year

Felicia Lotsios is in the fourth year at NOSM



The Ontario College of Family Physicians has named an Ignace resident the 2021 Medical Student of the Year. The honour goes to Felicia Lotsios, a fourth-year student at the Northern Ontario School of Medicine.

The award recognizes a medical student who's an emerging leader and advocate for family medicine and has made contributions to family medicine and/or primary care in areas such as patient care, advocacy, community service, peer support, research and education.

"Ms. Lotsios' leadership and advocacy in finding solutions to social and health problems in her community, together with her focus on improving her knowledge to better care for Northern Ontario patients, highlights her commitment to family medicine," said OCFP President Dr. Elizabeth Muggah.

Lotsios completed the Honours Bachelor of Kinesiology program at Lakehead University prior to enrolling at NOSM.

She credits her work at the Mary Berglund Community Health Centre Hub in Ignace – and the interprofessional team there – for spurring her to pursue a career in medicine.

In her third year at NOSM, Lotsios completed a comprehensive community clerkship in Sioux Lookout.

Working with family doctors, she cared for patients in a variety of settings including nursing stations, patients' homes, the fracture clinic, the emergency department at Meno Ya Win Health Centre, and at fly-in Indigenous communities.

Her electives include cardiology and rural family medicine.

Lotsios has also volunteered with the Northwestern Health Unit on a tobacco advocacy campaign, and with local school boards and health units including the Thunder Bay District Health Unit to develop educational programming.

Her efforts were recognized last year by the Canadian Society of Addiction Medicine with the inaugural Karen Mellor Award.

### Township Holiday Hours

#### Township Office/Public Works

**Closed December 23<sup>rd</sup>, 24<sup>th</sup>, 27<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup>**

#### Waste Collection for December 2021

**Residential** – December 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>,

**Commercial** – December 2<sup>nd</sup>, 6<sup>th</sup>, 9<sup>th</sup>, 13<sup>th</sup>, 16<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

**Landfill Site** – 1<sup>st</sup>, 4<sup>th</sup>, 8<sup>th</sup>, 11<sup>th</sup>, 15<sup>th</sup>, 18<sup>th</sup>, 21<sup>st</sup>, 29<sup>th</sup>



**NOTE – Landfill Site hours have changed to 12:00 pm – 4:00 pm every Wednesday and Saturday.**

**Emergency Contact** – Rene Nadeau – Public Works Manager at 220-0888

**Ignace Public Library** – Closed 22 – 31 December 2021 (Resuming regular hours on January 5, 2022.)

## Congratulations Rhonda – Institute of Asset Management

Communities are being challenged to make the best possible decisions with scarce resources for both today's users and future generations. Planning for infrastructure renewals, growth, and new demands amidst increasing service expectations, risk exposure, and financial challenges can put elected officials and community staff in a difficult position. Asset management can help.

Rhonda is in charge of implementing an asset management plan as part of a grant received from the province. The Institute of Asset Management is located in England and is a leader in compliance training. The course Rhonda took provided an intensive coverage of the principles and practice of Asset Management.

This course promotes a considered approach to the achieving long-term value from physical assets in every organization, whether large or small, private, public, governmental or not-for-profit.

It was a 40-hour course of intensive and interactive virtual classroom teaching via webinar, including reinforcing exercises and tests, supported by directed reading.

Congratulations Rhonda on passing your exam.



## Advertisement Opportunity

**Do you want to advertise your business or organization in the Ignace Bulletin?**

**Contact Petrina Taylor-Hertz for pricing at the Township of Ignace, 807-934-2202, Ext #1040 or by email at [communications@ignace.ca](mailto:communications@ignace.ca).**





**Happy Holidays from  
Mayor Penny Lucas,  
Deputy Mayor  
Chantelle Tucker,  
Councillor's Greg  
Waldock, Debbie Hart  
& Shawn Defeo**

### LOONIE LUNCH PROGRAM AT IGNACE SCHOOL

We are fortunate to be able to provide lunch three days per week at the Ignace School. Studies have shown that it is difficult to learn when hungry. With COVID it has been challenging for volunteers to be able to provide a good healthy meal in a bagged lunch. We provide approximately 400 meals per week. Depending on availability, each meal would include either spaghetti, hashbrown casserole, pancakes, perogies, French toast, mac and cheese, shepherd's pie to name a few as well as a fruit, vegetable and dessert.

We do not interact with the students or staff and are expecting parents to provide funds for their children's lunches through the office. Staff accessing lunches are also expected to pay. Every student in the school is able to receive a bagged lunch whether they pay or not but this does not allow us to ensure that we have sufficient funds to carry out the program.

It costs approximately \$30,000 to provide this program per school year. To help fund this program we rely on parents purchasing Loonie Lunch cards and Loonie Lunch volunteers prepare requests and proposals to organizations for funding. Other donations received from individuals or organizations also help us deliver this service to our children.

We have approximately seven volunteers that donate their time and services in delivering this program. Services include planning, preparing meals and bagging lunches, ordering supplies and food, shopping, cleaning up, preparing proposals and funding requests, preparing reports, maintaining statistical data and reporting to funding providers as well as preparing and distributing thank you letters to donors. On meal days volunteers are required between 7:30 am to 12:30 pm. Masks are mandatory and all volunteers must be double vaccinated. It may sound like we have many volunteers but these volunteers also have other commitments and are not able to come at all times. Our volunteer population are aging adults so we would like to encourage the younger generation to assist so that this program can continue in the future.

If you are interested in volunteering in this program please contact Flo Ryan at 938-7653. If you would like to make a donation to this worthy cause make payment to Ignace School in support of Loonie Lunch Program.



**Join the Ignace Silver Tops for Lunch – Community Lunch is Back**

**Every Thursday from 11:30 a.m. to 1:00 p.m.**

**Ignace Silver Tops Senior Centre**

**300 Pine Street**

**\$10.00 per person**

**Everyone is Welcome (proof of double vaccination is required)**

## ENJOY WINTER

### WANT TO TRY OUT SKIING OR SNOWSHOEING?

SIZES AVAILABLE FOR THE WHOLE FAMILY

CALL YVONNE ROMAS  
807-934-2290

**FREE**

Mary Berglund  
Community Health Centre  
Centre de santé communautaire  
177 Main St. W.  
Your Centre for Health and Wellbeing





**SATURDAY  
DEC. 18**

**7 P.M.  
CT**

**LIVESTREAM  
CONCERT ON  
FACEBOOK,  
YOUTUBE  
AND cpr.ca**

Join CP online to celebrate the holidays by listening to great music and donating to help food banks in Canada and the U.S.

**MUSICAL GUESTS:**

<b>The Strumbellas</b>	<b>Tanika Charles</b>
<b>Steven Page</b>	<b>Sierra Noble</b>
<b>Keb Mo</b>	<b>Aysanabee</b>
<b>The Trews</b>	<b>Odds</b>

[cpr.ca/holidaytrain](http://cpr.ca/holidaytrain)

## Ignace Falcons Undeclared

A perfect season in sports is when a team remains and finishes undefeated and untied. It is extremely rare in any team sport, but that is exactly what our Ignace Falcon Junior Boys Volleyball Team did.

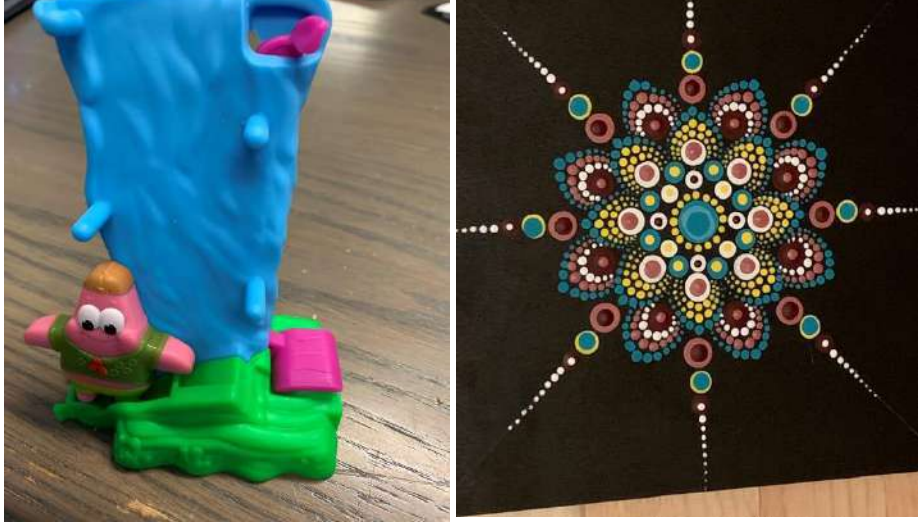
On October 28<sup>th</sup>, 2021, the Ignace Falcons Junior Boys finished the fall season with a perfect record of 7 – 0. They beat Sioux North in 4 sets to complete their perfect season.

The scores for the final four sets they played were: 25 – 20, 20 – 25, 25 – 17, & 25 – 19. It was a close fought battle, but the falcons prevailed victorious.



Congratulations to Coach – Gage Bechard, Kaleb Woods, Tyler Macklin, Gavin Berube, Christian Senio, Tyson Gallant, Keagan Martel, Dario Ferrara, Kylor Kobylka, & Cayne Defeo.

Submitted by Ryan McGrayne



On November 15, 2021 Ignace Township office had a visit from the Law family, Patrick, Lyndsay, Eliza, Isaac, Clara, Edison, Isla and Adaline. Lindsay is a youth life coach, and you can follow her on Instagram @youthrisingcoach. They came in and offered Brandi at the front counter a sponge bob toy and wanted to trade for something bigger and better as part of the youth rising, 30 days of brave challenge. I had a few things tucked away that I thought would be cool. They chose a painting piece I made at paint class a couple of weeks ago, so I am now the proud owner of the sponge bob toy which I will proudly display at my desk. The challenge is free, and it's to help encourage kids to step out of their comfort zones, build confidence, and then be kind to themselves no matter what happens. Anyone can participate. Follow the link below.

<http://www.youthrisingcoach.com/brave>

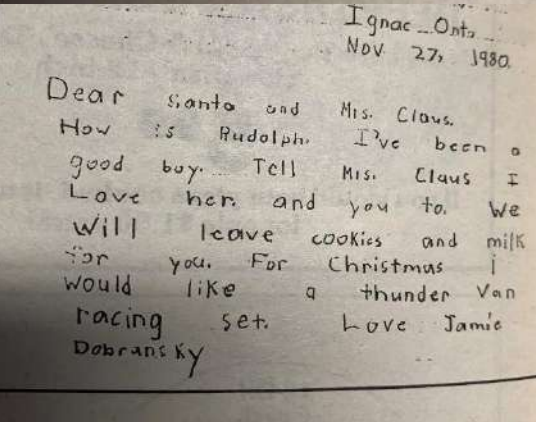
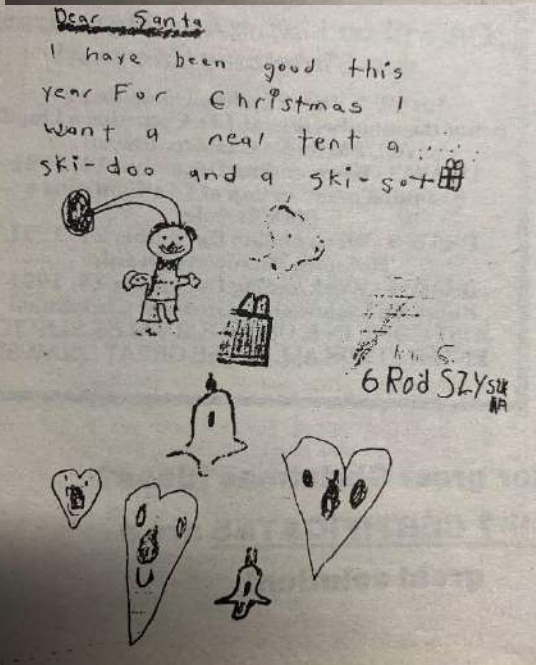
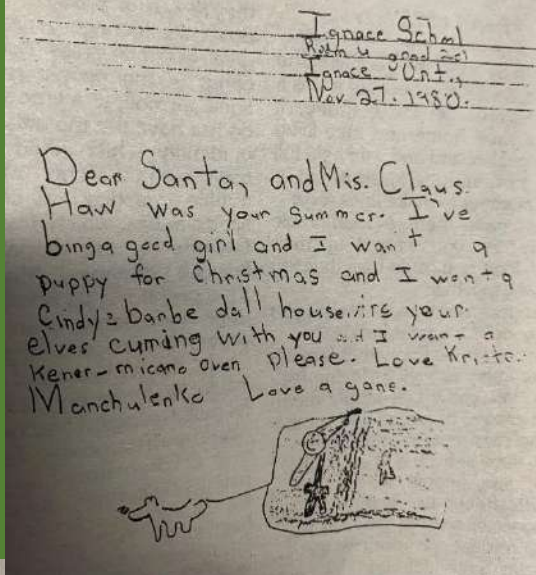
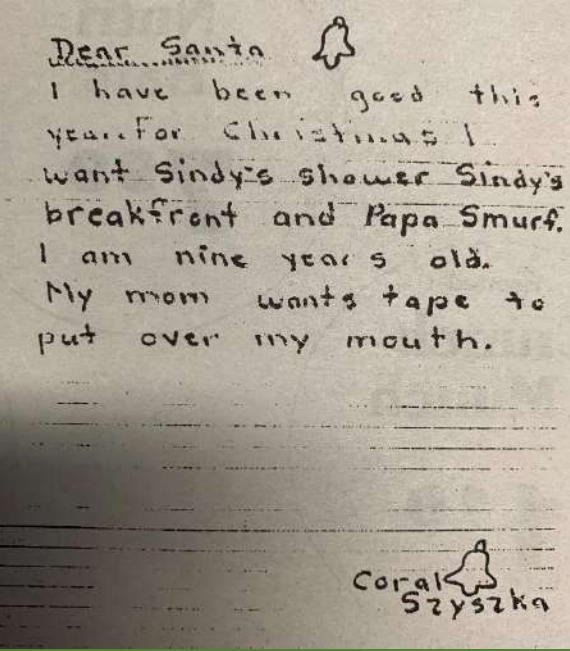
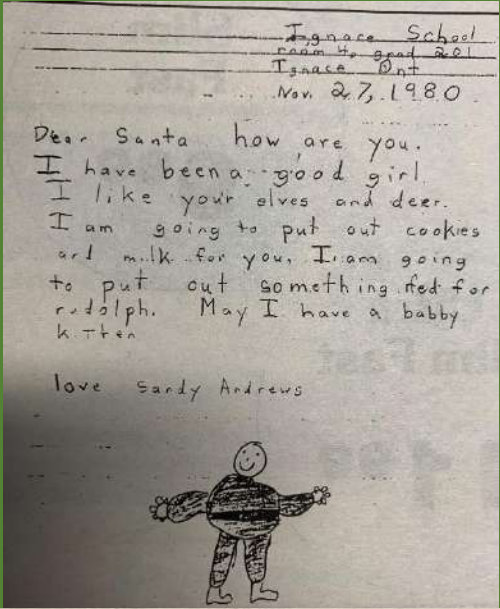
I really liked that the three kids came into our office in a town where they knew no one, to do this brave act

Safe travels as you go from PEI to Alberta. Hopefully, we can see you when you pass through in January.

Thank you for choosing our community.

### Letters to Santa from 1980

Coral Szyszka wins the letter to Santa in my opinion. I'm sure some of these kids are still wishing for brand new sleds and race cars too. And I hope the rest got the pets they wished for.









**GREG RICKFORD**  
MPP - Kenora-Rainy River



WEBSITE: [www.gregrickfordmpp.ca](http://www.gregrickfordmpp.ca) • TOLL FREE: 1-800-465-8501

# XMAS Cheer Food & Toy Drive



The Christmas Cheer Committee collects food, toys and money every year in the community just before Christmas to help those that sometimes need a helping hand around the holidays. There was a story shared this year from a donor who said that they needed a helping hand one year and they donate now because they knew firsthand what these donations meant to people in our community. Thank you to the Ontario Provincial Police, Mary Berglund Community Health Centre, The Township of Ignace, Ignace Community Nuclear Liaison Committee and the Nuclear Waste Management Organization & Shoprite Fine Foods. You can still drop donations off at the Mary Berglund Community Health Centre if you were unable to donate that day.



# NWMO hires two local Site Engagement Associates in Ignace Daila Delescaille & Lisa Ferrara



Daila is a recent graduate from Lakehead University with her Honours Bachelor of Science (Biology with Concentration in Biodiversity and Conservation). Her background is predominantly environmental with additional work experience in public relations and engagement. She recently worked with the NWMO as a Developmental Student – Environmental Technician and supported the Ignace and Area Community Studies as the Community Studies Coordinator. In her spare time, Daila enjoys hiking, paddleboarding, hunting, fishing, and camping alongside her dog Enoch. Her most recent excursion consisted of a cross-country road trip (filled with daily hiking trips) from Ontario to British Columbia in her car which she converted into a camper.

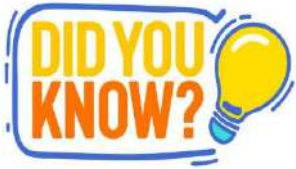


Lisa has been a long-time resident of Ignace. Some of her previous work experience has been within customer service & management in banking; administration within government services, education and public health. In her spare time, Lisa is physically active enjoying both indoors and outdoors. She enjoys socializing and looks forward to camp as well spending time with family and friends. Lisa is looking forward doing some travelling and loves to explore the small towns visiting their unique shops and restaurants.



Photographs submitted by Vince Ponka





**Bylaw 67-.2021** regulates **Traffic and Parking** within the Township of Ignace and outlines the various traffic/ parking limitations and any set fines that may be levied.

**Section 5.0 Prohibited Parking;**

Sub-Section 5.11 states; " Parking in such a **manner to interfere with any HIGHWAY** flushing, cleaning operations or the **removal of snow.**" Set Fine; **\$100.00**

Sub-Section 5.12 states; "Parking in such a **manner to interfere with any SIDEWALK** flushing, cleaning operations or the **removal of snow**" Set Fine; **\$100.00**

**Section 6.0 Snow Removal;**

States; " No person shall park or permit any vehicle to be parked on any highway **between the hours of 7:00 a.m. and 6:00 p.m. from November 1st to April 30th** inclusive the following year." Set Fine; **\$100.00**

You are encouraged to contact the Township of Ignace Municipal Law Enforcement Officer (MLEO) for any bylaw needs and also to familiarize yourself with the various Township of Ignace Bylaws. They are easily accessible and may be found on the Township of Ignace, Civic Web;

<https://ignace.civicweb.net/filepro/documents/10083?preview=10215>

# IGNACE

## DECEMBER 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
EarlyON Child and Family Centre CHRISTMAS CLOSURE Dec. 18/21 to Jan. 2/22 (Inclusive)			1 Play Pals 10 - 11 am Playtime Schedule 6-7:30	2 Playtime Schedules 1-2:30 & 3-4:30	3 Friday Play Groups Schedules 10-11:30 & 1-2:30	4 Play Time 10-11:30 12:30-2
5 Decorated Tree	6 Playtime Schedule 6-7:30	7 Infant Massage @ 1:30 pm Joytime Schedule 3-4:30	8 Play Pals 10 - 11 am Playtime Schedule 6-7:30	9 Playtime Schedules 1-2:30 & 3-4:30	10 Friday Play Groups Schedules 10-11:30 & 1-2:30	11 Play Time 10-11:30 12:30-2
12 The Red 12 Nose Puppet	13 Playtime Schedule 6-7:30	14 Infant Massage @ 1:30 pm Playtime Schedule 3-4:30	15 Play Pals 10 - 11 am Playtime Schedule 6-7:30	16 Playtime Schedules 1-2:30 & 3-4:30	17 Friday Play Groups Schedules 10-11:30 & 1-2:30	18 CLOSED
19	20	21	22	23 CHRISTMAS EVE	24 CHRISTMAS EVE	25 MERRY CHRISTMAS
26	27	28 Families are invited to use our outdoor play area. Ask staff for use of our sleds and shovels		30	31	

P.O. Box 870  
312 Pine St.  
Ignace, ON  
K0T 1T0  
(807) 934-6696  
Fax (807) 934-6124  
[ignacenurseryschool@bellnet.ca](mailto:ignacenurseryschool@bellnet.ca)

**WINTER HOURS**  
Mon. & Wed. 6 - 8:30 p.m.  
Tue. & Thurs. 1 - 5 p.m.  
Fri. 9 a.m. - 3 p.m.  
Sat. 10 a.m. - 3 p.m.

# SAVE THE DATE

# CHRISTMAS

# SIGN NIGHT

At the Ignace Tavern  
is back!

More  
info to  
follow!

December 4th  
6pm

Proceeds from this event go to our local  
Nursery School Program

## Notice

Ignace Public Library will  
be closed for  
Christmas Holidays from  
Dec 22 to  
Dec 31, 2021

Resuming regular hours Jan 5, 2022

## New Life Church

630 Pine St

### Sunday Morning Services

begin with worship at  
11AM

All current provincial restrictions are  
followed (masking and distancing)

If you would like prayer, call the church @ (807) 934-2791, please leave a message if  
there is no answer. Or message us on Facebook @ New Life Church - Ignace.  
No need is too big or too small for God

### Do you like The Ignace Bulletin?

What would you like to see the Township of Ignace include in the  
monthly publication?

Send suggestions or comments to Petrina Taylor-Hertz at  
[communications@ignace.ca](mailto:communications@ignace.ca) or call 807-934-2202, Ext # 1040.



## Mental Health and the holidays go hand in hand



While many people look forward to rocking around the Christmas tree and more, others want nothing more than January 1 to arrive ASAP.

Not surprisingly, an estimated 64 % of those with mental illness feel their conditions worsen during the holiday season. Between pandemic isolation and other factors like loneliness and grief, the holidays can create a huge burden on individuals' mental health. Shorter days and less sunlight can also contribute to seasonal depression as well.

Being emotionally in-tune with feelings is one of the best gifts a person can give themselves during the holidays. Checking-in with emotions can curb breakdowns, reduce stress, and minimize mental health conditions being exacerbated.

### Some useful tips during this time:

**Manage your time** – Create a schedule that feels doable for you. There's not need to say yes to plans that don't fit into your schedule or that will stress you more than bring you joy

**Gather outdoors** – If you know you're going to feel stressed or anxious gathering with family and friends during the holidays indoors, head outdoors. Heat lamps and outdoor fire pits can make an outdoor atmosphere feel quite cozy and fun!

**Remember what you need** – It's easy to be pulled in a million different directions during the holidays. Be kind to yourself and remember you have needs, too. You don't have to say yes to every gathering and you don't have to be cheerful if you don't feel like it. Do what you need to cope with your stress in a helpful manner.

**Skip the alcohol** – It's hard to find a holiday party that isn't centered around booze. If you have a hard time with setting limits on drinking, consider potentially skipping parties where alcohol may be present. Alcohol is a depressant and if you're already feeling crummy, drinking won't help.

**Relax** – Make time for relaxation that appeals to you. Taking a break to refocus on your energy and thoughts can be calming and helpful in stressful seasons. Deep breathing and meditation are found to be particularly helpful.

**Keep therapy appointments** – Despite the holiday season being a busy one, remember to take care of your mental health needs. Keep your therapy appointments if you see a counselor on a regular basis, no matter how busy your schedule gets. When your mental health stays a priority, the rest of your body and life will feel more aligned, too.



Christmas Cheer Food and Toy  
Hampers will be delivered  
Thursday, December 16<sup>th</sup>, after  
1:00 p.m.

If you have any questions, please  
call Yvonne at 934-2290.



This little squirrel is living somewhere near the Township office. It comes everyday for its peanuts, sits out on the bench, outside my window, eats as many as possible and takes the rest home. There is normally a little squabbling with the birds for those peanuts.

### NEW BACKHOE FOR PUBLIC WORKS

Public works is the proud owner of a new and sorely needed backhoe. The old backhoe was a 1993 and parts were no longer available for it. The new one is a 2021 John Deere from Brandt equipment in Dryden.



THINK AHEAD AND PRACTICE FOR YOUR G1 TEST!

CONTACT **NORTH NORD**

ICNLC

The ICNLC and Contact North bring you  
*Preparing to Write the Test*  
A 3 evening course designed to prepare you for your written test.

**G1 PREP**

AT THE LEARN MORE CENTRE,  
304 MAIN STREET, IGNACE ON  
DECEMBER 7TH, 8TH, AND 9TH  
6:00-8:00PM

MASKS WILL BE REQUIRED AND PROOF OF VACCINATION IS  
REQUIRED TO ENTER THE LEARN MORE CENTRE

NO REGISTRATION REQUIRED. COME ON IN!

FOR ADDITIONAL INFORMATION PLEASE CALL 1.855.352.6494



# The Year in Review - 2021





Mary Berglund Board Meeting Schedule for 2022

- February 9
- March 30
- May 18
- June 22
- September 21 (Annual General Meeting)
- October 26
- December 7

All regular meetings of the Board are held at 5:30 pm at the health Centre. The Annual General Meeting is held at 7:00 pm at the Silver Tops Senior Centre.

WHAT’s NEW??

Celebrating the Recruitment of 3 New Physicians to the Community

We are very pleased to welcome 2 new Physicians to the health centre in December, as well as 1 in January.

**Dr. Justine Tempelman**  
**Dr. Kayla Gallo**  
**Dr. Joanne Perry**

We are working towards Locum Commitments where each Physician will provide regular coverage on a monthly/semi-monthly basis. This is wonderful news for the community and our team at MBCHCH.

T’was the night before Christmas, when all through the house  
Not a creature was stirring, not even a mouse;  
The stockings were hung by the chimney with care  
In hopes that St. Nicholas soon would be there;


The children were nestled all snug in their beds,  
While visions of sugar-plums danced in their heads;  
And mamma in her kerchief, and I in my cap,  
Had just settled our brains for a long winter’s nap,

When out on the lawn there arose such a clatter,  
I sprang from the bed to see what was the matter,  
Away to the window I flew like a flash,  
Tore open the shuttlers and threw us the sash.

The moon on the breast of the new-fallen snow  
Gave the lustre of med-day to objects below,  
When, what to my wondering eyes should appear,  
But a miniature sleigh, and eight tiny reindeer.

With a little old driver, so lively and quick,  
I know in a moment it must be St. Nick.  
More rapid than eagles his coursers they came,  
And he whistled, and shouted, and called them by name.

Now, Dasher! Now, Dancer! Now, Prancer and Vixen!  
On, Comet! on Cupid! on, Donder and Blitzen!  
To the top of the porch to the top of the wall!  
Now dash away! dash away! dash away all!



As dry leaves that before the wild hurricane fly,  
When they meet with an obstacle, mount to the sky;  
So up to the house-top the coursers they flew,  
With the sleigh full o Toys, and St. Nicholas too.

And then, in a twinkling, I heard on the roof  
The prancing and pawing of each little hoof.  
As I drew in my head, and was turning around, Down  
the chimney St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,  
And his clothes wer all tarnished with ashes and soot;  
A bundle of toys he had flung on his back,  
And he looked like a peddler just opening his pack



Mary Berglund

Community Health Centre Hub

Centre de santé communautaire


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Your Centre for Health and Wellbeing

HOLIDAY HOURS



December will have some varied hours at the Health Centre to accommodate the Stat Holidays as well as a focus on staff development. We will post weekly with any changes.




Coming in December

Ocean Online Patient Portal

The Ocean Platform is a simple tool that connects to our Electronic Medical Record to enable patients to book appointments directly online, complete forms and receive appointment reminders.

We are currently working on the set up for this system and are hopeful to provide the direct link to patients on our Facebook page and website as early as December. The goal is to make it easy for patients to book with no passwords or logins and the simple click on a link. Stay tuned for more information.



Mary Berglund

Community Health Centre Hub


Centre de santé communautaire

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Your Centre for Health and Wellbeing

Holiday Wishes

The team at the Mary Berglund Community Health Centre would like to wish you and your families a very Merry Christmas. As the year draws to an end and we reflect on the year, we want to thank our community members and partners for all of the support that you’ve given us throughout this past year. Thank you for giving us the change to express our deep gratitude to you, and our ongoing commitment to client satisfaction and quality service. Please let us know how we can serve you even better this coming year.



His eyes- how they twinkled! His dimples, how merry!  
His checks were like roses, his nose like a cherry!  
His droll little mouth was drawn up like a bow,  
And the beard on his chin was as white as the snow;

The stump of a pipe he held tight in his teeth,  
And the smoke, it encircled his head like a wreath;  
He had a broad face and a little round belly  
That shook when he laughed, like a bowl full of jelly.

He was chubby and plump, a right jolly old elf,  
And I laughed when I saw him, in spite of myself;  
A wink of his eye and a twist of his head  
Soon gave me to know I had nothing to dread

He spoke not a word, but went straight to his work,  
And filled all the stocking; then turned with a jerk,  
And laying his finger aside of his nose,  
And giving a nod, up the chimney he rose;

He sprang to his sleigh, to his team gave a whistle,  
And away they all flew like the down of a thistle,  
But I head his exclaim, ere he drove out of sight –  
“Happy Christmas to all, and to all a good night!”