



Wabun Sun

Issue #2

Published by Wabun Tribal Council

Volume #1

Matachewan Complex Provides Sense Of Community Pride

Matachewan First Nation, Ont. – An enthusiastic Economic Development Officer, strong leadership from the Chief and Council, a supportive and dedicated band administration/staff and good community spirit was behind the building of the Matachewan First Nation Community Complex. This beautiful, 3600 square foot pine log building is testimony to what a small First Nation community can achieve.

The project was developed by Matachewan First Nation Economic Development Officer, Ann Batisse. She came up with the idea and put together the original proposal with the assistance and support of the Chief, Council, band administration and staff.

"After much thought it was decided that we should construct our new community complex out of logs. The main reasons were because we had access to the trees we needed in our local traditional hunting areas and that we would save a lot of money by doing so," said Ann Batisse.

Band Administrator, Fabian Batise, pointed out that a special arrangement was struck with the Ministry of Natural Resources so that selective harvesting could be done to provide the high quality pine trees necessary for the construction of the complex.

"Ann worked very hard and did a lot of research to develop this idea of a log complex. The idea was somewhat patterned after other such

buildings in the First Nation communities of Garden River and Temagami. The trees were harvested on our traditional hunting land and in a way so that there was very little change in the environment," added Fabian Batise.

Once the concept of the building was decided upon, Ann Batisse set about putting the funding package together. Mamo-Wichi-Hetiwin Employment & Training assisted the community with a training program on log building construction. Barry Story of Kenabeek, a professional in log building construction, was hired as the trainer and supervisor for this project.

"We were very fortunate to find a master log builder like Barry Story. He did a great job and trained many of our people in log building construction. In fact, in addition to constructing the complex we ended up with several people in the community learning meaningful skills in this area," said Ann Batisse.

Funding was contributed by Indian and Northern Affairs Canada (INAC), Mamo-Wichi-Hetiwin Employment & Training, Native Community Branch and by Matachewan First Nation. The total cost for the project amounted to approximately half a million dollars.

"Many of our local First Nation members volunteered their time to cut, peel and strip the logs needed

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A COMMUNITY EFFORT built the Matachewan First Nation Community Complex. Chiefs and Councils past and present, band staff and member volunteers made the project a reality. Here we see some of the current leadership and staff. From l-r: Real Boucher, Councillor and Family Support Worker; Chief Elenore Hendrix, Education Officer; Linda Wincikaby, Finance Officer; Robert Batisse, NNADAP Worker; Martin Millen, Research Coordinator; Susan Collins, CHR; Leahan Landry, Secretary and Fabian Batise, Councillor and Band Administrator.



COMMUNITY PRIDE was given a big boost in Matachewan First Nation with the completion of the Matachewan First Nation Community Complex. Here we see Fabian Batise, Matachewan FN Band Administrator and Councillor at the 3,600 square foot, log complex.

Wabun Tribal Council Supports NAN in Fight Against Lands For Life

Timmins, Ont. – Wabun Tribal Council is supporting Nishnawbe-Aski Nation (NAN) in fighting the Ontario government's land use strategy called the Ontario Living Legacy and 1999 Forest Accord. The Living Legacy and 1999 Forest Accord grew out of the government's Lands for Life land use strategy, which was opposed by an overwhelming number of representative groups, organizations and some of the private sector in Ontario. NAN had started legal action against the Lands for Life planning process and is currently continuing this action in its opposition to the Living Legacy and 1999 Forest Accord initiative.

On May 20 in Toronto, NAN leaders joined the Canadian Environmental Law Association (CELA) to hold a joint press conference. The

CELA had come out in support of the First Nation's opposition to Lands For Life. The association, through its analysis determined that First Nations had been excluded from negotiations in the Lands For Life planning process. In addition the CELA announced that this situation be addressed as a priority by the government.

"I welcome the opposition as expressed by the Canadian Environmental Law Association which proves that Nishnawbe-Aski people are not the only people concerned with Ontario's Living Legacy and 1999 Forest Accord," said Grand Chief Charles Fox, Nishnawbe-Aski Nation.

NAN, which represents 49 First Nations totaling more than 30,000 people, had been concerned that under the new land use strategy the

government would transfer control of large areas of land to private interests. These concerns were confirmed through the Ontario Living Legacy and 1999 Forest Accord, which both state that they do not "derogate existing Aboriginal and treaty rights". However, this is contradicted by the fact that 12 percent of land base is targeted for parks and protected areas which impact on NAN First Nations without their consent. Secondly, the balance of the land base has been designated for commercial use specifically for existing forestry, mining and tourism.

"Our position has not changed. We will continue with our legal action against Ontario's Land Use Planning process because we feel the process is flawed and totally disregards the original inhabitants of the planning area. We recognize that

there needs to be a Land Use Planning Strategy however that strategy should reflect the needs of all people and it should not be negotiated in secret with certain interest groups like they do in some communist countries," said Grand Chief Fox.

Grand Chief Fox pointed out that NAN is blessed with natural resources both renewable and non-renewable but its members have not benefited from those resources because they are exploited for the sole benefit of the non-Native people of Ontario and private industry.

First Nation people in the NAN areas have not been part of the consultation process in developing Lands For Life or the most recent Living Legacy and 1999 Forest Accord land use strategies. Although NAN First Nation communities are directly impacted through this On-

tario government strategy, First Nation people have not had the opportunity to voice their concerns. In addition it should be noted that many other groups in Ontario are unhappy with the government's land use strategy and are opposing it.

"The Ontario Living Legacy deal was made behind closed doors between the province, the forest industry and a partnership for public lands which included three organizations. These organizations were the World Wildlife Fund, Wildlife League and the Ontario Federation of Naturalists. These groups reached an agreement to divide up the land in the planning area in Ontario. Since the Ontario Living Legacy deal was made without consultation of First Nation leadership it is a contravention of previous Su-

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WabunChief

Chief Elenore Hendrix of Matachewan First Nation is the featured Chief for this issue of Wabun Sun. Chief Hendrix has held this leadership position in Matachewan FN since April 1997 and is presently in her second term. She also works as the community's Education Officer.

Chief Hendrix gained her valuable experience through two years as a band councillor before becoming Chief. She is proud of the many projects that have taken place in her community under her leadership and points out that a dedicated band council and staff made everything possible.

Some of these projects include: the Upgrading Program, contracting with the Ministry of Natural Resources for jobs in tree planting and thinning, various training programs,



completion of the community complex and development of a beach area in the community.

After receiving a secondary school diploma, Chief Hendrix furthered her education through a Business Administration Course at Algonquin College in Ottawa.

Wabun Fights Lands For Life

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preme Court rulings such as the Sparrow and Deegamuk cases," said Bentley Cheechoo, NAN's Acting Social Services Director.

Jason Batisse, Economic Development and Technical Services Advisor for Wabun Tribal Council noted that the government's Lands For Life and Living Legacy and 1999 Forest Accord land use strategies are proposing park land that affects Wahgoshig First Nation and Matachewan First Nation in addition to other First Nation communities across Ontario.

"We continue to support NAN on our behalf in fighting the government's land use strategy. Our First Nation communities are being

affected by decisions being made without our input. It is not clear what the impact will be on our communities' ability to pursue economic development or what the effect will be on our traditional hunting and fishing rights," said Batisse.

NAN is currently working through legal action and hopes that the government's land use strategy is struck down.

"As original governments of the Nishnawbe-Aski territory we will protect our Aboriginal and treaty rights. Furthermore as Nishnawbe-Aski people, we will protect our jurisdiction to lands and resources and our future at all costs, with whatever means we will be forced to employ," said Grand Chief Fox.

Matachewan Complex Provides Sense Of Community Pride

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for construction. It developed into a real community project thanks to the dedication and perseverance of Ann Batisse," said Fabian Batisse.

Construction on the building started in the summer of 1996 and finished with the grand opening on October 28, 1997. Trainees on the project included Sandra Roy, Jason Batisse, George Batisse Jr., Jason Flood, Dean Presseault, Henry Batisse Sr., Jim Hennesey, Marvin Batisse, Elaine Daley, James Batisse, Adrian Boucher, Wayne Smart and Darcy Landry.

Volunteers on the project are honoured on a plaque in the complex. They include Roy Batisse, Jimmy Batisse, Mario Batisse, Jason Batisse, Fabian Batisse, George Batisse Jr., Real Boucher, Dean Presseault and Wayne Smart.

The Chief and Council of the day are also remembered on a plaque in the complex. They include Chief Barney Batisse and Councillors Elenore Hendrix, Fabian Batisse and Lionel Boucher. At the completion of the project Chief Elenore Hendrix headed a Council that included Real Boucher, Alex Batisse, Ellen Bruce and Ann Batisse.

The complex was set up to be self sufficient and to pay for itself. This was accomplished by leasing two office areas in one part of the huge building. One space houses the National Native Alcohol and Drug Abuse Prevention (NNADAP) Worker, Robert Batisse and the other

the Community Health Representative (CHR), Sue Collins. The rent for these two offices, paid by the Medical Services Branch of Health Canada covers the operating cost for the complex.

The Grand Opening was a community event, at which time past Chiefs of the community were honoured and plaques placed in their name on the wall. As well plaques were handed out to the eldest living relative of each Chief. Recognition awards were also handed out to community members.

"The great spirit must have been looking out for our community the day we decided to use the Medicine Wheel as the design on the tile floor. We later found out that alco-

hol cannot be present near this sacred symbol, so in fact the complex is not used for any events that feature drinking," said Ann Batisse.

The complex has been used as a meeting place for workshops and by the Ministry of Natural Resources. Kunuwanimano Child And Family Services will hold a board of directors meeting at the complex this June.

"I would like to see a meeting of Nishnawbe-Aski Nation Chiefs here at some point and I want to add that our complex is available to any First Nation organization or agency that would like to hold an event or meeting. All they have to do is give us a call at 705-565-2230," said Fabian Batisse.

Reflections

by Shawn Batisse, Executive Director



against province for share of revenues from Casino Rama, now being heard by Supreme Court of Canada.

• DECEMBER 1998—a formula of 50/40/10 is agreed to at a Supreme Chiefs' Assembly to split the Ontario First Nation share of 65%. 50% based on Band membership, 40% on a base amount and 10% on a remoteness factor.

• JANUARY 1999—Casino Rama Sharing Committee continues work on legal structures to flow funds to First Nations.

Since January of this year the Casino Rama Sharing Committee has worked diligently to secure a timely release of the Casino Rama revenues. Pending the outcome of final negotiations a release date of June 15, 1999 is anticipated.

Many First Nation members have been inquiring as to the expenditure of the Casino Rama revenues.

The province has stipulated that the revenues must be spent on the following five areas:

- Community Development
- Health
- Education
- Economic Development
- Cultural Development

As of March 31, 1999 revenues available for distribution to First Nations in Ontario amount to approximately \$250 million. This represents an accumulation since August 1, 1996. Once the initial payments are sent out, quarterly payments are anticipated.

Casino Rama is a significant achievement for First Nation in Ontario and something we should be proud of.

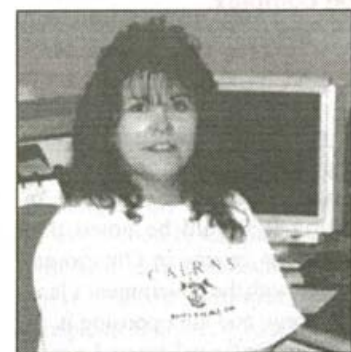
In December of 1994 Rama First Nation (now known as Mnjikaning) was selected as the location of the first provincial casino on First Nation territory in Ontario. The New Democratic Party of the day granted the casino to Rama through a competitive bidding process. All 134 First Nations in Ontario were to share in revenue from Casino Rama.

Casino Rama officially opened its doors to the public on August 1, 1996 and has proven to be a very successful venture. The casino is operated by Carnival Resorts in partnership with Mnjikaning First Nation.

Over the past two years discussions/negotiations have been ongoing with regard to the distribution of funds from Casino Rama to First Nations. Significant events around these discussions include:

- MARCH 1996—the Progressive Conservative government announces it will take 20% "off the top" of Casino Rama gross revenue (this amounts to approximately \$100 million annually).
- JUNE 1996—the Ontario Chiefs in Assembly agree to a 65%/35% split, 35% for Mnjikaning First Nation and 65% for the other 133 First Nations for a period of five years.
- JULY 1996—Metis file suit

Getting To Know You



Timmins, Ont.—Chances are that when you walk through the doors at Wabun Tribal Council you will be greeted by the warm smile and positive attitude of Audrey Batise. Batise, Wabun Tribal Council Secretary/Receptionist, is the featured staff member for this issue of Wabun Sun. She started her work with Wabun as a Secretary Trainee in 1992 and was hired soon after for a full time position in September of the same year. Before that she worked in the hospitality,

food and beverage industry in Kirkland Lake.

As Secretary/Receptionist, Batise, provides essential office duties for Wabun and is responsible to senior staff for any needed typing or filing. She attends general and Board of Directors meetings to record minutes and transcribe them for distribution to staff and board members. She also handles office attendance, distribution of office mail, travel and accommodations for Board of Directors and senior staff and is responsible for the maintenance of the office and needed supplies. In addition, Batise provides any needed secretarial assistance to Gilles St. Pierre, Environmental Health Officer and Darlene Lafontaine, Mamo-Nuskomitowin Coordinator, who are both located in the Wabun office building.

"I enjoy what I do and I like working with the people here. I meet a lot of the Wabun First Nation

members who come into our office and I like the fact that I am usually the first to greet them when they come in," said Batise.

She is proficient in working with computers and has attended courses to enhance her computer skills at Northern college and Microserv, both located in Timmins.

A member of Matachewan First Nation, Batise has an Algonquin heritage and is originally from the Temiskaming Band in Quebec. She enjoys golfing, fishing, darts, curling and being active outdoors.

Batise is also available to any of Wabun's First Nations to provide any necessary training on computers. She is able to provide one-on-one training or work with a group to help others increase their computer skills and show them how to work with the internet.

What You Should Know About Diabetes

Timmins, Ont.— Diabetes is a major threat to the health of First Nation people. This serious and life threatening disease strikes Aboriginal people at a rate that is at least three to five times higher than the rest of Canada's population.

In Wabun communities the rate of diabetes in First Nation members is pegged at about 14 percent. The Wabun Health Services team headed by Health Director Jennifer McLeod has made diabetes management and care a priority.

First Nation people, have for some time now, been identified as having a higher risk in contracting this disease. One body of research has resulted in a theory referred to as the Thrifty Gene theory. It is believed in this theory that First Nation people have developed genetically a specific gene that allows for a variation on the storage of fat or energy. It is thought that this gene developed over hundreds and possibly thousands of years of a feast and famine cycle common to the Aboriginal way of life. Years ago First Nation people lived entirely off the land and much of the time in difficult environments and at the whim of nature. If times were good the hunt was rewarding and there was much to feast on but then there were times of famine and it was difficult to survive. The body has learned to store fat for times of famine.

Much more research must be done in this area. However, if we consider the indications at this point then we must concur that First Nation people are at a very high risk for diabetes and that this disease is fast approaching epidemic levels in the Aboriginal community.

Wabun Health Staff Promotions

Jennifer McLeod, Wabun Health Services, Health Director is pleased to announce two new Health staff changes with the promotion of Peggy Claveau to Assistant Health Director and RoseAnne Ojeebah to Health Clerk.

ROSEANNE OJEEBAH

Ojeebah, 24 years of age, was recently promoted as Health Clerk for Wabun Health Services. She had been working with Wabun as Secretary/Receptionist since May 1997. In addition she started in November 1998, filling in for Health Clerk Peggy Claveau who was on maternity leave.

She is responsible mainly for looking after the Patient Transportation Program in performing duties that include handling travel arrangements for Wabun First Nation clients.

"I am enjoying the work very much and looking forward to new challenges every day," said Ojeebah.

WHAT IS DIABETES?

Diabetes is a lifelong condition in which your body cannot properly use and store the fuel (sugar) you take in from foods you eat. Insulin is needed to help the body use sugar for energy but when a person has diabetes the pancreas either does not produce or produces very little insulin and this results in Type 1 diabetes. Type 2 diabetes occurs when a person cannot use the insulin that is produced by the pancreas. Type 2 diabetes affects most people at about 90 percent of the affected population while Type 1 only affects 10 percent.

Some of the symptoms related to diabetes include frequent urination, unusual thirst, changes in appetite, unexplained weight loss, extreme fatigue, irritability, blurry vision and tingling in the hands or feet. Not everyone has or experiences symptoms of diabetes. You could have a high blood sugar level and not even know it. Diabetes in the First Nation population is Type 2 diabetes. Type 2 diabetes is showing up in First Nation children as young as eight years old.

Diabetes is a leading cause of death by disease and if untreated or improperly managed, high levels of blood sugar associated with diabetes can slowly damage small and large blood vessels in the body. People with diabetes are three to six times more likely to have heart disease. People with diabetes can develop serious kidney disease which leads to dialysis treatment. If untreated, people with diabetes can end up losing a leg by amputation and diabetes is a leading cause of adult blindness. Diabetes complications

can be prevented or delayed by controlling blood sugars within a healthy range.

First Nation people are at great risk to contract diabetes. Other risk factors include: being overweight, being inactive and not getting enough physical activity, being over the age of 45, having given birth to a baby (over 9 pounds) and being related to a person who has diabetes.

DIABETES TREATMENT

Quite possibly the most important step in dealing with diabetes is in early detection. First Nation people and specifically Wabun community First Nation members should see a doctor to be checked for diabetes. A first step might include contacting the local Community Health Representative (CHR), Community Health Nurse (CHN) or Wabun's Dietitian and Diabetes Coordinator, Bev Humphrys.

The good news is that diabetes can be managed if a person is prepared to make a life long commitment. One of the most important elements in managing diabetes has to do with meal planning. If you have diabetes you must learn to eat meals that have an important role in regulating the amount of sugar in your blood. Exercise is also very important and regular physical activity such as walking one hour a day helps lower blood sugars, maintains weight and keeps a person healthy. Maintaining a healthy blood sugar level is critical in the control of diabetes. When it comes to medication, Type 1 diabetes always requires daily injections of insulin. Type 2 diabetes, which affects 90 percent of the Native and non-Native diabetic population, can be controlled through exercise and meal planning, however some people may require medication (pills or insulin injections) to assist in the body's use of insulin. The needles currently in use are very compact, easy to use and almost painless. In addition, anyone with diabetes needs to learn about the condition to make healthy life style choices and be able to manage their disease. People with diabetes have to monitor their blood sugar levels to ensure they are in a healthy range. A willingness and a commitment must be made to healthy living and that sometimes means lifestyle changes to provide for healthier choices and less stress.

HOW WABUN HELPS

The Wabun Chiefs understand the seriousness of the epidemic of diabetes that is ravaging First Nation people. To deal with diabetes in the Wabun communities they have been very supportive in earmarking funds to assist in the employment of Bev Humphrys, Dietitian and Diabetes Coordinator. Humphrys, while serving the Wabun communities, is also working towards certification as a diabetes educator.



PICTURED from l-r: Bev Humphrys and Tanya Spencer.

Humphrys visits each Wabun community at least once a month and sometimes twice. As part of her service she provides for home visits, one on one individual consultations, clinics, presentations and networking with the Wabun Health team and other diabetes related organizations and agencies.

In addition to Humphrys, Wabun's CHNs also play an important role in diabetes management, education and early detection. The CHNs conduct regular foot care clinics, blood sugar testing and blood pressure screenings on a regular basis. The CHRs in the Wabun First Nation communities are grass roots, on site team members in the fight against diabetes.

Another important component in diabetes care are the Diabetes Education Centres. The Timmins branch covers both Wahgoshig FN and Mattagami FN, the Diabetes Program Centre in Chapleau covers both Chapleau Ojibwe FN and Brunswick House FN while the Temiskaming Program Centre covers Matachewan FN. These centres have specialists who provide diabetes education.

PILOT PROJECT

Currently the Wabun communities of Mattagami and Wahgoshig are involved in a pilot project with the Canadian Diabetes Association (CDA). This program was set up to train facilitators to run a Learning Together About Diabetes Support Group in these communities.

Wabun Health was the only such organization in northeastern Ontario to take part in this pilot project. Humphrys would like to see research done in the future that would examine the use of traditional medicines and healings that could be applied to diabetes management.

Jennifer McLeod and Humphrys point out that denial and fear of dealing with diabetes keeps a lot of people from coming forward for testing. They urge Wabun First Nation members to take advantage of the Wabun Health team to access testing and a medical checkup to make sure that early detection can be provided. The Wabun Health team members are in place to educate Wabun's First Nation members about diabetes, to facilitate early detection and provide on going care and assistance in diabetes management.

If you are a First Nation person and you suspect you may have diabetes contact your local CHR, CHN or Bev Humphrys to do your part in the fight against diabetes.

"I am here to help people manage their diabetes. It is a real pleasure to assist those with diabetes to fit their favourite foods into a diet program so that they can manage this disease. I would like people to know that the Wabun Health Services team is here to assist them with an easy move to lifestyle and diet that will manage diabetes," said Humphrys.

Health Matters

by Jennifer McLeod, Health Director



also about life as he saw it.

What I'll miss the most are the many stimulating, philosophical discussions that we had as Jack tried to persuade me to see things from his point of view. Needless to say, through his gentle manner and unrelenting persistence, I usually gave in to his perspective!

Many of us whose lives Jack touched will be better off for having known him. Jack Diamond was a good role model for all of us, even though he had many trials and tribulations of his own. He never stopped trying to make the best out of any situation, to help as many people as were humanly possible and to lighten the load with a little laughter. Meegwetch Jack. Your wisdom will be remembered.

In December, 1998 we said good-bye to Jack Diamond, who was known to all of the Wabun Health staff as a colleague and a friend. Tragically, he passed away due to the result of injuries from an automobile accident. In remembering my interactions with Jack and reflecting on his life as I had come to know it, I remember a man from whom I learned many things, not only about the work of the health team in the Wabun communities but

New Faces Welcomed To Wabun Health Services

Wabun Health Services is pleased to introduce three new employees recently hired to assist in bringing the very best in health programming to Wabun communities. Margaret Miller, Cindy Giguere and Tanya Spencer have been welcomed into Wabun's Health team.

MARGARET MILLER



The first person to greet you on the phone or in person when you contact Wabun Health Services is Margaret Miller, the recently employed Wabun Health Secretary/Receptionist.

She started this position May 17 and already feels at home in the Wabun environment. Miller is responsible for providing secretarial and administrative support to the Health Services staff. Her duties also include handling incoming calls, taking messages, maintaining a central filing system, typing, faxing, photocopying and distributing office mail. She works with the Health management team and also assists the Health Clerk as required.

Miller attended Northern College and graduated from a one year program in Office Administration. In the past she worked for the Ojibway Cree Cultural Centre as a Library Clerk in a seasonal summer position and as a Library Assistant. She has also worked in janitorial services for Kunuwanimamo Child and Family Services and for Mamowichi-Hetiwin Employment & Training.

Miller, 42 years of age, is a single mother and has three sons Randy 27, Michael 23 and Bruce 21. She is also a grandmother to two year old Keenan, the son of Michael and Julie. Miller is a member of Mattagami First Nation.

CINDY GIGUERE



Cindy Giguere is one of the newest members to join the Wabun Health Services staff as Health Clerk. She started May 18 and as the new contact person for non-Wabun First Nation members regarding the Patient Transportation Program. Giguere will be handling travel arrangements for non-Wabun First Nation clients who need non-local

medical attention.

"I am happy to be working for Wabun Health and I am looking forward to assisting the First Nation clients. Although I am working closely with clients now, my goal is at some point to be assisting First Nation people as a Registered Nurse," said Giguere.

She graduated from Northern College in Timmins with a diploma in Nursing and is registered with the College of Nurses of Ontario. Giguere continues to further her education in nursing and is currently enrolled in the Bachelor of Science in Nursing Program at Laurentian University. She also has taken a Secretarial course at Northern College.

Previously she worked for the Misiway Eniniwuk Community Health Clinic for a six month period performing registered nurse duties to fill in for another nurse on maternity leave. Before taking the position with Wabun Health she was employed in a part time position with the South Centennial Manor in Iroquois Falls.

Giguere, 38 years of age and her husband Gilbert live in Iroquois Falls with their two daughters Sara 15 and Michelle 12. She was born and raised in Haileybury and also spent some time in Gowganda. Giguere, a Metis, has an Ojibway heritage and is a member of Matachewan First Nation.

TANYA SPENCER

Spencer is the new Community Health Nurse filling in for Sandra Secenj, who is on maternity leave. She started her position March 1 and

is working with the First Nation communities of Mattagami and Matachewan.

Spencer previously was employed with the Medical Services Branch of Health Canada. Here she worked as a Community Health Nurse in the Sioux Lookout zone community of Fort Severn which is on the Hudson Bay coast.

"I am enjoying the work with the two communities I am covering. The people I work with are very welcoming which makes the work a pleasure. I gained a lot of working experience as a Community Health Nurse in my last position with Health Canada and I feel very comfortable working with the First Nation communities of Wabun," said Spencer.



At 24 years of age, Spencer is a graduate of a Bachelor of Science in Nursing degree from the University of Toronto. Previously she attended Laurentian University in Sudbury where she studied in biochemistry. She is originally from Lively, Ontario near the city of Sudbury.

Caring For You



Ginette Thivierge, Community Health Nurse (CHN) is the featured Wabun Health Services staff member for this issue of Wabun Sun. She has worked for Wabun Health since September 1997. Her responsibilities include three visits a week to the First Nation communities of Mattagami and Wahgoshig.

In the larger community of Mattagami, Thivierge works with another CHN Tanya Spencer with patients ranging from the new born to the elderly. They offer individual health services including health promotion, prevention, immunizations, communicable disease control, health teaching, home visits, prenatal and postnatal teaching, well baby clinics, school health, adult health, chronic disease and long term care. In Wahgoshig First Nation she works with Nathalie Ellison, a Community Health Representative, to provide the same services. Her time in the Wabun Health Services office at 313 Railway Street in Timmins involves administration duties and researching material from different groups for program planning.

Thivierge is dedicated to providing Wabun First Nation members with better health services programming. She was one of the first nine people in Ontario to be trained to provide the, "I Am Spe-

cial", Sexual Abuse Prevention Program for children in kindergarten to grade four. In the past she has also attended several meetings representing Wabun Health Services in child care and prenatal care.

Thivierge is a graduate of a Bachelor of Science in Nursing Degree with a minor in Indigenous Studies from McMaster University in Hamilton and is registered with the College of Nurses of Ontario.

Thivierge, 28 years of age, is an Inuvialuit from Inuvik, Northwest Territories. She and her partner Aaron have a daughter Mariah who is two years old. She enjoys collecting beanie babies for her daughter, attending pow wows, traditional dancing and teaching her two year old how to dance.



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Wabun Community Events

Wabun Tribal Council: September 24, Annual Wabun Scholarships Fund Golf Tournament at Spruce Needles Golf Course in Timmins.

Chapleau Ojibwe First Nation: June 9, Spaghetti Supper Recreation Fundraiser; June 12, Car Wash Recreation Fundraiser; July 7, Starting in July the first Wednesday of every month, Chapleau Ojibwe will host an Elders Lunch for the First Nation communities of Chapleau Ojibwe, Chapleau Cree and Brunswick House; August, Annual Powwow which is now named the Baptiste Memegos Memorial Traditional Gathering at the community's powwow grounds.

Beaverhouse First Nation: June 21, Aboriginal Day Celebrations being held in Timmins. Beaverhouse FN members are being bused to attend the celebrations for the day.

Brunswick House First Nation: Children's Play group in operation every Wednesday and Thursday mornings; Regular Bingos

every Friday night. Cancelled on Friday before Monster Bingos on June 4, July 2, August 6 and September 3; June 5, July 3, August 7 and September 4, Monster Bingos; August 27, 28 & 29, Brunswick House First Nation Annual Powwow; June 21, Brunswick House First Nation Aboriginal Heritage Day Celebration.

Matachewan First Nation: September, Fishing derby during the long weekend.

Mattagami First Nation: June 6, Monthly Monster Bingo, held on the first Sunday of the week; June 21, Aboriginal Community Celebration; many events including social evening, talent night and drumming by the North America Travelling College; June 24, Elementary and Secondary School Graduation and recognition ceremonies; June 26 & 27, Bicycle Safety Program for children; June 28, 29 & 30, B.A.B.E.S. Program for front line workers; June, July & August, Blood pressure and sugar screening clinics, dates to be announced; July & August, Water safety program for children; July

1, Community members will attend the Shania Twain concert in Timmins; July 7, Mattagami First Nation Treaty Day from 1 p.m. to 5 p.m. Note: Must have your status card; July 10 & 11, Baseball tournament for children; July 26, "In All That We Share" - The Mennonite community and Mattagami First Nation; July, Beach volleyball tournament - Dates to be announced. August 20, 21 & 22, Adult baseball tournament; August 25, Community Clean Day; August, Community First Aid - CPR Training - Dates to be announced; August, Teen survival skills training - Dates to be announced; August, Honoring our outstanding citizens - Dates to be announced; August, Referendum on the Leasing Agreement, all members will be requested to attend to cast their vote; August, Emergency Response training - Dates to be announced.

Wahgoshig First Nation: No events reported.

Contact was made to all Wabun First Nation communities to put together these community events.