



Wabun Sun

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Wahgoshig FN Historical Feature

WAHGOSHIG FN - The history of Wahgoshig First Nation dates back to pre-historic times and more recently to the Abitibi tribes of the Algonquin, Cree and Ojibway. The community was set aside as reserve land of 30 square miles as part of the Treaty Number Nine with the Canadian Government in 1905-1906.

At the time of the treaty signing the first Chief of what was then known as Abitibi Post was Louis McDougall and First Nation Councillors were Michel Penatouche and Andrew McDougall. In fact those First Nation leaders who signed the treaty in June of 1906 included: Luis McDougall Sr., Andrew McDougall, Old Cheese, Michel Penatouche, Loui MacDougall and Antoine Penatouche. This treaty land was special in that it included the First Nations of the Abitibi Lake and River area which also ran into Quebec.

Wahgoshig First Nation is located 50 kilometres from the nearest service centre to which it has year-round road access. The geographic location is between 45 and 50 degrees latitude and the nearest community is Matheson, Ontario.

For years the actual site of the reserve, although set aside, was not developed into an established community as the First Nation

people of the area lived a nomadic life on the Abitibi Lake and river. Many of these people lived in Lowbush which was a community on the shore of the Abitibi River as well as in Eades and other points along the Abitibi waterways and the rivers that were part of that system. The familiar names over the more recent years from the Abitibi Lake area First Nation people include the Blacks, Nadons, Babins, Diamonds and Singers. The Black family had long hunted and gathered in the area which was their traditional land area.

Wahgoshig First Nation became more established in 1985-1986 when several families moved onto the location permanently. At that time there was a road put in and housing was developed. Liz Babin, Education Counsellor for the First Nation has been a member of the community since 1986 when she moved to the location with her family.

"I believe the first Chief was Michael Penatouche and over the years we have seen Jimmy Diamond, Jacob Diamond, Lindy Louttit, Clifford Diamond and Paul Mackenzie as our chiefs and June Black held the position of acting chief at one point," said Babin.

Babin recalls living in Low Bush as a child. She described the community as a rail stop on the



WAGOSHIG FIRST NATION HAS SEEN MUCH DEVELOPMENT SINCE THE 1980s. HERE WE SEE, KEGEWIGWAN WAHGOSHIG HEALING LODGE WHICH MEANS 'HEALING DWELLING. IT IS A RECENTLY CONSTRUCTED BUILDING TO HOUSE THE COMMUNITY'S HEALING AND SELF HELP PROGRAM. PICTURED FROM L-R: LIZ BABIN, EDUCATION COUNSELLOR; DAVID BLACK, COMMUNITY MEMBER AND JUNE BLACK, PROJECT COORDINATOR FOR THE HEALING LODGE.

bank of the Abitibi River which relied on forestry operations by the Abitibi Paper Company based in Iroquois Falls. She remembers that the families in the area were still mainly hunters and gathers and

then became involved more and more in employment in forestry, mining and with tourist outfitters.

"I remember we moved around in those days by dog sled team. Our summer camp was in

Lowbus and in the winter we had a winter camp on the Abitibi River near Twin Falls not far from the town of Iroquois Falls.

Continued on page 2

Chapleau Ojibwe FN Opens New Bed & Breakfast



CHIEF ANITA MEMEGOES

If you are ever looking for a great getaway in fantastic accommodations then the Blue Heron Inn is the perfect place to visit in Chapleau Ojibwe First

Nation. The Inn, which is located in the Chapleau Ojibwe First Nation office complex, has seven brand new comfortable rooms ready to provide a home away from home feeling for guests. It officially opened July 21 2002 and has since been developing right on schedule. The inn is easy to find and located just minutes from Chapleau along highway 129.

The idea for the Blue Heron Inn came from, Chief of Chapleau Ojibwe First Nation, Anita Stephens. The local First Nation council supported her in this concept of establishing an income producing facility in the community. The inn is actually named for a protected rookery of Blue Heron birds that nest nearby.

The initiative has been a

First Nation one from the beginning with concept and direction supplied by the Chief and Council. Construction/renovation was done by Mattagami Construction of Timmins.

"We decided that this would be a good way to utilize extra space we had in our First Nation office complex on the second floor and it is turning out to be very successful. We have also created employment for ten persons," said Leona Panamick, Chapleau Ojibwe First Nation Councillor.

She pointed out that Chief Stephens holds the position of Manager and oversees staff in reception, dining and housekeeping. As part of the cost of the bed and breakfast style room a conti-

nental breakfast is supplied. The inn can also provide an American style breakfast of bacon and eggs and in addition has dinner available.

Panamick is looking forward to a busy winter with a great potential for snowmobile tourism in the area. The inn is perfectly situated to accommodate individual and group snowmobile enthusiasts. The local snowmobile trails are excellent and there is much wilderness and wildlife to see nearby.

The Blue Heron Inn has seven non-smoking, air conditioned rooms. All rooms as well feature carpeting and hardwood floors. One room has two double beds, there is one room with one double bed and a pull out couch,

one room with a king size bed and four rooms with a queen size bed in each. Each room is equipped with a table, two chairs, telephone access and an alarm clock. Roll away cots, mini fridge, a crib and playpen are also available at an extra cost. There is also a patio with BBQ and a hot tub for use by guests. A modern and comfortable common room features a giant 52 inch television with satellite programming. Native art by Betty Lincez and Vikki Myers adds to the comfortable atmosphere. Children under 12 stay for free when sharing rooms with their parents and free coffee is available on a 24 hour basis. Interac, VISA and mastercard are accepted. For more information you can call 705-864-0770 or fax 705-864-2911.

Elder Emily McKay An Important Resource For Mattagami FN



ELDER EMILY MCKAY, OF MATTAGAMI FN, IS THE FEATURED ELDER.

Elder Emily McKay, of Mattagami First Nation, is the featured Elder for this issue of Wabun Sun.

She is 64 years of age and was born and raised in Mattagami FN. Elder McKay lived her early life in an area called Noble Township near the town of Gogama and about 13 kilometers from the community of Mattagami FN. Sadly, her mother passed on when she was a six month old baby. Elder McKay stayed in the community for the first few years of her life and at five years of age a non-Native family in Sudbury adopted her for a year. She then attended residential school for a year in Chapleau and was later adopted by Henry and Juliette Kitchibra, who were an elderly couple when they took in a very young Elder McKay. She lived with this new family for several years and in 1954, she married Raymond McKay in Mattagami First Nation. Elder McKay explained that she did not

know her mother but later learned that her father was George Naveau.

As an Elder she takes part in community events and is invited to take part in gatherings to provide spiritual guidance.

She strongly believes in taking care of children and youth in her community.

"We have to take care of our children and to look out for their future. We have to protect them and ensure that they have the opportunity to have a proper education. It was more difficult when I and others like me were growing up. Now there is more opportunity but we should still continue to help our children as much as we can," said Elder McKay.

She added that keeping her people's Native Ojibway language is also important.

"Keeping our language alive is good for our people. They have recognized this in the community and there are Native lan-

guage classes in the school for our children. However, it is also important to encourage students to continue learning the English language so that they will be better able to communicate with the non-Native world in the future," said Elder McKay.

She encourages her grandchildren and other youth in the community to work as hard as they can in their studies.

"It feels good to see our youth attending school and doing well but it is disappointing to see them leave their studies. There are many opportunities for them and their future if they have a good education. Our youth are very important. Their lives are not as difficult as mine was and now they have more opportunities than before. It is important for us to encourage our youth to get their education. An education will help them get into the workforce and give them a better future," said Elder McKay.

Elder McKay enjoys spending time in her home in Mattagami FN where she produces craft work and knits clothing for her family and especially her grandchildren. She explained that she also enjoys any opportunity to visit young children at the local elementary school. When not doing her crafts or spending time with children she sometimes heads to Timmins to play a game of bingo and visit with friends.

Elder McKay has three sons Ivan McKay, Bruce McKay and Rodney McKay and two daughters Delores McKay and Brenda McKay. In addition, she has many grandchildren and great grandchildren. Her husband Raymond McKay passed on in 1988.

Wahgoshig First Nation History Profiled

Continued from page 1

Originally our family lived for part of the year in Abitibi Post, which was where the Treaty was signed in 1906. There were also families living on the Ghost River and Departure Lake area as well as the Abitibi Lake and River," explained Babin.

She added that Wahgoshig is actually a sister First Nation to Pikogan in Quebec as a result of how the treaty was originally drawn up to represent the First Nation people of the Abitibi area. Some were located in Ontario and some in Quebec. She pointed out

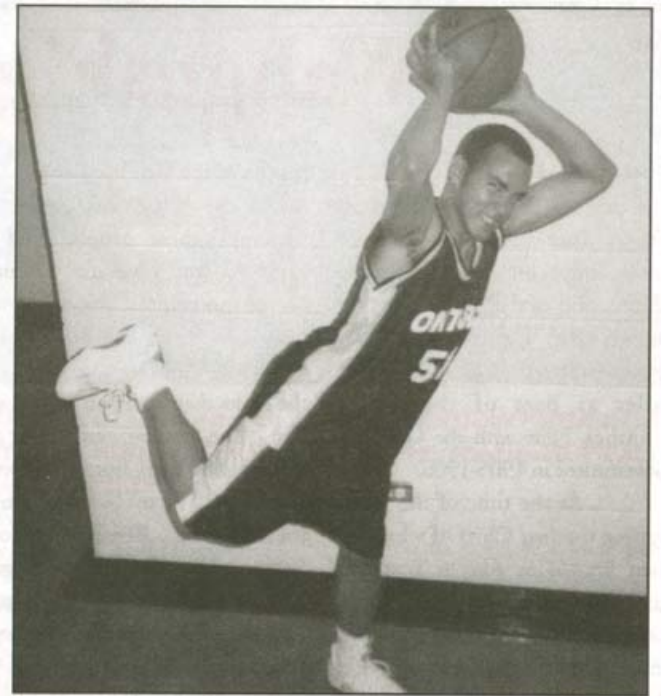
that Abitibi Post is still recognized as a traditional land and used as a place where the people meet to pursue their traditional hunting and gathering activities.

Babin recalls a darker time when the government demanded that children be sent to residential schools. Many children ended up in this school system. Babin moved with her family to Twin Falls so that she could attend school in Iroquois Falls during the 1960s. Sadly, the family could not obtain any housing early on in the 1960s due to the fact that First

Nation people were not welcome in town. However, that changed later on and the family moved into the community.

Today, Wahgoshig First Nation is a thriving community of 140 people and 260 persons who live off the First Nation area. The First Nation is an active part of Wabun Tribal Council and is involved in major economic development, housing development, communications development, water and sewage development and initiatives linked to resource extraction industries.

James McKay Plays Basketball At North American Indigenous Games



JAMES MCKAY, OF MATTAGAMI FN, REPRESENTED HIS COMMUNITY AT THE NORTH AMERICAN INDIGENOUS GAMES IN WINNIPEG MANITOBA ON THE ALL ONTARIO BASKETBALL TEAM.

MATTAGAMI FIRST NATION, ON. - James McKay, attended the North American Indigenous Games in Winnipeg Manitoba this summer. He tried out for and was selected for the Team Ontario Basketball Team which was composed of First Nation youth from ages 18 to 21.

McKay's team lost the first game to Wisconsin by only four points but then regrouped to beat the home team of Manitoba by 15 points. His team then went on to beat Florida but was defeated by British Columbia in the final game.

"I felt pretty good about our performance, considering we only had an hour practice and that was it. We had never really played before together as a team so I was happy with the outcome," said McKay.

The young Mattagami First Nation member who plays for the Timmins Blues was selected to be part of the provincial team when coordinators for the all-Ontario Native team scouted for players in Timmins.

"I could not have attended these games without the help I got from my family, my employer, Mattagami First Nation and Wabun Tribal Council," said McKay.

McKay has been a member of the Timmins Blues basketball team at Timmins High and Vocational School

for five years. His goal is to play college or university basketball after hopefully helping the Blues cinch the Ontario Secondary School championship this season.

The 18 year old OAC student was employed for the summer with Turtle Concepts, a Native organization based in Garden River FN near Sault Ste. Marie, Ontario. The company offers workshops and educational sessions on self-esteem and personal development. His work with this organization took him to different Native communities in northern Ontario where he gave self-improvement presentations to First Nation youth.

The North American Indigenous Games is an Aboriginal multi-sport, cultural event and celebration that takes place annually. This year it was held in Winnipeg. The games featured sixteen different sports, three being traditional Aboriginal events and 13 non-traditional sports. The event drew more than 7,000 First Nation, Metis, Inuit and Native American participants ranging in age from 13 to adult and including individuals with disabilities. In addition, up to 3,000 cultural performers entertained and educated participants and spectators throughout the games.

McKay is the son of Paulette McKay and sister to Julie McKay. He also has a sister, Amy and brother Christopher.

Chief Christine Venedam - Brunswick, House FN

Chief Christine Venedam is the featured Chief for this issue of Wabun Sun. She was elected to the position of Chief on July 24, 2002. Before becoming Chief she held the position of Councillor for two terms and was first elected to council in 1997.

She has worked for her community's local administration office for many years. For 12 years she was employed as Financial Administrator and was responsible for the First Nation finances, bookkeeping and financial reporting. In addition, she has also been involved as a Captain with the local Emergency Response Team and as an active

volunteer for community BINGO, children's activities and Chapleau Naturefest during the summer. From 1985 to 1987, she worked as a Referral Worker for the Indian Friendship Centre in Sault Ste. Marie and assisted clients at the centre to find living accommodations, provided assistance in finding employment and generally helped people settle into an urban environment. In addition, she also attended Sault College in Sault Ste. Marie and completed programs in Accounting and Business Administration 1990.

Brunswick House First Nation is part of the Wabun



CHIEF CHRISTINE VENEDAM WAS ELECTED BY HER COMMUNITY ON JULY 24, 2002.

She would like to see more of an emphasis on education in her community for youth and to encourage young people to achieve as much education as possible. Chief Venedam added that she is working with her Council to develop more communication with First Nation members.

She wants to continue to help her community in the future but is also hoping on continuing her post secondary education as well. Her goal is to achieve a higher level of education in the area of finance and accounting. In her spare time, Chief Venedam also enjoys spending time at her family's camp on the old First Nation lands known as Mount Batton. She takes time to be with her family to go camping and fishing.

Chief Venedam, who is 48 years of age, is originally from Brunswick House First Nation. She is a First Nation Ojibway person and is able to speak the Ojibway language. She has two sons, Kevin Tangie and Chad Tangie.

Wabun Health Develops Mental Health Program

Wabun Health Services has been working with Health Care workers and the Wabun Health Care team in the Wabun communities to plan for the development of a Mental Health Program. This project is being developed to collect research statistics, communicate with Wabun Health Care workers and gather input from Wabun community members on the subject of mental health care. The information gathered through this process will be used to develop a proposal to be submitted to funding agencies for the development of a Mental Health program for Wabun's communities.

"We are still in the process of gathering information and communicating with community members to make sure we have their input. We want to ensure that our First Nation members participate in a way that is comfortable for them. This means working with our members in group sessions or through one on one interviews. This research and information will be utilized to help us develop a proposal to apply for funding," said Jean Lemieux, Health Director for Wabun Health Services.

Clark McFarlane, of the Collaborative Consultant Group Inc., was hired to help develop a process for collecting this information. Since the start of his work in the late summer of this year, McFarlane has gathered information from band membership clerks to develop population statistics and has been working with Health Care workers to decide on appropriate methods of gathering community input for the project.

The work plan for the project includes developing a questionnaire for a Mental Health Needs Assessment and a review of the community assessment which was completed in

November 1997. In addition, McFarlane will meet with community members and staff through one on one meetings in each of the communities to conduct a needs assessment. He will also research the available resources available in each community such as qualified health care workers to determine the feasibility and sustainability of a Mental Health Program. In addition he will work with Health Care staff to review existing Mental Health case loads to assist with the projection of current service needs.

In November, a written report will be submitted to Wabun Tribal Council to provide recommendations regarding the mental health services needed, services currently being provided in the community highlighting those specifically related to mental health and identify resources available in each community both human and infrastructure that will support the sustainability of a Mental Health Program. A final proposal will be developed in December 2002 to be delivered to government agencies such as Health Canada or the provincial Ministry of Health for funding application.

A committee has been created to oversee this initiative which includes: Mental Health Care workers, National Native Drug and Alcohol Prevention (NNADAP) Workers and people appointed by First Nation leadership for their communities. Currently these committee members are: Jean Lemieux, Peggy Claveau, Assistant Health Director; Shawn Batise, Executive Director, Wabun; Darlene Naveau, Mattagami FN; Edna Hanson, Matachewan FN; Evelyn Black, Wahgoshig FN and Margaret Quakagesic, Brunswick House FN. A representative for Chapleau Ojibwe FN is yet to be chosen.

Tribal Council which represents five other First Nations in the Timmins area. Chief Venedam explained that her community has benefited by being part of Wabun.

"Having our community as part of Wabun has helped our administration in the past. Every time we need support they are a

phone call away and are there to help us. It always feels good to have our First Nation organization ready to help us. We sometimes do not have enough time or resources to do what we want but with the help of Wabun we are able to do more for our people," said Chief Venedam.

Many Winners In Wabun Quit Smoking Incentive Program

Wabun Health Services announced on October 3, 2002 that Real Boucher, of Matachewan First Nation, was the Final Draw Winner of a six month Quit Smoking Incentive Program that took place from April 2002 to October 2002. Boucher was awarded with a brand new RCA DVD player and a 32 inch television. He won out of a final group of four participants, all from Matachewan FN, who remained in the program.

Twenty-six participants from five Wabun communities took part in the six month program which was initiated by

Wabun Health to promote a smoke free environment. At the start of the program four participants took part from Brunswick House FN, two participants from Chapleau Ojibwe FN, 14 participants from Matachewan FN, three participants from Mattagami FN and three participants from Wahgoshig FN.

This is the second year of the Quit Smoking Incentive program. The initiative to help people stop the habit of smoking, took place in Wabun First Nations and was open to participants in each community. The Quit Smoking Incentive was organized as a peer

support group to help smokers to quit. At the end of every month, members of the group who still did not smoke were able to put their names into a draw to win gift certificates. This monthly draw for prizes increased in value every month over a period of sixth months and ended with the final draw which was announced in October 2002.

An honour system was in place during the Quit Smoking Incentive but participants also received peer support and encouragement from buddies or friends assigned to help them stay away from smoking.

Wabun Staff Taking Diabetes Educator Program

Wabun Community Health Nurses (CHNs) are receiving additional training in diabetes education to be able to provide Diabetes education to the Wabun communities they serve. CHNs, Cindy Giguere, Cecile Wesley and Therese McLellan are currently taking the Diabetes Educator correspondence program with Cambrian College in Sudbury. They started the one year program on October 1, 2002.

Jean Lemieux, Wabun Health Director explained that there is a great need for diabetes education in Wabun's communities. Initially it was planned that Wabun Health would employ a Diabetes Educator but due to the shortage of people who are qualified for this position, it was decided that Wabun Health CHNs would acquire training in diabetes education.

"We posted for a position and searched for an individual to fill the position of Diabetes Educator, Nurse or Dietitian to help our members but with no success. Due to the shortage of people with this background we had to go to the next step and have our CHNs start training in diabetes education. We need to provide diabetes education and assistance to our Wabun members," said Lemieux.

The training is organized in a series of modules to be completed through correspondence. They will learn several areas of diabetes education such as how to provide diabetes health teaching for people with diabetes, what to do once a person is diagnosed with the disease, teaching patients on the proper use of insulin, learn about complications of diabetes, how to do an assessment on new

diabetes patients and blood sugar levels and general health teaching and education. In addition, the program will also include a period where the CHNs will work alongside a qualified Dietitian to apply their new training. The CHNs participating in the program will be required to complete additional testing and exams in order to become certified as Diabetes Educators.

"This education program in diabetes education will enhance my ability to work with my clients who have diabetes. Actually I have two siblings who have diabetes, which means that I am also at risk of developing this disease. This new knowledge will help me assist Wabun members and will also be good for me on a personal basis," said Cecile Wesley, CHN for Chapleau Ojibwe FN and Brunswick House FN.

Featured Health Care Worker Is Walter Naveau

Walter Naveau, Intervention / Prevention Worker for Mattagami First Nation is the featured Health Staff person for this issue of Wabun Sun. He started this position in August 2002.

Naveau is based at the community's First Nation administration office and is responsible for the delivery of the Intervention / Prevention program. His responsibilities include providing youth with activities and health and addictions education. Naveau explained that he is also exposing youth to traditional teachings and the cultural and spiritual beliefs of his people.

He has worked in the social services field for several years in his community. He was the National Native Alcohol and Drug Abuse Program (NNADAP) Worker for his community for seven years. He has also received training in this field and completed a Social Services program from

Northern College in 2000. In addition, Naveau worked as a general carpenter for several years.

He explained that he wants to put a strong emphasis on his traditional people's way of life in his work and encourage youth to go after a good education for their future.

"Our youth are our future leaders. They need to find the best education if they want to lead our people. It is also important for us to take care of them. Today's society is hard on people, so our youth have to have someone who believes in them," said Naveau.

He added that the community's traditional Ojibway language should be taught more to ensure that young people do not lose this part of their people's heritage.

"I believe that we should all take an active part to help our youth to learn our First Nation language. I would like to see our

youth spending more time with our Elders and learning our First Nation language. Our Elders are vital to our community and have a lot of knowledge that they can share with our people and especially our youth," said Naveau.

In August 2002, a Youth Centre was opened to provide young people in the community with a place to spend time and get together. Naveau explained that the centre will also be made available for traditional teachers to share their knowledge through activities such as story telling and teachings by Elders, traditional hand drum making and snowshoe making.

"I would like to see more traditional activities provided to our youth for them to learn our traditional way of life. We all have to learn who we are and about our past. I am still learning as well and some day I hope to pass on my knowledge to other youth and to



WALTER NAVEAU, INTERVENTION/PREVENTION WORKER FOR MATTAGAMI FN IS THE FEATURED HEALTH CARE WORKER.

Wabun Health Care Workers Take Time Management Training

Wabun Health Care workers completed an Effective Time Management Training Program to learn how to better manage schedules, time and workloads during day to day operations in the organization. Seventeen Health Care workers from the Wabun office in Timmins and the community health workers who make up the Health Care team in Wabun's communities took part in the two day, 16 hour program. The program was offered through Northern College and took place on October 1 and 2, 2002.

"This was very beneficial training for our health care team. It was a good way to give our workers certified training and provide them with additional knowledge and tools they can apply to their work," said Jean Lemieux, Wabun Health Director.

The Effective Time

Management Training program was taught by Tim Petroski, President of TP Enterprises Ltd, who specializes in consulting services and holds an Honours Bachelor of Social Work Degree from Laurentian University and a Social Services Diploma from Northern College. He has been researching and developing leadership programs since 1976 and has provided training for a variety of social service and health care professionals.

The two-day training program presented the facts that better time management can improve one's career, self esteem and financial gain. The program taught participants how to prioritize time, how to and where to spend one's time, personal value and prioritizing in a 24 hour period. They also dealt with goal setting in group exercises and learned how to deal with conflicting agendas.

The program was attended by Wabun Health Care workers: Jean Lemieux, Health Director; Peggy Claveau, Assistant Health Director; Therese McLellan, Community Health Nurse (CHN); Cindy Giguere, CHN; Cecille Wesley, CHN; Rosanne Ojeebah, Wabun Health Clerk; Julie Brousseau, Non Wabun Health Clerk; Margaret Miller, Health Secretary; Paulette McKay, Bookkeeper; Eileen Boissoneau, Community Health Representative (CHR) Mattagami FN; Ginger Nadon, CHR and Evelyn Black National Native Alcohol and Drug Awareness Program (NNADAP) Worker of Wahgoshig FN; Caroline Ojeebah, CHR, Margaret Quackegestic NNADAP Worker and Christina Redbreast Mental Health of Brunswick House FN; Susan Collins CHR Matachewan FN and Joanne Nakogee CHR Chapleau Ojibwe FN.

Wabun Scholarships Announced

TIMMINS, ONT - The Wabun Tribal Council has announced that the deadline for applications for the Wabun Scholarship Fund this year is set at January 31, 2003. The scholarship application is open to any Wabun Tribal Council First Nation student as long as he or she is enrolled in a post secondary school.

The applicant must send a letter to the attention of: Scholarship Fund, Shawn Batisse, Executive Director of Wabun Tribal Council. The letter should detail a little about why the applicant feels he or she deserves this scholarship and indicate what program he or she is attending. Preference will be given to those in programs relating to telecommunications, health, engineering and

business. The applicant must also include a proof of academic performance or a recent transcript.

The scholarships available include: Northern Telephone, \$1,000; First Nations Engineering, \$500; Wabun Health Services, \$500.; Mattagami Construction, \$500. and the Bank of Nova Scotia \$250. The funds are raised through the Annual Wabun Scholarship Fund Golf Tournament. This year's tournament was held September 20 at Spruce Needles Golf Club in Timmins.

"Wabun Tribal Council is very proud of all our students and we encourage education counselors to promote these scholarships to students in their community. Our youth are our leaders for tomorrow and it is our hope that

these scholarships will assist some of them in reaching their goals," said Batisse.

The award winners and the sponsoring organizations for last year's Wabun Golf Tournament Scholarship Fund Award program were: Jeanine Batisse of Matachewan FN who was awarded \$1,000 sponsored by Northern Telephone and Wabun Tribal Council; Mary-Lee Boissoneau of Mattagami FN won \$500 which was sponsored by Wabun Health Services and Chris McKay of Mattagami FN and Matachewan FN members Doreen Fox, Rose Thomas and Bertha Cormier were awarded \$200 each which was sponsored by Wabun Tribal Council, First Nation Engineering and the Bank of Nova Scotia.

my children," said Naveau.

He has been involved in several projects and events to expose youth in his community to his people's traditional beliefs and spirituality.

"It has been a real pleasure to work with our youth and see the positive results from the work that our community has done. We need to encourage them to be good people and be there for them when they need help. I spent some time going to a sweat lodge ceremony with some of our youth. It was a way for them to get in touch with their culture and it was enjoyable to see their pride in learning about their heritage," said Naveau.

In addition, he is also working with others to try to find

funding to develop a local radio station for the community.

"A radio station would be fun for everyone involved including our young people. It would build better communication between our community members and allow everyone to become better informed on events and stories happening in our First Nation," said Naveau.

He is a member of Mattagami FN and is a First Nation Ojibway person. In his spare time, he enjoys spending time with his family and following traditional activities such as hunting and spending time on the land. At 47 years of age, he is married to Cathy and they have a daughter Sarah, 30 and three children John, 14; Noconi, 12 and Tyler (TJ), 10.

Wabun CHNs Take Advanced Foot Care Training

Cecile Wesley and Cindy Giguere, both Community Health Nurses (CHNs) for Wabun Health Services have acquired Advanced Foot Care Training to provide additional specific health care assistance to Wabun patients in this area. They received their training at the Amherstville Therapy Clinic in Kingston, Ontario over five days from October 23 to 27, 2002. Earlier in the year, Therese McLellan, CHN for Mattagami FN received this training from the Amherstville Therapy Clinic.

"There is a great need for proper foot care for members in our Wabun First Nation communities. This training is needed to help people with diabetes avoid the

dangers of developing complications with their feet due to this disease," said Jean Lemieux, Wabun Health Director.

The two nurses were trained in basic foot care, orthodontics and treatment of deformities to the foot as well as specific treatment for patients with diabetes.

"It is very advantageous for Wabun Health to offer as much assistance as possible to our members. This training will assist our clients who require advanced foot care and help to prevent further complications to their feet in the future," said Wesley, CHN for the First Nation communities of Chapleau Ojibwe and Brunswick House.

Wabun Sun



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