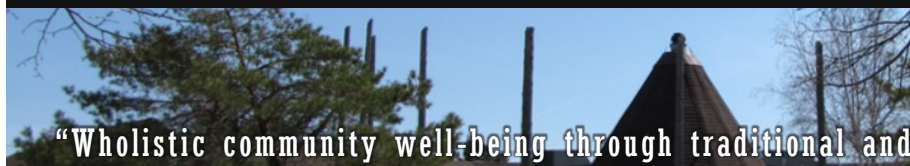


# NAANDWECHIGE-GAMIG



WIKWEMIKONG HEALTH CENTRE

ISSUE - MARCH 2019



**“ NAABIDIN GIIZIS “**  
**‘Snow Crust Moon’**

**“Wholistic community well-being through traditional and western health services”**

## ***A Scary Night Stranded Along the Highway in ‘The Blizzard’***

**By: Kerry Assiniwe**

Like the saying goes, always better to be safe than sorry.

That’s exactly what WHC’s School Health Support Services staff, Lisa Osawamick, of Wiikwemkoong, says as she recalls what she refers to as ‘...one very scary experience’.

Osawamick is talking about the night of Sunday, February 24th. Most of us remember that day as one with extremely high winds, snow and blowing snow. Not to mention, the heavy rainfall that morning and afternoon.

As were many people, Osawamick was travelling home to Wiikwemkoong with her teenage daughter and her cousin.

For the most part, travelling was ‘doable’ with caution in the midst of near white out conditions.

But then, just past 10 Mile Point, along the straight stretch, the visibility was ABSOLUTE WHITE OUT.

Slowing right down to a crawl, Osawamick noticed a vehicle stopped in the middle of the highway. She pulled alongside to see if everything was ok with the driver and passengers (*who happened to also be from Wiikwemkoong*). Everyone was fine so Osawamick proceeded to move forward to continue travelling.

But, as ‘luck’ would have it, her tires were pulled into the big snowdrift on the highway, and it was there she, her passengers and vehicle were held ‘captive’... stuck in the drift.

“After the immediate rush of trying to rev the vehicle to get ‘unstuck’, I had to ‘calm down’ and take assessment of

next steps” she says. And for her, that was to get unstuck.



**Stuck in snowdrift along Highway 6; just past Ten Mile Point, February 24, 2019.**

“I was outside trying to get the van to move. I even tried that ‘maneuver’ that was ‘online’ where you put your floor mats under the tire...didn’t work.”

She said she had to get back in the vehicle and stay there because by then her clothes were wet and she was getting cold. She then called the Ontario Provincial Police (OPP) to notify them of her situation and that of the other vehicle. The OPP then called a tow truck. During the ‘waiting time’, Osawamick’s daughter, who had snow pants in the vehicle, went outside (*image below*) to check and remove any snow that was blocking the muffler exhaust. A muffler, clogged with snow, while the vehicle is running, could cause carbon monoxide fumes from the muffler to get into the ‘cabin’ area through the ventilation system which could have jeopardized health or at worst, been fatal. On that, she notes she also kept the window



**Osawamick’s daughter in blizzard clearing snow off muffler.**

open a little just in case.

Osawamick recalls numerous vehicles driving by - not one stopped. The only vehicle that stopped was an ambulance vehicle and the paramedics did check in on them and even tried to push her vehicle out; no luck.

Then, out of nowhere, she received a message on her mobile phone from Wiikwemkoong’s Ogimaa Duke Peltier saying he was coming to help them and wanted her location. She says he heard from people in the community, through her Facebook messages/updates, that she and other’s were stuck on Highway 6. In no time, there he was, along with two OPP officers, shoveling and securing the tow to pull them out. She says Ogimaa told them to follow him back into the community, which they did. “We are so grateful to have an Ogimaa like this. This was a courageous act on his part and it shows he has love for his community - his people.”

Osawamick says the entire 4 hour ordeal is one that will always serve as a reminder to always be prepared with an ‘emergency kit’ so to speak in your vehicle in case something like this happens again; or worse. Luckily, all turned out safe for her and all. She summed up her thoughts in her last Facebook message that night:

*“Miigwech to all of you who checked on us tonight via Facebook and text. We finally made it home safely! Chi miigwech to our Ogimaa who came to rescue us and tow us out and escorted us home, as well as to the OPP who helped shovel us too. We are beyond grateful for your assistance. Miigwech!”*

## ***Winter Weather Getting You Down? Eat Those Blues Away!***

**By: Kerry Assiniwe**

March is finally here! And with that, comes SPRING!

But, looking outside, it's not looking like Spring is it? Even with the beautiful white snow 'embracing us', many people are feeling the blahs of cold and ice that come with 'winter'.

Some of you are those people who jump up everyday, kicking heels in excitement, ready to tackle the FUN that OLD MAN Winter brings us. Others need that extra nudge to 'try' to make the best of it and get through it all.

It's a well known fact that this season causes people to feel the blues; moods are down.

So what do we do about it, since we cannot 'make Winter stop'? Well, we try to 'make the blues stop'.

Getting up and being active outside is one way, obviously within reason, health and safety of course.

But we also need to focus on what we consume - what we eat can have significant impacts in a positive way to help us feel better...happier during the cold winter weather.

Here are some 'top' foods noted to help with boosting moods. The information is shared by Noojmowin Teg Health Centre's Registered Dietician, Joby Quiambao who works with Naandwechige-Gamig Wikwemikong Health Centre on a weekly basis.

She refers to information at [www. livewellnebraska.com](http://www.livewellnebraska.com):

Serotonin is a neurotransmitter connected to overall feelings of happiness and wellbeing. Sunlight exposure and regular exercise will help keep serotonin levels up, but if you tend to hibernate in the cold or have been less physically active, chances are you have lower levels of serotonin than in sunnier seasons. Lower levels of serotonin are related to increased depression, anxiety and poor sleep quality. Although serotonin is not a nutrient found in food, there are foods

that are associated with its production. One of these nutrients is the amino acid tryptophan. It needs iron, vitamin B6 and B2, to be converted into niacin, which then plays an important role in the production of serotonin.

Tryptophan supplements are not recommended, and since it is an essential nutrient, must be obtained through your diet. Fortunately, many common foods are good sources of tryptophan. It absorbs best when foods high in tryptophan are eaten in combination with quality carbohydrates, since they contain the necessary iron, B6 and B2. Include a few of the following meals below everyday to give your mood and energy levels a boost.

***Eat your eggs how you like them.*** Egg yolks are a good source of tryptophan, so scramble two eggs over whole-wheat toast for breakfast. Add a serving of colorful fruit on the side to round it out.



***Go nuts for oatmeal.*** All varieties of nuts contain tryptophan and in combination with the heartiness of oatmeal, this vital amino acid will absorb better.



***Indulge in dairy.*** Milk and cheese are creamy sources of tryptophan especially when combined into a homemade macaroni and cheese. Whole-wheat pasta is the key to better absorption of the tryptophan, and may result in a higher rate of serotonin production. Limit your portion of this high-calorie dish to about

1 cup and fill the rest of your plate with a leafy green salad to keep the meal lighter in calories.



***Savor a little soy.*** Soy protein contains all the amino acids including tryptophan. Tofu will take on the flavor of whatever it is cooked with. Make a mean stir fry by combining your favorite sauces and vegetables. Use brown rice as a better carbohydrate base over white rice.



***Mix in some chicken.*** Chicken breast is a lean, complete protein making it a great source of tryptophan.



In addition to these meal ideas, regular exercise, sun exposure, a high-fiber diet and a positive outlook are all associated with higher levels of serotonin.

For more information, feel free to contact our dieticians Joby Quiambao or Natalie Hastings by calling WHC 705-859-3164.





**'Diabetes: An Indigenous Perspective',  
Hosted by WHC; Wiky Arena, February  
25, 2019**

**Miigwetch to Joseph Pitawanakwat for  
sharing your knowledge about Indigenous  
plants being used for diabetes. He oper-  
ates 'Creator's Garden', a Manitoulin Is-  
land business that focuses on teaching  
legitimacy of plant based medicine.**

## **REMINDER TESTING TUESDAY**

**MARCH 26**

**8:30am - 10am**

**Wikwemikong Health Centre**

**Nurses Will Check:**

**A1C**

**BMI**

**BLOOD PRESSURE**

**WEIGHT**

**You will also be treated with a  
light breakfast/snack during  
an informal information ses-  
sion with our Diabetes Team.**

## ***Remembering and Honoring the Life and Milestone Steps of Our Water Walker-Water Protector Biidaasige - Josephine Mandamin***

Naandwechige-Gamig Wikwemikong Health Centre honors the life of Biidaasige Josephine Mandamin - a member of Wiikwemkoong Unceded Territory.

Josephine baa passed away in the early morning hours of Friday, February 22nd 2019. She was 77 years old.

Josephine baa dedicated most of her life to our nbi (water); walking the lands of Turtle Island - approximately 25, 000 kilometers with and for water.

Her goal was to raise awareness on the importance of doing all we can to help take care of our water on this planet. Along her many travels, she was joined by hundreds of supporters who walked behind and alongside her - with heart and soul. Josephine baa leaves a legacy that we must all honor, follow and continue - heal our water; protect our water - WATER IS HEALTH - WATER IS LIFE.

***Miigwetch Biidaasige....stay strong in the Spirit World.***



**Biidaasige Josephine Mandamin baa with niece Stephanie Peltier (WHC Shelter Staff).  
Photo Provided By: Stephanie Peltier**

## ***Wiikwemkoong Community Members Invited to Share Views on Recreational & Medicinal Cannabis Through Online Survey***

In the spirit of community health and overall well-being, Naandwechige-Gamig Wikwemikong Health Centre supports engagement of Wiikwemkoong community members in sharing their views about 'Cannabis' through this community survey; commissioned by Wiikwemkoong Unceded Territory Administration. Since the legalization of 'recreational'

cannabis in Canada in October 2018, there has been much discussion and questions about the usage, purchase and growth/cultivation of cannabis. There have also been questions about recreation vs medicinal cannabis. On this, Naandwechige-Gamig Wikwemikong Health Centre supports the authorized 'medicinal' qualities that cannabis promotes within an individual's health and well-being. The intention of this online survey is to better understand community members' views on cannabis with the goal of setting priorities for Chief & Council and Administrative Leadership/Departments

of Wiikwemkoong Unceded Territory. Miigwetch.

If you would like to fill out the ***Wiikwemkoong Unceded Territory Online Survey on Cannabis***, please contact our Communications/Media Services staff person: ***Kerry Assiniwe, 705-859-3164, Ext. 248 OR email her at: kassiniwe@wikyhealth.ca.***

The link has also been provided on our Naadwechige-Gamig Wikwemikong Health Centre Facebook page.





**Mar 1; Mass 10am; Quilting All Day; Games & Puzzles 1pm**  
**Mar 4; Smudge 9am; Arts & Crafts 10am; Scrapbooking 1pm**  
**Mar 5; Language Class with the W.H.O (everyone welcome) 10am; Soup Deal \$5.00 - 11am; Scrapbooking 1pm**  
**Mar 6; Exercises 9am; VON 10am; Afternoon Movie 1pm**  
**Mar 7; Quilting All Day; Connecting with Barb; Games & Puzzles 1pm**  
**Mar 8; Quilting All Day; Ribbon Skirt Making with Prevention Services & Ontario Works 10am**  
**Mar 11; Smudge 9am; Arts & Crafts 10am; Scrapbooking 1pm**  
**Mar 12; Surnames with the W.H.O (everyone welcome) 10am; Scrapbooking 1pm**  
**Mar 13; Exercises 9am; VON 10am; Afternoon Movie 1pm**  
**Mar 14; Quilting All Day; Leftover Sewing Projects 10am; Let's Bake 1pm**  
**Mar 15; ST. PATRICK'S DAY SOCIAL**  
**Mar 18; Smudge 9am; Arts & Crafts 10am; Games & Puzzles 1pm**  
**Mar 19; Language Gathering with the W.H.O (everyone welcome) 10am; Coffee House 5pm**  
**Mar 20; Exercises 9am; VON 10am; Library Time for Seniors 1pm**  
**Mar 21; Quilting All Day; Birthday Social 1pm**  
**Mar 22; Quilting All Day; Games & Puzzles 1pm**  
**Mar 25; Smudge 9am; Arts & Crafts 10am; Scrapbooking 1pm**  
**Mar 26; Baking Time 10am; Prize BINGO 7pm**  
**Mar 27; Exercises 9am; VON 10am; Afternoon Movie 1pm**  
**Mar 28; Quilting All Day; Senior Safety 11am; Games & Puzzles 1pm**  
**Mar 29; Quilting All Day; Games & Puzzles**

### GYM MEMBERSHIPS

If you are 55 years and older and have just joined the gym, or are thinking about joining, the Wikwemikong Health Centre can reimburse you 50% off your membership fee. To qualify, you must be 55 years old or older and present proof of payment.

### MEALS ON WHEELS

Clients who receive Meals on Wheels, please be sure to call if you are NOT going to be home.

### GENERIC TRANSPORTATION

Monday-Friday  
8am - 4pm

### TRANSPORTATION HOURS AND FEES; Mon-Fri; 8am-4pm

**MANITOWANING:** Mon-Fri: 9am-2:30pm; **\$10**

**LITTLE CURRENT:** Thursdays Only; **\$20**

**ESPANOLA:** Last Thursday of the Month; **\$40**

**PLEASE BOOK LITTLE CURRENT TRIPS IN ADVANCE**

### AMIKOOK SENIORS' CENTRE

16A Complex Drive

PO Box 101

Wikwemikong, Ontario

P0P 2J0

Phone: 705-859-2194

# Naandwechige-Gamig Wikwemikong Health Centre

Naabidin Giizis - MARCH 2019

## **CHILDRENS SERVICES (New Location: 79 Peltier's Trail, Phone: 705-859-1262)**

INFANT MASSAGE; Mar 19; 1pm-3pm; 79 Peltier's Trail

GOOD FOOD BOX COOKING; Mar 20; 11am-2pm; 79 Peltier's Trail

## **YOUTH SERVICES (For More Info on Any Youth Services Event/Activity, Call: 705-859-3597)**

TEEN OPEN VOLLEYBALL; Mar 4, 18, 25; 6:30pm; Youth Centre

HIGH SCHOOL HOCKEY; Mar 4, 18, 25; 4pm; Wiky Arena

ADULT LUNCH SKATE; Mar 5, 7, 19, 21, 26, 28; 12pm; Wiky Arena

FREE SKATE FRIDAYS (all ages); Mar 1, 8, 22, 29; 4pm; Wiky Arena

YOUTH MENTAL HEALTH PROGRAMMING; Mar 5, 19, 26; 6pm; Youth Centre

POWER HOUR; Mar 5, 19, 26; 5pm; Youth Centre

TEEN ZONE; Mar 6, 20, 27; 6:30pm; Youth Centre

IYMP AFTERSCHOOL PROGRAM Grades 3-8; Mar 6, 20, 27; 4pm; MUST PRE-REGISTER

KWE PROGRAM; Mar 7, 21, 28; 4pm; Youth Centre; MUST PRE-REGISTER

TEEN MULTI SPORTS; Mar 7, 21, 28; 6:30pm; Youth Centre

Birthday Socials; Mar 28; 6:30pm; Youth Centre

SWIMMING LESSONS-SUNDAYS-Espanola Swimming Pool; Mar 3, 17, 24, 31; 12pm;

MUST REGISTER

## **PRIMARY CARE**

SKIING; Mar 5; Departs 5pm from WHC to Espanola

CONCUSSION INFORMATION SESSION; Mar 6; Details TBD

OPEN HOCKEY; Mar 6; Women 9pm-10pm; Men 10pm-11pm; Wiky Arena

INTERNATIONAL WOMEN'S DAY; Mar 7; 6:30pm-8:30pm; Location TBD

KIDNEY DAY; Mar 8; Details TBD

CURLING; Mar 11; 4:30pm Departure from WHC to Manitowaning; MUST PRE-REGISTER

FITNESS/HEALTH GROUP; Mar 11, 25; 4:30pm-6pm; Location TBD

FREEZER MEALS WORKSHOP; Mar 19; 6pm-8pm; N'Baachwen

ARTHRITIS INFORMATION SESSION; Mar 20; 9am-12pm; Location TBD

WORLD WATER DAY; Mar 22; Details TBD

TESTING TUESDAY; Mar 26; 8:30am; Details TBD

COLORECTAL CANCER DAY; Mar 29; Details TBD

## **NADMADWIN MENTAL HEALTH CLINIC/NAANDWE MIIKAAN**

Trauma & Addictions Conference; Mar 6 & 7; Wikwemikong Arena

Grief & Loss Support Group - Mar 7; Facilitated by: Emmy Mitchell; 6pm-8pm; Medicine Lodge WHC

Drum & Drum Bag Making; Mar 14 & 15; Aundeck Omni Kaning; Limited Spots (705-859-3164) Ask for Serenity or Dorothy

Meditation Program (Ongoing until March 29); MONDAYS 4pm (40 mins); TUESDAYS 10am (20mins); Medicine Lodge WHC



## **Mnidoo Mnising Mental Wellness Crisis Response Team**

Nadmadwin Mental Health Clinic  
P.O Box 101 Wikwemikong, ON  
P0P 2J0

Phone: (705)859-2330

Fax: (705)859-2035

ATTN Parents/ Guardians,

The Mnidoo Mnising Mental Wellness Crisis Response Team would like to inform you of the recent social media cyberbullying trend called the **'Momo Challenge'** that has been surfacing the media. This challenge is an alleged form of cyberbullying that spreads through social media platforms such as WhatsApp, YouTube and cellphones. A reminder that children are being told not to talk about the encounters, and may receive violent threats. This phenomenon had reached worldwide proportions in July of 2018. The MWCRT would like to remind parents/guardian that like any other social media phenomenon, its intent is to create moral panic.

It is important that parents are aware that while the internet brings great opportunities for fun, learning and socialism, there are also risks that have to be managed, including access to harmful content or harmful contact. Though there have been no known reports of injury, parents are urged to make informed decisions about their childrens online use, keep a close eye on things, and have a regular conversation about what their children are doing and seeing online.

This is an opportunity to remind children that clicking on unidentified links or communicating with unknown sources is strongly discouraged and unsafe. It is important to talk about internet safety, if your child is on social media, knowing what is appropriate to share, what photos to post and how to respond to others social media postings takes practice/guidance.

Some good practices for parents are frequently changing media passwords, talk to your kids about being safe on social media/ internet platforms, and reporting any suspicious activity to the police.

Miigwetch,

Serenity Sandford

Crisis Coordinator



NAANDWECHIGE-  
GAMIG  
WIKWEMIKONG  
HEALTH CENTRE  
  
PARTICIPATION  
PASSPORT  
  


NAME:

JOIN the  
**PARTICIPATION  
 PASSPORT** Program.  
 It's **FREE** & gives you a chance  
 to win monthly prizes.  
 Contact WHC for details.



## CONTACT

### NAANDWECHIGE- GAMIG

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 Phone: 705-859-3164  
[www.wikyhealth.ca](http://www.wikyhealth.ca)

WHC Newsletter Produced By:  
 Communications & Media  
 Services



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 PDF Online Newsletter  
[www.wikyhealth.ca](http://www.wikyhealth.ca)

# STAY CONNECTED...

## NAANDWECHIGE-GAMIG WIKWEMIKONG HEALTH CENTRE MANAGERS

Health Services Director; Mary Jo Wabano, Ext. 301  
 Executive Assistant/Transportation Manager; Melissa Roy, Ext. 241  
 Children's Services Manager; Judy Black, RN, Ext. 250  
 Wassa Naabin Youth Services Manager; Lawrence Enosse, 705-859-3597  
 Primary Care Manager, Theresa Pangowish, Ext. 300  
 Nadmadwin Mental Health Manager; Diane Jacko, Ext. 238  
 Wikwemikong Long Term Home Community Care Manager; Yvette Corbiere,  
 705-859-3098  
 School Health Support Services; Robert Beaudin, 705-859-2592  
 Nookomisnaang Shelter Manager; Mary Pheasant, Ext. 236  
 Amikook Seniors Centre; 705-859-2194  
 Naandwe Miikaan; 705-859-1390  
 Northwood Clinic; 705-859-3280



If you have specific  
 questions or concerns,  
 feel free to contact any  
 Manager through our  
 'Contact' page on our  
 website



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FOLLOW US ON...



Wikyhealth.ca

Check out our weekly event announcements/highlights on WikyTV,  
 EVERY Monday, 9am - 4pm (top of the hour) AND ALSO on  
 YOUTUBE - weekly announcements/highlights videos posted Mondays.



## Naandwechige-Gamig Wikwemikong Health Centre

## EVENTS & HIGHLIGHTS



Naandwechige-Gamig Wikwemikong Health Centre CONGRATULATES the **2019 Health Award/Bursary Recipients** - all of whom were presented their awards during the WHC Open House at the Wiikwemkoong Arena. Recipients are post secondary students who are community members enrolled in a health services related field of post secondary study. Recipients were presented with their awards by Health Director, Mary Jo Wabano, during Naandwechige-Gamig Wikwemikong Health Centre's Open House held February 21st, 2019, at the Wikwemikong Arena.



## Naandwechige-Gamig Wikwemikong Health Centre 2019 HEALTH AWARD/BURSARY RECIPIENTS



**Marcie Tabobondung;**  
\$500; Anishinabek Educational Institute; Social Service Worker- Indigenous Knowledge



**Roxanne Mandamin;**  
\$500; Bachelor of Sport and Physical Education and Bachelor of Education; Laurentian University



**Brandon Corbiere;**  
\$500; Social Services Worker; Cambrian College



**Ashley Jacko - Metansinine;**  
\$250; Sociology; Nipissing University

### Other Recipients Unable to Attend Presentation:

**Jacqueline Odjig;** \$500; Behavioral Science: Seneca College

**Nicole Jacko - Metansinine;** \$500; Bachelor of Science in Nursing; Nipissing University

### STAFF APPRECIATION AWARDS

CONGRATULATIONS to Robin Peltier, Charity Dakin and Mike Peltier for being honored with Staff Appreciation Awards from Nadmadwin Mental Health Clinic during Naandwechige-Gamig Wikwemikong Health Centre's Open House, February 21, 2019. Without a doubt...these individuals have and continue to go above and beyond in their profession and services with/for WHC and our community. *Miigwetch for all that you do.*



**Robin Peltier**  
Administrative Support



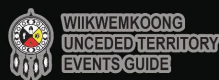
**Charity Dakin**  
Lab Technician

Staff Appreciation Award recipient **Mike Peltier (Medical Transportation Driver)** unable to attend presentation.

## GET THE CURRENT FREE COPY AT WHC (Next Quarterly Issue Available April 2019)

JANUARY, FEBRUARY, MARCH 2019 ISSUE 01

# ENKAMIGAK W.U.T.'S UP



**WHC DIKIDAWIN:**  
Message from Wiikwemkoong Health Director Mary Jo Wabano

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By Kerry Assiniwe

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Enkamigak W.U.T.'S UP is funded and produced by Naandwechige-Gamig Wikwemikong Health Centre.

