



Sioux Lookout  
First Nations  
Health Authority

# OTIPACIMO

## Storyteller

*Gracey Kakekayash, North Caribou Lake First Nation*



### Community Sunlight

*Gracey has been the Aboriginal Diabetes Initiative Worker in North Caribou Lake for 10 years.*

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Message From  
**MONICA HEMEON CAO**



It is a great honour to present SLFNHA's fall edition of Otipacimo, which means storyteller.

SLFNHA recently held its annual AGM in early September. It was nice to finally meet in-person for the first time in 2 years. We were able discuss topics that have been on everyone's minds as we move into living well with COVID. Most importantly, I got to hear concerns from the communities directly. I heard these concerns loud and clear and will be sending out an update to address all the issues brought forward regarding the departments under me. Those include HR, IT, Communications, Medical Transportation and benefits, Patient Navigation and the Hostels in Sioux Lookout. The AGM was an opportunity to begin building strategies and we are working towards the best possible service for the 33 First Nations we serve.

As we move into the fall season, I want to acknowledge that this is a season of harvest for our communities. I wish all the success and safety for those going out on the land to provide food and resources for their families and communities. I am grateful to the communities for their resilience and inspiration in each season.

I am excited to share our newsletter, Otipacimo, that highlights some the challenges and celebrates the successes of our staff and departments. Enjoy.

Miigwetch!

**Contact Information:**

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# YOU'RE THE CHEF

A cooking skills program for youth



A program designed to develop the skills & confidence in children, youth and adults to prepare healthy and tasty recipes.

Recipes were chosen and adapted by an Anishinaabe cook Kanina Terry. They emphasize vegetables, fruit and traditional foods that are available at reasonable cost in communities.

- Training session for volunteers to run program in community
- Recipes with traditional ingredients
- Teachings in Food and kitchen safety
- Support from a Dietitian at SLFNHA
- Cooking equipment if needed

Contact us | [acwinfo@slfnha.com](mailto:acwinfo@slfnha.com) | (866) 337-0081



**I am going back to school.**  
**I am ready.**

*My COVID-19 vaccines are up to date.*  
I will wear a mask, and keep my distance.  
I will keep my hands and work space clean.

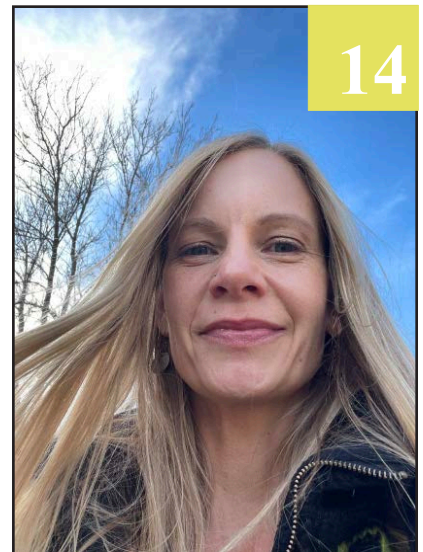
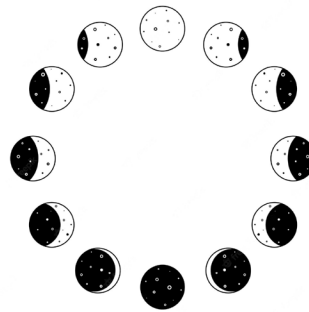
**Plan ahead, stop the spread.**



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First Nations  
Health Authority

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# Community Sunlight: Gracey Kakekayash, North Caribou Lake First Nation

Written by:

Kelly McIntosh, Approaches to Community Wellbeing

Gracey Kakekayash is a member of North Caribou Lake First Nation and has been the Aboriginal Diabetes Initiative (ADI) Worker for ten years. She is an energetic, motivated, and hard-working person who cares deeply for her family and community. With respect to her background, she has received training on radiology and worked as a Basic Radiology Worker since 2003.

Although her current position is as an ADI worker, Gracey works as part of a dedicated team of community workers at the Nursing Station. When required, she will act as Community Health Representative, Basic Radiology Worker and also act as an interpreter for the physician or other visiting health care people.

As a self-starter, she seeks new opportunities for her community and for the health of Elders, adults and youth. She is very interested in establishing a community garden. This is a goal of hers and she plans to partner with other disciplines and find ways to make gardening a skill for more people to enjoy. With respect to traditional food, she has offered lessons on Facebook to teach ways of gathering and cooking handed down by her parents and grandparents. She is also part of the annual fall feast, and her family prepares for the community traditional foods harvested from the land. This magical event is an open invitation for all to enjoy traditional food and is a celebration that community members and visitors love. Beyond community work, Gracey spends time individually with people in the community with diabetes. She visits with them and offers meaningful support to help them on their health journey.

While balancing diabetes and community work, Gracey is continuously focused on supporting the health of her parents. Prioritizing the wellbeing of family and community members is a core part of community living and Gracey's contributions are a way the importance of this will be passed on to future generations.



Above: Gracey Kakekayash

Below: Arial view of North Caribou Lake First Nation



# Health and Hunting

Angie Morris,

## Approaches to Community Wellbeing

Cooler nights and leaves turning yellow translate into something is different for us in northern First Nation communities. There is excitement and thrill of the fall harvest in the air!

Each community has their own way of harvesting miichim and their own specialty hunters and harvesters. They know the land and know how to keep safe while hunting. Elders provide guidance by sharing stories of landscape, water ways and weather predictions just by examining nature. Knowing the temperatures can help you prepare what gear to pack and what type of clothing to wear. Warm and dry clothing is vital to survival while you're out hunting. Wearing life jackets and the bright hunter orange is important too so that other hunters can see you and not mistake you for a moose. Don't worry, moose can't see colour so they can't see the bright hunter orange safety vest or hat if you wear one. Technology also provides safety by giving us the internet to look up weather for the upcoming days and satellite communicators in case of emergencies.

Growing up in my home community of Muskrat Dam, we remained active in harvesting practices like fishing, hunting moose and harvesting medicines. 46 years ago the elders and leadership decided to start up an annual hunting festival. The teams would go out and compete against each other for most points accumulated during a 24-hour hunt. They started that up to keep hunting and harvesting traditions alive in the community and in its young people. It wasn't just the act of hunting, it was the preparation of the wild game and the tradition of how to cook wild game that was passed down. Any game that was harvested, elders would show us how to pluck waterfowl, butcher moose and different ways to cook it over an open fire. There would be bannock making contests and duck plucking contests. Our parents and elders made it fun to learn those traditional skills which helped me retain that traditional knowledge. I am also proud to say that I won a few duck plucking contests, eeeee!

The community hunters continue to harvest moose and waterfowl throughout the year. The practice in my community is if a hunter gets a moose or a goose, they share it with as many people as possible. I also do this whilst living as an Urban Indian in Sioux Lookout. If I don't have enough to share, then I will share what I have by hosting a teepee party and cook a big pot of goose soup or a huge pan of moose stew with a side of bannock. There is something soothing about gathering around a teepee fire, making a pot of outdoor tea and cooking for your loved ones.

Having a freezer full of traditional food provides a sense of food security for those that can fill their freezer. Not everyone can afford to hunt in our communities due to the costs

of owning a boat and motor, purchasing gas, shells, a gun and a good hunting knife. Luckily, some communities have access to community programming and funding for a box of shells or 5 gallons of gas to help them practice their way of traditional harvesting. However, the cost mostly falls upon the individual and their family.

The good thing about being a hunter and provider at heart is that the costs don't deter you from getting excited for the hunt, nor does it deter you from wanting to cook a good traditional meal for your family. There is a sense of pride in sharing and being able to feed your loved ones. I hope that you are able to refill your Native soul this fall by sitting around a teepee fire and enjoying a bowl of moose or goose soup and don't forget to thank your local hunter and teepee cook!

Miigwetch!



# You're the Chef! Wild Rice Berry Salad

bi-izhaa wiisini (come to eat!). We have a school cooking program for kids called You're the Chef that we want to share! Check out SLFNHA's Youtube Channel for the full video on how to make this delicious salad.

## Wild Rice Berry Salad

*Eat this salad for breakfast or as dessert topped with whipped cream.*

### Ingredients


|        |  |        |
|--------|--|--------|
| 2 cups | cooked wild rice                       | 500 mL |
| 2 cups | water                                  | 500 mL |
| ¼ tsp  | salt                                   | 1 mL   |
| 2 cups | mixed berries, fresh or frozen, sliced | 500 mL |
| 2 tbsp | maple syrup                            | 30 mL  |
| 1 tsp  | ground cinnamon                        | 5 mL   |

### Directions

- Add wild rice, water and salt in a saucepot and bring to a boil. Cover and reduce heat to a simmer and cook for 45-50 minutes or until wild rice is no longer crunchy and has "bloomed". Using a colander, drain excess water and run cold water over wild rice until the wild rice is no longer hot.
- Add wild rice, berries, maple syrup and cinnamon into a large mixing bowl. Stir gently to combine.
- Cover and chill until ready to serve.

## Ready in Serves

60 min 8x



Source: Kanina Terry, 2019

## Shopping list

Shopping list to make 16 servings


| Quantity            | Item               | Recipe Requirement   |
|---------------------|--------------------|----------------------|
| 1 - 1 lb bag        | wild rice          | 1 cup                |
| 2 - 454 g container | fresh strawberries | Total Berries 4 cups |
| 1 bag               | frozen blueberries |                      |
| 1 small bottle      | maple syrup        | ¼ cup                |
| 1 small pkg         | ground cinnamon    | 2 tsp                |

### Equipment needed to make Wild Rice Berry Salad

Cutting board  
 Chef's knife  
 Liquid measuring cup  
 Measuring spoons  
 Mixing bowl - large  
 Wooden spoon

### Cooking Tips

Wild rice can be cooked ahead of time and stored in the refrigerator for 2 days, or frozen for use at a later date.

### Kookom Says...

Wild rice is actually the seed from a grass that grows in the water. Lots of work is needed before rice can be cooked and families would come together to do this work in the fall. Now, there are machines that can do that work. Some families still do this every fall to keep the practice alive.

# CHOOSE YOUR OWN HOTEL!

**CLIENTS AND ESCORTS ATTENDING MEDICAL APPOINTMENTS IN WINNIPEG HAVE THE OPTION OF SELECTING THEIR PREFERRED ACCOMMODATION**



**1. Upon arrival in Winnipeg call the Transportation Referral Unit  
1-877-983-0911**

**2. Request accommodation at a pre-selected hotel**  
*(The Patient Navigator Program has provided a list of hotels)*

**3. Select three in case your first choice is full**

**This process will help the Transportation Referral Unit process your accommodations**

**Contact:  
Patient Navigator Program  
[navigator@sfnha.com](mailto:navigator@sfnha.com)**



# SLFNHA Photo Contest

## A prize for every season

SLFNHA is holding a photo contest throughout 2022, and we're looking to you for your pictures!

SLFNHA needs photos of you and your community to better represent the people we serve on our website, social media and our publications. Enter for all 5 categories to receive a \$25 Visa Gift Card! Every submission is entered into the Grand Prize of an iPad!

We are having 4 different rounds of contests, one for every season:

- Spring / Ziigwan -> June 21, 2022

- Summer / Niibin -> September 21, 2022
- Fall / Dagwaagin -> December 21, 2022
- Winter / Biboon -> March 21, 2023

Categories:

1. On the Land
2. My Community
3. Family
4. Miichim / Meal Time
5. Healthy Living

For more information on the SLFNHA Photo Contest, please email the SLFNHA Communications Department at [communications@slfnha.com](mailto:communications@slfnha.com)

**Enter Online!**

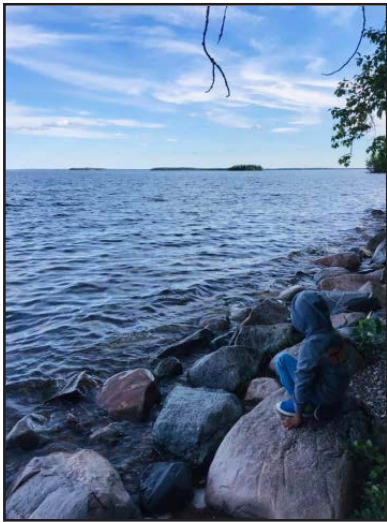
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*For full contest rules and to enter visit:*

[www.slfnha.com](http://www.slfnha.com)

## Summer Contest Winners!

Congratulations to each of the Summer Photo Contest winners! We got so many great photos from around the region and are very grateful for every photo that came in. Miigwetch to everyone that submitted.



On The Land:  
Roseanna McKay - Big Trout Lake



Grand Prize Winner:  
Shonee Kakagamic, Sioux Lookout



Healthy Living:  
Chelsey Greig, Sioux Lookout



Miichim/Meal Time:  
Victoria Kaminawash, Sachigo Lake




My Community:  
Jolene Keesic, Hudson



Family:  
Vanessa Abela, Sioux Lookout




# SLFNHA AGM




Sioux Lookout  
First Nations  
Health Authority

Annual General Meeting  
September 6-8, 2022



**THUNDER BAY, ON  
VALHALLA INN**

**TUNE IN LIVE:**



**YouTube**

Contact: [agm@slfnha.com](mailto:agm@slfnha.com)



Miigwetch to the delegates, Chiefs, Elders, and the Board of Directors for participating in this year's Annual General Meeting, held at the Valhalla Inn in Thunder Bay.

To view the documents presented at this year's AGM, please visit [slfnha.com/AGM](http://slfnha.com/AGM).



# Fall Moons

## Lyn-Marie Manitowabi



Last issue, I introduced myself, as a visitor to Lac Seul traditional territory in Treaty 3. I would like to emphasize how important it is to ask knowledge keepers from the place where you live, the stories about culture according to your community. Start with developing a relationship by sitting with the sun, moon, and stars. The foundation of living a good life is know who we are in relationship with life.

Earth is home to all life, seen and unseen. Everything, everyone, intertwines, impacts the other. Jim Dumont shares stories of creation, part of the story describes how the original human was lowered with their toes pointed towards the ground, they touched it so very softly, carefully, kindly. Anishinabe watched, listened, felt, smelled, and tasted life in all its wonder and magnificence. This is how we learn to be human.

Metaphors are used to describe a way of speaking to stories and relationships. Stories are poetry and science together. The stories of how the Moon and Earth dance around the Sun is for everyone find out. In this part of the world, seasons are marked with the place where Earth is, in relation to how it revolves around the Sun, and spins on its axis, and how that axis tilts and wobbles like a spinning top, back and forth.

Fall is full of change. Summer blossoms turn to seed, the leaves dry and change. Autumn activates all senses; sight, smell, hearing, taste, and touch, these senses are messengers for our spirit to connect to our physical body. We are reminded

to maintain healthy relationships with self, others, and life. Fall is a time of harvest, storing, preparing for shift in temperature. All of nature responds. Seasonal teachings offer balance with the awakening Spring leading to Summer light then once the Fall equinox passes, Earth moves towards darkness.

Relationships with the with land are nurtured through hunting, trapping, scouting the dens, observing the animals as teachers. Before reservations the people followed game and prepared for the winter homes. How do you practice fall traditions? On Manitoulin Island the leaves turn magnificent shades of red, orange, yellow and brown. My grandparents had apple trees and we gathered the fruit while grandma made preserves. Many of our people adopted farming practices and harvested squash, beans, corn and potatoes. All the activities brought family together for the Thanksgiving of Earth's bounty.

According to one of the many medicine wheel teachings, it is said that the west is represented by the colour black. It is the place of physical body. The west represents the evening part of the day and is considered the life stage of adulthood bringing teachings of responsibility. Sage is the medicine of the west where we clean and clear our space and prepare for the approaching winter. What are the practices in your community? Ask your Elders what life was like before the reservations. Mino Pimaadizwin is filled with purpose, meaning, hope and belonging.

Seasons are teachers.

***"Not long ago people lived freely in the natural environment. Every day was Earth***

***Day. Relationships with sky beings were honoured morning and night. Teachings provided balance with all earth life."***

## Dates To Remember

**October 9 - First full moon of fall. Falling leaves Moon.**

**October 25- New moon, darkness allows the trails of stars and planets to shine and signals the mating season for moose.**

**November 8 - Full moon, is the Freezing Moon.**

**November 23 – New moon.**

**December 7 - Final full moon of Fall. Darkest time of the year approaches. Little Spirit Moon**

**December 23 –Last new moon of fall.**

**Winter Solstice - Deember 21 - 22, shortest day light and makrs Winter.**

**Ask elders in your community, what does this season teach?**

**What are the names and meanings?**



# Translation through COVID

## Wally McKay

Written by:

Nick Sherman, Communications Department

In the winter of 2020 COVID-19 was highlighted as a Public Health Emergency. It became increasingly apparent that this virus would dominate every aspect of our lives and be a threat to our communities. With the whirlwind of information coming in, much of the language used to describe our next two years did not exist in Oji-Cree, Cree, and Ojibwe.

The translation of new and unfamiliar terms in the earliest days of the pandemic was taken on by Wallace McKay (member of Sachigo Lake First Nation - Former Grand Chief, Regional Chief and consultant for Indigenous Governance and Health). Challenges and gaps in our system became apparent as fast as the virus itself. Travel to and from communities was stopped and the distance between reliable healthcare and our communities was glaring. Social media and Wawatay Radio Network became a life-line to the communities. This is where Wallace McKay stepped in to ensure the right information was getting to our people and that it was in the language.

**From the perspective of someone that is a leader in our communities what priorities were important to you?**

If there was a time that family became very important it was then. One of the important things I did was connect and talk to my children, my grandchildren, and great grandchildren to be able to tell them what was happening. I shared what will be expected and there's going to be measures taken to protect and secure our homelands. I also understood that being remote could help the communities. I began to realize that our people can also utilize the land in their protection. Because they have their cabins, they have their

traditional areas, they can move their families out there during this time. This was important as we were learning we had to isolate and that we had to protect ourselves. Those things became important because, as Indigenous people, we were blessed with certain things that are not available in urban areas.

**How did you approach translating words that were being used that most of the world had never heard before and what were the challenges?**

The translating became a real challenge because COVID-19 was a new word that developed because of the virus. This is how the word, COVID-19, came about. I thought about the word sickness, or i-na-pi-nay-win in Oji-Cree. Coronavirus was sort of the same word but I said, kitchi-nap-in-nay-win, the big sickness. There were no words available for describing the pandemic so I began to explain what these new terms were. We are still developing the actual terminology for many new words.

Doctors had the terminology for everything and I had to put myself in their position and understand what they are trying to say. From there I had to conceptualize what the actual issue was and translate it to the language. I always had to make sure that we got the right information to the people because, if we didn't, it would impact their health. Social media was an obstacle that caused misinformation. It was important to let our people know that information from social media was not always accurate. Unfortunately, because of some of this misinformation, we lost a number of people. In that sense, translation became very critical.



**Can you explain how you had to define the two terms 'Isolation and Quarantine'?**

Translation for isolation is, sa-ka-ki-ni-ti-so-win, which means, "to go to a place and look after yourself there." Quarantine is a more serious application of how to keep people in isolation. I remember calling to see how my brother was doing when in quarantine and the word used was, ki-pwa-h-a-ka-no, which roughly translates to, "in jail." This is the word we used for quarantine. We had to be very careful not to use these terms backwards. We needed to identify what actions could happen in isolation and in quarantine. This is how we were able to express the difference between the two terms.

**What are your thoughts on moving forward and living well with COVID?**

We need to realize COVID is going to be around for a very long time. People need to understand that it's like the regular flu season, you need to look after yourself. We need to accept responsibility for ourselves as individuals more than ever. One example is helping our families spend more time out on the land. With technology becoming more accessible in our communities could our children be on the land regularly while still having access to school online. This is an opportunity for us to think of things differently as Indigenous people.

# Day of Truth & Reconciliation

September 30 is Orange Shirt Day

# EVERY CHILD MATTERS



#OrangeShirtDay | #EveryChildMatters

Orange Shirt Day is on September 30. Sioux Lookout First Nations Health Authority is a proud supporter of [orangeshirtday.org](http://orangeshirtday.org)

We encourage everyone on September 30th to wear orange, and listen and seek out stories from survivors and their families from Residential Schools.

Remember, Every Child Matters.

We wear orange because wearing orange shirts are a symbol of defiance against those things that undermine children's self-esteem, and of our commitment to anti-racism and anti-bullying in general.



## The Story Behind Orange Shirt Day

"I went to the Mission for one year. I had just turned 6 years old. We never had very much money, and there was no welfare, but somehow my granny managed to buy me a new outfit to go to the Mission School in. I remember going to Robinson's store and picking out a shiny orange shirt. It had eyelets and lace, and I felt so pretty in that shirt and excited to be going to school! Of course, when I got to the Mission, they stripped me, and took away my clothes, including the orange shirt. I never saw it again, except on other kids. I didn't understand why they wouldn't give it back to me, it was mine! Since then the colour orange has always reminded me of that and how my feelings didn't matter, how no one cared and how I felt like I was worth nothing. I finally get it, that the feeling of worthlessness and insignificance, ingrained in me from my first day at the mission, affected the way I lived my life for many years...I want my orange shirt back!"

Phyllis (Jack) Webstad, Dog Creek, BC



# Back to School Q&A with Sara Sakamoto, School Counsellor

Boozhoo! My name is Sara Sakamoto and I work at SLFNHA as a Youth School Counsellor providing free mental health counselling services to students attending Sioux North High School. When needed, I also offer support to Pelican Falls First Nation High School students. I have been in this role for almost four years and absolutely love it

I am a mother of three school aged kids, two of whom are in high school, and my husband is a teacher at Sioux North. I grew up in Nova Scotia but have lived in Sioux Lookout for the past 17 years and it has become a second home to me. I love the outdoors and spend as much time as I can in nature either walking or running with my shaggy dog named Lucky, fishing, or just enjoying the fresh air.

## What are some strategies when feeling nervous or anxious starting school?

One thing to remember is that it is totally normal to feel nervous about starting school – even teachers get anxious about it! Change, even if it is something you have been looking forward to, can be scary. Strategies to help ease this transition to school include developing a consistent sleep schedule that ensures you get at least eight hours of sleep per night. Proper rest helps you to better manage your feelings.

Keep an open mind! Everyone else is also feeling a bit apprehensive so connect with others and make plans to do things together. This may mean joining a school activity such as a sports team or visiting the WINKS building (where there is a lot of fun stuff to do). The key is social connection so that you don't feel alone with your thoughts and worries.

And finally, make sure to engage in activities that you typically enjoy every day. Perhaps this is playing an instrument, watching a funny TV show, or going for a walk. Fostering positive feelings is a great way to protect yourself against life's inevitable challenges.

## What advice would give to other students about travelling away from home for high school?

Sioux Lookout has much to offer and there are lots of options to get involved within the community. Challenge yourself and move out of your comfort zone by trying new things, talking to new people, and volunteering for various organizations. We often feel better about ourselves when we are helping others (and you can receive credit for volunteer hours required to graduate)! Take advantage of opportunities that you may not



have in your community. Bring someone you already know with you to help ease any jitters.

## What are some tools students can use to ground themselves when they feel anxious or a panic attack happens?

Panic attacks can happen to anyone and are frightening but they won't kill you and they rarely last more than 30 minutes. Sometimes our bodies are tricked into thinking they are under threat when really, we are safe.

First, focus on controlling your breath by taking slow, deep inhaleds and exhaleds. Deep breathing sends a signal to your body that you are ok, and it will gradually respond by reducing your heartrate and relaxing. Repeat a calming mantra while you breathe such as "I am safe" or "Relax."

Once your body starts to calm down, notice what you observe around you – what do you see? what do you hear? what do you smell? Feel the firmness of the ground below you. As long as you are not in a situation that is actually threatening (e.g., a fire), focusing on the present moment reminds you that you are safe.

## Do you have any safety tips to share?

If heading out somewhere, make sure someone knows where you are going and when you plan to return. Whenever possible, use the buddy system – travel together and watch each other's back. Report any suspicious behaviour to a trusted adult or call the police.

Regarding Internet safety, remember that anyone can pretend to be someone they are not. Don't friend people whom you don't know and never send photos, texts, or messages that you wouldn't want anyone else to see. Again, if you notice any suspicious behaviour or on-line bullying, tell a trusted adult.

# Job Openings at SLFNHA

## #SLFNHAIshiring!

SLFNHA is hiring in Sioux Lookout! We have many job opportunities hiring immediately:

- Patient Navigators
- Interpreter Receptionist
- Airport Interpreter
- Rehabilitation Assistants
- Mental Health Counsellors
- Environmental Health Assistant
- Meno Ajimoowin Anookiwin (Knowledge Translation Specialist)

See these job postings and more at [SLFNHA.com/careers](http://SLFNHA.com/careers)



**Now Hiring Patient Navigators in Winnipeg!**

We are looking for people who:

- Speak Oji-Cree, Ojibway or Cree
- Have a driver's license

Apply Now  
[www.slnha.com/careers/](http://www.slnha.com/careers/)

Sioux Lookout First Nations Health Authority

## WE ARE HIRING!

Administrative, Support, Mental Health, Healthcare, Nursing, and more!

- ✔ Competitive Wages
- ✔ Industry leading benefits
- ✔ Opportunity for growth

FOR MORE INFORMATION  
[www.slnha.com/careers/](http://www.slnha.com/careers/)

APPLY ONLINE OR EMAIL  
[human.resources@slnha.com](mailto:human.resources@slnha.com)




Sioux Lookout First Nations Health Authority

# Job Alert



Sioux Lookout First Nations Health Authority

## Security Personnel at JMK 1 & 2 Hostels

- ✔ Comprehensive compensation & benefits plan
- ✔ Entry level to experienced positions available
- ✔ Opportunity to grow within organization

Full-Time, Part-Time, and Casual openings  
Hiring Immediately!

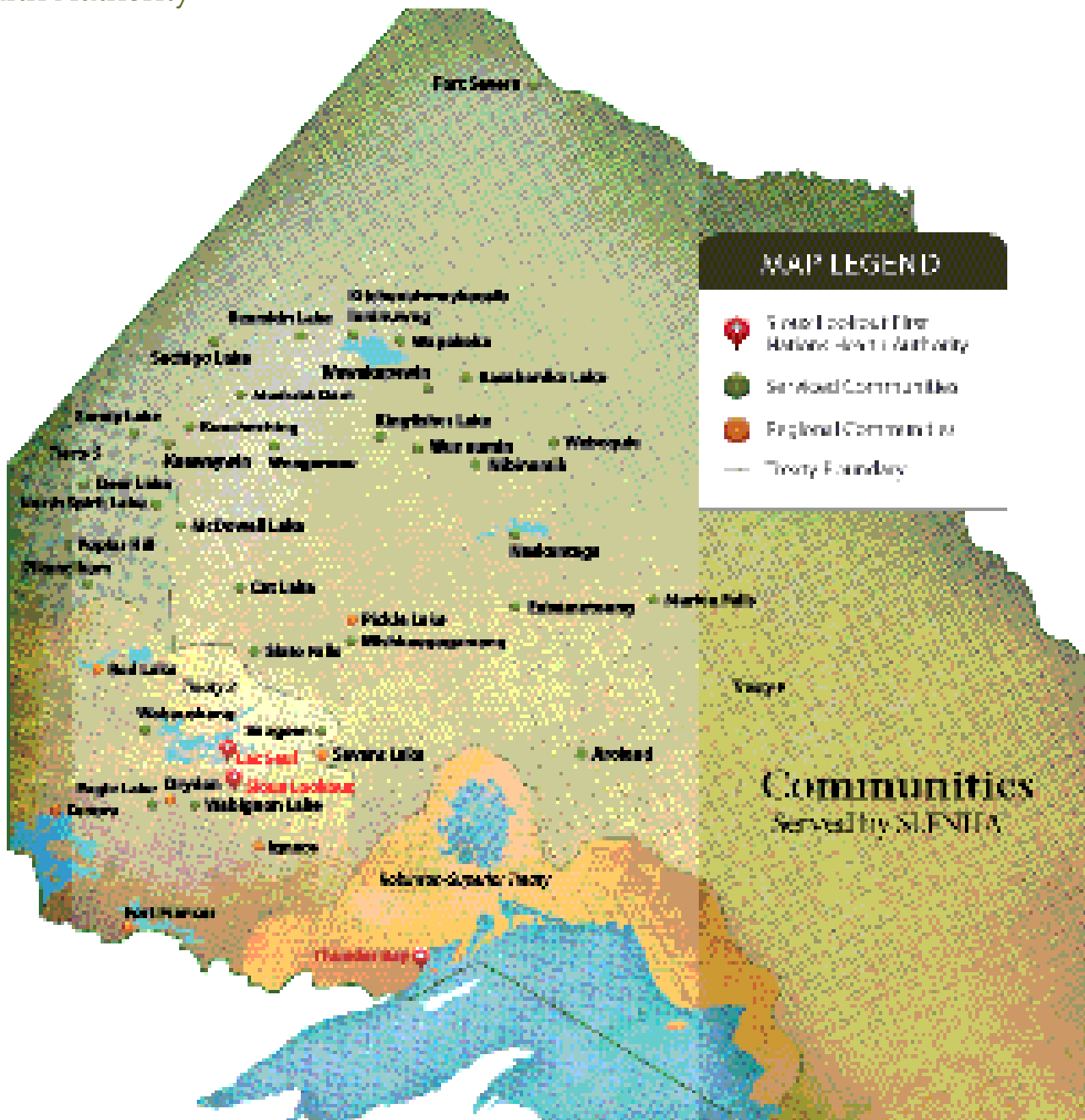


[WWW.SLFNHA.COM/CAREERS](http://WWW.SLFNHA.COM/CAREERS)



Sioux Lookout  
First Nations  
Health Authority

# SLFNHA Service Area



Sioux Lookout First Nations Health Authority  
 P.O. Box 1300, 61 Queen Street  
 Sioux Lookout, ON P8T 1B8  
 Phone: 1 (807) 737-1802  
 Toll Free: 1 800- 842-0681

[www.slf nha.com](http://www.slf nha.com)

Connect with us on:

