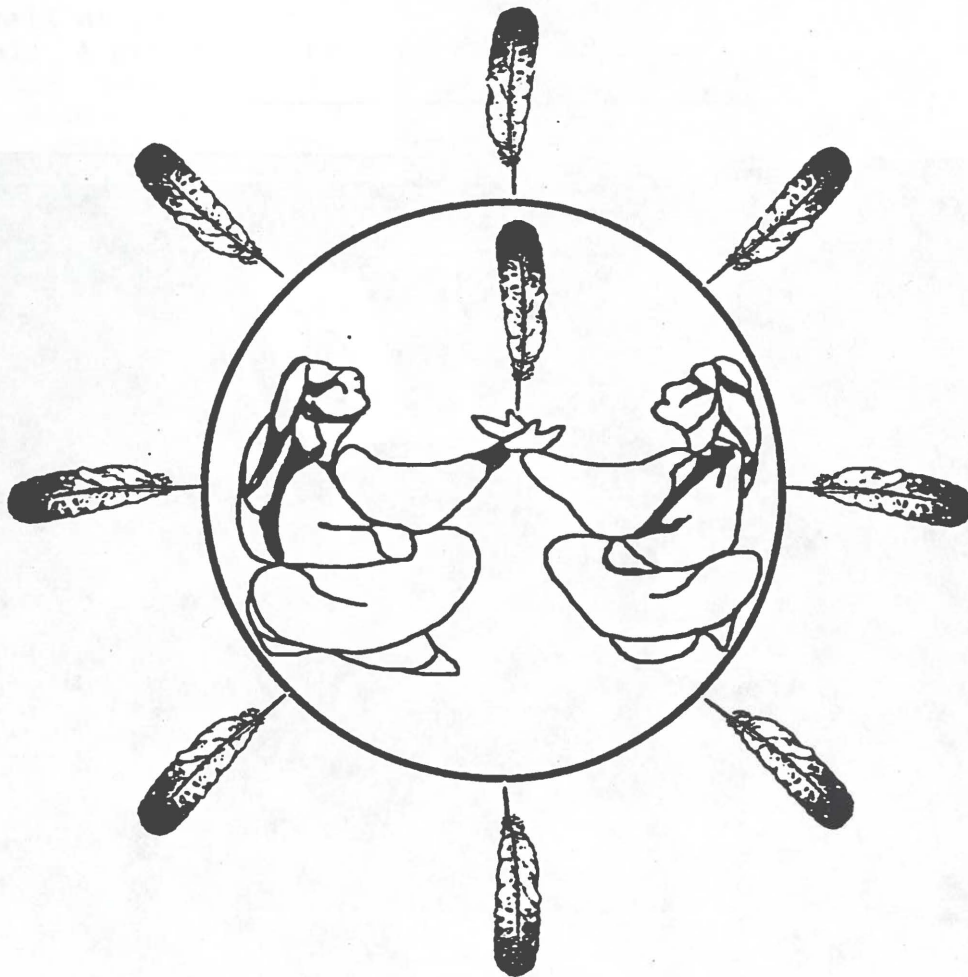


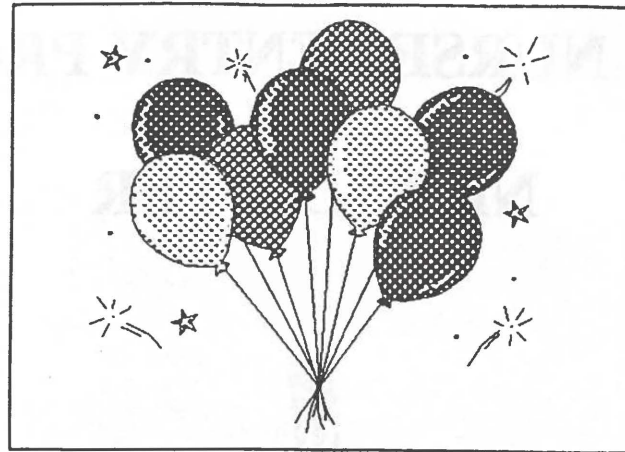
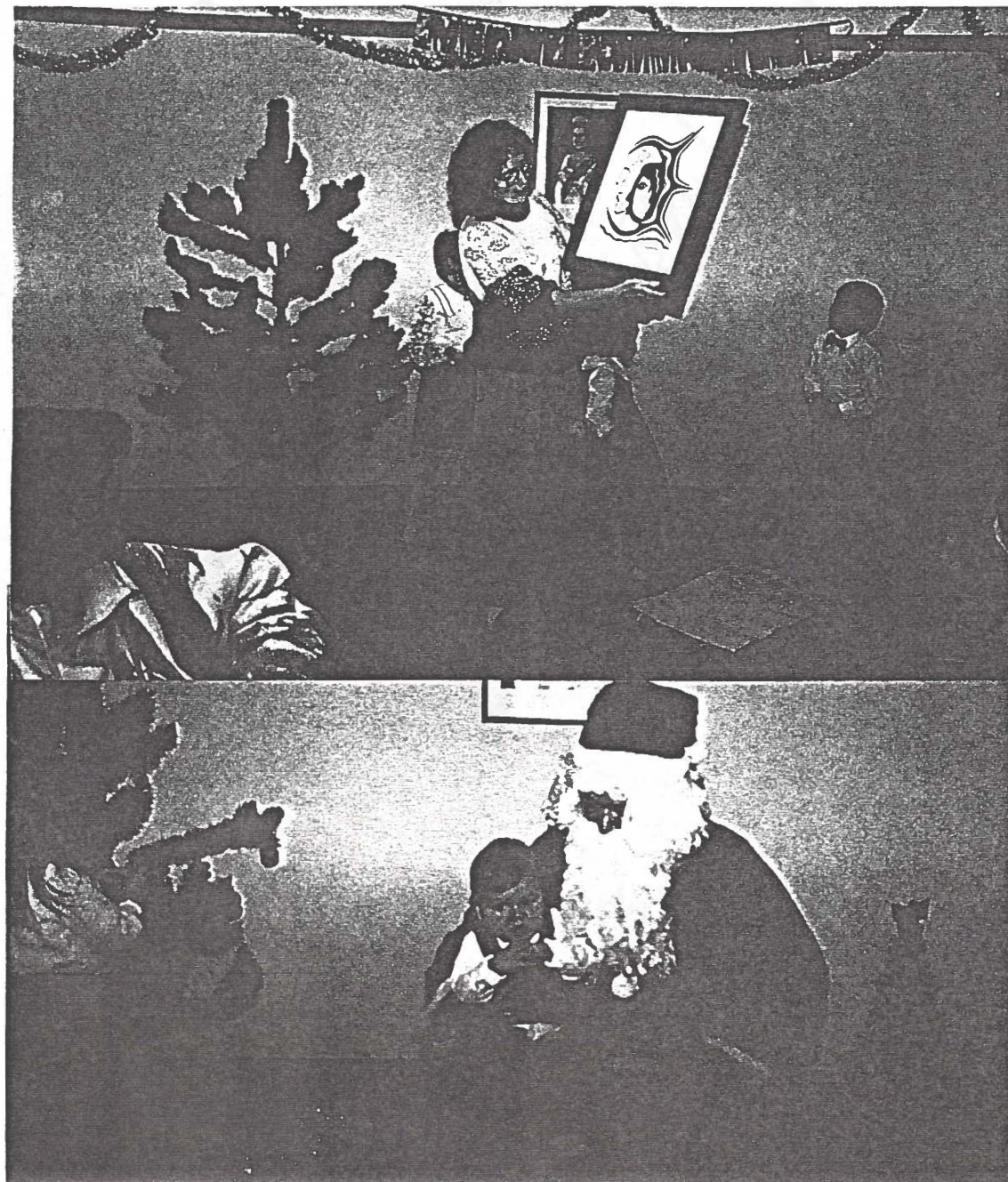
NATIVE NURSES ENTRY PROGRAM

NEWSLETTER



February, 1992

CHRISTMAS PARTY A SUCCESS!!!

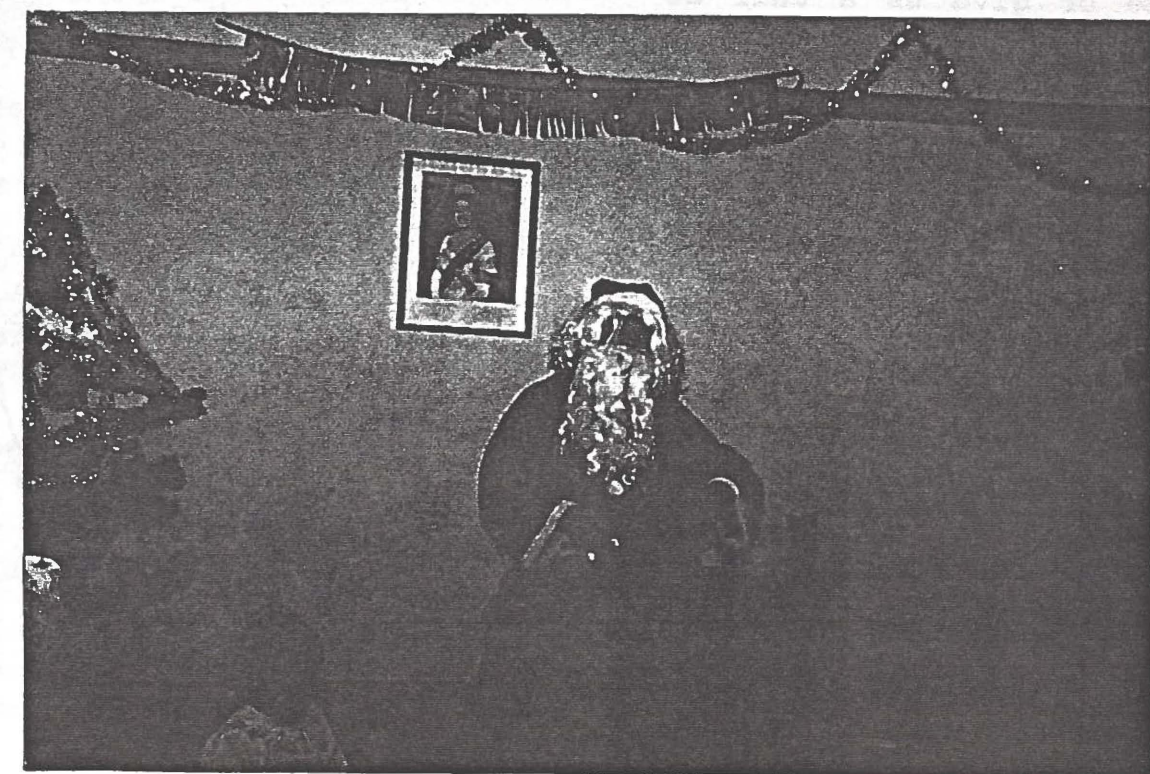


Christmas Party a Success!

The N.N.E.P. annual Christmas Party was held on December 4, 1991. Those attending were present and former N.N.E.P. students along with the N.N.E.P. and School of Nursing faculty, N.N.E.P. Advisory Committee members, along with Winston Wuttunee.

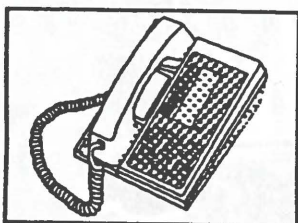
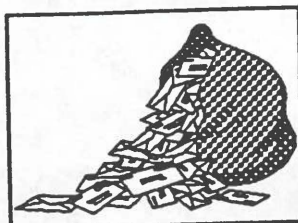
The party was held at the Multicultural Association. It was catered by Kashadayng, who did a great job in transferring the food as well as preparing a delicious meal. A presentation of certificates was made to N.N.E.P. students who had successfully completed the program. As well, a gift was presented to Karen (Spinney) Helmer, Biology instructor for N.N.E.P., who will no longer be with the program.

And of course, no Christmas party would be complete without a visit from Santa. After dinner, Santa came and delivered his gifts then joined in on singing Christmas Carols. Overall, the party was a great success.



Do We Have Your Address and Phone Number?

Don't miss out on any special events because we don't have your phone number! Don't be shy, drop in or call Sandra at the N.N.E.P. office (343-8446) and tell her your name, current address, and correct telephone number. We would be happy to send you our newsletters as well as any information that would be of benefit to you.

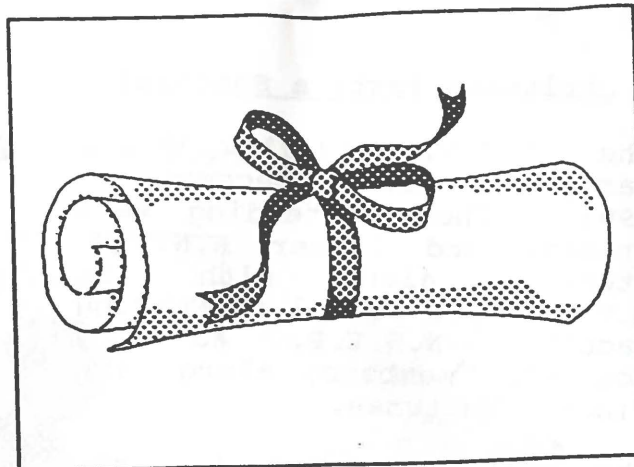


We Want To Hear From YOU!

We need your help in assisting us to make this newsletter interesting, informing, and appealing to all. Please get involved. If you have any suggestions, announcements, messages, ideas, comments, opinions, or favourite poems, cartoons, or illustrations, drop them off at the N.N.E.P. office or give us a call at 343-8446. We would be happy to use your ideas.

Entertainment

On the morning of December 4, 1991, Mr. Winston Wuttunee, a Native Entertainer, came to Lakehead University to speak to the present and former N.N.E.P. students, the N.N.E.P. and School of Nursing Faculty, and N.N.E.P. Advisory Committee members. Through the use of song and words, Mr. Wuttunee gave a formative discussion on traditional healing methods and other interesting topics. Immediately following Mr. Wuttunee's entertainment, was a complimentary lunch offered to all those who attended.

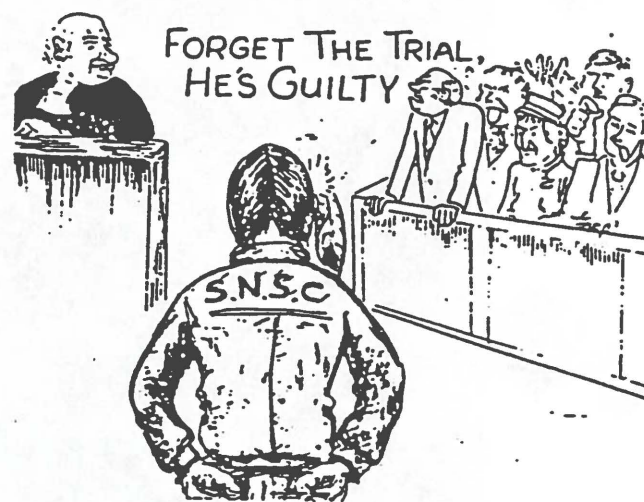


1991 R.L.O.E.A. Scholar

On Saturday September 21, 1991, the Rainy Lake Ojibway Education Authority hosted its first annual graduation dinner. Daisy Sugarhead, third year nursing student, was one of ten scholarship recipients that was honoured at the event. There were also twenty four graduates from Confederation College and Lakehead University.

One hundred and eight people turned out to celebrate the success of the honoured grads and scholars. In attendance from Lakehead University were Dr. Robert Rosehart; President of Lakehead University, and Patricia McGuire; Coordinator of Native Nurses Entry Program.

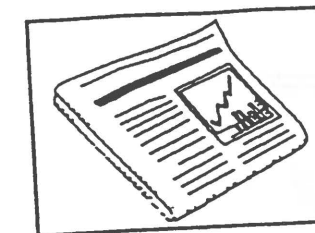
Once again, congratulations Daisy!



New Staff

Sandra Dunbar was hired as the new N.N.E.P. Administrative Assistant in November of 1991. She recently graduated from Confederation College with a diploma in Office Administration - Executive as well as graduated in 1990 with a diploma in Business Administration.

Although Sandra has only been with the program for a short time, she feels that she has gained some very useful knowledge and skills from her experiences. She also believes that she has a lot to contribute to the program and looks forward to the new challenges she will be faced with. Since she started, she has met many of the former N.N.E.P. students and is looking forward to meeting the others so feel free to drop in and introduce yourself.



Program News

On December 3 and 4, an N.N.E.P. Advisory Committee meeting was held. Some of the topics discussed were: suggestions that more promotion of the program be done in the future; the new math curriculum that better prepares students for first year nursing, will be implemented this month by Lita Boudreau; it was decided that the Biology course be extended to a full year course starting in September; Diane Common was presented a pair of moccasins and an N.N.E.P. sweatshirt for all her contributions to the program; Meladina Hardy and Gordon Bruyere appeared as guest speakers to discuss the programs which they coordinate.

Growth and Change

All human beings have the capacity to grow and change. All of our hidden gifts can be developed when we have a vision of what is possible, and when we use our volition (will) to change our actions and our way of thinking. Little by little we can grow to our vision of a happy, healthy human being.



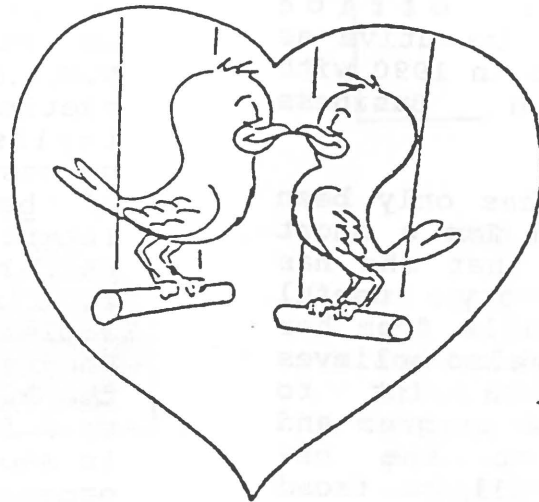
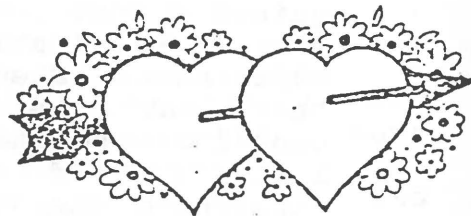
Reminder to all NNEP Students Re: Medical Forms

Please keep in mind that the following requirements must be taken care of before you can participate in your Clinicals.

- a) a record of up-to-date immunization, ie. tetanus, polio and diphtheria
- b) a record of rubella (german measles) titre
- c) the result of a T.B. skin test or chest x-ray/each year

In addition, you must have a physical examination and submit the completed Lakehead University Health Service form signed by your physician. *Only students who have the necessary card from Student Health Services showing that they have met the above health requirements will be permitted to enter the clinical areas for nursing practice.

ST. VALENTINE'S DAY FEBRUARY 14



TRUE LOVE

True love is a wonder, a beautiful feeling,
And love is real, it is not an art,
True love makes one's head spin and go a-reeling,
For the love we share, you and I not being apart.

True love has a beginning, but has no end,
Just like a circle that is perfectly round,
You gave to me a heart to defend,
Now there is no other, my search is over, so I've found.

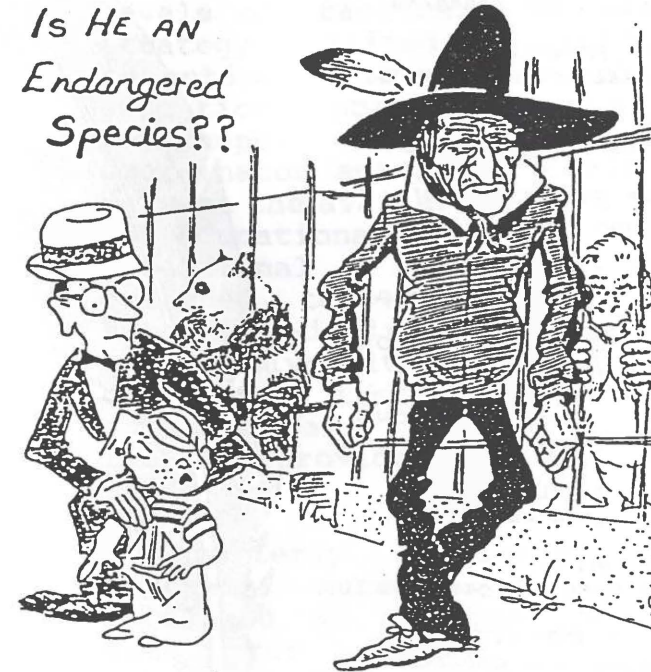
Although love is seen and yet unseeing,
We tend to forget to say I love you,
There is a day, when we express with meaning,
The joy of a love, and what it can do.

We look at our true love, and feel weak,
For this is Valentine's Day, it comes once a year,
Love has no boundaries, darting to the strong and meek,
It seems to sing louder, for the one I hold dear.

Naomi Abotossaway
2nd Year Nursing Student



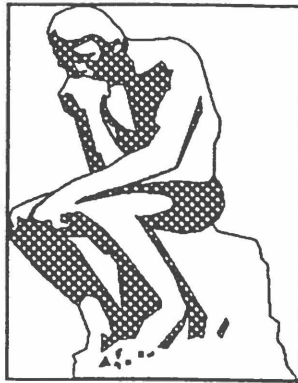
Is HE AN
Endangered
Species??



NOTE: Credit for Illustrations to
Indigenous Students Committee
University of Saskatchewan
S7N 0W0



I don't subscribe because
the paper's too slick.



HEARD about the male crab who arrived home late one night and was confronted by his angry mate? "I know you're drunk," she complained. "You walked straight up to the front door."
— "Observer" in Financial Times, London

READER'S DIGEST Dec. 1984

A Numbers Game. Think of a number between one and ten. Then multiply that number by two, add ten and divide the result by two. Finally, subtract the number thought of. The result will be five. It works every time.

— António José Vitorino Santos

WE SHARE a common clothesline pole with our neighbour behind us. My line broke and my husband, Dale, chose to fix it on a day that my neighbour had clothes hanging on hers.

Dale had trouble getting the ends of the line to meet, so while I pulled on the line, he went into her yard to push on the pole. My neighbour saw we were having trouble and, wanting to help, leaned out her door and yelled. "Would you like me to take my clothes off?"

— Sharon Wilson

READER'S DIGEST April 1990

Risque Business. In attempting to announce that his wife and a visiting friend would play a violin duet, the speaker's introduction came out this way: "My friend John will now come up to the platform and fiddle with my wife."
— L. S.

MY WIFE shared a hospital elevator with an employee who was dressed in the traditional "whites" and whose charge was a complex-looking piece of equipment. It was all chrome with a myriad of handles, bars, valves, gauges, dials and inverted bottles. "Gee," my wife said, "I would hate to be hooked up to that machine."
"So would I," the attendant replied.
"This is a rug shampooer."

— Reader's Digest 1984



A Lesson from the Geese

Have you ever wondered why migrating geese fly in V formation? As with most animal behaviour, we can learn a valuable principle of mutual aid.

As each bird flaps its wings, it creates an "uplift" for the bird following. By flying in their V group formation, the whole flock adds more flying range than if each bird flew alone.

When a goose falls out of formation, it suddenly feels the resistance, and quickly gets back into formation to take advantage of that "lifting power" of the bird immediately in front.

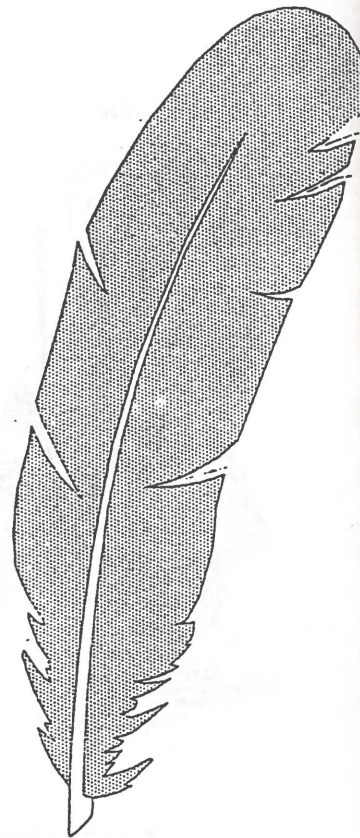
When the lead goose gets tired, it rotates back into formation and another goose flies at the point position.

The geese in formation honk from behind to encourage those up front to keep up their speed.

When a goose gets sick, wounded, or shot down, two others drop out of formation and follow to help and protect. They stay until he is either able to fly again or dies. Then they launch out on their own, with another goup, or to catch up with the flock.

Adapted from Monthly Review, New Jersey Development Disabilities Council

1. THE GIFT OF LEARNING
That inspires our learning
2. THE GIFT OF HONOUR
That assesses our judgement
3. THE GIFT OF INSPIRATION
That guides our decisions
4. THE GIFT OF PERCEPTION
That awakens our desires
5. THE GIFT OF IMPRESSION
That clarifies our listening
6. THE GIFT OF COMMUNICATION
That expresses our image
7. THE GIFT OF UNDERSTANDING
That proclaims our morality
8. THE GIFT OF INTUITION
That interprets our trust
9. THE GIFT OF WILL
That activates our growth
10. THE GIFT OF CREATIVITY
That releases our ambition
11. THE GIFT OF ENERGY
That exercises our strength
12. THE GIFT OF GRATITUDE
That enshrines our wisdom



NOTE: Credit to R.L.O.E.A.
200-204 South Syndicate
Thunder Bay, ON
P7E 1C9

THE NORTHERN OUTREACH PROGRAM IN NURSING

The Northern Outreach Program in Nursing was originally established in 1982 through the University of Western Ontario in London. In September 1991, the program moved to Lakehead University in Thunder Bay, Ontario.

The goal of the program is the retention of nurses at all

levels of practice. The main strategy utilized to promote retention is continuing education, primarily through workshops. The Nursing Coordinator acts as a liaison between the available resources and educational needs. These educational sessions are designed to compliment and support existing programs of other universities, community colleges, institutions and professional associations. They are provided at a nominal fee.

A quarterly newsletter of northern nurses has been developed as a communication tool for nurses working throughout Northwestern Ontario. The newsletter includes information on upcoming educational events in the area, job vacancies and general news regarding health care delivery. It is provided free of charge.

Clinical consultations are also provided through the Northern Outreach Program in Nursing. Nurses practising at all levels in the northwestern region are invited to call with any problems or questions which they might have in any area of nursing. There is no charge for clinical consultations.

For more information please contact:

Heather L. Gray, B.A., R.N.,
BSC.N.
Nursing Coordinator
Northern Outreach Program
Health Sciences Resource Centre
Lakehead University
955 Oliver Road
Thunder Bay, ON
Telephone: 343-2141
Fax: 343-31043

Promotion Occurring During the 1991/92 Year

In March of 1991, a promotional trip was taken to Toronto to present the program at the Educational Equity Conference. University Access Programs were discussed.

During April 1991, Patricia took a promotional trip to Montreal Quebec to present the program to teaching staff at John Abbott College. A presentation was also given on the Medicine Wheel teachings and how it relates to the N.N.E.P.

Patricia went to Ottawa in May to present the program at the Educational Equity Conference.

Also, during the month of May, Patricia set up a promotional booth at Nishnawbe-Aski Chiefs Conference in Toronto. The Chiefs update report was delivered to Chiefs in attendance.

Patricia did some promotional work at the Chiefs of Ontario meeting at Six Nations Oshweken in June. During that month, Patricia also went to Winnipeg, Manitoba to set up a booth at the Assembly of First Nations Conference. A Chiefs report was delivered at that Conference.

In July of 1992, an N.N.E.P. booth was set up at the Union of Ontario Indians Chiefs Conference in Goldon Lake.

In September, Patricia did a presentation about N.N.E.P. for the new Health Sciences Building. As well, Patricia presented the use of the Medicine Wheel and how the

teaching of the Medicine Wheel is used in curriculum.

In the month of October, Patricia McGuire and Helen Cromarty took a promotional trip to Indian and Inuit Nurses of Canada's Annual Conference held in Fredericton, New Brunswick.

Patricia McGuire and Sandra Dunbar attended a Native Career Day on November 19, 1991, to promote the program. The Career Day was held at Saint Pat's High School in Thunder Bay.

On Friday, November 22, 1991, Sandra Dunbar set up a display booth about N.N.E.P. at the Fort Frances High School in Fort Frances.

During Native Students Day, a promotional booth was set up in the Agora at the University. The N.N.E.P. was one of many Native booths set up that day. Such booths included: The Rainy Lake Ojibway Education Authority, Kinna-Aweya Legal Clinic, Weendahmagen Alcohol and Drug Abuse Treatment Centre, and Wequedong Lodge of Thunder Bay. The day included speakers such as Elders Tony and Emma Sand from the Saskatchewan Indian Federated College and Dr. Peter S. Schmalz, author of *The Ojibwa of Southern Ontario*. Natives Students Day was concluded with a Traditional Feast and then a Pow Wow.

During the past few months the co-ordinator has been working on new promotional material. The N.N.E.P. Pamphlets have just been completed and the Folders should be out shortly!

Helping and Wholeness: a Spiritual Dimension

Helping professionals, especially those wishing to deal wholistically with their clients, need to be comfortable with themselves emotionally, physically, mentally, and spiritually. As professionals, we sometimes feel least comfortable with the spiritual area and if we are uncomfortable with it ourselves, we are less likely to be able to acknowledge the spiritual needs of our clients.

When we think of spirituality, many of us think in abstract and other-oriented dimensions. This can be true whether we follow the spiritual traditions of our Native people by honouring the grandparents and the circle of life, or if we follow other traditions and honour the great prophets of world religions. But there is another dimension, equally spiritual, and that is the vertical dimension. Even then, when it comes to spirituality, most people are inclined to look upward and outward. Upon reflection, I think we should also look downward and inward. That is the way of descent, rather than ascent, into ourselves, into personal limits and pain-which is the door to feeling and wholeness.

Spirituality is within everybody's grasp. It is, at its heart, establishing and reestablishing our relationship to ourselves, to others, to our world, and, for many of us, to the God of our understanding. To find and value these relationships requires some

understanding of ourselves. It is this dimension downward and inward to our own self which grounds our spiritual relationships. Spirituality is within. It is our spiritual or non-physical capacity that gives us the ability to define our own personal truth: to think, to value and assign meaning and purpose to our lives. If we cannot appreciate ourselves as worthy, as gifted, as capable of love, we are left with emptiness.

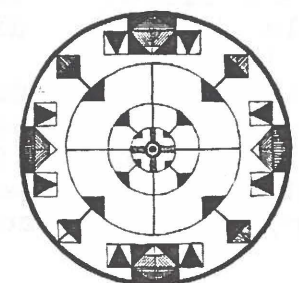
If you have seen the movie *Never-ending Story, Part II*, you will have seen a simple but profound parable of the conflict between good and evil. The young boy is drawn into the battle to conquer the nothingness eating away at the heart of Fantasia. He spends almost all of his wishes attempting to compete with this evil force of emptiness which is reducing everything to ashes. In the end, it is his wisdom that helps him discover that emptiness cannot be conquered; it can only be filled with love. So, he wishes a heart to the evil witch and, with heart, life returns. In this simple story is captured the real truth that emptiness or evil is the absence of good. We defeat emptiness by filling it with love.

It is by recognizing our emptiness that helping and wholeness become possible. It requires acknowledging our emptiness and choosing positive meaning and value for ourselves and our relationships. But, like birth, this involves struggle and pain. Inevitably, there is some pain and some wounding in this process of

defining limits to our personal worth and identity. It is like a loss of innocence. It involves going down, getting in touch with reality, with hurt, the wounds, the lower (not just the higher) side of ourselves. The 12 Steps of Alcoholics Anonymous is one way to take us down to personal truth: not denial, not conquest or defeat, but acceptance and love.

Out of this descent is reborn the resilient helper. This is the "inner warrior" or helper whose purpose is not hostility or aggression, but a mission to understand and to give positive value and meaning to what one loves. Inner warriors are the "wounded healers" who touch and heal the pain that is also endured by others. It is as wounded healers that helpers are called upon to deal with personal wounds or emptiness. Professionals who struggle to bring healing and health to dysfunctional people and disordered worlds need a good grounding in their own pain and healing. You can only give life by being fully alive, by being whole. And that means being at home with yourself emotionally, physically, mentally, and spiritually.

*Note: Reprinted from *Developments in Spirituality* AADAC
by: Brian Kearns
Executive Director Program Services



Health and Women's Spirituality

In my experience, women in search of wholeness and good health are on a spiritual quest for freedom from the bondage of suffering as well as a quest for physical well-being. When asked to describe the whole, life-giving moments, they speak of beauty, of flowers, of mountains in the sunrise, of birdsong, of the smell and sound of the ocean, of whales singing off Vancouver Island, or the silence before dawn. As women find wholeness, they create beauty through such arts as food preparation or song-making or showing kindness to others.

There is also truth. Chronic illness in women is often related to lies and secrets, and to the refusal of significant others to acknowledge their experiences and feelings as real. Wholeness invariably includes opening secrets, uncovering the lies and giving them up in favour of truth. As we learn to expect truth, be true to ourselves and honest with others, we move towards wellness.

While a holy moment may be a moment of beauty or a shattering and reshaping flash of truth, it must be translated into relationships in order to bring health. The woman who holds her newborn child may also know the fierce tenderness that would kill or die to protect that life, thus experiencing what the Creator feels for creation. Health-giving relationships are funded on truth and beauty: friendship, love, respect and

caring. All these essentials of relationship are essential to women's health.

A necessary component of relationship is justice. A friend is not a person who gives or gets pity, power or material benefit, but a person with whom one shares justice. We know instinctively what justice is about: justice means making wholeness possible. It is balance and fairness. We have been misled into thinking justice is retribution, getting even. At best, that is grim and ugly. Distributive justice is about making sure that everyone has the basic necessities for full life. Both great wealth and poverty are obscene. Justice must also be substantive., reflected in society's laws and systems. Women on the way to health need justice instead of painkillers.

Finally, there is ritual. In ritual, all the aspect of health-making are drawn together. The Chinese tea ritual has meaning because it expresses beauty, a form of timeless truth, the relationship of celebrant and recipient, the justice of enactment of infinity in the midst of the chaos of everyday living. Women on the path to health need rituals with others for strength to hold to that path. This is why healing circles work for women's health. Health-giving rituals are shared expressions of the spirit, embodiments of health and truth, relational love and justice.