

WAHSA DISTANCE EDUCATION CENTRE

A program of Northern Nishnawbe Education Council,
offering high school education from the comfort of home
in your community.

November 2011

Booshoo

Welcome to another year of studies at Wahsa Distance Education Centre. Wow, is it November already? I can't believe that fall is just about over! I hope that by the time you read this, your freezer is full of moose meat, ducks, geese, fish, blueberries, and other tasty wild treats that the creator has provided and that your wood shed is full.

Last year, 31 students graduated with their high school diploma through Wahsa. This represents the second highest number of graduates since 1995, when we had 33 graduates! Our 2011 graduates and Wahsa staff are really proud of this accomplishment as it is our reward for all of last year's hard work.

Our goal this year is to have Wahsa's biggest graduating class ever. If you are an active Wahsa student and require four credits or fewer to graduate, you are considered a potential graduate and will be part of our Potential Graduate Mentorship program. As a potential Wahsa graduate, you will be contacted on a regular basis by your community Education Counsellor and your mentor (a Wahsa teacher) to help you create and follow your Annual Education Plan. Your mentor will also contact you to offer support, assistance, and encouragement as you progress toward graduation. This contact will be in addition to the regular contact you have with your course teacher.

Good luck to all Wahsa students in your studies this year. Be sure to keep in contact with your teachers and education counsellor so we can help you realize your educational goals.

Meegwetch.

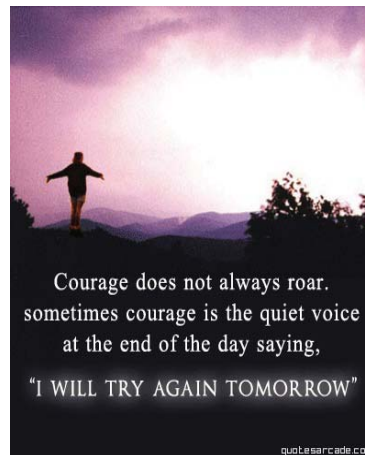
Darrin Head
Vice-Principal
Wahsa Distance Education Centre



To get information on our radio and independent learning courses, please call or see our 2011-2012 school year calendar.

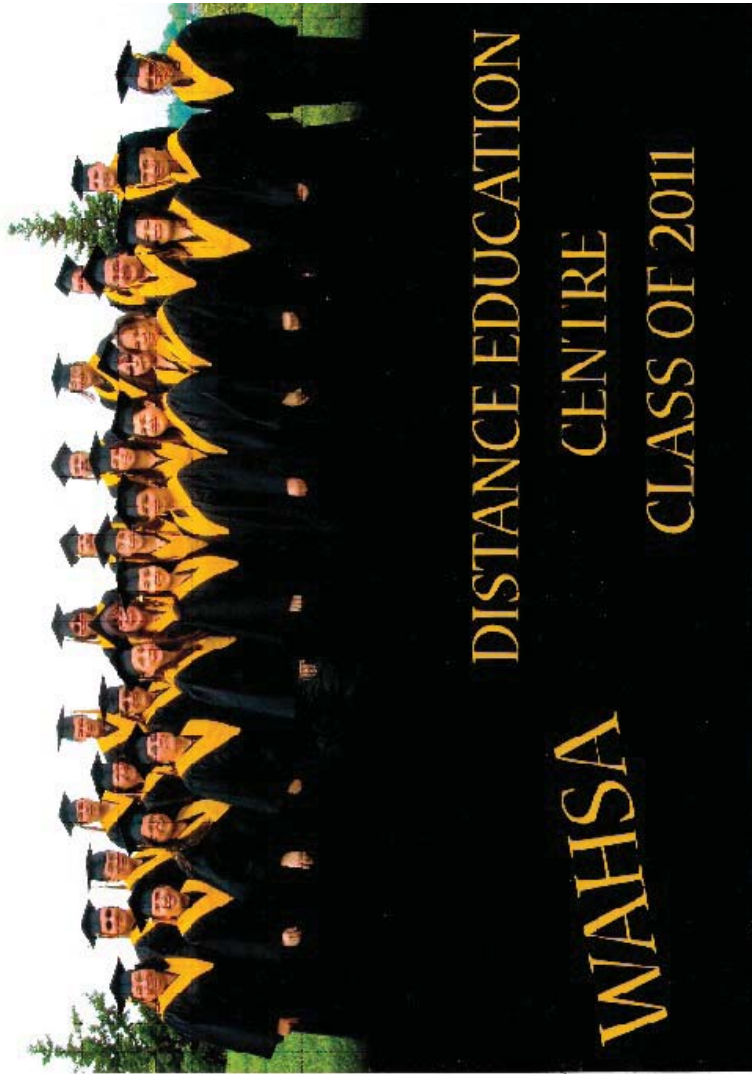
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On Bell Express Vu Channel 972
On FM radio - 91.9
Website - www.nnec.on.ca

Win a laptop computer!
Earn a credit in a Wahsa course
(IL or Radio)
between Sept. 1- June 25/12.
Your name will automatically be
entered for a chance to win.



AS ONE PERSON, I CANNOT CHANGE THE WORLD,
BUT I CAN CHANGE THE WORLD OF ONE PERSON.

Paul Spear



2010-2011 GRADUATES - WE WISH YOU GOOD LUCK IN YOUR FUTURE!

Bearskin Lake

Chantelle McKay

Big Trout Lake:

Sandra Fisher

John Fox

Deer Lake

Laurie Ogemah

Fort Hope

Stella Okeese-Waboose

Fort Severn

Blaine Albany

Paul Burke

Rex (Kenny) Thomas

Rebecca Thomas

Keewaywin

Jonathan Mamakeesick

Lac Seul

Rita Brisket

Michael Cawley

Leslie Chisel

April Gray

Judy Littledeer

Ricky Machimity

Norma Jean Trout

Marten Falls

Vanessa Moonias

Mishkeegogamang

Charlissa Bottle

Muskrat Dam

Ricky Beardy

Stanley Beardy

Sachigo Lake

Joseph Beardy

Jimmy Kaminawaish

Wanda Munroe

Loriann VanBuskirk

Wapekeka

Anne Brown

Weagamow

Arkenson Chikane

Christopher Williams

Wunnumin Lake

Esther Angees

Gwendy Cromarty

Stanley Gliddy

**There are three ingredients in the good life:
learning, earning and yearning.**

- Christopher Morley

Community Learning Centre Updates:

Keewaywin

The community had a Traditional Days event, which happens from Sept. 26-30 every year. All organizations shut down for this week for families to go out in the wilderness and enjoy hunting together.

Keewaywin members have yearly fund raising events for their family members, memorials through auctions sales, radio-athons, bake sales etc..

Guitar lessons will be starting for our youth soon. Helen

Webequie

During the past 9 weeks, the Webequie Learning Centre has been full of fun and laughter. The Webequie summer students completed a 'Learning Centre makeover' by rearranging the computers, cabinets, desks and tables to ensure a comfortable learning environment for the 2011-2012 students. We enjoyed a visit from Doug LeConte and Barry Hennessey in late September. During our Open House, several past, present and future students visited and mingled, as well as enjoyed fantastic fruits, sandwiches and prizes provided by Wahsa.

The Wahsa Learning Centre is located in the heart of the Webequie elementary school (Simon Jacob Memorial Education Centre) and, therefore, there is never a dull moment at Wahsa. We have many guests and visitors coming through the centre which makes it a nice warm, open environment. We experienced some technical difficulties over the month. The dinosaur of a printer is FINALLY extinct! We have the dinosaur remains on display, however the new printer is the major attraction. We look forward to a fun-filled Winter and Term 1B! Caitlin & Lorraine

Wahsa newsletter committee will be looking for articles for our January edition. *Poems, student work, pictures, articles of interest, anything to share.* Please email submissions to Barry, Merce, or Candice by Dec. 10/11. Thanks.

Eabametoong

September was a busy month with the start up of the Wahsa Term 1A radio courses.

John C. Yesno Education Centre has had many events to start their school year, first with the registration day in which I participated. I took my registration forms there to catch the parents/students to apply for Wahsa courses. They also held a community and teaching staff meet & greet dinner, EFNEA wide barbeque and blueberry picking outing which was very enjoyable to become acquainted and catch up with the school staff. In beginning of October, while I was helping out with the nominal roll, they held a school wide Thanksgiving dinner after their student monthly award ceremony which was a huge success.

As for community events, there were meetings to update the community in regards to the mining exploration and their findings. I didn't attend the meetings due to the start up of Term 1A.

Taybinack Group which started nearly a year ago, has been providing the community with dances every Friday and Saturday to entertain the youth. Future events with Taybinack, will be holding a Halloween dance and Taybinack Anniversary dance. They also have dance contests and the winners are given prizes. We are very thankful to the group for taking the initiative to provide the youth with entertainment.

In the early part of October, on the 6th to the 10th, the Anglican Church had a gospel jamboree. The Bishop came to bless our new cemetery as well as to enjoy the music and to impart God's Word to the community. As well, during that weekend, we had a thanksgiving feast on Sunday since the Bishop had to leave early Monday to attend to another community.

JCY Healing Journey Music Jamboree was held October 21st to the 23rd, also broadcast through Wawatay. Many people came from out of town to enjoy the singing and to take part in the singing. It was a wonderful time for all.

On October 25th, the community took part in celebrating the Grand Opening of Kevin C. Sagutcheway Memorial Nursing Station. The ceremonies started at the community hall with a luncheon, presentations, bagpipe music, and the local drum group came and sang honour songs for the community. We also had many visitors from various organizations, government officials (I forgot their names), NAN Chief Stan Bready and his entourage, Matawa representatives, NAN Elder Louie Waswa, Mike Lovett, FN1HB, Dan Ugray, Project Manager, Fred Wood/Bill Pawliuk, Achitect & Design, Finnway Contractor Inc., and the Sagutcheway family. After the drum group sang, we walked over to the new medical facility for the ribbon cutting and a tour of Kevin C. Sagutcheway Memorial Nursing Station.

It was an enjoyable victorious day for Eabametoong.

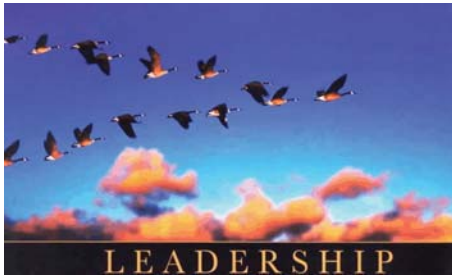
Other events:

October 28, 2011 – Halloween Dance

November 4, 2011 – Taybinack Anniversary Dance

November 11, 2011 – Remembrance Day Commemoration

November 14 – 18, 2011 – National Addictions Awareness Week



Teambuilding Lessons -

We Can Learn from Geese! Author Unknown

Fact #1 – As each bird flaps its wings, it creates uplift for the bird following. By flying in a "V" formation, the whole flock adds 71 percent greater flying range than if one bird flew alone.

Lesson learned – People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the strength of one another.

Fact #2 – Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front.

Lesson learned – If we have as much sense as geese, we will stay in formation with those who are ahead of where we want to go and be willing to accept their help as well as give ours to others.

Fact #3 – When the lead goose gets tired, it rotates back into the formation and another goose flies at the point position.

Lesson learned – It pays to take turns doing the hard tasks and sharing leadership.

Fact #4 – The geese in formation honk from behind to encourage those up front to keep up their speed.

Lesson learned – We need to make sure our honking from behind is encouraging, and not something else.

Fact #5 – When a goose gets sick or wounded or shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it is able to fly again, or dies. Then they launch out on their own, with another formation, or they catch up with their flock.

Lesson learned – If we have as much sense as geese do, we too, will stand by each other in difficult times as well as when we are strong.

The Many Ways We Learn

Verbal/Linguistic Intelligence

Involves an ease in the production of language, either spoken or written; the linguistically intelligent often excel as writers, public speakers or comedians.

Logical/Mathematical Intelligence

Involves the capacity to work with numbers and abstract concepts, and to use inductive or deductive reasoning in order to solve problems.

Visual/Spatial Intelligence

Involves the ability to form pictures in the mind which aid in painting, sculpture, architecture and navigation.

Kinesthetic Intelligence

Involves the effective use of the body in activities such as expressing emotion, game playing or product creation.

Musical Intelligence

Involves the ability to recognize and create rhythms and harmonies, as well as a sensitivity to the effects of sound.

Interpersonal Intelligence

The ability to interact easily with other people through a heightened understanding of their moods and feelings; these people often excel as counsellors, teachers and politicians.

Intrapersonal Intelligence

Involves an internal knowledge of the self, a trait which can be seen in philosophers and psychiatrists.

Community Visits







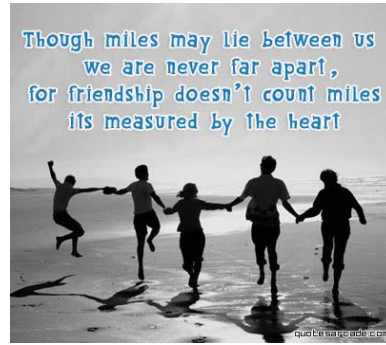
Submitted by Erika Loon:

A Simple Way to Keep Your Mind Sharp

You don't have to spend a small fortune on computer games or sketchy "smart" supplements to keep your mind in tip-top shape. We've found simple, free, enjoyable ways (all backed by the latest medical research) to enhance your cognitive health.

Break a sweat

"Physical exercise may be one of the best ways to maintain cognitive function as you age," says Fred H. Gage, Ph.D., professor of age-related neurodegenerative diseases at the Salk Institute in La Jolla, California. His landmark research showed that exercise significantly increases the rate of blood flow to the hippocampus, a brain region vital to memory, which generates new cell growth and improves mental processing. Interested? Follow the lead of the adults in Dr. Gage's study, who got about an hour of activity a day, four times a week.



A Farewell to Co-workers

We wish the best of luck to Norma and Wendy who have moved on from Wahsa to other positions...

Norma Kejick was the Principal at Wahsa for the last 15 years. She has accepted a position as the Executive Director of Northern Nishnawbe Education Council. We wish her well in her new position, and we are sure her passion for students and education will be beneficial for all in this new role!

Wendy Espana was a teacher at Pelican Falls First Nations High School before arriving at Wahsa a few years ago. Sadly, for us, she has now moved again to Queen Elizabeth District High School in Sioux Lookout. Wendy's laughter and joyful way of teaching will be missed here at the Wahsa office and across the soundwaves on the radio!



Norma



Wendy

Wahsa Staff



Darrin



Crystal



Sarah



Selina



Erika



Linda



Lishia



Barb C.



Levi



Candice



Ruby



Jovi



Bonnie



Barb M.



Alana



Barry



Merce



Doug



John

Some comments / quotes from staff...

Booshoo. My name is **Alana Carli**, and this is my first year teaching at Wahsa Distance Education Centre. I am from Thunder Bay, Ontario, where I graduated from Lakehead University with a Bachelor's degree in Political Science and then I went to teachers college in Australia. I love all kinds of outdoor activities which makes me excited to live in Sioux Lookout. This year, I will be teaching Grade 9, 10 and 11 Math through our Radio Courses. I'm very happy to have the opportunity to teach in Northwestern Ontario with NNEC and am looking forward to learning from my students over the coming months.

Good luck to everyone this year!

Booshoo. My name is **Barb Carpenter**. I have been at Wahsa too long (just kidding) 15 years - Database Clerk (13yrs), Education Counsellor (2yrs). I enjoy reading and keeping up with the news, interested in my well being, I don't always practice what I preach but I try, facebook, young and restless and an avid C.S.I. fan. Also, I volunteer for the church and the Canadian Cancer Society.

Piece of advice about education: My parents did not have a formal education but I feel they earned degrees with the knowledge they had about their language, trapping, fishing and hunting. They felt their rights were inherent and always had them. Our education is a treaty right and our young people need to ensure we value it. My advice is try to have a balance of obtaining an education and keep our traditions and cultural teachings alive....we will all succeed in life. We have to overcome the challenges we face and, each time we fall, then get back up and do it again until it is right!

Booshoo. My name is **Jovi Mercer** and this is my 16th year with Wahsa. This school year, my radio courses are English (ENG1L, 2L, and ENG3E,4E) and Living and Working with Children (HPW3C). I encourage you to come to classes and keep an ongoing contact via e-mail, phone calls, and Facebook when you need help.

"The beautiful thing about learning is that no one can take it away from you." B.B. King

Booshoo. My name is **Erika Loon**. This January will be 2 years for me at Wahsa? (I think) lol. I am the Database Clerk. I enjoy playing with kids, sports!-volleyball, baseball & broomball, beading, writing poetry, and reading.

Piece of advice about education: " Graduate!"

Booshoo. My name is **Bonnie Osmond** and this is my 14th year at Wahsa. I teach/mark English, Math and some Social Sciences. I enjoy reading, being active and spending time with my family and my pets.

Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, you can achieve.

Booshoo, My name is **Linda Singleton** and I've been at Wahsa for 11 years. I am one of the support staff; my actual title is I.L. Clerk. I enjoy reading, listening to music, fishing & hunting. To all the students that have signed up for courses, ask for the help you need from your teacher or family members if you need support from them, to continue with your studies. I am looking forward to the next graduation. ☺

Booshoo. My name is **Barb Matousek**. I have had the pleasure of working here at Wahsa for over 10 years now. The time really flies, doesn't it? Recently, I have been helping students to complete their English credits with the hope of graduating and getting into college. It is always fun to finally meet so many graduates in June. Did you know that our last year's valedictorian completed all of his Grade 11 and 12 credits in his home community through Wahsa? That is very cool!

I love to write and to see people write. It is what has had me planning the Sioux Lookout Literacy Festival for the past ten years. In 2012, we will call the festival: 100 years of literacy! I hope that you will be able to participate and enjoy the power of expressing yourself in writing or in other forms of art.

Booshoo. My name is **Lishia Brown**. I have been working at Wahsa since 1996 and worked as an Education Counsellor until 1998. I have been working as the DEC Liaison since 1998. As the DEC Liaison, I work with Distance Education Coordinators in the northern communities. I provide them support in maintaining learning centres and most importantly, assist them in ensuring students taking Wahsa courses are getting the support and services they need.

I believe education is important. It's important to be used as a tool to create all aspects of lives in a way that is inspiring and life giving. Although formal education is important, I believe that any learning counts. After all, learning is a lifelong process in any form. My favorite quote is "Everything is an inside job."

Booshoo. My name is **Barry Hennessey** and this is my 12th year as a teacher at Wahsa. I'm from Newfoundland originally and I came here for a two week visit in 1995... During my time at Wahsa, I have been responsible for mainly senior English (business and workplace preparation) courses. In Term 1B, I am looking after ENG4E. Away from work, I enjoy golfing, photography, doing odd jobs around the house, and being with my wife. With regards to education, I would like to say that "any student who is willing to put some honest time and effort into his/her school work will be successful!"

Booshoo. My name is **Candice Goretzki**. I have been working here as an Education Counsellor for a year now. Before this, I worked as a Family Support Worker, so this is a totally new experience for me. Being an adult learner myself, I realize how hard it is to get your high school diploma. I was in my 30s when I received mine. What amazes me is that when I finally committed myself to finish, it wasn't that hard, and I found out it was me not taking the time to commit to my studies, that was holding me back. Once I got my diploma, many doors of opportunity opened up for me. I look forward to working with all the students, and to encourage them to put their studies on their list of priorities so they too can see how many opportunities are out there once they achieve their high school education!

Booshoo. My name is **Merce Romanec**. I have been at Wahsa for eleven years. I have been teaching Science, Math, Accounting, and some other stuff too occasionally. I enjoy hunting, fishing, reading, motorcycling, and my kids.

Piece of advice about education: "Keep an open mind about everything. It's not just that there are two ways of looking at things, often there are dozens of ways."

Booshoo. My name is **John Stradiotto** and I have been at Wahsa for eight years. I have been teaching Health for Life and Healthy Active Living. I have been interested in making advances in health research relevant to First Nations in the curriculum.

Piece of advice about education:

To be educated is to be able to engage life through a balanced set of skills and perspectives and that let you thrive accordingly. It is a capacity to think for oneself and continue to enjoy learning in order to solve life problems as they arise.