

ONTARIO NATIVE LITERACY COALITION



Quarterly Newsletter—4th Quarter—March 2020

She:kon sewakwekon (greetings to everyone)

I hope everyone is well and staying safe, practicing social distancing, and keeping busy with your creative means of delivery to your learners.

ONLC has been in touch with some of the Indigenous Stream Service Delivery Agencies to see how we may assist. Please feel free to email Alexandra, Rhonda or I at our email addresses and we will get back to you within the next business day if you have any concerns or would like assistance in any way.

This newsletter is introducing you to some of the new resources that ONLC has created last fiscal. Your agency will be receiving copies of all of these within the next month. Some of our projects for this coming year are continuations of last year's developments as well. An example is the curriculum being developed for the short anthology, *In Memory of Feast* and the book *Akwatsirehko:wa, My Big Family*. You can expect them by the end of the summer.

This new fiscal year has ONLC busy developing new resources we will be working on this year. They will include: Five new trade/career focused math work books and teachers guides; Anishinaabe language pilot on GLA; Four Indigenous Ethos focused webinars in which a resource will be created from these webinars; An Indigenous "games" curriculum focus on using games as a teaching tool; continuation of the mentorship program for new and/or those having difficulties with Ministry reporting, marketing, or student delivery; Customer service curriculum, Digital Literacy for beginners part 2; the two curriculum mentioned earlier for the two books written last year. The surveys (which have been extremely helpful) will also be done each quarter along with the newsletters. This year ONLC will also be conducting research on learning more about our average learners.

For those programs who do language classes, ONLC has applied for a grant to offer each of you funding so you can conduct language classes again this year. We had submitted for programs to receive \$2500 to run language classes. Fingers are crossed that we get the funding. We will also be developing some more language books in a variety of languages. If you are interested in the funding for language classes at your centre please express your interest to Rhonda and she will keep a list, notifying you when the funding is secured. As with each year it is a first come first serve basis as funding is limited.

Please also watch your emails for our announcement about the upcoming AGM. Due to the closures we are a little behind on getting the audit complete. There has been no date set as we must work around our auditor's schedule.

Please stay safe and I hope to see all of you sometime this year when this virus has been defeated.

Nia:wen tahnon Onen
Michelle Davis
CEO, ONLC

In This Issue

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The views expressed in the publication are the views of the Recipient and do not necessarily reflect those of the Province "The Government of Ontario and its agencies are in no way bound by the recommendations contained in this document"



The Ontario Native Literacy Coalition is a non-profit charitable organization.

Your thoughtful donation will allow us to provide resources, workshops, and support services for Indigenous learners that would otherwise not be available to them.

You may donate immediately using the link provided here.



WORKING REMOTELY

According to [Stats Canada](#) (2008) there are 1.7 million people in Canada who work from home whether they are paid employees or self-employed. Working from home can offer many advantages and flexibility.



Since the second week of March and the escalation of the unpredictable virus -COVID-19 pandemic, many businesses are complying to the preventative measures that have come into effect in their communities. Therefore, many employees are now working remotely from the safety of their homes. This may be something many of us are not used to.



To be successful while working remotely, we need to create a workspace that promotes efficiency and effectiveness. Take the time to create the right conditions for success and wellness. This could include ensuring that we have:

- ✓ a dedicated workspace
- ✓ enough natural light
- ✓ minimal distractions
- ✓ The technology you require
- ✓ Internet service that meets your needs
- ✓ A workable schedule you can stick to

A Functional Workspace

It is important to have a private, quiet space to work if possible, separate your work space from your personal space and use this space only for work.



Minimize any distractions such as uncontrollable noise by wearing noise-canceling head phones.

Setting a Schedule & Sticking to it

It is up to you to set your work hours and to stick to them. Many times while working from home, we have to deal with the lack of understanding from people, such as family members and friends, who don't think working from home really means

working. Planning tasks in advance and setting a schedule is a key step to accomplishing these tasks within the deadlines. Set daily breaks and lunch as you would if you were going out to the workplace. Let family and friends know your schedule and invite them to have break or lunch with you.



If you have children at home, setting your work schedule may be more challenging, depending on the age of the children, you may have to adjust your hours of work to correspond to the children's needs.

Communicating with Your Manager & Team

Before the COVID-19 pandemic and the shut down of many businesses, most people worked closely as a team, with other employees and their managers, making communication easy and effortless.

Working from home can feel unstructured and isolating with a breakdown in communication. Daily meetings, either by phone or using online technology can motivate us to stay productive and stay on task.



Maintaining Mental Health while Working from Home

Meaningful social connections help protect our mental health. But how do you maintain social connection at a time when public health authorities call for “social distancing” to stop the spread of illness?

This fact sheet offers tips to help address isolation and loneliness some employees may experience while working from home.

<https://www.canada.ca/content/dam/tbs-sct/documents/covid-19/20200320-mht-eng.pdf>

Reference: <https://www.canada.ca/en/government/publicservice/covid-19/mental-health-tips.html>

*Stay Safe, Stay Healthy,
Stay Positive*

ONLC UPDATES

WEBINARS

Throughout 2019-20 ONLC presented a four part webinar series specific to Cultural Education/Mediation and to improve cultural competency. These webinars were hosted by Yuma Hester with guest speakers and included topics on:

- * Reconciliation—Jordi Jacko, Whitefish River First Nation, ON.
- * Indigenous Education—Rebecca Jamieson, Six Nations of the Grand River, ON.
- * Language Revitalization—Lorna Wanosts'a7 Williams, Lil'watul Nation, B.C.
- * Indigenous Law and Indigenizing Law: Past, Present, Future—Brittany Town, Scarborough, ON.

Statistics from the final report (Yuma Hester) indicate:

- * Finalizing numbers was an unforeseen challenge with this particular project. While we were able to count the number of accounts that were logged into each session, there were sometimes several people within classroom settings that were sharing accounts. Thusly, while the overall number of unique participants totalled 120, this might not account for the entire number of actual people who were able to take advantage of the webinars.
- * The overall satisfaction for the webinars was very high with 69% of participants scoring between very good, and excellent for level of satisfaction.
- * 88% of respondents considered the webinars to be very, to extremely well organized.

Personal Quotes:

- ✓ *"It's always nice to hear people's lived perspectives, and gather additional information that may be helpful when working with Indigenous peoples."*
- ✓ *"It was easy to register and follow along with all the sessions and was very organized."*
- ✓ *"The 4 sessions were well-presented in a complete and concise manner and easy to understand"*
- ✓ *"I liked (sic) the over-reaching idea of integra=ng language into all areas of employment and teaching"*
- ✓ *"We think that the length of the webinar was well-planned and appropriate"*
- ✓ *"Not coming from an Indigenous background, it was very enlightening to hear the progression of 'the*

speaker' from growing up on the reserve, to the challenges he faced when arriving in the city of Toronto, and how he overcame those challenges"

ONLC is offering a **certificate of completion** to those who attended all 4 webinars, if you would like a certificate please email the office at soa@onlc.ca and include your name and email address

INDIGENOUS LANGUAGES RESOURCES

ONLC has developed 2 new Indigenous Languages resources:

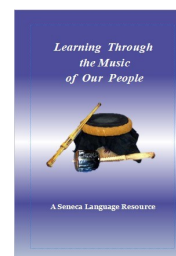
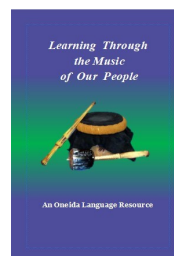
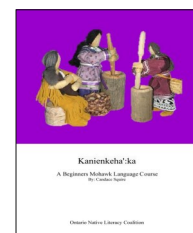
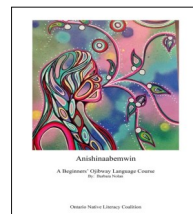
"Anishinaabemwin- A Beginners' Ojibway Language Course",
written by Barbara Nolan

And

"Kanienkeha':ka- A Beginners' Mohawk Language Course",
written by Candace Squire.

Each include 10 lessons that are meant to introduce learners to the Ojibway/Odawa language and the Mohawk language.

ONLC has added 3 new resources to the **"Learning Through the Music of Our People"** series. Languages included are Oneida and Seneca

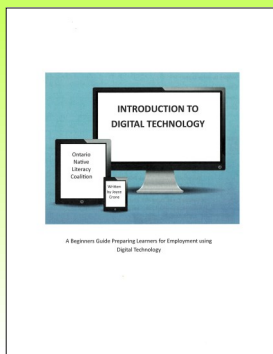


This project has been made possible in part by the Government of Canada. *Ce projet a été rendu possible en partie grâce au gouvernement du Canada*, and Ontario Government.

ONLC UPDATES, *continued*

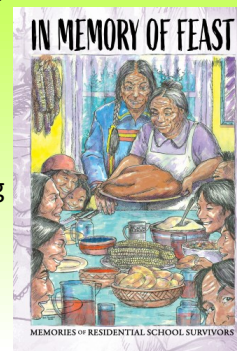
DIGITAL TECHNOLOGY RESOURCE

Our Digital Technology resource has 20 lessons, that will help learners understand and become comfortable with technology. This resource covers all the basic fundamentals of a computer along with all its components, and general software including the internet. The Digital Technology resource is an absolute beginner targeted for adult learners who are very new to technology.



IN MEMORY OF FEAST

“In Memory of Feast-Memories of Residential School Survivors” is a compilation of 20 short stories from residential school survivors relating their memories of food prior to, during and after attending residential school.



Researched and written by Judy Reuben, this resource is designed as a reader and accompanies ONLC’s *“Let’s Build a Sustainable Food System”* theme.

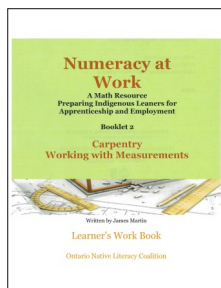
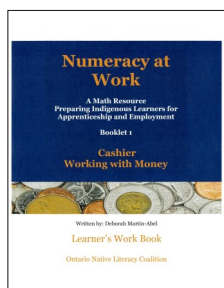
MATH RESOURCES

With our Indigenous approach of literature and ONLC’s curriculum, we have been able to redevelop a set of **Math Resources** on apprenticeships that include task-based activities. The resources are offered in; Cashier-Working with Money, Cook/Baker-Working with Ratios & Proportions, Carpentry-Working with Measurement, Transport Truck Driver-Working with Height, Weight & Distance, and Plumbing-Working with Fractions.

ONLC MENTORSHIP PROGRAM

For those that are unaware, ONLC has a mentorship program for new program coordinators and practitioners. ONLC has funding to work with six programs for this fiscal year. The mentorship program assists new program coordinators with understanding the OALCF, EOIS, CaMS, programming and performance measures for your programming. For more information please contact:

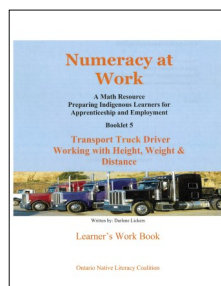
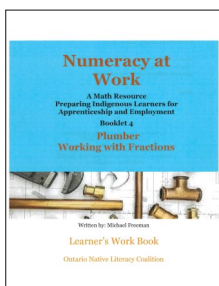
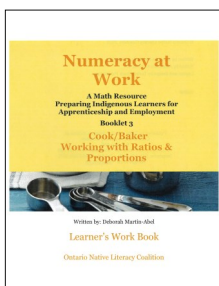
Michelle Davis, ONLC CEO, Email: ceo@onlc.ca
Phone: 519-445-1539, or Toll free: 1-855-368-3072



WHAT TO LOOK FOR IN THE NEAR FUTURE-

Akwatsirehko:wa, My Big Family.

A sports anthology featuring interviews of current and former professional lacrosse players and lacrosse greats. The interviews are informed through an Indigenous perspective of the sport, which includes viewing lacrosse to be a spiritual game of consequence and meaning beyond winning and losing. Both Native and non-Native lacrosse players are interviewed



The set of math resources includes a Learner’s Work Book, and a Facilitator’s Guide with the answer key and task-based activities for each.

IN RESPONSE TO COVID-19

Following the guidelines set out by The Six Nations of the Grand River and the surrounding communities, the ONLC office is closed until further notice to ensure the health and safety of all individuals in this unprecedented time.

To ensure social distancing, the ONLC and TBP staff are working remotely and can be reached through email, please do not hesitate to reach out to us if you feel we can assist you in anyway.

Michelle Davis, ONLC CEO—ceo@onlc.ca

Alexandra Rosetta—TBP_manager@onlc.ca

Rhonda Davis, Administrative Assistant—soa@onlc.ca

Due to the virus ONLC will not be meeting face-to-face for our AGM, please watch your emails as to when and how this meeting will take place, Thank you for understanding.

stay safe and stay healthy

TURTLE'S BACK PUBLISHING UPDATES**TURTLE'S BACK PUBLISHING****A division of the Ontario Native Literacy Coalition**

Turtle's Back Publishing is very enthusiastic for our 2020 publications! Our team of individuals who put these resources together have done an incredible job. We will continue to create and expand our publications for our learners in our next year's publications.

As mentioned before, we have developed five math resources available for both students and facilitators that are focused on specific apprenticeships (Carpentry, Cashier, Cook/Baker, Plumber, Transport Truck Driver). We are continuing an additional five resources that will be developed for 2021. These math resources will hopefully complement and engage students and facilitators in math through word problems, conversion, measurements, ratios, and more which will be helpful in preparing for the GED, highschool completion, or entrance into an apprenticeship or trade.

Another resource that will be continued into 2021 is the Digital Technology resource. This was created for adult learners who are very new to technology. In this resource the learner will gain confidence in learning the parts of a computer and mouse and is accompanied with hands-on activities and videos. The resource that will be developed this year will advance the introduction of digital technology, and go into the use of applications such as Microsoft Word, email, online banking, social media accounts, etc.

With the two new large readers, *In Memory of Food- Memories from Residential School Survivors* and *Akwatsirehkó:wa My Big Family* being released this spring, it gives Turtle's Back Publishing the opportunity to take a new approach in marketing and distribution of our publications. This year we will be redesigning a page on the ONLC website dedicated to our resources, making purchasing resources more accessible for everyone. We will also be creating a catalogue featuring all of ONLC and Turtle's Back publications from the previous years to upcoming publications. As we progress, we will also be putting a call out for writers and artists, with submission requirements associated to our mission at Turtle's Back Publishing, so keep a lookout for updates and announcements during the winter.

With everything that is going on in the world today, we are continuing to develop unique Indigenous resources that will be beneficial to all learners. Stay well and be safe.

Alexandra Rosetta, Turtle's Back Publishing Manager

UPDATES FROM THE MINISTRY

- **March 2020—LBS Service Delivery Agency & Support Organization—Revised Guidelines**—As part of the continuous improvement process of managing the LBS program, the Support Organization and Service Provider program guidelines have been revised to provide guideline users with updated information and increase AODA compliance.
[Support Organization Guidelines](#) (revised March 2020)
[Service Provider Guidelines](#) (revised March 2020)
- **March 24, 2020—Literacy and Basic Skills Corrections Literacy Initiative Expansion**—the ministry will be expanding the pilot to include five additional correctional facilities, selected in collaboration with the Ministry of the Solicitor General (raising the total number to 16 correctional facilities), and increase the annual learner target to approximately 1,200 (allocated among current and new service providers).
Read the full memo at: <http://www.tcu.gov.on.ca/eng/eopg/publications/cli-adm-memo-eo-network-expansion-en.pdf>
- **March 20, 2020—Update on Employment Ontario Allocations for 2020-21: Literacy and Basic Skills, Employment Service, Youth Job Connection, Youth Job Connection: Summer and Canada Ontario Job Grant**—Read the full memo at: [ADM Memo to the EO Network: Update on Employment Ontario Allocations for 2020-2021](#)
- **March 10, 2020—Second Career—An initiative to support workers who have been impacted by layoffs within the manufacturing sector.**—The ministry has decided to make some targeted changes to the Second Career program for workers who have been impacted by downsizing within the manufacturing sector - making it easier for them to access training.
Read the full memo at: <http://www.tcu.gov.on.ca/eng/eopg/publications/scmsi-adm-memo-eo-network-en.pdf>
- **March 9, 2020—Ministry of Labour, Training and Skills Development - Ontario Exploring How To Prepare More People for Good Jobs**—As part of its commitment to prepare people for jobs, the Ontario government is launching a review of its slate of training programs to ensure workers are developing the in-demand skills that employers are looking for.
Read the full new release at: <https://news.ontario.ca/mol/en/2020/03/ontario-exploring-how-to-prepare-more-people-for-good-jobs.html>
- **February 14, 2020— Employment Services Transformation**—As part of Employment Services Transformation, a new service delivery model will integrate social assistance employment services, as well as other government employment services, into Employment Ontario. This new system will be more responsive to the needs of job seekers, businesses and local communities
Employment Services Transformation - Service System Manager Selection memo: <http://www.tcu.gov.on.ca/eng/eopg/publications/est-memo-eo-network-service-system-manager-selection-en.pdf>
Announcement of Service System Managers general questions and answers: <http://www.tcu.gov.on.ca/eng/eopg/publications/est-qs-as-service-system-manager-announcement-en.pdf>

FOR YOUR INFORMATION

****Reminders****

- ✓ **Check the Employment Ontario Partners Gateway (EOPG) for New Postings, Programs and Services, Stakeholder Engagement, tools and much more.**
<http://www.tcu.gov.on.ca/eng/eopg/newpostings/>
- ✓ **Check frequently for Literacy and Basic Skills updates and links at:**
http://www.tcu.gov.on.ca/eng/eopg/programs/lbs_updates.html
- ✓ **Update Program or Service Information**
Keeping your program and service information up-to-date is not only a part of your contractual obligations it also ensures that clients are able to find you easily. On a regular basis throughout the year follow these [5 easy steps](#) (July 25, 2012) to ensure that your information is accurate, current and easily accessible through the '[What services are available near me?](#)' section of the Employment Ontario website.

MINISTRY HELPFUL RESOURCES AND LINKS

Templates for Service Delivery Organizations and Support Organizations can be found at: http://www.tcu.gov.on.ca/eng/eopg/programs/lbs_performance_management.html

EOIS CaMS Service Provider User Guide—This document consists of 12 chapters and provides step-by-step instructions to guide you through EOIS CaMS. To access this user guide Click on: http://www.tcu.gov.on.ca/eng/eopg/eotransformation/eois_day1.html

ACRONYMS

Not sure what ACAATO means? Find out from the list of [Acronyms](#).

FORMS

[A list of links to application and claim forms](#)

HELPFUL RESOURCES



**Good Learning Anywhere
Sioux Hudson Literacy Program**



Live Classes ♦ Independent Study ♦ Short Courses
Registration is now open for the Spring/Summer term at Good Learning Anywhere
 View the [Spring Course Catalogue](#)
Registration is Live on the website:<http://www.goodlearninganywhere.com/>

Come join us for a slice of learning!

You are invited to our weekly online, open house starting on Monday, April 6, 2020, at 1:30 pm ET.

No registration required!

The goal of these sessions is to introduce learners and literacy programs to the endless possibilities of online learning with Good Learning Anywhere. We will look at different course options, different types of online learning, use some of the learning tools but most importantly to connect and try something new.

We will be hosting these sessions every Monday @ 1:30 pm EST. They will go no longer than an hour and everyone is welcome to bring ideas for discussion.

Click this link to join the session: <https://connect.contactnorth.ca/glainroductiontoonlinelea.../>

Simply type your name and click Enter Room. See you then!



JOIN THE ON-LINE “SHARING CIRCLE”

Sharing Circles are a great way to learn more about educational paths in Ontario, to see if online learning works for you, or simply enjoy learning something new, and are hosted approximately every couple months on the third Monday at 10: 30 AM EST.

To see what the “Sharing Circle” is all about:
<https://goodlearninganywhere.com/attend-our-sharing-circles/>

For more information about Good Learning Anywhere, visit their website at:
<https://goodlearninganywhere.com/?cac=1585673272>

Visit Sioux Hudson Literacy Program at:
<https://www.siouxhudsonliteracy.com/>
[Sign up for the newsletter](#)



Free on-line education for adults living in Ontario

e-Channel is an online Literacy and Basic Skills program, funded by Ontario’s Ministry of Training, Colleges and Universities.

- * Upgrade your skills
- * Qualify for college
- * Learn something new

Learn more about e-channel at: <https://e-channel.ca/about-us>

NOW AVAILABLE

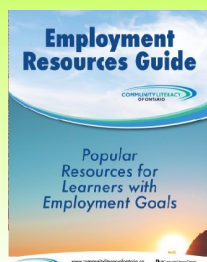
Spring/Summer 2020 Online Literacy and Basic Skills Courses at:
<https://fliphtml5.com/aebik/vzhz>



HELPFUL RESOURCES *continued*



Community Literacy of Ontario is pleased to share their new resource: ***Employment Resource Guide: Popular Resources for Learners with Employment Goals***



In this annotated resource list, you'll find 35 resources, including manuals, guidebooks, online learning opportunities, web-based modules and websites.

Available for free at: <http://www.communityliteracyofontario.ca/wp/wp-content/uploads/Employment-Resources-Guide-March-2020-FINAL.pdf>



[GoodMinds.com](http://www.GoodMinds.com) is your leading source for purchasing bias-free teaching and educational resources related to Native American, First Nations, Indigenous and Aboriginal studies. GoodMinds.com stocks **over 3,000 Indigenous titles** from Preschool to Adult.

An First Nations-owned family business, GoodMinds.com is based on the Six Nations of the Grand River (Brantford) in Southwestern Ontario.

Visit them on-line [GoodMinds.com](http://www.GoodMinds.com) or in person at 188 Mohawk Street Brantford, Ontario, N3S 2X2



FREE WEBINARS FOR NONPROFIT LEADERS

Register for our new webinar series.

Charity Village Webinars

Charity Villages offer free series of webinars for non-profit leaders looking for easy professional development opportunities.

The following 2020 webinars are open for registration.

- ✓ [Retain and Gain: How career ownership is transforming nonprofits and charities](#)(April 30)
- ✓ [Fundraisers are Influencers with a Cause](#)(May 7)
- ✓ [Equity and Inclusion through Volunteering](#)(May 14)

Also available: **Pro tips from charity Village staff on working form home**

CharityVillage staff have worked virtually since the organization was founded in 1995. Read some tips they have compiled for managing your workday from a home office.

<https://charityvillage.com/pro-tips-from-charityvillage-staff-on-working-from-home/>

For more information on Charity Village go to: <https://charityvillage.com/app/>



Government of Canada

Gouvernement du Canada

Aboriginal Bursary Search Tool

The Aboriginal Bursaries Search Tool is a searchable list of 767 bursaries, scholarships and incentives across Canada.

For more information click on: <http://www.aadnc-aandc.gc.ca/eng/1351185180120/1351685455328>

ONLC offers a variety of resources that have been developed over the years, from teachers guides to student workbooks, Task Based Activities, Language Learning Books, and Readers.

If you wish to order print copies, please contact ONLC at 519-445-1539



Resources: <http://onlc.ca/main-resources/>
Some resources are available as a free download.
Task Based Activities: <http://onlc.ca/tasks/>
All tasks are available as a free download



ANNOUNCEMENTS & EVENTS

University of Toronto-

Transitional Year Program is a full-time, eight-month access-to-University program. It is intended for adults who do not have the formal qualifications for university admission. They take great pride in providing their students with a holistic educational experience and offer academic, social, and financial support to assure that students complete the program successfully and go on to obtaining an undergraduate degree.

**note: Due to the COVID-19, applications are still being accepted.*

The staff are working remotely during this time. So, if you have any general questions about the program, please email typ.info@utoronto.ca.

For support on how to fill out the TYP application, you can contact lisa.smart@utoronto.ca.

TRANSITIONAL YEAR PROGRAMME UNIVERSITY OF TORONTO

Were you unable to finish High School? Do you dream of going to University? If you left school for financial or social reasons, you may now enter the University of Toronto through the Transitional Year Programme. This is an eight-month, full-time preparation program for people 19 years of age and older. Financial assistance available for those who qualify.

Do you want to go back to School?
Do you need a second chance if you dropped out of High School?
Find out if TYP is the program for you!
 Information sessions every Tuesday from 4 p.m. - 6 p.m.
Deadline to apply is March 5, 2020

TRANSITIONAL YEAR PROGRAMME
 123 St. George Street Toronto, ON M5S 2E3
 416-978-6832
typ.info@utoronto.ca
<http://files.utoronto.ca/typ>

MLTSD Reporting dates for April 2020 - March 2021

Check SP Connect Calendar for Confirmation

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22	23	24	25	26	27	28
29	30	31				

September						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Final Report due – April 19, 2021 EER – April 5, 2021 – SRER-June 14, 2021
 Auditor's report (if applicable) June 14, 2021 Audited Financial Statements – September 30, 2021
 Created by QUILL Learning Network – Debera Flynn – execdir@quillnetwork.ca

Spring Lunch & Learn Series

Staying Connected in Challenging Times

The COVID-19 global pandemic has created a new reality for adult and continuing education. We are not able to work face to face with our students, so we need to build infrastructure to support our learners in a virtual context. Many of our members are further challenged by restrictions with their technology and skills, as well as those of their students.

Cesba is offering a **three-session Lunch & Learn Series, a two-session PSW Series, and a four-session PLAR/Guidance Series** to give you a chance to share questions, concerns and ideas with your A&CE community.

For information and to register go to <https://cesba.com/>

If you have any questions, please contact Suzanne, Project Coordinator, at sschwenger@cesba.com



LETS SPEAK OUR LANGUAGE

Medicine



Cree:

Maskihkiwapoy

(Medicine water or medicine tea)

<http://www.creedictionary.com/search/index.php?q=maskihkiwapoy&scope=1&cwr=63566>

Mohawk:

Onónhkwa

(Medicine)

<https://kanienskeha.net/dictionary/ononhkwa/>



Anishinaabe:

Mashkikiwaabo

(Medicine tea)

<https://ojibwe.lib.umn.edu/main-entry/mashkikiwaabo-ni>

Oneida:

Onúhkwa?t

(Medicine)

<http://www.uwgb.edu/dictionary/sound.aspx?citation=on%C3%BAhkwa%CB%80t&pos=noun>



Medicines

Since the beginning of time, Indigenous peoples in Canada have been given the knowledge of using the gifts that plants provide as medicine for healing the body and the spirit. In acknowledgment of these gifts, medicinal plants are treated with great reverence and respect, by offering prayer while gathering them and also in a ceremonial setting.

All different parts of plants have recognized medicinal uses, such as roots, bark, leaves, buds, fruits, and sap or pitch, and there are many different ways of preparing and using them.

More than 500 plants were used in indigenous medicine. Those gifted with the knowledge of plant medicine could administer such medicines as herbal teas, preparations to be chewed and swallowed, poultices, inhaled vapours, or a variety of other applications. They could also prescribe any part of a plant, either alone or in combination with other herbs.

Indigenous practitioners were skilled in selection, preparation and dosage of herbal medicines, and traditional treatments were effective in treating a host of ailments, including wounds, skin sores, gastrointestinal disorders, coughs, colds, fevers and rheumatism.

It is always important to remember the traditional medicines that have been here since the beginning of time and to continue to preform the ceremonies that honour them. Reconnecting with nature and the natural surroundings can have positive benefits to our mental wellbeing.

If you would like information about Indigenous plant medicines used in your area, seek knowledgeable individuals in your community, as medicines and their ceremonies may differ throughout Canada.

Ontario Native Literacy Coalition

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 Or email us at: ceo@onlc.ca
 Visit us on the web at www.onlc.ca

ONLC is a registered charity and we welcome donations offering a charitable receipt

ONLC Social Networking Connections

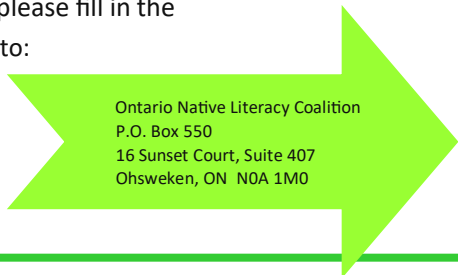
www.onlc.ca [Facebook](#) [Twitter](#)

Become a Member of ONLC

Benefits of Membership:

- Members in good standing may be elected to the Board of Directors
- Attend and vote at the Annual General Meeting
- Receive regular updates about Native Literacy issues and news
- Receive notification of all upcoming events and planned training sessions
- Receive a discount on all ONLC sponsored events
- You are contributing to and supporting the Native Literacy movement and learners

If you would like to or know someone who would like to become a member, please fill in the application and mail to:



ONLC Annual Membership Application

Name:		
Organization:		
Address:		
Phone:		
Fax:		
Email:		
Website:		
Type of Membership:		
Qty.	Individual Membership \$25.00	
Qty.	Organization Membership \$50.00	
Payment Type:		
(Payable to Ontario Native Literacy Coalition)		
Amt.	Cheque	
Amt.	Money Order	
Amt.	Cash	
Donations:		
I would like to contribute to the work of ONLC by making a donation of \$ _____		
Yes	No	Charitable Receipt Requested
Ontario Native Literacy Coalition welcomes and respects the interest of its membership to become involved with the overall operations of the organization through either involvement on the Board of Directors, Committees or Special Projects. If you have experience or skills that you feel would be beneficial to ONLC please forward your information via email or fax to the ONLC CEO at ceo@onlc.ca		



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The views expressed in the publication are the views of the Recipient and do not necessarily reflect those of the Province "The Government of Ontario and its agencies are in no way bound by the recommendations contained in this document"