

NORTHERN PASSAGES

VOLUME 14 | ISSUE 4

PHYSICIAN AND NOSM ALUMNA
DR. DORIS MITCHELL

ABORIGINAL GATHERING
WALKING THE VISION

COMMUNITY ENGAGEMENT
BEHIND THE SCENES

NORTHERN ONTARIO STAR OF
ORIENTATION WEEK

NOSM AND FLINDERS
CALL TO MUSTER



Northern Ontario
School of Medicine
École de médecine
du Nord de l'Ontario
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Chief Keeter Corston (left) thanks NOSM alumna Doris Mitchell (right) for her work as a physician in the community of Chapleau Cree First Nation, as well as Brunswick House First Nation and the Town of Chapleau.

ON THE COVER: WALKING THE VISION

From August 13-15, the Northern Ontario School of Medicine hosted its fourth Aboriginal Community Partnership Gathering, entitled "Walking the Vision," a gathering designed to ensure that NOSM is accountable to the needs of Aboriginal peoples across Northern Ontario. Graciously hosted by the Chapleau Cree First Nation, the Gathering brought together Aboriginal community partners from across Northern Ontario to seek their input on the practices, activities, and outcomes of the School. In all, more than 100 community partners were in attendance, with representation from more than 30 First Nations across Northern Ontario, reaching as far North as the James Bay coast.

At the Gathering, NOSM senior leadership reported back to Aboriginal community partners about the ways in which NOSM incorporates Aboriginal participation, culture, practices, and values into the activities of the School. Topics of discussion included admissions, communications, community engagement, curriculum, research, postgraduate education, and faculty affairs. After each presentation, participants were divided into groups and were asked to make specific recommendations about the ways in which the School could further improve its practices. Participants at the Gathering also partook in strategic planning focus groups to provide input into NOSM's priorities until the year 2020.

"The word treaty means 'to coexist in harmony,'" said Chief Keeter Corston of Chapleau Cree First Nation. "I truly believe that educating non-Aboriginals about First Nation ways will create strong allies. Partnerships are something that I really believe in, and I am very happy with the partnership we have with the Northern Ontario School of Medicine."

Feedback from the sessions and focus groups was rigorously recorded, and will serve as a guide to implementing the recommendations at NOSM that were made at "Walking the Vision" by Aboriginal peoples of Northern Ontario.

"I am so thrilled that so many Native people are here to give guidance to Dr. Strasser and his excellent team about the Northern Ontario School of Medicine," said Deputy Grand Chief Goyce Kakegamic of the Nishnawbe Aski Nation. "The Nishnawbe Aski Nation appreciates that NOSM continues to reach out to hear the First Nations people."



Many NOSM Elders attended the Aboriginal Community Partnership Gathering to provide important input into the School's activities and education.

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Newsletter of the Northern Ontario School of Medicine



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Cover photo: Dr. Doris Mitchell,
Physician and NOSM Alumna



MAMA, I'M COMING HOME

NOSM Alumna Shares Experiences of Returning Home to Practise

Dr. Doris Mitchell, NOSM alumna and proud Ojibway woman of Brunswick House First Nation, gave a powerful keynote address titled "Mama, I'm Coming Home" at the Aboriginal Community Partnership Gathering about her experience as a new physician in Chapleau. Mitchell, who grew up in Chapleau, decided to apply to NOSM after working for 15 years as a registered nurse.

"I always dreamed of becoming a physician but never thought that it was possible," admitted Mitchell. "I had met so many amazing physicians over the years and in my mind, the bar was set so high that I thought it wasn't attainable. It wasn't until I met the quirkiest, most fun, and interesting physician in 2001 that I thought maybe I can do it, too."

Mitchell and two other NOSM graduates, Drs. Stephen and Kendra Saari, all returned to the area of Chapleau after completing their MD training and Family Medicine residency at NOSM. Since then, Mitchell and the Saaris have experienced the many rewards and challenges of practising rural medicine in the area where they grew up, and in a community that had been served by locum physicians for seven years.

"In the few years that we have been here, we have witnessed a positive and exciting change from reactive medicine to preventative medicine," explained Mitchell. "There's a feeling here that we're making a difference."

But life as a rural doctor in your home town is not all roses. "The expectations placed on us were very high when we first arrived," Mitchell admitted. "We felt like everyone wanted everything from us. There is also a complete lack of anonymity. I have set noses on my front porch, and I have done consults in the aisles of the grocery store."

Based on her experience, Mitchell provided sage advice to NOSM about how to further support graduates when they return home to practise.

"NOSM, you are a leader in helping communities find a physician," said Mitchell. "Now, help us stay. Support us. I love it here, but it's not easy. In order to stay, I need your help."

She recommended supporting new graduates by encouraging access to more senior physicians, offering continuing education that is tailored to the needs of each community, and giving physicians more notice when they are asked to be involved in educational initiatives.

Mitchell also gave suggestions to members of her community—many of whom were in the audience—about how they too can support physicians when they establish practices where they grew up. Among these suggestions were setting reasonable expectations and respecting important personal and professional boundaries with their physicians.

Mitchell's speech concluded with hugs, resounding applause, and a standing ovation.



Painting by Dr. Doris Mitchell, presented to Dr. Roger Strasser at the Aboriginal Community Partnership Gathering at Chapleau Cree First Nation.



BEHIND THE SCENES

NOSM is a medical school like no other. Get to know the people who make the wheels turn at the School and the vital role they play in the School's vision of *Innovative education and research for a healthier North*.

The School's community-engaged model of health-professional education and research relies heavily on the commitment, expertise, and participation of the people and communities across NOSM's wider campus of Northern Ontario. All NOSM programs—including undergraduate medical education, postgraduate residency, dietetic interns, occupational therapy, physiotherapy, speech language pathology, audiology, and physician assistant learners—incorporate a model of community engagement and highlight the interdisciplinary, geographic, demographic, linguistic, and cultural realities of Northern Ontario. Tina Armstrong and Danielle Barbeau-Rodrigue, in NOSM's Community Engagement portfolio, explain how they support community engagement at the School.

Tina Armstrong (TA): When I joined NOSM three years ago as Director of Aboriginal Affairs, I was intrigued by the School's willingness and commitment to work alongside the Aboriginal Peoples of Northern Ontario. In my role, I act as primary liaison between NOSM, Aboriginal groups, communities, and stakeholders. I provide guidance on Aboriginal issues, the School's recruitment strategy, and the Aboriginal component of the School's programs.

Danielle Barbeau-Rodrigue (DBR): In a complementary role to Tina, as Director of Francophone Affairs I am afforded many opportunities to help my community by improving others' awareness and understanding of who Francophones are and what their reality is in Northern Ontario. With nearly 10 years in NOSM's Francophone Affairs Unit, I have had the privilege of being the liaison between NOSM and the Francophone people, communities, organizations, and stakeholders. As Tina does with Aboriginal Affairs, I provide expertise and leadership to NOSM on Francophone matters in all its academic programs and administrative activities, including the recruitment strategy for Francophone candidates and curriculum content for all NOSM programs, as well as continuing education and professional development initiatives, to name a few.

TA: What attracted me to NOSM was the ability to facilitate change and awareness as it relates to the Aboriginal Peoples in rural and remote communities. Having a solid educational background and a strong cultural foundation, I felt I could assist in articulating the current realities and diversities of the Aboriginal Peoples, with the ultimate goal of building bridges of respect and understanding.

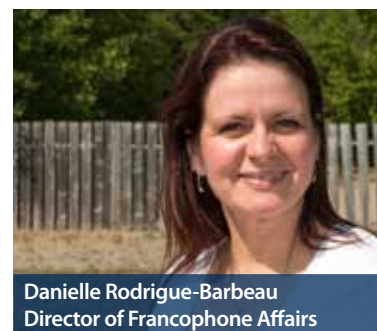
DBR: I am a proud Franco-Ontarian and believe, too, that I have the ability and a responsibility to share my knowledge and experience in order to help build respectful and positive relationships. This is very much like what Tina is doing by engaging Aboriginal Peoples.

TA: The most rewarding part of my role is when seeing learners search for more opportunities to go back into the First Nations communities after their first Aboriginal community placement. This tells me that NOSM's recruitment and admissions process is effective and that these upcoming doctors will make necessary changes with, and for, the Aboriginal Peoples.

DBR: I regularly hear stories from learners about how, as a result of their interactions with a Francophone patient, there was a positive result and a rewarding experience. Sometimes a simple "Bonjour" can make a difference, and goes a long way to making their Francophone patient feel comfortable, safe, and thankful. That is when I feel that our work is having an impact. I'm very proud of NOSM's efforts in bringing about change in our communities across Northern Ontario.



Tina Armstrong
Director of Aboriginal Affairs



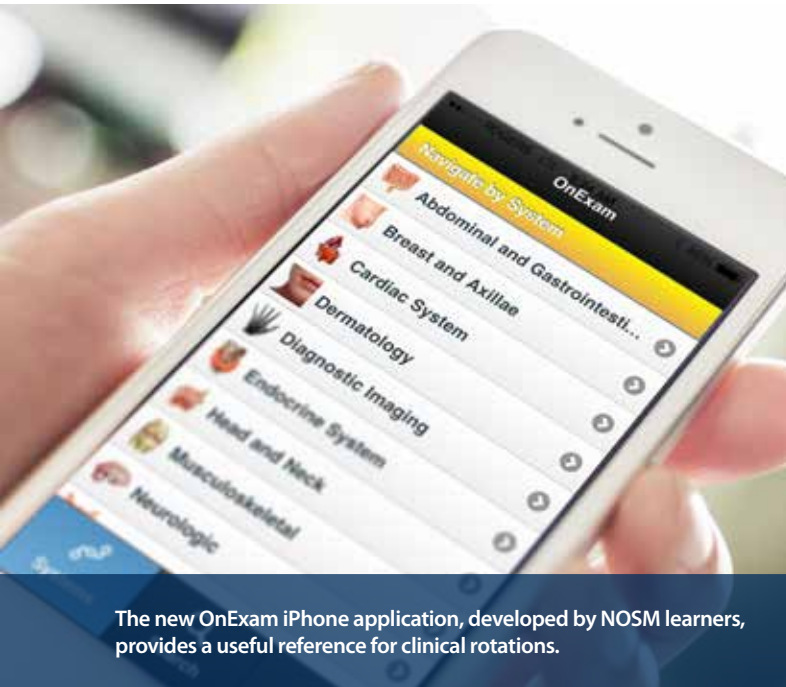
Danielle Barbeau-Rodrigue
Director of Francophone Affairs



DR. BRIAN J.R. STEVENSON RENEWED AS LAKEHEAD UNIVERSITY'S PRESIDENT

The Northern Ontario School of Medicine congratulates Dr. Brian J.R. Stevenson on his reappointment as Lakehead University's President and Vice-Chancellor for a second five-year term, beginning in August 2015. Stevenson became Lakehead's sixth President in August 2010. During his first term, and guided by five priorities—academic excellence, University sustainability, Orillia campus growth, internationalization, and community outreach—the University's presence and list of achievements have been felt in Northwestern Ontario, Central Ontario, and around the world. Stevenson is currently the Chair of NOSM's Board of Directors.

Dr. Brian J.R. Stevenson, renewed president of Lakehead University and Chair of NOSM's Board of Directors.



The new OnExam iPhone application, developed by NOSM learners, provides a useful reference for clinical rotations.

IN MEMORIAM



Marc Cocol

The Northern Ontario School of Medicine was deeply saddened to learn of the sudden passing of our friend, colleague, and employee, Marc Cocol on September 2, 2014. Marc joined NOSM in February 2013 as a software developer and has been an integral part of the Technology and Information Management Support team. Marc graduated from Laurentian University with a degree in Computer Sciences. He enjoyed hockey, loved skiing, and was always available to help a member of his team or the NOSM community resolve an IT issue. Marc and his laugh and smile will be greatly missed around the School.



Dr. Henry Lynnwood "Lynn" Sargeant

Dr. Henry Lynnwood "Lynn" Sargeant made a lasting impact on the community and people of the Muskoka area. In 2011, NOSM hosted an event to create an educational bursary in Dr. Sargeant's honour for his numerous contributions to the practice of medicine, diabetes research, and the arts. Held in the highest regard by the community, his colleagues, and by many others for whom he provided care, Dr. Sargeant set an example that will continue to be an inspiration to us all. Dr. Sargeant passed away on August 27, 2014.

NOSM STUDENTS CREATE CLINICAL SKILLS APP

Medical students at NOSM have written and released a new clinical skills app called OnExam. Designed to assist with patient histories and performing physical examinations, OnExam is a valuable resource and reference guide for medical students and residents on clinical rotations. Proudly sponsored by the Northern Ontario School of Medicine Student Society (NOSMSS) and the Canadian Federation for Medical Students (CFMS), the OnExam app is available online (onexam.ca), as well as for Apple and Android devices.

PROUDLY DIFFERENT

NOSM and Northern Ontario Communities Develop Strategic Plan



From May to September 2014, NOSM Dean Dr. Roger Strasser, Associate Dean Dr. David Marsh, senior leaders, and staff travelled to more than 50 Northern, rural, remote, Francophone, and Aboriginal communities across the North to meet with individuals, organizations, health-care professionals, and faculty to discuss Northern Ontarians' ongoing health-related needs. The input received is providing important guidance to setting the priorities of NOSM's 2015-2020 Strategic Plan. Dr. Strasser reflects on the process below.

A few months ago, I was very excited to welcome three physicians from Japan's Nagasaki University—Drs. Ryota Nakaoke, Shunsuke Imadachi, and Naoki Harada—to the Northern Ontario School of Medicine. Like Northern Ontario, Hirado Island in Japan has struggled with physician recruitment and retention due to its diverse geography and relative remoteness. Our guests came to see if School's model could be implemented in Japan to influence recruitment and retention as NOSM has in the North.

During their visit, we asked the physicians about their impressions of NOSM's non-traditional approach to medical education and research.

"All Japanese want to be the same, equal," Dr. Nakaoke said. "I came here to learn how NOSM ensures that all community sites are uniform. Over the last few days, I have learned that none of NOSM's sites are the same."

For a moment, it almost seemed as though Dr. Nakaoke was disappointed—that NOSM's model wouldn't work in Japan.

"Since I've been here, NOSM has shown me that different is good," Dr. Nakaoke said, with a slow smile. "Each site is unique, which adds to the value of the students' experiences. At NOSM, you celebrate the differences of each community. That is very impressive to me."

Needless to say, it was a welcome relief that Dr. Nakaoke and his colleagues hadn't travelled to NOSM for naught! I believe that what he witnessed was social accountability and community engagement at work—two of the very qualities about the School that make it proudly different from its more traditional predecessors.

Over the last few months, the Associate Dean of Community Engagement, Dr. David Marsh, and I—supported by

our NOSM colleagues—have had the enormous pleasure of travelling across the North to speak with citizens of more than 50 unique Northern Ontario communities. During the month of August alone, David and I travelled to Sundridge, Burks Falls, Huntsville, Bracebridge, Parry Sound, Espanola, Blind River, Thessalon, Sioux Lookout, Atikokan, Fort Frances, Emo, Kenora, Red Lake, and Deer Lake to discuss the future of the School. We also held five separate meetings in each of Thunder Bay and Sudbury. In itself, such an extensive process of community engagement is extremely unusual for medical schools.

Our goal has been to collaborate with communities across the North in the development of our next Strategic Plan for 2015 to 2020—our '2020 Vision'. During each community visit, we discuss the progress of the School to date, and ask community members, including health professionals, to identify and rank the School's priorities for the latter half of this decade. Each town has given us important insight into the unique needs of their community.

In Kapuskasing, community members emphasized the ongoing need for Francophone health-care professionals. Approximately 68 percent of Kapuskasing's population identify French as their first language, so the need for services in French is paramount.

In Marathon, physicians contemplated the future of health care in the North. There was great interest in the ways that NOSM could expand upon teaching health professionals to be positive agents of change in their communities. They discussed how health professionals could address social determinants of health through the practice of preventative, rather than reactive, medicine.

In Wawa, community members discussed the town's aging population. More than 25 percent of the citizens of Wawa are over the age of 65. Care of the elderly will

become a matter of increasing importance in the years to come. Community members in Wawa were interested in hosting NOSM students with a specific interest in care of the elderly.

In Burks Falls, community members were concerned about access to health care. They said that there are people close by—north of Sundridge—who live without electricity. In their community, there was great interest in research that sought to understand the challenges of health-care delivery relative to one's environment, particularly in remote areas.

These are but a very few examples of the kind of community feedback we have recently heard. There have been countless other suggestions, all carefully recorded and considered as the plan develops.

As we refine our strategic priorities based on community feedback, I have been ever so grateful for the varied voices across the North that have helped us understand the diverse needs of Northern Ontarians with clarity. Like different and distinct brush strokes on a canvas, Northern Ontarians are painting a new picture of the future of health care that they hope becomes reality. As an equally unique organization here to serve you, NOSM's role is to turn your hopes into plans.

In the words of our Japanese visitor, Dr. Nakaoke: different is good.

I am so excited to continue to work together with you for a healthier North. With so many heads together, I can't wait to see what our future holds.



A CALL TO MUSTER

NOSM and Flinders Host Fourth Conference on Medical Education

From October 27-30, 2014, the Northern Ontario School of Medicine is partnering with Flinders University for the fourth biennial conference on global, community-engaged medical education. Muster 2014 provides participants with the opportunity to continue conversations from ICEMEN in 2008, Muster 2010, and Rendez-Vous 2012 about longitudinal learning, community engagement, social accountability, and Aboriginal health.

Taking place in the 'red centre' of Australia adjacent to Uluru, Muster 2014 provides many exciting conference opportunities, including plenary addresses from Dr. Patricia Ann Miller, CEO of the Central Australian Aboriginal Legal Aid Service Inc.; Dr. Agnes Soucat, Director for Human Development at African Development Bank; and Donna Ah Chee, CEO of the Central Australian Aboriginal Congress. As well, there will be keynote addresses from internationally-renowned experts in medical education including NOSM's own Dr. Rachel Ellaway. In addition, Muster 2014 offers participants a variety of cultural events graciously offered by Aboriginal Peoples local to the area, including presentations from

the Ngangkari, a group of Anangu traditional healers who are highly valued for their unique ability to protect and heal individuals and communities.

"I am very excited to welcome participants to Muster 2014 in Uluru between October 27 and 30," says Dr. Sarah Strasser, Chair of the Muster 2014 Organizing Committee. "Over the last few months as the conference program continued to grow, I kept wishing I could clone myself to be able to attend each session! I hope conference participants have an easier time than I in deciding what to attend, and are able to make the most out of the exciting learning opportunities offered at Muster 2014."

The Muster 2014 experience provides opportunities for participants to collaborate, share experiences, and learn from one another in relation to the themes mentioned above, with a key focus on community-engaged medical education in order to advance the health of rural and underserved people and communities around the world.



O-WEEK SHOWCASES THE WIDER CAMPUS OF NORTHERN ONTARIO

Brett Redden (left), Physician Recruiter for the Town of Marathon provides a tour of the community for NOSM's newest medical students of the community, including a stop at Pebble Beach on Lake Superior (right). Sincere thanks goes to Brett for his outstanding commitment to the success of O-Week.

From August 25-29, NOSM's first-year medical students came together for Orientation Week (O-Week). This is the students' first introduction to NOSM's wider campus of Northern Ontario, where they will live and learn for the next four years.

After a day-long introduction to NOSM at Lakehead University in Thunder Bay or Laurentian University in Sudbury, students travelled to Pic River First Nation on the north shore of Lake Superior. Organized by NOSM's Aboriginal Affairs Unit, community members served a traditional meal to students while they received teachings about Aboriginal culture from local Elders. Chief Duncan Michano of Pic River First Nation encouraged the students to consider completing their first-year placement in his community in the spring of 2015.

Next, the class travelled to Marathon. Dr. Sarah Newbery, a local family physician with the Marathon Family Health Team and an Associate Professor of Family Medicine with NOSM, welcomed the students to her community. "I think the structure of the day that students spent in Marathon was a really important statement on personal health and balance, as well as

on community health. They began the day learning about local rural health-care systems, followed by an afternoon in which they were able to exercise and play, and they closed the day with volunteer work in Marathon," explains Newbery.

"When I reflect on their day comprised of learning for the mind, exercise for the body, and the giving that enriches the spirit, I think they had the kind of healthy day that we should all be trying to live each day. In addition, they ate their meals at the local golf course and in one of our local churches. In small communities like Marathon, these places also serve to support the health of the whole community. I think we provided an opportunity for students to see those places in a health-related context as well," says Newbery.

Jill Muileboom, first-year NOSM medical student, was particularly excited to be staying in Marathon during O-Week. "Spending time in my hometown for O-Week was a fantastic experience," says Muileboom. "The enthusiasm my fellow learners expressed towards Marathon's health-care system, and the community in general, made me hopeful that the town will continue to have a great

group of health providers well into the future. I appreciated the opportunity to volunteer with Habitat for Humanity—an organization that is changing the lives of some very deserving locals for the better."

O-Week concluded in Thunder Bay with an Oath Ceremony wherein students were introduced to the history and significance of the Physician's Oath and were reminded to observe the values of the oath throughout their next four years of training and their future career. Special guest speaker, NOSM Alumnus, Dr. Jonathan DellaVedova spoke about what it means to be a physician in Northern Ontario.

Following the Oath ceremony, NOSM's Francophone Affairs Unit hosted dinner for students, local residents and physicians, as well as members of the Francophone community of Thunder Bay. Guest speakers included current third-year Francophone MD learner, Ms. Nicole Ranger and NOSM Alumnus, Dr. Jérémie Larouche, a Francophone physician. Both highlighted the importance of providing culturally and linguistically appropriate services and care to Francophone patients.

AN ACTIVE SUMMER FOR NOSM'S HEALTHY WORKPLACE GROUP

Submitted by: Michael Martyn, NOSM UME Database Administrator and HWG Committee Member



HWG Golf Tournament Winners: John Dabous, Lianne Dabous, Tamara Boyd, and Kevin Boyd.

Over the summer months, the Healthy Workplace Group (HWG) hosted several major initiatives in support of NOSM's values to encourage employee wellness and work-life balance. Each activity worked to foster relationships between staff and faculty.

This past June, NOSM participated in the Commuter Challenge against other organizations within Sudbury. The Commuter Challenge encourages employees to arrange alternative methods

of transportation during daily commutes. NOSM finished the Commuter Challenge in fourth place overall (1,298 kilometres).

For the third year, the HWG hosted the Weekly Walking Challenge from June 16 to September 12, which encouraged staff and faculty to take a walk over their lunch break or after work hours to promote a healthier lifestyle. Collectively, NOSM walked over 1,400 kilometres over the duration of the challenge.

This summer, the HWG once again sponsored teams in both the Sudbury and Thunder Bay Dragon Boat Festivals. The Sudbury team was a group of first timers, but competed hard, and finished in 39th place overall with a race time of 2:28 minutes. In Thunder Bay, the NOSM team finished second in their division, taking

home a silver medal. This team beat their previous record by finishing with a time of 2:43. Both teams demonstrated their commitment to NOSM's value of social accountability by raising funds for their local charities.

Finally, the HWG hosted its first annual "Hackers and Whackers" golf tournament in Sudbury. On August 17, seven teams and 27 golfers competed to win the first-ever HWG golf tournament. The turnout and competition was great, but team "Bomb & Gauge," represented by John Dabous, Lianne Dabous, Tamara Boyd, and Kevin Boyd took home first-place trophy. The Team Spirit Award was taken home by "Dude, Where's My Par?" represented by Elise Rhéaume, Christina Tremblay, Tammy Dickey, and Sherry Tremblay.

SOCIALLY MINDED NSS LEARNERS GO GREEN



NSS learners (from left to right) Stephanie Zubriski, Melissa Robinson, Monique Lizon, Katelyn Brooks, Alison Burrell, Alexander Ball with their bikes, purchased from Bicycles for Humanity.

This summer, six Occupational Therapist learners from McMaster University travelled to Thunder Bay to partake in the Northern Studies Stream (NSS) program—a joint initiative between McMaster University and NOSM to provide rehabilitation learners with an opportunity to increase their awareness of Northern, rural, remote, and Aboriginal health-care issues by completing part of their training in the North.

As part of their education, all NSS learners are provided with a bus pass to ensure that they are able to navigate around their

new city with ease. Being avid cyclists in Hamilton, these students (with Stephanie Zubriski and Alexander Ball taking the lead) made a new suggestion: They asked if they could purchase used bicycles rather than bus passes.

Zubriski and Ball did some research, and discovered Bicycles for Humanity, a non-profit, volunteer organization that raises money to fix up old, discarded bikes in Canada and sends them to underprivileged families in Africa. Bicycles for Humanity are able to send one bike to Africa for every \$20 they raise from the sale of rehabilitated bikes in Canada.

"As future health-care professionals, the whole idea of bicycles rather than public transit really aligns with our values," explains Alexander Ball, NSS learner and occupational therapy student. "It's healthier for us, it's better for our environment, it's socially conscious, and it's more cost effective."

"I sold my car three years ago and have never looked back," says Stephanie Zubriski,

NSS learner and occupational therapy student. "There's something to be said about getting somewhere on your own legs. It's an interest in independence, but also cost effectiveness and sustainability that we all shared."

For approximately \$80 per student (that's about half the price of a two-month bus pass), NSS students were able to get more exercise while supporting bicycle donations to families that may not be able to afford bikes their own.

Reflecting on their experience in the North, Ball and Zubriski admit that this experience—working with NOSM to purchase bikes at Bicycles for Humanity—has been one of the best experiences during their NSS placement, augmented by the fresh air and friendly people of the City of Thunder Bay, which they described left them with "dreams bigger than the Sleeping Giant!"

AWARDS AND RECOGNITION

NOSM's faculty, residents, learners, staff members, and community partners are regularly honoured with awards recognizing innovation, leadership, clinical care, community service, research, and teaching. Congratulations to the following individuals for recognition of their outstanding achievements.

Leaders and innovators in residency education were recognized by the Royal College of Physicians and Surgeons of Canada at the International Residency Education Awards Dinner on October 25 in Toronto, as part of the 2014 International Conference on Residency Education (ICRE).



Dr. Rob Anderson, Assistant Professor and Program Director, Anesthesiology at NOSM, was chosen as one of two recipients of the 2014 Program Director of the Year Award. This award was established to recognize a program director who has demonstrated a commitment to enhancing residency education as evidenced by innovation and

impact beyond his/her program. Anderson was selected among a field of outstanding candidates from across the country in a broad range of specialties.



NOSM alumna, **Dr. Lacey Pitre**, was one of two recipients of the 2014 Kristin Sivertz Resident Leadership Award. This award is given annually to a resident who has demonstrated leadership in Canadian specialty education and encourages the development of future leaders in medicine. Pitre is currently a fifth year resident in the Medical Oncology program at McMaster University, and a graduate of NOSM.



Senator Robert McKay has been awarded the Ontario Public School Boards' Association (OPSBA) Achievement Award and the OPSBA Award of Excellence. The Achievement Award recognizes the outstanding contributions of non-teaching staff, parents, volunteers, and community partners involved in education. The Award of Excellence provides an opportunity to raise awareness and promote the importance of celebrating excellence and

the necessity of recognizing the work of all members of the education community. McKay is a lifelong resident of Thunder Bay and became a citizen of the Métis Nation of Ontario (MNO) in 1995. He was later selected as a Senator for the Thunder Bay Council of the MNO. A NOSM Elder, McKay is also a member of NOSM's Aboriginal Admissions Sub-Committee, and has participated in NOSM's MD interview weekends since the inception of the School.

If you would like to recognize an award-winning NOSM faculty member, resident, learner, staff member, or community partner, please contact communications@nosm.ca.



NOSM LEARNERS ENJOY THUNDER BAY HARBOUR TOUR

Submitted by: Cathy Schroeder, LNG Member and NOSM Learner Affairs Officer



NOSM MD students and residents gather in Thunder Bay for a 90-minute sailboat tour of Lake Superior.

On Saturday, August 23, the Thunder Bay Local NOSM Group (LNG) offered NOSM learners a different perspective of Thunder Bay—a 90-minute guided harbour tour from a sailboat. The medical students and residents who attended

appreciated an opportunity to take in the scenery of Lake Superior and learn more about the city. It was also a great social event, with learners being able to connect with each other outside of the classroom and hospital environment.

The Thunder Bay LNG community members have been active for over five years. In that time, we have introduced NOSM learners to what Thunder Bay has to offer as a place to live and practise, and have hosted events to welcome medical learners to the community. A number of activities and programs in the local community and surrounding areas have taken place including dog sledding, lessons in culinary skills, farm activities, and hockey games. Most of the activities have a wellness component to them, recognizing its importance to the lifestyle that attracts and keeps us in the North.

The LNG in Thunder Bay has some great future events planned and looks forward to welcoming the new first-year learners to Thunder Bay. We love to hear ideas that our learners have about activities of interest to them, and how we can best support their needs.