



MSIT NO'KMAQ

All My Relations

The Msit No'Kmaq: All My Relations Program Facilitators

As part of this amazing adventure, and in addition the sail training program provided by the Captain and professional crew of the Gulden Leeuw, (the Ship that will carry the Warriors to France) youth will take part in a daily leadership development and cultural program designed and delivered by the Three Things Consulting team.

These Indigenous leaders will each guide a team of 15 youth through the daily program, while providing on-going support, guidance and supervision while in Halifax, onboard the Ship and while in France. Each will facilitate various evening activities, (known as **Warrior Sessions**) that, like the daily program, are rooted in Ceremony, the Four Directions, Seven Sacred Teachings and Inuit Qaujimajatuqangit, (IQ).

While the crew is at sea with the young people, they will have 24/7 access to the Three Things land team via email and satellite phone, in case of emergency. Weekly check-in's from land to sea will help gauge how the program is progressing, any concerns that exist and updates on overall experience.

Between them these facilitators hold various trainings and certificates including ceremony and protocol, First Aid/CPP, Crisis Intervention, ASIST, and other sea based certifications. The diversity in their education, experience and background will help ensure they can meet the needs of all 45 Warriors in a balanced and good way. We are grateful they have stepped up to be part of this historic project.



Gulden Leeuw



Meet The Team

Having known and worked with Cheryl Bear for more than 10 years, we are thrilled to have her on board as part of the Msit No'Kmaq: All My Relations facilitation team.

I am a Cree/Dene woman from the Flying Dust First Nation. Growing up in Flying Dust I had a lot of role models and support throughout my teen years. I grew up around teachings from both my grandmothers, one whom was Catholic and strict - but while teaching me about God at the same time shared teachings with me about the land and its riches. Both of my grandmothers taught me about prayer, how to live off the land; for example, which medicines to pick and how to use them. I was very fortunate to attain so much information at a young age and I use what they taught me every day of my life.



As a teenager, I was introduced to youth conferences and from there, facilitating at those events. I've had many opportunities to practice my facilitating skills in the last 10 years and have helped plan and facilitate conferences in my community, and the nine Nations of my Tribal Council. I've also been able to travel throughout Canada facilitating at national events and attending meetings ensuring the voices of our young people are heard. Over the years and through these experiences, I've gained many friendships, allies and a tremendous amount knowledge.

I was our community's youth worker in Flying Dust for 3 years, where I worked at the youth center and was able to do many activities, events and travel with the youth in our programs. Every time I've taken youth out of our community they have always been respectful and represented Flying Dust proudly. Working with young people has opened my eyes to all the struggles they go through daily and I continue to strive to be there for them and help them in any way possible. I have also worked with different organizations with a focus on mental health issues and have been witness to many young people's breakthroughs and success stories.

The only way I can do this work is by making sure I take time for myself when needed by practicing self-care, which for me is to attend ceremony, get back to the land, surround myself with family, or taking some alone time with a good book. These activities help me stay balanced



Gulden Leeuw



mentally, spiritually, and emotionally. Self-care is essential and the Warriors will hear that a lot from me on our journey together! ♥

The universe is small and good friends of Three Things once told us we need to meet this outstanding leader living in Saskatoon, Shane Henry. They talked about his interest and studies in Indigenous education and simply, how amazing he was. As the world works, our paths did cross while we traveled the country talking about Indigenous education and we are grateful to him and the Saskatoon Tribal Council who have helped ensure he can join the facilitation team.

Involved and engaged in creating change locally in Saskatoon and his home community of Muskoday First Nation, 31-year-old Shane is an up and coming mind in the field of education policy. Through his position as a researcher and writer at the Saskatoon Tribal Council, he has researched, consulted and implemented innovative ideas in education in First Nations communities. As a Ph.D. student at the University of Saskatchewan, he has been the recipient of numerous scholarships and accolades, including the opportunity to speak at numerous academic and community based events. He has also taught at the College of Education, including the Indian Teacher Education Program (ITEP), at the University of Saskatchewan. His work focuses on empowering communities and building new models for effective indigenous education. Not only does he maintain full time employment and studies, but Shane also trains and competes as a Muay Thai fighter. There is no doubt all those Warriors who have talked about staying active and fit onboard will benefit from the knowledge and experience Shane carries with him: both mentally and physically!



When we joined in the conversations about Msit No’Kmaq: All My Relations, we immediately knew the fit was right for Three Things: and how couldn’t we? We have an award winning, experienced sail trainer (and world traveler) on our team and we are grateful Saimaniq Temela has helped shape this project from the beginning.

Saimaniq Temela, originally from Kimmirut, Nunavut is a 19-year-old high school graduate in Kingston, ON. Since he was 12 years old, Saimaniq has been part of the sail training program run by Brigantine Inc. in Kingston, Ontario and was recently selected to represent Canada during a three-week voyage aboard the Shabab of Oman, a 285-feet-long sail training vessel operated by the Royal Navy of Oman. Saimaniq is a recognized community volunteer and in 2016 was



honoured for his role in sailing when he was the named the Youth Sail Trainer of the Year by Sail Training International (STI); the youngest ever and first Inuk to be honoured with this award.



As a project support staff for Three Things Consulting Saimaniq provides insight and expertise from a youth and northern perspective. He helps ensure our work is relevant to young people and he provides insight and guidance as we work with our northern partners. He authors blogs, helps design other communication materials and provides logistical support on our projects.

He supports our work at conferences for various clients, (training, ceremony, facilitation) and Saimaniq has also been helping to organize and facilitate talking circles for the City of Kingston exploring reconciliation between the local Indigenous and non-Indigenous community. He has helped with the development of other youth related events and programs we offer, ensuring he provides his ideas on what would be most suitable for a youth environment.

As part of the facilitation team Saimaniq is well positioned, based on his extensive and respected experience on Tall Ships and at the front of the room, to be delivering a cultural and leadership program that will help the Warriors rediscover, or further their understanding, of themselves, their culture and their path forward to adulthood.

This team is supported by our logistics staff, education and cultural consultants and Three Things Consulting CEO, Pytor Hodgson. Together we are working to ensure the Warriors experience is safe, meaningful, engaging and provides skills, capacity – and memories, that will last a lifetime.

For more information visit www.3things.ca

