

Newsletter



May 2006

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Manaadji Asema

The development phase of this project will be complete as of April 30. An environmental scan of the communities was completed, and a wealth of information has been collected for the KAHAC resource library. Community visits have been taking place, and posters as well as traditional tobacco seeds have been distributed. KAHAC will be growing traditional tobacco in its garden this year. Bilingual Public Service Announcements are being broadcast on Mix 95 FM, and will air into mid-May.

Randy White, Traditional Coordinator can assist with gaining knowledge about tobacco in our way of life. Our Primary Care Team can help with quitting commercial tobacco products - come and see them or visit them in your community! Resource kits will be available for workshops on the harmful effects of smoking, smoking cessation, second hand smoke and support for those who choose to quit.

Chi-miigwech to the elders who contributed their wisdom to this project. You helped us to better understand and respect tobacco, and how to carry that message of respect in a good way. **Tobacco is the first medicine. We were given this medicine for a good life. As with all things there must be balance in how we use it. If we use properly, it can heal; used improperly, it can do a lot of damage.**

RECIPE OF THE MONTH

M-m-m-moose Stew

2 lbs. moose meat; cut into 2" cubes

Marinade:

- 1 can beef consommé
- 1 tsp vinegar
- 2 Tbsp rosemary
- 2 cloves garlic - bashed and peeled
- Salt and pepper to taste

Place meat cubes in marinade for 1 hr. Strain off liquid.

In a large, heavy pot add:

- 1/4 lb. chopped bacon

Cook until almost crisp; remove from pot with a slotted spoon. Add meat to drippings in pot and brown until almost cooked.

Now add:

- 2 litres beef broth
- 1 can tomato soup
- 1 pkg. Knorr Oxtail soup mix
- 1 large onion, diced
- 6 carrots; peeled and diced
- 4 large potatoes; cubed

Bring to boil; cover with a lid and turn down to simmer. Cook for 1-1/2 to 2 hrs. Thicken with 2 tbsp. cornstarch mixed with 1/4 cup water.

Arlene Morris (Jiibakwe Ikwe)

National Day Against Homophobia

May 17

Prior to contact with Europeans, our two-spirited (gay, lesbian, bisexual) people were valued members of the community. They were able to assume the roles of caregiver, healer, teacher or warrior and were highly respected by the community. Two-spirited men and women were accepted and not judged by others. Historically, they were seen as having the unique ability to view the world from a dual (male/female) perspective.

Women were able to engage in male dominated activities such as trapping, hunting or fighting and men were able to engage in activities traditionally undertaken by women such as sewing, cooking, or weaving. They were not considered deviant or immoral but were accepted without judgment.

Use this day to create awareness of homophobia and take the opportunity to teach acceptance and respect for our two-spirit brothers and sisters.

For more information visit the following websites: www.homophobiaday.org; www.2spirits.com; www.caan.org; and www.rainbowhealth.ca.

NATIONAL ABORIGINAL AWARENESS WEEK

May 23 to 26

National Aboriginal Awareness Week (held on the four days following the Victoria Day long weekend) was designated in 1992 to increase public service awareness of Canada's Aboriginal peoples. This initiative is part of the federal government's strategy to foster increased employment and greater retention of Aboriginal people in the public service.

A web site has been set up to provide information on organizing activities to mark Aboriginal Awareness Week. Organizers are encouraged to broaden their contacts and to make use of the experience of those who have successfully organized similar events. Visit www.hrma-agrh.gc.ca/ee/aaw-ssca/index_e.asp.

MENTAL HEALTH RESOURCES

Mental Health Consumer Net Connections (www.mentalhealthconsumer.net) offers some interesting resources to support Aboriginal mental health. The following ideas offer just some examples: *participation in ceremony; expression of emotion; learning from a role model; establishing a connection with nature; exercise; involvement in challenging activities; establishing a social connection; gaining an understanding of the problem; establishing a spiritual connection; obtaining help/support from others; self care; setting goals; anchoring self in traditions and in helping others.*

An examination of the healing outcomes of these approaches suggests that effective healing for First Nations people resulted in empowerment, cleansing, balance, discipline and belonging.

May 2006

COMMUNITY SCHEDULE

Mon	Tue	Wed	Thu	Fri
1 DR @ KAHAC - PM JM @ RP LED @ KAHAC JR, SL @ SL39 LAM/, LS @ Minaki	2 DR @ KAHAC JM, JED, LAM, LS @ KAHAC JR @ SL40 SL @ MINAKI	3 JR, JM @ WD LED @ NWA37A LAM, LS @ KAHAC	4 DR @ KAHAC - AM LED, SL @ GN JR @ KAHAC (AM) LAM, LS @ DA	5 DR @ KAHAC - AM MM, LED, JR, LAM, LS @ KAHAC
8 DR @ KAHAC - PM LED @ KAHAC (AM) LED @ Minaki (1-4 PM) JR @ SL39 LAM, LS @ KAHAC	9 DR @ KAHAC LED @ KAHAC (2-4 PM) JR @ SL40 LAM, LS, SL @ WD	10 LED @ NWA37A LAM, LS @ KAHAC	11 DR @ KAHAC - AM LED @ GN JR @ KAHAC LAM, LS @ WFB SL @ Manitou Rapids Sweat @ KAHAC (6PM)	12 DR @ KAHAC - AM BP, LAM, LS @ KAHAC
15 DR @ KAHAC - PM JM @ RP LED @ WAB JR @ SL39 LAM, LS @ Migisi SL @ DA	16 DR @ KAHAC JM, JR @ SL40 LED @ KAHAC LAM, LS @ SL#39 MB @ Wabauskang	17 JM @ WD LED @ NWA37A JR @ WD LAM, LS @ KAHAC	18 DR @ KAHAC - AM JM @ Fellowship Centre LED, LAM, LS @ GN JR @ KAHAC (AM) MB @ NeChee Centre	19 DR @ KAHAC - AM JM, LED @ KAHAC LAM, LS @ KAHAC (AM)
22	23 DR @ KAHAC LED, JM @ KAHAC JR @ SL40 TRADITIONAL HEALING CLINIC	24 JM @ GN LED @ NWA37A LAM, LS @ KAHAC SL @ NeChee Centre TRADITIONAL HEALING CLINIC	25 JM @ Fellowship Centre LED @ GN JR @ KAHAC LAM, LS @ NWA37 SL @ NeChee Centre Sweat @ KAHAC (6PM)	26 LAM, LS @ KAHAC JR @ KAHAC (AM)
29 DR @ KAHAC - PM LED, LAM, LS @ KAHAC JR @ SL39	30 DR @ KAHAC JM, LED @ KAHAC JR, LAM, LS @ SL40 SL @ NeChee Centre	31 JM @ WD JR @ WD LAM, LS @ KAHAC		

OMBAA KAKIINA BIIZHAAG—Everyone Come to honor the spirit of Wassay Gezhig at our Spring Feast at noon on Tuesday, **May 16, 2006**. Contact Randy White for details.

WELCOME NOSM STUDENTS!
Two medical students from the Northern Ontario School of Medicine (NOSM) will spend a month living and learning in our community, starting April 24, 2006.

The students will be visiting communities, meeting with elders, participating in traditional crafts and ceremonies, and learning about traditional food preparation, among other activities under the guidance of both Serena Lewis and Randy White. They will also have opportunities to work alongside Primary Care staff in various clinic and program activities.

Traditional Healing clinic May 23, 24, 2006 with Mark Thompson and Kathy Bird. Please call 543-1065 for appointments.

MM	Malcolm McCormick, Nurse Practitioner
LED	Lee Ann Desrochers, Nurse Practitioner
JR	Jennifer Roberts, Nurse Practitioner
BP	Barb Pernsky
JH	Dr. John Hammett
HH	Dr. Hanna Hulsbosch
AA	Allan Anderson, Dental Health Educator
RW	Randy White, Traditional Health Coordinator
IC	Ida Copenace, FASD Consultant
SL	Serena Lewis, FASD Consultant
MB	Maria Blackhawk, HIV/AIDS Coordinator
JM	Judith McLeod, Diabetes Educator
LS	Leticia Santos, Diabetes Educator
LAM	Lauri--Ann Marshall, Diabetes Educator

Communities

GN	Grassy Narrows	WD	Whitedog
NWA33A	Dogpaw Lake	WFB	Whitefish Bay
NWA33B	Angle Inlet	SL39	Shoal Lake 39
SL40	Shoal Lake 40	RP	Rat Portage
NWA37A	Regina Bay	DA	Dalles
NWA37B	Windigo Island	WAB	Wabigoon Hall, Wesawkwete
OBK	Obashkaandagaang		

STAFF