

Community Links



Healthy Weights
CONNECTION™

Fall 2013

● Issue 1

WELCOME FROM THE HEALTHY WEIGHTS CONNECTION TEAM

Welcome to Community Links!

Healthy Weights Connection's quarterly newsletter is devoted to our partners' commitment to healthy, active lifestyles, elevated well-being, and the valuable services and programming existing within our communities for individuals and families to access.

Healthy Weights Connection strives to improve existing community resources and access new resources to achieve and maintain healthy weights among Aboriginal children and youth. All organizations that influence the health and healing of Aboriginal children, youth, and their families share common goals and may benefit from partnering with Healthy Weights Connection, particularly those with programs and services that have a direct impact on achieving a healthy weight.

As a team, we hope to find success in reducing the risks of obesity among Aboriginal children and youth by encouraging improvements to how local health and wellness organizations serve families, by increasing culturally-appropriate programming that is available for children and their families, and by improving the relationships and collaboration between components of the health and social service systems.

Healthy weight is not only influenced by individual factors, but also by family, neighbourhood and broader community environments. All aspects must be addressed to have an impact and ensure our young people enjoy a high quality of life that includes optimal health. Our quarterly newsletter will be available to all our partners both electronically and as a hand out for all interested.

We look forward to growing, sharing and learning together!



UPCOMING EVENT

MOTIVATIONAL SPEAKER: BOSSY DUCHARME

Motivational speaker Bossy Ducharme is coming to London and Midland! Bossy attended the Museum of Ontario Archaeology Fall Festival and Pow Wow as a guest speaker in September. His inspiring words can help guide individuals and inform service providers in achieving health and wellbeing goals. Bossy will share his journey to weight loss while following a traditional diet, as well as his vision for a healthier happier future for all ages, cultures, and beliefs.

More information will be posted on our website, Facebook and Twitter once dates are confirmed.

If you are interested in attending either of these events please contact:

London:	Tasha Shields	tshields@namerind.on.ca
Midland:	Jodi Blue	JodiB@metisnation.org

Connect with us!

Did you just have an exciting community event that you want to share? Or how about a great program you want to see highlighted in our newsletter? If you do, email us at contactus@healthyweightsconnection.ca to start connecting!

FEELING SOCIAL?



Like our Page
Check us out on Facebook!



Follow us on twitter
@ HealthWeightCon

UPDATE FROM LONDON

Fall has been a busy time in London! We continue to meet with organizations and meet new people. The response we have received over the last few months has been very encouraging. We are looking forward to continuing creating partnerships and supporting initiatives with the goal of achieving healthier weights for Aboriginal children.

In September the Museum of Ontario Archaeology hosted their annual Harvest Festival and Pow Wow. We were fortunate enough to help out with the event this year, which is always well attended by the community. Dancers, artisans, and crafters were welcomed into the Iroquoian Village at the museum. Drumming, beading, and hip hop workshops took place throughout the weekend attracting all ages. The weekend was very enjoyable and received positive feedback from attendees.

Healthy Weights Connection sponsored a demonstration of a newly developed fitness class based on traditional pow wow dance steps and fitness movements. **Pow Wow Pump** was well received by those who participated in the 30 minute demonstration. Developed in Ottawa at the Wabano Centre for Aboriginal Health, this class combines cultural knowledge with guidance to get physically active. Thank you to all that participated!

We will be partnering with the Child and Youth Network to bring some exciting new events to the London area. These events will focus on increasing cultural competency and awareness, as well as strengthening partnerships among community organizations in London.

For more information about Pow Wow Pump or other activities going on in London please visit our website, Facebook, or Twitter pages, or contact Tasha Shields at tshields@namerind.on.ca.



Did you know?

In London, Ontario, about one-third (32%) of the First Nations population and 19% of the Métis population are 14 years of age and under.

ONGOING EVENTS

WEEKLY FITNESS CLASSES

N'Amerind Friendship Centre offers weekly fitness classes.

Mondays - BOXING @ 7:30-8:30 pm (free)

Tuesdays & Thursdays - KARATE @ 7:00 pm - 8:00 pm (\$10/month)

Check the calendar of events for more details:

www.namerind.on.ca/events or contact Tenzin Lama, Urban Aboriginal Health Living Coordinator at 519-672-0131 ext. 236.

LONDON

UPDATE FROM MIDLAND

As we work along, change is in the air and new initiatives are beginning to unfold! In addition to connecting with agencies and service centres to clarify the great work we are doing, we are also creating new ideas and setting goals to accomplish healthier lifestyles in within our Aboriginal families. These new relationships and partnerships will continue to grow and we will all be putting forth the effort to achieve this target.

In August, **CHIGAMIK Community Health Centre** and Healthy Weights Connection (HWC) met and have begun to put an action plan together for an Aboriginal youth group. Healthy weight is not only related to healthy eating and getting the accurate amount of physical activity per day; it is also linked to a child's culture and identity. We want to make sure we are allowing children to grow within, to feel better about who they are and where they come from, so CHIGAMIK, HWC and **Southern Ontario Aboriginal Diabetes Initiative's (SOADI) Reztore Pride** have all jumped aboard to provide Aboriginal youth the chance to participate or facilitate a youth group which is based on the spiritual, emotional, physical and mental aspects of life. The group will be youth-led with training from Reztore pride and the focus will be on modern Aboriginal art that is aimed at healthy eating, activity, wellness, and chronic illness. The sessions will also include a healthy snack preparation by the youth and professionals who will speak about traditional eating, diabetes, addictions and mental health, nutrition, and traditional healing. HWC is very appreciative of this partnership with Kelly Hendserson at CHIGAMIK and Marie Bowering at SOADI and the concept of working together for a greater cause!

HWC Midland has also been meeting with **The Karma Project** in Penetanguishene which believes in "Food for All". October 1st was the launching of the Good Food Box for the Karma Project, who took over this initiative to allow the purchase of produce at an inexpensive price. Karma, The Good Food Box and HWC want to move forward on initiatives within schools.

Together, we will work towards a school salad bar and the option of ordering the Good Food Box during school times. This way, we are decreasing the stigma of food charity and creating opportunities for children and families to eat better.

For more information on either project or on these organizations themselves, please visit the websites listed below or contact Jodi Blue at jodib@metisnation.org.

www.chigamik.ca
karma marketplace on facebook or 100milehuron on twitter
www.soadi.ca or www.reztorepride.com

Did you know?

The Good Food Box is available to anyone. Fresh, local produce at \$10 for a small and \$15 for a large. Order before the 7th of each month at any of these outlets:

- Victoria Harbour, Elmvale, Waubaushene or Port McNicoll Libraries
- Beausoleil Family Health Centre
- North Simcoe Sports and Recreation Centre
- Clé de l'emploi Employment Services

ONGOING EVENTS

WEEKLY FITNESS CLASSES

The Georgian Bay Native Friendship Centre hosts 3 fitness classes weekly.

Mondays - YOGA @ 4:30pm - 5:30pm
Tuesdays - ZUMBA @ 7:00pm - 8:00pm
Wednesdays - CORE FITNESS @ 4:15pm - 5:15pm

Each class is ONLY \$2!!!

If you are interested in attending, please contact Rebecca Picotte, Urban Aboriginal Healthy Living Coordinator at 705-526-5589



MIDLAND

THE MÉTIS NATION OF ONTARIO - MIDLAND WELCOMES MCYS ASSISTANT DEPUTY MINISTER, DARRYL STURTEVANT

- Jodi Blue

On July 17th, 2013, The Métis Nation of Ontario (MNO) - Midland location hosted Ministry of Children and Youth Services Assistant Deputy Minister of Strategic Policy and Planning, Darryl Sturtevant. Joining him was two of his team members from the recently created Aboriginal Strategy Unit - Stephanie Prosen, Manager, and Ashley Collins, Senior Policy Advisor.

It was the ideal day to display the distinctive Métis identity, culture and traditions for our guests and to openly speak about MNO programs, services and experiences related to child and youth welfare.

As the Healthy Weights Connection Coordinator of the Midland Site, I had the chance to speak with each Mr. Sturtevant, Stephanie and Ashley about the obesity epidemic among our Aboriginal children and youth. We discussed the connection between identity and healthy habits and the success of every child lies in the hands of the families who raise them. The development of skills, interests, attitudes and values are important without these lessons and experiences we grow up questioning who we are and what can be offered to the world in front of us. When a child lacks confidence in themselves and is not provided with opportunities of interest, over-eating and popular sedentary habits can essentially become the only option. Eating can be viewed as "something to do" and eating out of boredom is fairly common, not only for adults, but children as well. It is then that our relationship with food becomes unhealthy.

I do not claim to be an expert on Child Development, but I have children of my own. My experiences had me placed on both sides of the spectrum; assuming that my child would figure out what he loved on his own, only to realize that I had to show him the world first and foremost and then he could choose his own preferences from these experiences. The same is true for healthy lifestyles. We have to offer the experience of wholesome food options, chances to play and be active, and instill the values that can result in new generations of healthy children and adults. And this is our goal with Healthy Weights Connection.

COOKING CONNECTION

The Orillia Native Women's Group (ONWG) hosted a program recently which included the preparation of Tourtiere by the participants.

If you are interested in attending a program like this, or have your children learn in the kitchen with ONWG, please contact Suzie Muir CPNP Coordinator at ONWG at 705-329-7755.



TOURTIÈRE (FRENCH CANADIAN MEAT PIE) RECIPE:

Prep Time: 20 minutes; Total Time: 1 hour

What you'll need:

- 1/2 lb EACH of ground beef, ground veal and ground pork
- 1 onion, chopped
- 1 garlic clove, minced
- 3/4 cup water
- 2 1/2 celery ribs, chopped
- 2 carrots, chopped
- 4 tbps chicken bouillon
- 2 potatoes, grated
- 1 bay leaf
- 1/4 tsp cinnamon
- 1/8 tsp clove
- salt
- pepper
- 1/8 tsp nutmeg
- 1 tbsp water
- 1 egg yolk
- 2 pie crusts (with tops)

Directions:

1. In large skillet, brown meat with onion and garlic. Drain fat.
2. Stir in water, celery, carrot, bouillon and bay leaf.
3. Bring to a boil. Reduce heat and simmer 7-8 minute.
4. Remove from heat and add potatoes and spices.
5. Spoon into pie shells.
6. Cover with pastry topping. Combine egg yolk, water and brush lightly on crust.
7. Bake at 375 F for 30-40 minutes (50-60 minutes if frozen).
8. Serve with brown gravy and salad.