

*ODAWA*

Odawa Native  
Friendship Centre

News Letter

November  
&  
December  
2006

12 Stirling Ave.  
Ottawa.Ont K1Y 1P8  
(613) 722- 3811  
(613) 722- 4667



## Odawa Native Friendship Centre

12 Stirling Ave

Ottawa, Ont.

Aboriginal Healthy Babies Program	<b>Colleen Savue</b>
Akwe:go Children's program	<b>Darryl Diamond</b>
Employment & Training	<b>Wendy Delher</b>
Family Support	<b>Kie Wouters, Victoria Desilets</b>
Healing & Wellness Program	<b>Vinny Kicknosway</b>
Life Long Care Program	<b>Marge Lanigan. Simone Charette</b>
Parents As Teachers	<b>Maureen Donally</b>
Pre/Post Natal	<b>Roberta Della – Picca</b>
Sweetgrass Home Child Care Agency	<b>Alison Tranter , Brandey Barnaby</b>
Urban Aboriginal High School	<b>Celina Matasawagon</b>
Urban Aboriginal Homeless Initiative	<b>Justin Penasse, Jason Iddison</b>
Shawenjeagamik Drop In Centre	<b>Carrie Baggos</b>
Odawa Executive Director	<b>Garry Lafontaine</b>
Office Manager & Rental Bookings	<b>Fran Kakegamick</b>

**Tel:(613) 722- 3811**

**Fax: (613) 722- 4667**

**[www.odawa.on.ca](http://www.odawa.on.ca)**

do you like doing fun activities and experiments?



## join the actua science explorers club!

### Try Awesome Projects Like:

- Explore the science behind food – even candy
  - Investigate water purification
  - Tackle various design challenges
  - Experiment with electricity and renewable energy
  - Dive into super cool chemistry mysteries
- ... and LOTS more!!!

This FREE club is full of exciting activities as well as tons of games, prizes, and snacks!

**For Aboriginal youth ages 7-12**

**Participants attend 3 Saturday sessions:**

November 4<sup>th</sup>, November 25<sup>th</sup> and December 16<sup>th</sup>  
(1:00pm – 4:00pm)

at the

**Odawa Native Friendship Centre**

**To register or for more information call:**

**Darryl (ONFC) at 722-3811 ext. 243 or Steve (Actua) at 234-4137**

**Space is limited so register early!**

An Actua camp

Supported by:

## Akwe:go Up & about to 'Get Running'

I recall how quiet the office of Akwe:go was when I first started working last June - all I heard was the fans running from the AC. I still think of the words I tell people who are curious about what this program provides. *"It's too quiet here and intend to make some noise from children having fun, children learning new things, children being supported."* I confess I like the fact that I get to initiate the background sounds of children asking constant questions, children sharing what they know, children sharing what's important to them, children expressing who they are without shyness.

Akwe:go is beginning to show faces of children who like the program, children who want to come and have fun. Amusement which is one of the many ways children learn and deal with things that happen around them - things that are out of their control. What I appreciate is the support parents express and how each child doesn't want to go home when caregivers come to pick up them up.

This program is for children - I give the chance to give their ideas of what activities to do here. I do my best with my volunteer's help to ensure safety and cooperation with all those who participate and access these services. You are more than welcome to come join 'our' fun!

At the end of September, I met twenty-seven (27) of my Akwe:go peers. Program Workers who are running this kind of program across the province of Ontario and a team I am privileged to be a part of. The training sessions gave me the impression we are never alone even when we may feel so. The encouragement and suggestions I got from our training is the same kind of support I am willing and able to provide though Odawa's Akwe:go.

I look forward to meeting each of you in the future.

Sincerely In Friendship.

Darryl R. Diamond  
Akwe:go Worker [ext. 243]



The Centre is made possible through the Homelessness Initiative of the City of Ottawa and the Urban Aboriginal Coalition consisting of The Odawa Native Friendship Centre, The Wabano Centre for Aboriginal Health, and Minwaashin Lodge.

*Shawenjeagamik* will provide a secure and culturally appropriate place where people can come to have hot meals, receive referral services, workshops on addictions, life skills, and traditional teachings.

**Three hot meals  
per day will be provided on a scheduled basis.**

***Hours of Operation:*** 8:00 am to 6:00 pm (3 meals, weekdays)  
11:00 am to 6:00 pm (Brunch, Supper on weekends)

We provide many services based on need and requests:

Support Groups, Counselling, Elders, Training, Showers,  
Laundry, Referrals, Internet Access, Daily movies, etc...

***Donations are greatly appreciated.***

**510 Rideau Street  
Ottawa, ON K1N 5Z6**

Tel: (613) 789-3077

Fax: (613) 789-8403

[www.odawa.on.ca/programs](http://www.odawa.on.ca/programs)

email: [shawenjig@odawa.on.ca](mailto:shawenjig@odawa.on.ca)

# LIFE LONG CARE



The goal of this program is to respond to the life long care needs of older Aboriginal people who may have limited mobility related to a persistent medical condition or physical disability.

Where We Have Been - September saw us regroup back at the Centre at which time Grandmother Irene led the bi-annual ceremony to "Honour Our Relations." Participants took a tour of the autumn leaves in Metcalfe and enjoyed a fine lunch at Chez Dee's. Our annual Harvest lunch was a success thanks, again, to the A1 cooking skills of Dee. Fire Prevention Week was given its due, with an invaluable presentation on homes and fire safety made to the group by Jeff Lauzon, a firefighter from Cornwall. Program-wise, LLC staff and trusty volunteers met to discuss short-range plans to the end of December-lots happening there.

In addition to all those given special birthday wishes in the previous newsletter, VERY Happy Birthday Wishes go out to Eva-a long-time friend of Odawa and its community, and of the LLC program. There are many who do so much behind the scenes without public recognition, so it's up to us to make sure their special days don't go unnoticed. Thanks for everything, Eva, and Happy Birthday!!!



Memories - a Celebration of Life ceremony was held for Clifford Sauve who

began his final journey on September 16<sup>th</sup>. Cliff is remembered by his wife, Colleen--Odawa staff member and occasional volunteer to LLC, sons Sean and Liam and other family members, and by friends at Odawa and in the community. He was a familiar face in the Centre and could often be seen pounding nails or, much to Colleen's relief, finding her keys which somehow managed to just lay down "somewhere" by themselves, or actualizing his childhood dreams of popping a wheelie or two on his new toy - a long-awaited for motorcycle. On behalf of LLC, which Colleen has so graciously given time to, staff and participants extend our sincere condolences to each of you.



And What's in Store - while ghosts and goblins make their way from Walmart and Value Village, another busy season is fast approaching. In November-ONFC Veterans' Feast (9<sup>th</sup>), birthday honours (23<sup>rd</sup>), Indian Tacos and Bake Sale Fundraiser (30<sup>th</sup>), and in December -mall crawl (1<sup>st</sup>), Christmas lunch (14<sup>th</sup>), and Santa's "Elves on Wheels" (19<sup>th</sup>).

Take Care. Till next time...

Simone Charette  
Care Support Worker

Marge Lanigan  
Coordinator

Please  
Join us for  
Indian Tacos  
and our  
Annual Bake Sale



Date: November 30th  
Time: 11:30 am to 2 pm  
Place: 12 Stirling Avenue

Proceeds to the *Life Long Care Program*  
*Odawa Native Friendship Centre*



***Like to become a childcare provider?***

***We are an Aboriginal Home Childcare Agency providing childcare to the First Nation Community of Ottawa.***

***If you are interested in becoming a childcare provider, please give us a call or stop by at our office, we are located in the Odawa Native Friendship Centre.***

***12 Stirling Ave. Ottawa, Ont.  
Contact: Alison Tranter or Brandey Barnaby  
(613) 722-3811 ext. 234/235***

***[www.odawa.on.ca](http://www.odawa.on.ca)***



## **COME TO THE PLAYLODGE**

**WHEN: Fridays from 9:00 a.m. to 11:30 a.m.**

**WHAT: free play, arts & crafts, snack, storytime**

**WHERE: Odawa Native Friendship Centre  
12 Stirling Avenue  
Second floor  
E.C.E. staff in program**

**PARENTS/CAREGIVERS TO STAY WITH  
THEIR CHILDREN**

**FOR INFORMATION PLEASE CALL  
613-722-3811 ext 239**

*Odawa Native  
Friendship Centre*



**VETERANS FEAST**

**COME JOIN US REMEMBERING OUR VETERANS  
AND THANKING THEM FOR THEIR PART IN  
PROTECTING THE COUNTRY**



**Thursday , November 9<sup>TH</sup>, 2006 5:30 P.M.**

**ODAWA NATIVE FRIENDSHIP CENTRE  
12 STIRLING AVENUE,  
OTTAWA, ONTARIO**

**For More information please Call  
(613) 722- 3811**



# *FOOD FOR FRIENDS*

## *Christmas Craft Sale*

**November 16 & 17, 2006**  
**10 a.m. – 3 p.m.**

*Lunch 11:30 a.m. - 1:30 p.m.*

**ODAWA NATIVE FRIENDSHIP CENTRE**  
**12 Stirling Avenue**  
**Ottawa, ON K1Y 1P8**

**Kick start your Christmas shopping!**  
**Arts, crafts, gifts, and much more!**

Limited vendor spaces on first-come first-serve basis  
Call to register today!

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To register or for more information:  
Delores ~ (613) 232-0016

For more information:  
Ojawa Native Friendship Centre  
(613) 722-3811

All proceeds of the  
Food For Friends Craft Sale  
Are contributed to assisting families in need

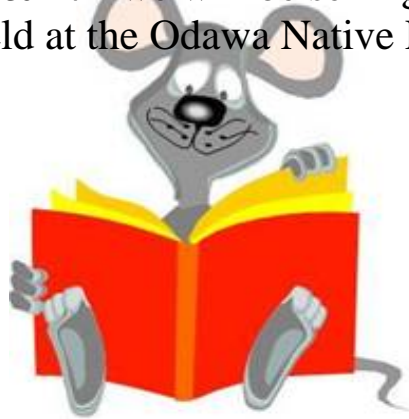




## ANGEL TREE

Once again our Angel Tree will be set up on the first floor of the Odawa Native Centre. Angels can be taken off the tree with various ages from 0 to 15 years. Please bring your unwrapped gift (wrapping paper donations would be greatly appreciated) before December 13<sup>th</sup> to the Sweetgrass Office on the second floor

On November 16<sup>th</sup> & 17<sup>th</sup> we will be selling children's books at the Craft Sale being held at the Odawa Native Friendship Centre in the gym.



Please support our raffle which will be held December 18<sup>th</sup>. All proceeds will be going to the Children's PowWow in March. Tickets are \$2.00 or 3 for \$5.00 and the prizes are a baby quilt and one or two tricycles.

MEEGWETCH FROM

ODAWA NATIVE SWEETGRASS AGENCY.



# FOOD FOR FRIENDS 2006

**Christmas Hampers will be packed up the week of December 18<sup>th</sup> to December 22<sup>nd</sup>. We hope to have hampers delivered by Friday, December 22<sup>nd</sup>.**

If you are in need of a hamper for your family this year you are to do the following:

At the beginning of December, please phone Odawa Native Friendship Centre to get your name on our list. You can call 613-722-3811 or ext 239 after 9:00 a.m.

You will be eligible if you have not put your name on any other agencies' list. Remember, your name will be cross-checked with the other agencies.

We will need the following: your name, your spouse or partner's name, any other adults living in your household and your children's names and ages from 0 to 16 years of age.

We will need a contact phone number and the address where we are to deliver the hamper. If you can pick it up please let us know.

After registration, **PLEASE DO NOT CALL US** as we will let you know the date your hamper will be delivered.



# Odawa Native Friendship Centre's

*11th Annual Aboriginal Art Auction*

**Saturday, December 2, 2006**

*You can help today!*

Donate Native artwork and crafts

Volunteers needed

Purchase tickets

Corporate support

*Tickets*

\$40 Dinner & Auction/\$20 Auction Only

**Order your tickets now!**

*Evening events:*

4:00 pm Art Preview

6:00 pm Native Buffet Meal

7:15 pm Native Entertainment

8:00 pm Art Auction Begins

**Odawa Native Friendship Centre**

12 Stirling Avenue

Ottawa, ON K1Y 1P8

Call us today: 613-722-3811

or Simon Brascoupé at 613 447-3617

*Ask about Aboriginal Art Leasing and Sales!*



# Odawa Women In Motion



Monday ( Lunch Hour)  
Weight Room  
Women & Girls Age 16+  
Drop In  
12:00 - 1:00 Pm

Tuesday ( Evening)  
Weight Room/ Aerobics  
Women & Girls Age 16+  
6:30 - 8:30 pm  
Child Care Provided

Thursday (Lunch Hour)  
Weight room  
Women & girls Age 16+  
Drop In  
12:00- 1:00 Pm

**New At Odawa!!!**



**For Women & Girls !!!**

For More Information Please  
Contact:  
Brandey Barnaby ,  
Fran Kakegamick or Collen  
Sauve  
(613) 722 - 3811

“The support of the Government of Ontario is Acknowledged ”



**THE ODAWA NATIVE FRIENDSHIP CENTRE INC.**  
 12 STIRLING AVENUE, OTTAWA, ONTARIO K1Y1P8  
 PHONE:(613) 722-3811 FAX: ( 613) 722- 4667  
[www.odawa.on.ca](http://www.odawa.on.ca)

**MEMBERSHIP FORM**

**Today's Date:** \_\_\_\_\_

This membership entitles you to participate in the centre's activities; It gives you the privilege of voting and holding office as a member of the Board of Directors, it also gives you the right to contribute, In any positive way, to the development and progress of Odawa towards meeting its objectives.

Members under 18 years of age are not eligible to vote in matters affecting the administration of the centre. All applications will be kept in strict confidence.

<b>Name( Please Print):</b>	<b>Spouse:</b>	<b>Children under 18 yrs of age:</b>
<b>Mailing Address:</b>		
<b>Tel. (Home):</b>		Newsletter and any information from Odawa received by:  <b>Mail: _____ Email : _____ Fax: _____</b>
<b>Tel. ( Work) :</b>		
<b>Fax Number:</b>		
<b>Email Address:</b>		

**Please Notify us as soon as possible if you change your address or Number – Thank You**

<b>Membership Fees</b>		
<b>Family</b>	<i>\$ 10.00 / year</i>	
<b>Adult</b>	<i>\$ 3.00 / year</i>	
<b>Student</b>	<i>\$ 1.00 / year</i>	
<b>Senior</b>	<i>\$ 2.00 / year</i>	

Are you willing to volunteer some of your time on a regular basis? Yes ( ) No ( ) Not sure ( )  
 If yes, please specify, example: Children's activities, culture activities, social events, youth, recreation, fund raising, or other:

\_\_\_\_\_  
 Other Comments or Interests  
 \_\_\_\_\_

Please pay in person or make cheque/money order payable to: Odawa Native Friendship Centre  
 \*\*\*\*\*

<b>Membership Number:</b>		<b>New :</b>	
<b>Receipt Number:</b>		<b>Renewal :</b>	
<b>Receipt Signed By :</b>		<b>Adding to membership:</b>	
<b>Membership Expiry Date:</b>		<b>Added to Mailing List:</b>	