

*ODAWA*

**Odawa Native  
Friendship Centre**

Newsletter

September  
&  
October  
2006

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



## PROGRAMS AT ODAWA



Aboriginal Healthy Babies Program	<b>Colleen Savue</b>
Akwe:go Children's Program	<b>Darryl Diamond</b>
Employment & Training	<b>Wendy Dehler</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 Donnelly</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 Cada-Matasawagon, Winona Polson-Lahache</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>

September & October 2006



ODAWA NATIVE FRIENDSHIP CENTRE

# Odawa Newsletter

## Annual General Meeting

**AGM at Odawa will be held**

**Saturday, September 30th @ 1:00 pm**

**12 Stirling Ave. Ottawa, Ont.**

For more information please contact:

Gary Lafontaine or Fran Kakegamick

(613) 722-3811

### What's New At Odawa

#### Trading Spaces...

A few of the programs have traded spaces, and just about settled in.

Employment & Training has moved to the first floor.

Sweetgrass moved down the hall on the 2nd floor across from the washrooms, and

Healthy Babies / Healthy Children moved into the old Sweetgrass office on the 2nd floor.

Phone extensions are remaining the same for each of these programs.



#### Women In Motion

Odawa Weight Room

Opening 2nd week of September  
women and girls age 16 and up.

Contact: Brandy Barnaby, Colleen Spence or Fran Kakegamick.  
(613) 722-3811

"The support of the Government of Ontario is Acknowledged"

#### Looking to Rent space for meetings?

Space available at the  
**Odawa Native Friendship Centre**  
To book space for your next meeting

Please contact:  
Fran Kakegamick  
(613) 722-3811

#### TOAST MASTERS Starting At Odawa

Thursday September 7th  
Every Thursday @ 12 noon

For more information

Please contact: Gordon Spence  
gordon\_spence@yahoo.com



*Odawa Native  
Friendship Centre*

**HARVEST FEAST "2006"**

**THURSDAY, OCTOBER 19th  
Dinner @ 5:30 pm**



**Please Bring a potluck dish to share  
with the community**

*Community Feast  
Bring your family & Friends!!*

**Odawa Alternate High School**

**Starting soon!!**

Please Contact Celina Cada-Matasawagon  
for more information  
(613) 722-3811

Application is also available on the Odawa website

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

# *Odawa Women In Motion*



*For Girls & Women Age 16 & up*

**Meet & Greet The Fitness Instructor !!!**

Tuesday, September 12 @ 6:30

**Fitness night every Tuesday,  
Child care Provided!!**

**\*Located on the 3rd Floor\***

**For More Information Please call :**

***Colleen Sauve, Brandey Barnaby or Fran Kakegamick***  
(613) 722-3811



**“The support of the Government of Ontario is Acknowledged ”**

**September 2006**

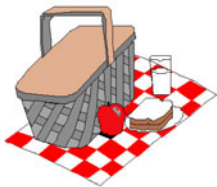
# LIFE LONG CARE



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** - Throughout the summer the program directed its energy outdoors. To this end LLC participants enjoyed the annual picnic at Andrew Haydon Park, along with other ventures to Metcalfe, Bate and Victoria Islands, and a boat cruise on the Ottawa River.

Several also tried also tried our their luck during the annual outing to a local bingo hall. *Alas...*



**Happy 50<sup>th</sup> Anniversary wishes went out to** Elizabeth and J.C. who celebrated this major milestone! We wish you many more!

**Happy Birthday Wishes in** *September* to Dee, Maggie, and Marc; *in October* to Micheline, Hilda, and Diann; and *in November* to Florence, Roger, Myrtle and Marina.



**Memories** - LLC bade sad farewells to Mary Agnes Magnus and to Kay Smoke, both of whom began their spirit journeys on March 4<sup>th</sup> and May 8<sup>th</sup>, respectively. Mary began the journey at the tender age of 95. Kay joined Life Long Care when programming was in its infancy and she *rarely* missed an opportunity to mingle with us. In her honour, a *Celebration of Life* ceremony

was held at Centre. Formerly of Moose Factory, Kay's recent journey leaves a void for several family members including Elizabeth, her sister, who lives in Ottawa; volunteer, Fiona; and her many friends and staff of the Life Long Care Program.

Both Kay and Mary leave a legacy of love, strength of character, spirit, wit, fierce independence and stamina. They will be greatly missed by those who knew and loved them best.



Embarking on another journey, Marcella, sister of Mary, made tracks for the beautiful West to join her daughter and family in Alberta.

**And What's in Store** - from the great outdoors, programming resumes indoors in September with birthday honours on the 14<sup>th</sup> and "*Honouring our Relations*" on the 21<sup>st</sup>. There's more to come...with the change in seasons, plans are in the making for a tour of Fall Colours and a celebration of thanksgiving!

Till next time...

*Simone Charette*  
Care Support Worker

*Marge Lanigan*  
Coordinator



## **Final Report - Aboriginal Victims of Crime Awareness Project**

The Aboriginal Victims of Crime Awareness (AVCA) Project ended on July 31, 2006 and a final report has been deposited with the Ministry of the Attorney General Ontario - Victim Services Secretariat. Copies of the materials produced by the AVCA team (ie. the Final Report, Literature Review, Legal Resource and Information Booklet, the AVCA brochure and poster) will soon be released for public review.

The project was predominately a research exercise launched by the Odawa Native Friendship Center (ONFC) to better understand the high incidence of victimization of Aboriginal People in the National Capital Region. The research methodology employed a cultural paradigm that integrated traditional teaching tools to explore some root causes of victimization. The latter included the Medicine Wheel as the conceptual research framework which was enhanced by the teachings of the Turtle Shell, the Midewewin Seven (7) Stages of Life, and the Eagle Feather.

A series of user-friendly resource materials were developed to assist Aboriginal victims of crime and empower those at risk. Project activities included a review of the literature on victimization, focus group sessions, brochure development, a resource manual, project website, poster contest, social gathering, and interviews with key informants.

Victimization is about relationships and control and as a result of stereotyping, policy and legislation (Indian Act) Aboriginal Peoples have been victimized simply for being Aboriginal. For example, the Indian Act controls almost every aspect of the lives of First Nations and as a result the standard of living is much lower in every aspect than their Canadian counterpart. This socio-economic disparity has led to the propensity for victimization that is disproportionately high and social pathologies appear in the form of all types of violence, substance abuse (drug and alcohol), deficiencies in mental, physical, spiritual health and cultural well-being etc. are well documented.

It was generally found that Aboriginal victimization can be overcome by “*recovering who we are*” – through relearning “*our culture*” and “*traditional values*”, and learning that it is possible to survive and succeed in mainstream Euro-Canadian society without compromising our Aboriginal identity. As one key informant significantly stated, “... *We have to go back in order to go forward...*”

Some key recommendations emanating from the research calls for a restorative justice program in the form of a “Gladue Court”, increased Aboriginal cultural awareness amongst community service providers (ie. police, CAS, hospitals etc.), access to Aboriginal-specific services within the prison system, a Transitional House/Shelter for Aboriginal women and children, “home-based” shelters for homeless Aboriginal people, an “Aboriginal Victims Right Committee” and an Support Network for Elders, formal recognition of a third legal tradition in Canada and the establishing of an urban Aboriginal governance structure in the National Capital Region. At this point, the research results are being integrated into a funding proposal to implement a program that deals with some fundamental victimization issues that were identified by the project participants.

## Angel Tree & Food For Friends Is Fast Approaching



We will be collecting Food & Toys for our Hampers early November

If you or your organization is interested in collecting

Toys or Food we would really appreciate it.

Meegwetch

### Contact Information

Food For Friends: Fran Kakegamik (613) 722- 3811

Angel Tree Gifts: Alison Tranter or Brandey Barnaby (613) 722- 3811 ext. 234/235

## Awe:go Now Open

The Akwe:go program incorporates our Native traditional means of childcare. By utilizing "we" instead of "I" - children who take from this service will be influenced by a number of people. From those who have helped prepare activities, those approving arrangements and right up to staff, family and friends who admire these children simply be "children at play."

I believe everyone at the Odawa Centre heard the "fun" from the science camp that was held at the end of August. From my perspective, it was a firm stepping stone in the proper direction for Akwe:go. It was wonderful and fun to be with the children of this camp. It was amazing to share in their curiosity of how things work. I was inspired as a worker from their amazement of understanding how science influences our personal world. And overall, I see how the science camp's purpose shares a strong similarity to how our elders had that wisdom of how the world has been working on "nature's basis."

Each science camp morning, I welcomed the opportunity to wish a "good morning" to parents and then to sit with potential future Aboriginal scientists of how they are doing that morning and see how each were looking forward to learning new things. We shared in laughter and smiles of how all of us are enjoying our camp together and in our own way. I also noticed how parents were sharing the fun as well as the camp sparked new interests in all our participants.

Akwe:go is becoming its own one-of-a-kind service for children. The way the program works is with parents, the child themselves, the children themselves, myself the children's worker in a healthy manner of providing what fundamental needs the child has at the time. Akwe:go is structured to give services to children as part of a group and on a one-to-one basis.

The Akwe:go program is open to partnerships, ideas, recommendations, constructive criticism to give effective tools for our children. Why? Because from this Science Camp, the children have reminded me that we should all keep our minds open to keep on learning from one another.

Meeg-wetch.

Darryl R. Diamond  
Akwe:Go Worker  
Odawa Native Friendship Centre  
12 Stirling Ave.  
Ottawa, ON  
K1Y 1P8  
(T) 613-722-3811 ext. 243  
(F) 613-72-4667  
[www.odawa.on.ca](http://www.odawa.on.ca)

# **ODAWA NATIVE FRIENDSHIP CENTRE**

## **MEN'S SUPPORT GROUP CIRCLE (Skaybayosis)**

**When – Every Wednesday evening (except holidays)**

**6:00 p.m. – 8:00 p.m.**

**Where – Odawa Native Friendship Centre  
12 Stirling Ave.  
Elder's Lodge, First Floor  
Ottawa, ON**

**Information contact: Healing and Wellness Coordinator  
Vince Kicknosway  
(613)-722-3811 ext. 236**

**Periodical visits and teachings by visiting Elders**

**Funded by the Aboriginal Healing and Wellness Strategy**

# ATTENTION ABORIGINAL FAMILIES

## AS OF JULY, 2006 THE PARENTS AS TEACHERS PROGRAM WILL BE EXPANDING THEIR SERVICES



The Parents As Teachers Program here at the Odawa Native Friendship Centre will be expanding our delivery of services to families with children from the ages of 0 to Kindergarten entry.



I will continue to share information for your child's age and stage of development through activities that we will do together during home visits at a time convenient to you. The 3 years to kindergarten have many activities helping your child prepare for entering of the school system.

If you are interested in further information for this **FREE** program, please give me a call and I will be happy to speak to you.

My office is located on the 2<sup>nd</sup> floor of Odawa Native Friendship Centre within the Sweetgrass Agency office.

**REMEMBER YOU AS A PARENT ARE THE CHILD'S FIRST AND MOST IMPORTANT TEACHER!**

**Maureen Donnelly**  
**P.A.T. Worker 613-722-3811 ext 239**





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## *Caring for children in your home?*

*We are an Aboriginal licensed 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*

# Pre & Post Natal - September 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Aboriginal Pre &amp; Post Natal Nutrition Program Co-ordinator: Roberta 722-3811 X 270</p>	<p>Odawa Native Friendship Centre 2nd Floor Kitchen 12 Stirling Ave.</p>				<p>1 <i>Friday's Theme: Parental Self-Care</i></p>	<p>2</p>
<p>3 </p>	<p>4 <b>Oska Wasis-Labour Day Program</b> Cancelled</p>	<p>5 <b>Infant Stimulation</b> 2:00—4:00 pm</p>	<p>6 <b>Oska Wasis-New Child Program</b> 10:00 am—12:00 pm Pre-Natal Exercises</p>	<p>7 <b>Community Kitchen/Family Drum Group</b> 5:00—8:00 pm</p>	<p>8 <b>Self-care for Parents</b> Yoga &amp; Herbal Home Spa 2:00—4:00 pm</p>	<p>9 <b>FASD Awareness Day: Parliament Hill to Victoria Island Walk &amp; Family Fun</b></p>
<p>10</p>	<p>11 <b>Oska Wasis-New Child Program</b> 10:00 am—12:00 pm Making Nutritious Snacks</p>	<p>12 <b>Father's Parenting Group</b> 6:00—8:00 pm</p>	<p>13 <b>Oska Wasis-New Child Program</b> 10:00 am—12:00 pm Pre-Natal Exercises</p>	<p>14 Outreach Home &amp; Hospital Visits</p>	<p>15 <b>Self-care for Parents</b> Reflexology &amp; Daily Rituals 2:00—4:00 pm</p>	
<p>17</p>	<p>18 <b>Oska Wasis-New Child Program</b> 10:00 am—12:00 pm Nutritious Meals on a Shoestring Budget</p>	<p>19 <b>Infant Stimulation</b> 2:00—4:00 pm</p>	<p>20 <b>Oska Wasis-New Child Program</b> 10:00 am—12:00 pm Post-Natal Exercises</p>	<p>21 <b>Community Kitchen/Family Drum Group</b> 5:00—8:00 pm</p>	<p>22 <b>Self-care for Parents</b> Shiatsu &amp; Jin Shin Jyutsu 2:00—4:00 pm</p>	<p>23</p>
<p>24 </p>	<p>25 <b>Oska Wasis-New Child Program</b> 10:00 am—12:00 pm Quick Pick-me-up Beverages</p>	<p>26 <b>Father's Parenting Group</b> 6:00—8:00 pm</p>	<p>27 <b>Oska Wasis-New Child Program</b> 10:00 am—12:00 pm Post-Natal Exercises</p>	<p>28 Outreach and Administration</p>	<p>29 <b>Self-care for Parents</b> Meditation &amp; Spirituality 2:00—4:00 pm</p>	<p>30 </p>

# Pre & Post Natal - October 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> 	<p>2 <b>Oska Wasis</b></p> <p>New Child Program 10:00 am—12:00 pm Traditional Medicines- Pre &amp; Post Natal</p>	<p>3</p> <p>Emergency Supplies 10:00 am—2:00 pm</p>	<p>4 <b>Oska Wasis</b></p> <p>New Child Program 10:00 am—12:00 pm Is Your Relationship Ready for Baby?</p>	<p>5</p> <p>Home Visits &amp; Hospital Visits</p>	<p>6</p> <p><b>Self-care for Parents</b> Yoga &amp; Herbal Home Spa 2:00—4:00 pm</p>	<p>7</p> 
<p>8</p>	<p>9</p> <p><b>Oska Wasis - Thanksgiving Program Cancelled</b></p>	<p>10</p> <p><b>Infant Stimulation</b> 2:00—4:00 pm</p>	<p>11</p> <p><b>Oska Wasis - New Child Program</b> 10:00 am—12:00 pm Baby Myths</p>	<p>12</p> <p><b>Community Kitchen/Family Drum Group</b> 5:00—8:00 pm</p>	<p>13</p> <p><b>Self-care for Parents</b> Reflexology &amp; Daily Rituals 2:00—4:00 pm</p>	<p>14</p>
<p>15</p>	<p>16</p> <p><b>Oska Wasis - New Child Program</b> 10:00 am—12:00 pm Birth Plan</p>	<p>17</p> <p><b>Father's Parenting Group</b> 6:00—8:00 pm</p>	<p>18</p> <p><b>Oska Wasis - Program Cancelled</b> <b>On Training</b></p>	<p>19</p> <p><b>On Training</b></p>	<p>20</p> <p><b>Self-care for Parents</b> Shiatsu &amp; Jin Shin Jyutsu 2:00—4:00 pm</p>	<p>21</p>
<p>22</p>	<p>23</p> <p><b>Oska Wasis - New Child Program</b> 10:00 am—12:00 pm Childbirth Fears</p>	<p>24</p> <p><b>Infant Stimulation</b> 2:00—4:00 pm</p>	<p>25 <b>Oska Wasis</b></p> <p>New Child Program 10:00 am—12:00 pm Strategies to Prolong Nursing</p>	<p>26</p> <p><b>Community Kitchen/Family Drum Group</b> 5:00—8:00 pm</p>	<p>27</p> <p><b>Self-care for Parents</b> Meditation &amp; Spirituality 2:00—4:00 pm</p>	<p>28</p>
<p>29</p> 	<p>30</p> <p><b>Oska Wasis - New Child Program</b> 10:00 am—12:00 pm Labour Survival Guide</p>	<p>31</p> <p><b>Father's Parenting Group</b> 6:00—8:00 pm</p>		<p>Odawa Native Friendship Centre</p> <p>2nd Floor Kitchen 12 Stirling Ave.</p>	<p>For More Information Contact: Roberta 722-3811 X 270</p>	



*We are not alone!*

Join our parents support circle and discussions  
We offer a variety of culturally appropriate activities  
Or you may just relax and enjoy a craft

We are here for you and your family

## Child Development

We offer traditional teachings  
Child development programming;  
0m-6yrs old enjoy planned activities and healthy snacks.

*Every Tuesday and Thursday  
From 10am until 1pm*

Our newly equiped gym will be incorporated in regular  
programming from 12-1pm children will be  
supervised and provided with lunch. Everyone's Welcome!

# MOM's & TOT's

This program allows parents to bring their children  
for free play.

Two hours of uninterrupted play in our fully  
equiped Play Lodge.

Parents are responsible for their children and must  
be supervising at all times.

**Every Wednesday from 10-12pm**

**Special Events:** *Annual Children's Pow-wow, Seasonal Family  
Socials, Honoring Ceremonies, Annual Camping Trips, Clothing give-  
aways, Medicine Walks, Gym Days*

If you would like more information or to register for any of our programs

please contact :

(613)722-3811

Kie Wouters, Family Support Coordinator ext. 232

[kwouters@odawa.on.ca](mailto:kwouters@odawa.on.ca)

Or

Victoria Desilets, Family Support Assistant ext 240

[cap-casst@odawa.on.ca](mailto:cap-casst@odawa.on.ca)



# ***Odawa Toy Lending Library***

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**Toys, Games  
Puzzles  
&  
more....**



**\*Open Daily\***

**\*Registration Required\***

*Odawa Native Friendship Centre  
2nd Floor  
12 Stirling Ave.  
Ottawa, Ont.*

*For more information please call  
722-3811 ext. 234/235*

## ***Native Teachings***

### ***LOVE***



*Is a feeling that has not boundaries, Give it...Accept it.... And feel its power*

### ***WISDOM***



*It is to be discovered on your journey through life in the wild flower in the face  
and words of an elder. If you listen you will hear it in every sound.  
If you look you will see it in all things.*

### ***HONESTY***



*Keep your life simple. Speak the truth, choose honesty and kindness as your guide  
and happiness will follow you.*

### ***TRUTH***



*Understand it...Speak it...and Live by it...*

### ***RESPECT***



*It must come from within. It is not to be demanded. It is to be earned and given  
freely from the goodness of your heart.*

### ***BRAVERY***



*Let the great Spirit bless us with the courage to help the circle strong.  
Never give in, Never give up...*