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SOADI's Ribbon of Life is the official international symbol of Aboriginal Diabetes Awareness

Disclaimer:

Articles appearing in IA:IAK-ADA are for information purposes only. SOADI suggests contacting a health care professional.

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IA:IAK-ADA

The Meaning of IA: IAK—ADA

IA:IAK (Ya Yuk), Meaning 6 in Mohawk representing the six SOADI Regions.

A is for Aboriginal, D is for Diabetes, A is for Areas

Southern Ontario Aboriginal
 Diabetes Initiative
www.soadi.ca

Fall 2011

My name is Amanda Cronkwright, I'm 18 years old from St. Catharines, Ont. I come from a family where jail, cops and partying are normal. For most of my life I had people in my ear telling me I'm going to be just like the rest of my family, in and out of jail. No matter what I would do, people still said I was going nowhere.



Amanda (2nd from left) with other SOADI staff at a recent health fair.

At 14 I decided I was sick of trying to prove them wrong. At that point my train of thought was, "if you can beat them join them." This is when I started acting out. I pretty much stopped going to school, didn't listen to anything anybody told me. I just did what I wanted and did it with no fear.

When I was in grade 12, my teachers decided that putting me in a co-op placement was the last chance for me to get credits and this is how I got involved with SOADI. My time at SOADI changed me. In the beginning, I went to get people off my back about school and SOADI was just a place where the school put me so they didn't have to deal with me. As I spent more time there I realized that it was more... It's a caring, supportive environment. Once I realized where I was, I had no problem going every day. I had a better attendance going to SOADI than I've had in all my years of school. At one point, I remember humorously saying to the SOADI girls: "Perfect attendance? I haven't had perfect attendance since kindergarten!"

SOADI has helped me mature and get on the right path. I went from not going to school to having near perfect attendance and getting 90% in all my classes in one semester. To me SOADI isn't just a diabetes organization; For me SOADI was what I didn't realize I was looking for: A second chance and a way for me to show everyone what I'm capable of. SOADI is hope not only for those with diabetes but also for those who get involved. SOADI has shown me that I can go for what I want in my future and that I actually can have a future.

After I graduate high school I plan to go to college to become a child and youth worker. I will be the only person in my family, not only to finish high school but to go to college. I see myself continuing to be a positive role model for my peers and keep the positive attitude that I gained at SOADI.

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SOADI 9TH ANNUAL GATHERING PLANTING THE SEEDS OF HEALTH AND WELLNESS

September 23rd 2011

For frontline workers and community members

Richeleau Vanier Community Centre

300 des Peres-Blancs Avenue

Ottawa, Ontario.

Call SOADI Office 1-888-514-1370 ext 112 for more information

Or visit www.soadi.ca

Some signs and symptoms of diabetes are:

- Numbness in hands or feet
- Blurred Vision
- Lack of Energy
- Recurring infections
- Frequent Urinating



MANOOMIN (Wild Rice)

Manoomin is a gift given to the people by the Creator. Our historic relationship with Manoomin comes from many stories of origin, depending on your own community of origin. One such story of how Manoomin came to the Anishnaabe comes from one of the relationships between Anishnaabe and the winged ones. The rice beds were not only for the people but are also home to many animals, such as muskrats, beaver, turtles, frogs, ducks and other winged animals which also depend on the rice for their good and security.



Wild rice, "Manoomin" is not really rice at all but a grain/cereal. It is native to North America and grows wild in many regions. It is found in the stands/beds, usually along the shores of rivers and streams and in shallow muddy bottomed lakes where there is a gentle, constant current.

It is an annual plant. It must grow from seed every year. Seeds germinate in late April and stalks grow above the water towards the middle of June. Between the end of August and the middle of September, the ripe seeds are harvested and those that remain after the harvest, fall into the surrounding water and sink to the bottom where they remain dormant until the following spring. Wild Rice is named after the moon in which it was harvested which the end of August, early September is known by many names depending on your region, these include, Manoominike Giizis or Mnoomnii-giizis. I have also heard, in my travels, wild rice being called Nishnaabe Manoomin as well. It is a time of community, visiting and fun but also a time for very hard work as well.

Harvesting

Harvesting the rice begins with gathering the wild rice kernels from their stalks. I will be describing the traditional way of gathering but there are also many other methods being used now to gather the rice. The old way of gathering the rice is done via canoe and a pair of "knockers" which are used to knock to thresh the stalks and to release the kernels. One person directs the canoe while the other person collects the rice. The picker (kneeling) uses the sticks or "knockers". The person holds one knocker in each hand and while travelling through the rice fields; he/she reaches to the right with the knocker and pulls as many stalks as he can to cradle the side of the canoe. The other knocker is then stroked over the stalk in the direction towards the bottom of the boat. When the rice is ripe it explodes its kernels into the boat with but one stroke. The process is then reversed to get the stalks on the other side of the canoe. The same process is repeated but in the other direction. He /she reach out to the left side with the hand that just threshed and pulls the stalk over the canoe and knocks it with the knocker using the right hand.

It can take 2 hours and up to a full day to fill a canoe. No one goes out twice in one day as the whole rice bed would then be riced over. After harvesting, begins the processing of the rice.

Processing

Drying

Spread the rice over a blanket in the sun

Parching

Use a large cast iron pot. Parch the rice over an open fire continuously stirring. This will weaken the outer husk and roasts the rice.

Threshing (dancing the rice)

Put the rice in a round bottomed pot placed on the ground or make a hole in the ground and line it with a blanket. Have someone with moccasin shod feet (preferably a lightweight person) tread

Continued on page 8

SOADI 9TH ANNUAL GATHERING PLANTING THE SEEDS OF HEALTH AND WELLNESS

SEPTEMBER 23, 2011
FOR FRONTLINE HEALTH WORKERS
AND COMMUNITY MEMBERS



RICHELEAU VANIER COMMUNITY CENTRE
300 des Pères-Blancs Avenue
Ottawa, Ontario K1L 7L5

Sunrise Ceremony 6am
Registration and Event 8:30am-4:30pm
Evening: Reztore Pride Hip Hop/Break Dancing Show and Social 5:30pm - 9pm

Includes: Education Curriculum Launch, Guest Speakers, Breakout Sessions, Vendor Village,
Gardening Tips, Health Displays, Yoga Demonstrations, Foot Care Clinic

All Meals and snacks will be provided and harvest food giveaway
Travel Stipend available for youth groups travelling
For more information contact SOADI @ 1-888-514-1370 ext 116 or visit www.soadi.ca

Find us on
Facebook



SCAN WITH YOUR PHONE
FOR DETAILS



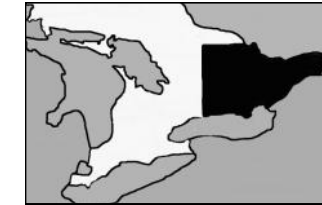


SOADI In The Community



Eastern Region

Update



Carol Loft

Eastern Region
 mail: Eastern@soadi.ca

She:kon, Aanii, Tungasugitsit

Fall is a beautiful season with the leaves changing colour. Mother Earth is getting ready to sleep in order to regenerate for next spring. Fall is my favourite season, as I have good memories associated with it and I find it peaceful and healing.

I've been busy with workshops, presentations, setting up diabetes/wellness displays, meetings and collaborating on different events. The following are some highlights of the past few months:

When I was in Ottawa for a meeting, I had the opportunity to attend

the community feast hosted by the Tungasuvvingat-I Program. The lunch showcased some of the country foods that is eaten by the Inuit.

I had my wellness/display booth at the senior's Health Fair, at Kawenhoke Community Centre in Cornwall Island. Community members dropped by for information and/or with questions or comments about diabetes and its issues.

I went to Mindiwin Manido Day Care, located in Algonquins of Pikwakanagan at Golden Lake. I did a workshop for the little ones, which the children and their "teachers" enjoyed.

They enjoyed "Come play with me". It was a beautiful day for the Metis Nation of Ontario Rendezvous which took place at York River Park in Bancroft. Lots of people were at this event, and many of them stopped by to check out my display. I set up my booth display at the "Honouring Chief Earl Hill" Pow Wow, which was held at Tsitkerhododon Park near Deseronto. Lots of people stopped by to make comments and/or ask questions, and to take the resources I had. I had a display at the three day A.I.A.I. Elders Conference. On the second day of the conference I gave an overview of SOADI, and

general information about diabetes. At the end of my presentation, I showed "Come Play with Me", which was enjoyed by everyone.

Wishing everyone a wonderful Thanksgiving! We have a lot to be thankful for – our loved ones, the food on our table and our health. Eat hardy, but healthy!

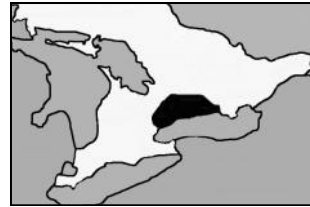
Upcoming Events

- Sept 23 SOADI Event, Richelieu Vanier Recreation Centre - Ottawa
- Sept 28 Workshop, Tahatikonhsotontie Head Start - Deseronto
- October 1 Family Conference, Odawa Friendship Centre, Ottawa
- Oct 21 & 22 "Power of Change" Diabetes Conference – Tyendingaga Mohawk Territory
- Nov 17 Diabetes Health Fair and foot clinic - Kawenhoke Community Centre, Cornwall Island

"Fall is my favourite season, as I have good memories associated with it and I find it peaceful and healing"



Toronto Region



Update

Hello Toronto Community,

I think everyone can agree with me that the summer flew by. I hope it was a good one for you all. Now that we are coming into fall this means a time of harvest. I want to congratulate the guys in the NaMeRes Sagatay program for all their hard work in the community garden at Hillcrest Park over the summer. The garden has flourished under their dedication and they are now seeing the fruits of their labor, literally. The Stop Community Food Centre has done a fantastic job in partnering with Sagatay and making this garden a reality for the second season in a row. The Stop is an excellent program that strives to increase access to healthy food for everyone. This is done through community advocacy, community gardens and kitchens, educational workshops, programs and events, a drop in, food

bank, a bake oven just to name a few. To find out more about their programs and services visit their website at www.thestop.org I think it's really important to learn as much about food as we can. Look at labels and try to eat food that is grown locally. What we put into our bodies affects everything, and a lot of the packaged, processed food that we consume is not even real food. We have just been led into believing it is food and have become addicted to the sugar, salt and fat. And just a reminder that some foods that we now consider traditional, like fry bread and bannock, isn't really traditional. These foods are a part of the "5 White Gifts" (sugar, salt, flour, lard & milk) that were brought over, these are not traditional foods. Foods that we can harvest like squash, beans, corn, wild rice, these are our real traditional foods and they are available to us. Remember

small steps make big changes, everything helps. We will be having a harvest give away at our 9th annual gathering this year in Ottawa which is fast approaching on September 23rd. There are also various markets across the city that will have local fruits and vegetables available, when food is in season it tends to be less expensive. Along with eating good food it is important to be active and take care of our spirit. Yoga is a really good way to do this as it's a form of exercise that takes care of the body, mind and spirit through breath and postures. I am working toward getting my yoga certification and look forward to being able to instruct where I can. I continue to hold diabetes wellness circles at Wig-women (14 Spadina rd) every third Thursday of the month 130-3pm and new events and workshops come up all the time so please check out our website or contact me.



Amanda Lipinski

Toronto Region
Email: Toronto@soadi.ca

Our 9th annual gathering in Ottawa will be a beautiful way to bring in the fall season, full of tools to plant those seeds of health and wellness. We are offering travel stipends to youth groups who travel to the event; it would be great to have Toronto representation. Thanks, I look forward to seeing everyone around in the community.

Recipe

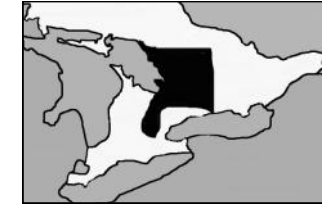
Lentil Soup:
6 cups of water
1 cup chopped onion
1 1/3 cup red lentils
1 cup chopped celery
2 tbsp vegetable soup mix
2 tsp parsley
1 bay leaf, broken
1/4 tsp dried thyme
*Recipe from Métis Cookbook & Guide to Healthy Living, 2nd Edition

Directions:
Combine first six ingredients in large pot
Add herbs & seasoning
Heat, stirring often until soup comes to a boil
Cover & simmer about 30 minutes until vegetables are tender

"I think it's really important to learn as much about food as we can. Look at labels and try to eat food that is grown locally."



Central Region



Update

Aanii, Boozho, Bonjour and Hello

What a change is the weather! We went from very hot and humid weather to this crisp cool air. It is such a refreshing change. I look forward to seeing the Fall colors which creates such a beautiful dress for Mother Earth to wear before she goes for her rest. This is also the time for getting all the food preparations completed before the long nights of the next season to come. We are in the time of gathering all of summer's bounty and preparing it either through canning, freezing or drying. I have begun my canning and look forward to the next few weeks, there is nothing like the scent of boiling vinegar when one

is about to can dill pickles, it seems to permeate all the rooms.

As I mentioned in the previous newsletter, the central region office has moved to 311 George Street, LL #3, Peterborough Ontario K9J 3H3. I continue to service all of Central Region as before with the exception that it is from Peterborough now as opposed to Barrie.

There are a few little techno kinks that have still to be ironed out but that will happen soon. If you call and there is no answer, please leave a message and I will get back to you, the cell is very temperamental in this space.

I am in the process of planning workshops within the new space

and await confirmations which I have not yet received at the time of this newsletter printing. I will try and get the titles and workshop dates posted to the SOADI website calendar and will also forward via email and mail to those who are on the newsletter distribution list. I will also be having an open house in October however the date is yet to be determined. Stay tune for updates.

Our Annual Event, Planting the Seeds of Health and Wellness is fast approaching. The date is set for September 23 and will be held in Ottawa at the Richeleau Vanier Community Center. This will be a full and fun filled day of workshops and many other activities



Kim Lamothe

Central Region
Email: Central@soadi.ca

beginning with a Sunrise Ceremony and will continue into the evening with a Reztore Pride Concert and open drum social.

If you have any ideas or suggestions on what you would like to see in your community/region, drop me a line and I could try to incorporate them in my seasonal plans. Look forward to hearing from you. I can be contacted via email at central@soadi.ca or via cell at 705-527-1560

Upcoming Community Events

If there are any questions regarding upcoming events, please do not hesitate to give me a call. Dates are subject to change as some events may be added or rescheduled.

Sept 18	Road to Reading/Early Years	Barrie
Sept 23	Planting the Seeds for Health and Wellness SOADI Annual Event	Ottawa
September 21	Health Fair	Curve lake
Sept 29	School Program	Christian Island
October 18	Workshop at Trent University	Peterborough
October 27	School Program	Christian Island
November 5	Durham 2011 Diabetes Day	Oshawa
November 18	Fall Education Day for Health Professionals	Barrie
November 24	School Program	Christian Island

**Onion skin's very thin
Mild winter coming in.**

**Onion skin's thick and tough
Coming winter cold and rough**



West Central Region

Update



Crystal MacDonald
West Central Region
Email: westcentral@soadi.ca

Greetings everyone!

It's been a beautiful summer and I hope you're all looking forward to the cool, crisp air of the colourful fall season. I am very much looking forward to it and can't wait to stroll through the bushes and parks!

UPDATES

The West Central Regional office has officially

moved to Six Nations! See Contact Information for location and mailing.

In August we delivered a Diabetes Frontline Worker Training session at a local agency in the West Central Region and received good feedback. This was the second frontline worker training in the region! It's very important for all frontline workers to have a clear

understanding of diabetes, warning signs, risk factors, complications AND diabetes prevention in order to best service the community members. Call us for more information!

UPCOMING EVENTS & ACTIVITIES

September 2011 is jam packed with excitement! Aside from our annual event in Ottawa on September 23, I'll be visiting a few different locations in the West Central Region.

- September 12, 2011 – Reztore Pride Show, Cape Croker.
- September 13 & 20, 2011 – Healthy Cooking, Aboriginal Health Centre, Brantford, 6pm-8pm.
- September 21 – Diabetes Presentation, Laurier Brantford, 12pm-2pm.
- September 26 & 27 – “Restoring the Circle”, Owen Sound.
- September 28 – Diabetes Presentation, Native Horizons, New Credit.
- October 5 – Physical Activity Presentation, Cape Croker, 1pm-2pm.
- October 18 & 25 – Healthy Cooking, Aboriginal Health Centre, Brantford, 6pm-8pm.
- October 24 – Relay Event, Cape Croker, 4:30pm-7:30pm.
- October 13 – Lacrosse Celebration, Wilfred Laurier University, Waterloo.
- October 19 – Healthy Eating Presentation, Laurier Brantford, 12pm-2pm.
- October 19 – Diabetes Support Group, Brantford Native Housing, Brantford, 6:30-8:30pm.
- November 14 – “Walk Against Diabetes”, Six Nations, 9:30am-2pm. World Diabetes Day!

NEW ADDRESS!

Crystal MacDonald
Diabetes Prevention Coordinator
SOADI - West Central Region
Iroquois Village Plaza
1721 Chiefswood Rd.
Ohsweken ON
(519) 750-0893

MAILING ADDRESS:

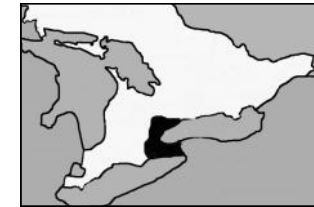
SOADI – West Central Region, P.O. Box 181, Ohsweken ON, N0A 1M0

“It’s been a beautiful summer and I hope you’re all looking forward to the cool, crisp air of the colourful fall season.”



Urban Horseshoe Region

Update



Kathleen Laforme
Urban Horseshoe Region
Email: Urbanhorseshoe@soadi.ca

Greetings to Everyone in the Urban Horseshoe Region,

Mmm, Soon the wonderful smells of Autumn will be here. The smell of the colorful leaves on the ground, that change in the air, and the changing of the greens to the oranges and browns. What a beautiful time of year for venturing to one of many walking trails, and parks. It is also time for preparing gardens for the winter, for some it's time to plant garlic, and others to pull up the flower bulbs to put away until spring.

The Aboriginal Day Celebrations at Gage Park in Hamilton was a good time to be had by all. A lot of people stopped by the booth to look over the

resources and visuals, which stimulated a lot of conversation. Some couldn't believe the amounts of sugar, fat, and salt in some of the foods and drinks. Thanks to all who came by.

I would like to congratulate Judy Doxtator, and her helpers, on the great job on her “Keyhole Garden”. She had heard about them in early spring, then she came to an Herb Workshop I held here at SOADI. It was the motivation she needed to go ahead and plant one. She planted the herbs in her garden that we started here at the workshop. While I was at the Fort Erie Native Friendship Centre, I also saw an amazing garden next to Judy's, it was

growing corn, beans, squash, pepper, carrots, and some other vegetables. I'm not sure who planted it, and is taking care of it, but great job!

The Métis Nation of Ontario held a Métis Rendezvous at Knoll Park in Port Colborne. It was organized by the MNO offices of Welland, Windsor, Hamilton, and Mississauga. It was an awesome day with a lot of activities, entertainment, and great food. Over 300 people attended, thanks to all those who stopped by the SOADI booth and a big Thank You to the Métis Nation of Ontario for the opportunity to be a part of this awesome day.



Upcoming Events

Tentative – Health & Wellness Day – Fort Erie – November 10, 2011
Canadian Aboriginal Festival – November 25 – 27, 2011 – Copps Coliseum, Hamilton

Drop In Days – We will be holding monthly drop in days at SOADI, 8 Clairmont St., Thorold – Come by to get a new meter, gather some resources, try a new healthy snack or food - dates to be announced.

If you would like any information or would like a presentation or workshop, please do not hesitate to contact me, see you soon,

“It is also time for preparing gardens for the winter, for some it's time to plant garlic, and others to pull up the flower bulbs to put away until spring.”



Western Region

Update

Greetings to You All

Summer is bidding us farewell very soon; we enjoyed the glorious warm summer and are looking forward to the Fall season which is fast approaching. In the meantime flower and vegetables gardens are flourishing with their beautiful, bountiful products. Kids will be returning to school, ball and lacrosse season is nearing the end and hockey season is returning; those of us who have the time will start preparing for the winter with canning/freezing fruits and vegetables. There are still some Pow Wow's to attend, so warm up those moccasins for the fun-filled activity of dancing at these events. Keep moving and be active!

Summer Updates: Planning meetings for upcoming events have taken place in Oneida, Sarnia and SOADI Head Office. Booth exhibit was shared with Aamjiwnaang at the Pow Wow in Sarnia at the Community

Centre grounds; this First Nation is completing a huge renovation at this location and we are looking forward to the completion for future events. I presented to the 'Healthy Kids for Life' Summer Program, 'Rethink your Drink' which they appeared to enjoy about the content of sugar in various drinks. The Windsor-Essex Metis Nation took a bus load to the Metis Rendezvous in Port Colborne and enjoyed refreshments & The Gift of Diabetes video on route and a full day with music, activities, kids enjoying the splash pool, exhibit booths & food. CanAm Life Long Care/Windsor had their Foot Care Clinic which they always really look forward to.

Upcoming Events: Aug 30/11 Metis Nation of Ontario – Cooking Circle & Teachings; prepare and Freeze fresh corn & peppers for Winter. Special Guest speaker will provide Corn teaching & B. Whiteye presentation on Diabetes and Vegetables.



Aug 31/11 Metis Nation of Ontario- Come Ride with Us, a fun packed day of Activities at the Windsor-Essex Therapeutic Riding Association. Events include Lesson on Horse Health, Riding, Scavenger Hunt, Medicine Walk.*Lunch & transportation provided.

Sep 3&4/11 Delaware Nation Pow Wow at Moraviantown Pow Wow grounds.

Sep 10/11 Aamjiwnaang/ Sarnia -Beating Diabetes, Health Fair Booths, Demonstrations, prizes, giveaways, Foot Care, BBQ dinner, Aboriginal Hip & Break dancing/ Reztore Pride. *note change of location from Bear Park to Ball Diamond.

Sep 23/11 SOADI 9th Annual Gathering in Ottawa-Planting the Seeds of Health & Wellness, Includes Education Curriculum Launch, Guest Speakers, Breakout Sessions, Vendor Village, Gardening Tips, Health dis-



Barb Whiteye
Western Region
Email: Western@soadi.ca

plays, Yoga Demonstration, Foot Care Clinic, Reztore Pride Hip Hop/Break Dancing Show & Social.

Oct 1/11 Oneida Community Centre -Dining with Diabetes, Diabetes Awareness Day, Join us for a day of fun, healthy food and diabetes education & much more.

Recipe

SALSA FRESCA

- 1 cup diced seeded tomatoes
- 1 cup diced cucumbers
- 1/3 cup chopped red onion
- 1/4 cup chopped fresh cilantro or parsley
- 2 tsp lime juice
- Salt & pepper to taste

In a bowl combine tomatoes, cucumber, red onions, cilantro or parsley, lime juice, salt & pepper. Let stand minutes, drain well.

“There are still some Pow Wow’s to attend, so warm up those moccasins for the fun-filled activity of dancing at these events. Keep moving and be active!”



Footcare

Update

www.soadifootcare.ca



Lindsey Cosh
Footcare Coordinator
E-mail: footcare@soadi.ca

Aanii and welcome to fall!! Autumn has settled in with the cooler days and changing colours. We should welcome the change of season by making our own little changes. Thinking positive and making good choices when it comes to our foot care is a daily duty. These positive choices will help us to stay active and healthy through the fall and winter months. Such choices can be as simple as checking your feet with a mirror every day, as well as ensuring your shoes are still durable and supportive for our feet. Bringing any changes that you notice to your doctor or foot care specialist will help to avoid the bigger problems that can arise when we neglect our feet. The colder days that the fall brings also brings dryness to our feet with the possibility of cracks and fissures. These cracks if not taken care of can lead to bleeding and open wounds. To avoid these complications it is important to moisturize your feet after you wash and dry them, try a lotion with urea for extra strength. Our activity levels drop during the fall and winter months and only you have the power to make that positive change for a healthier more

active you. Going for walks in the early evening is a great way to see the beauty of fall as well as to lower our blood sugar levels. When going for walks or hiking on trails, including friends and family helps everyone to stay motivated and supportive of our healthy choices. Making sure to bring a change of socks incase of wetness as well as plenty of water will help to keep us safe and hydrated. When we keep our feet healthy and safe they will keep us walking through the many seasons to come.

Past Events that the SOADI Foot Care Program has been a part of:

The Foot Care Program has been busy this summer offering foot care knowledge, treatments and giving daily preventative resource kits to the various communities that we visited. Participants walked away knowing more ways to protect their feet and had the tools needed to provide daily proper care. During the summer months the Foot Care Program traveled to many communities with both our foot care clinic events and as a display table with our foot care "Wise Wheel" resource game. We

have gone to Muncey, Windsor, Christian Island, and Georgina Island with our foot care team to offer a day of foot care treatments and presentations. The program has also traveled to Moose Deer Point and Niagara Native Centre for their health fair where we gave away many foot care resources and prizes for community members who visited the SOADI booth and played the foot care "Wise Wheel". With every place we visited the foot care program has helped the community to learn more about what we can do to help ourselves when taking care of our feet.

Upcoming Events:

As we move into the fall and winter months we will be visiting Sarnia on September 10th, Ottawa on September 23rd, Oneida on the 14th of November as well as possible visiting Fort Erie on November 10th and Cornwall on the 17th of November. Be sure to come out the annual CANAB festival in Hamilton and visit SOADI's table for more helpful information and chance to win a prize on November 26th 27th. If your community organization would like to request a clinic or workshop day,

you can do so by filling out a clinic request form on our website. We are always booking new clinic events and outreach workshops with our program.

Please stay tuned by checking our foot care calendar on our website: www.soadifootcare.ca for more information on any of these upcoming events, or updates on any new events coming up in your area.

Foot Care Tips for the Season:

Dress your feet according to weather conditions:

Have a change of dry cotton or woolen socks, and make sure you are wearing the right kind of shoe for the type of weather. For wet days make sure your footwear is made with water resistant material such as rubber on the outside and a thick breathable liner on the inside.

Proper Daily Care:

Wash, dry, moisturize and check your feet every day. Make sure to bring up any sores, redness, or changes in feet with your foot care specialist (Podiatrist, Chiropodist, and Foot Care Nurse) immediately. Stimulate blood to your feet by massaging them before bed, the increased blood flow to the feet will help to keep them healthy and it may also help you to fall asleep faster.

“Thinking positive and making good choices when it comes to our foot care is a daily duty.”



Youth Update

Greetings to everyone!

I wanted to start off by thanking all the people who are helping out with the second album release from Reztore Pride. It has been amazing watching this album come together from the start. I know that all of the artists have been working hard to finish their songs for the album and it is greatly appreciated. All of the artists are putting forward a lot of work behind the scenes that we cannot see.



Just this past weekend on Saturday Sept 3rd MC Sage got on a train from Windsor to Brantford so that he could record his song for the album. MC Sage wrote his song in the hotel the day before he had to record and it turned out great. On the following day I met Main Event in London with Barb Whiteye so that we could do the Smoke Signals radio show at Western University. The Smoke Signals radio show is hosted by Dan Smoke. During the radio show we discussed some of the shows that Reztore Pride has done and why it is important for Reztore Pride to spread its message. I am hoping to be reaching out to more radio shows to help Reztore Pride spread its message to more people. I think it is very important for Reztore Pride to keep pushing our message for many reasons. We have done approximately 15 shows all over Southern Ontario and I am seeing firsthand how youth are becoming inspired at the Reztore Pride shows. Reztore Pride has become a platform for youth to express how they feel about the diabetes struggle that is affecting their community. The music has become a way for people to fight diabetes. In many different struggles music has always been a way to reach out to the people to bring them together in unification. At the Reztore Pride shows it is always the goal of the artists to engage the crowd and inspiring them to see that we need to come together to fight this disease. We do have some shows coming up in the next months and I am sure we will accomplish this goal.

Reztore Pride will be attending the 'Beating Diabetes' event this Saturday September 10th 2011 in Sarnia. The event is being held at 978 Tashmoo Ave (behind the band office). There will be lots of fun activities for the community to take part in throughout the day. Bboy Sharpie Shayne, Bboy Jay Robi, and Bgirl Mel will be putting on a Bboy/Bgirl workshop for youth at the 'Beating Diabetes' event from 6-7pm. James Blood, Kahsenniyo, and Forty-Five will be performing for the youth after the workshop.

On Monday September 12th 2011 Reztore Pride will be reaching the Cape Croker community to put on a show. The show will be held at 34 Community Centre Road in Wiarton Ontario. The show starts at 7pm and will finish at 9pm. I am hoping that Reztore Pride will continue to reach out to many communities all across Southern Ontario and inspire many people to fight diabetes.



John Henhawk
Youth Coordinator
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SOADI Education Update

SOADI is very excited for the anticipated launch of the new SOADI Diabetes Wellness Curriculum inspired by the 13 Grandmother Moon Teachings, "its time to remember." The curriculum is culturally and activity based on the 13 Grandmother Moon Workshop Series that was completed in the fiscal year 2010 & 2011. The workshop series consisted of Six 2 day workshops each independent of each other however each was collaborated and integrated throughout the series. The 13 Grandmother Moons are divided up per moon with relevant information regarding original teachings and roles and responsibilities we have to ourselves, family, community, and mother earth. The focus is on wellness and "diabetes education" is represented through the theme of wellness.

Throughout the development journey of the new SOADI Diabetes Wellness Curriculum, many partnerships have been made and strengthened. These partnerships will be highlighted at the launch at SOADI's annual event on September 23, 2011 in Ottawa at the Richeleau Vanier Community Centre (see www.soadi.ca). At the event each moon is represented in some form (presentation, display, activity etc.) Come visit the Vendor Village, it is represented by the Corn Moon (September), which symbolizes the time to work together in partnerships and strengthening our communities. SOADI's vision is to show case the many wonderful resources and curriculum that are available in the Vendor Village.

The empowerment of reclaiming lost knowledge gives an individual an opportunity to enhance a sense of identity, purpose and ability to foster self love. Encouragement for promoting an understanding how indigenous people have gotten where we are and where we can go from here, working together as a healthy community is a focus. This gave participants the skills and knowledge that helped increase their ability to decrease the high incidence of Diabetes and its complications.

Themes include:
Medicine Walks
There's a time for everything
Remembering Spirit & Connection, Community Garden
The Art of Living in Harmony
History of our Food
Prenatal Health
Finding the Balances & Boundaries in our Relationships
Communication Tools for Planting Seeds in Modern Day
Sacred Fire, Sunrise Ceremony
Best Practices, Curriculum & Resources
Water is Life



Shannon VanEvery
Education Coordinator
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Hope to see you there!



lightly on the parched kernels. This process will crush the outer husk away from the kernel.

Winnowing

Put the crushed rice on a blanket each person grab a corner of the blanket or two people can grab two ends and toss rice up in the air. The wind will blow away the chaff from the finished kernels.

Storage

Store in wooden boxes or glass jars with tight lids in a cool dark place.

Nutritional Value

Wild rice is easily digestible and very minimal/low in fat content. It is high in protein (double that of white rice), Vitamin B, iron and manganese. Its thiamine (Vit B1) compares with that of wheat, corn and rye and is richer in riboflavin (Vit B2) than wheat, corn, oats, or rye. It contains niacin, calcium, phosphorous, iron, potassium, zinc, fiber and carbohydrates. An ounce (28g) of uncooked rice contains 105 calories.

(Source: Manomin /Wild Rice, Ministry of Northern Development and Mines, 1970's)

I am including one version of a wild rice casserole which has been used in my family as well as throughout many communities and pow wows which I have visited/danced at over the years.

Enjoy! Wiisinidaa! (Let's eat)

Kim Lamothe

Diabetes Prevention Coordinator, Central Region

WILD RICE CASSEROLE

Prep time: 1 hour approx.

Cooking Time: 1 to 1 ½ hours

Serves: 6 – 8

Ingredients

2 cups	Wild Rice, uncooked
1/2	Broccoli (prefer fresh but can use frozen)
1/2	Cauliflower (prefer fresh but can use frozen)
1	Sweet Onion
1 8 oz Pkg	Mushroom (prefer creminis)
1/2	Squash (prefer fresh but can use frozen)
2 cans	Tomatoes, cut up
½ block	Cheese(marble)(520g)
1 tsp	Italian Seasoning
1 tsp	Cumin
2 cloves	Garlic
2 tbsp	Soya Sauce
Pinch	Salt and Pepper
3 tbsp	Butter
Water	



Preparation

1. Wash rice in cold water. Stir rice into 3 times the amount of boiling water (1 cup rice needs 3 cups water). One Cup of wild rice swells approx 4x its normal size when cooked. Parboil for 5 minutes only. Remove from heat. Let soak in same water covered for 1 hour. Drain and add to recipe.
2. While rice is soaking, dice onion, garlic and squash.
3. Cut up broccoli, cauliflower, mushrooms into bite size pieces.
4. Shred cheese and put aside.
5. Have all other ingredients ready to be added.
6. Drain the rice and put into a casserole dish.
7. Add broccoli, cauliflower, mushrooms, squash, onion, garlic, 2 cans of tomatoes, Italian seasoning, cumin, butter, soya sauce and pinch of salt and pepper.
8. Stir ingredients together and pat down, add water if liquid in the casserole dish does not cover the rice.
9. Cover and cook for 1 to 1 ½ hour in a 350 degree oven. (Time varies depending on the oven)
10. Uncover the last ½ hour of cooking time, add cheese, leave uncovered to melt the cheese.



Men Harvesting Rice at Leech Lake Reservation

<http://www.britannica.com/EBchecked/media/121151/Harvesting-wild-rice-Leech-Lake-Indian-Reservation-Minnesota>