

## Paddle your way to health and wellness

**When she's paddling** down the majestic Grand River, Cindy Martin feels connected to her community—and to her Cayuga roots—at **Six Nations of the Grand River Territory** in Ontario.

"It brings us closer to our ancestors who paddled down this river for many generations," says Cindy.

Cindy is an avid paddler and leader of the Aka:we Canoe Club. Aka:we is the Mohawk word for paddle.

The community started the club in 1998 to promote health and well-being. Today more than 90 people, aged 9 to 49, are active members.

"Paddling with friends and family helps build a stronger community," says Cindy, who loves to get out on the water with her daughter Lauren (seen at right) and son Darcy.

As Traditional Wellness Coordinator, Cindy also sees the health benefits: "Being out on the water offers both exercise and stress relief."

Last year, Aka:we became an official racing club when it joined the Canadian Canoe Association. This means they can compete with other clubs in Canada and the world, including at the 2006 North American Indigenous Games. Paddling clubs at Kahnawake and Kanesatake in Quebec, and at Chippewas of the Thames in Ontario, are also members of this racing community.

The Canadian Canoe Association also gives financial and technical support that helps Aboriginal communities participate in canoeing and kayaking sporting events.

This is thanks to a new program called the **Aboriginal Paddling Initiative**. This program is a partnership with Aboriginal Sport Circle and the Canada Games Council, and is funded through Sport Canada. They have already supported seven clubs across Canada—with more to come.

*"Paddling with friends and family helps build a stronger community," says Six Nations paddler and health expert Cindy Martin.*

PHOTO: CINDY MARTIN



▲ **Nine-year-old Lauren King looks forward to another season of paddling with family and friends at Six Nations of the Grand River Territory in Ontario. Here she's all smiles at the first annual Pauline Johnson Regatta in 2004—and she plans to take part again this year at the August 13th event.**

"The program is designed to give Aboriginal people better access to Canada's canoe and kayak sport system," says program director John Edwards. "It also encourages clubs and community building."

If your community is interested, you can e-mail John Edwards for more information at [jhedwards@canoekayak.ca](mailto:jhedwards@canoekayak.ca) or call **1 (613) 260-1818**, extension \*2201. ☎

**FOR MORE INFORMATION:**

Canadian Canoe Association: [www.canoekayak.ca](http://www.canoekayak.ca)  
Aboriginal Sport Circle: [www.aboriginalsportcircle.ca](http://www.aboriginalsportcircle.ca)  
Sport Canada: [www.pch.gc.ca/progs/sc/index\\_e.cfm](http://www.pch.gc.ca/progs/sc/index_e.cfm)

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## New projects to help reduce smoking

### Make your house a healthy home

Learning how to prevent and clean up mold growing in your house can improve the air you breathe—and your health.

The following publications from Canada Mortgage and Housing Corporation show you how to prevent mold from growing—and how to recognize and safely clean up small amounts of mold. You will also find out what to do for more serious mold problems.

**First Nations Occupants' Guide to Mold**

**Mold in Housing: An Information Kit for First Nations Communities**

**About Your House—Fighting Mold: The Homeowners' Guide**

**About Your House—Measuring Humidity in Your Home**

If you live in the North, look for the **About Your House North** series.

To order any of these free publications, call Canada Mortgage and Housing Corporation toll-free at **1 800 668-2642**. For more information about housing, visit the Internet at [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca).



**From nicotine patches to healing circles**, the first on-reserve smokers' clinic in Canada uses both modern and traditional methods to help members stop smoking.

"We are trying to marry best health care practices with best traditions that are unique to the community," says Jo-Anne Allan. She is the clinic nurse manager of the Sliammon Smokers Clinic in British Columbia.



▲ *Two very good reasons to quit smoking: Vicki Harry's children, Jayce and Gavin, begged her to stop smoking so she would be around to see them grow up. She's been smoke-free ever since. Vicki is now helping others to stop smoking as a certified Aboriginal tobacco facilitator and a cultural support worker at the Sliammon Smokers Clinic in British Columbia.*

The **Sliammon First Nation** opened the doors to its new clinic in November 2004. Already, they have helped more than 30 people.

"The response is unbelievable. We are very pleased," says Jo-Anne.

This is one of eight new projects funded by Health Canada. Projects are also underway in Nunavut, Saskatchewan, Manitoba, Ontario, Quebec, New Brunswick and Nova Scotia. The goal is to help reduce high rates of non-traditional tobacco use—and improve health and wellness—in First Nations and Inuit communities. This information will help other communities across Canada develop programs to reduce smoking.

These projects are part of the Government of Canada's **First Nations and Inuit Tobacco Control Strategy**. Find out more by visiting the Health Canada website at: [www.hc-sc.gc.ca/fnihb](http://www.hc-sc.gc.ca/fnihb). Click on "Community Programs" and choose "Tobacco" from the Programs and Projects menu. Find out more about the Sliammon Smokers Clinic at: [www.sliammon.com/health/tobacco](http://www.sliammon.com/health/tobacco). 🌐

Are you planning to stop smoking, chewing tobacco or using snuff?

For information that can help you go smoke-free, contact Health Canada:  
Toll-free telephone: **1 800 O Canada (1 800 622-6232)**  
Website: [www.GoSmokeFree.ca](http://www.GoSmokeFree.ca) (click on "Aboriginal Campaign")

### Fight West Nile Virus – Avoid Mosquito Bites!

West Nile virus is spread through the bite of an infected mosquito. It can make you sick, and can sometimes lead to serious illness. The best way to protect yourself is to avoid mosquito bites. Use insect repellents that contain DEET or other approved ingredients, and wear light-coloured, loose-fitting clothing. Reduce the number of mosquitoes around your house and yard by emptying standing water from old tires, boats, and other outdoor objects where mosquitoes can breed. For more information on West Nile virus, visit [www.westnilevirus.gc.ca](http://www.westnilevirus.gc.ca) or call toll-free **1 800 816-7292**.

## KIM MARTIN'S JOURNEY:

# Learning to say "yes" to a better life:

**The simple word "stop"** changed Kim Martin's life from a roller coaster ride of failed starts to a future full of promises.

Kim grew up in the Mohawk community of **Kahnawake, Quebec**. School wasn't an important issue at home, but Kim enjoyed learning and was the first in her family to graduate from high school.

At college, Kim discovered a whole new world. She ended up in the wrong crowd, started partying, and failed her year. She did go back to school, only to quit—more than once. Her life went up and down like this for several years.

The magic moment came when she entered a nursing program that she loved. When her demons came calling again, she hesitated. But then she heard a simple, yet decisive word: "stop!"

Kim has held on to that word ever since.

She is now in her second year of nursing at John Abbot

*"It is important for Aboriginal people to know that no matter how they grew up and what they've gone through, it is possible to turn things around," says student Kim Martin.*

College in Quebec, and plans to go to university for nursing or family medicine.

"It is important for Aboriginal people to know that no matter how they grew up and what they've gone through, it is possible to turn things around," says Kim.

Kim is one of 21 students chosen to receive **Canada Post's 2004 Aboriginal Education Incentive Award**. The awards celebrate First Nations, Inuit or Métis people who have overcome hardships to pursue learning. Every winner received a \$1,000 award.

You can get information and application forms for the 2005 award at the Canada Post website. Visit [www.canadapost.ca](http://www.canadapost.ca), click on "In the Community" at the bottom of the page, and then "Aboriginal Education Incentive Award." The deadline for Canada Post to receive your application is **July 21, 2005**. 🌐

▼ *Kim Martin says the award from Canada Post means a lot to her after she turned her life around to study nursing.*



PHOTO: YVES CLÉMENT, PHOTO FEATURES

## HEALTH AND WELLNESS

### Stay Safe!

A new booklet by Health Canada will help parents and other caregivers make their homes safer for children. It's called **Stay Safe: An Aboriginal Education Guide to Hazard Symbols**. It has activities and fact sheets to teach young children about household hazards. It also has games, pictures to colour and other fun activities. To order a free copy in English, French or Inuktitut, call Health Canada's toll-free information line, **1 866 225-0709**, and ask for the publications office.



### New website lets you follow Roundtable progress

On April 19, 2004, the Government of Canada and Aboriginal leaders had a historic meeting called the **Canada-Aboriginal Peoples Roundtable**. At that meeting, they agreed to find new ways to work together to improve quality of life for Aboriginal people in Canada. Over the past year, leaders and experts from federal, provincial and territorial governments and Aboriginal organizations have continued this work. They have held a series of working groups in key areas including: health, education, lifelong learning, housing, economic opportunities, negotiations and accountability for results. You can read all about the April 19th meeting, and the results of each follow-up group, at the official Roundtable website: [www.aboriginalroundtable.ca](http://www.aboriginalroundtable.ca).



## Tlicho land claim and self-government agreements

A dream became reality for the Tlicho people in the Northwest Territories when the **Tlicho Land Claims and Self-Government Act** received Royal Assent on February 15, 2005. This brings into force the first combined comprehensive land claim and self-government agreement in the Northwest Territories, and the second such agreement in Canada. Visit [www.tlicho.com](http://www.tlicho.com) for more information. For more information about land claim and self-government agreements in Canada, visit this website at: [www.ainc-inac.gc.ca/pr/agr/index\\_e.html](http://www.ainc-inac.gc.ca/pr/agr/index_e.html).



## Investing in children and families

**The youth centre** at **Little Red River Cree Nation** in northern Alberta helps keep kids safe, and teaches them about healthy life choices.

"Before we had a youth centre, kids would be out on their own with nothing to do," says Patsy Johns, coordinator of the Little Red River Family Enhancement Program.

"The youth centre gives them a place to go, and it keeps them out of trouble, away from alcohol or drugs," says Patsy. "They take part in healthy activities, like learning how to cook."

All across Canada, communities support kids and families with funding from the **First Nations' National Child Benefit Reinvestment Initiative**. This initiative is a partnership between federal, provincial and territorial governments and First Nations. It aims to reduce child poverty and support parents as they move into the workforce.

Projects are unique to each community, and include hot lunch programs, summer jobs and more. Read more community success stories and check out the latest progress report on the Internet at: [www.ainc-inac.gc.ca/pe-cp/ncb\\_e.html](http://www.ainc-inac.gc.ca/pe-cp/ncb_e.html).

Inuit and Northern communities take part in a similar program called the **National Child Benefit**. To find out more about programs and success stories in your region, visit the Internet at: [www.nationalchildbenefit.ca](http://www.nationalchildbenefit.ca).

*In 2003-2004,  
the First Nations'  
National Child Benefit  
Reinvestment Initiative  
invested in more than:*

- 194,430** children
- 93,616** families
- 1,423** projects
- 600** communities



# Share in the CELEBRATION!

Every year on **June 21**, Canadians celebrate the cultures and contributions of First Nations, Inuit and Métis peoples.

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Journée nationale des  
Aboriginates  
Day

Canada

June 21 is National Aboriginal Day. For information about special events in your area and to order free products: Call toll-free: 1 800 567-9604. Visit our website at [www.ainc-inac.gc.ca](http://www.ainc-inac.gc.ca).

## UPDATE

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You can read **Update** on the Internet at  
[www.ainc-inac.gc.ca/pr/pub/upd/index\\_e.html](http://www.ainc-inac.gc.ca/pr/pub/upd/index_e.html).

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For information on Indian and Northern Affairs Canada programs and services:

Website: [www.ainc-inac.gc.ca](http://www.ainc-inac.gc.ca)

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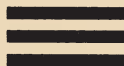
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Website: [canada.gc.ca](http://canada.gc.ca)

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Keep those  
cards and letters coming!

*"It makes my heart proud to see our brothers  
and sisters making their dreams become real,"*

PRINCE RUPERT, B.C.

*"Good to know about interesting programs  
and projects,"*

IQALUIT, NUNAVUT

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have question or comment? Want to see a story  
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out the reply card and mail yours in today!

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—*The Editor*