

Can-Am Urban Native Homes Newsletter

180 Tecumseh Rd. E
Windsor, Ont. N8X 2P8

Phone (519) 977-7782
Fax (519) 977-1820

Happy New Year! Happy Valentines Day! Happy Family Day!

Can-Am Homes is anticipating a busy year forthcoming...

We will begin building some new affordable housing units for singles, couples and seniors through the Ontario Aboriginal Housing Fund. Please feel free to visit our office for a detailed display of the project, equipped with floor plans. Please spread the word that we are receiving applications for these units. If you already applied, please remember to update your application if anything has changed (ie. New phone number, change of address, change of income etc.)

We are the successful recipients of a Trillium Grant in partnership with Hiatus House expand the support services for our community to encourage all to take care of each other's spirit and to live a good life!

See the enclosed job posting and keep your eyes open for great new services and programs that will be offered to the native community.

We will continue to partner with local native agencies such as Metis Nation of Ontario, N'amerind's Aboriginal Child Resource Centre, Turtle Island House, Can-Am Indian Friendship Centre and others such as the community Kanawayhitowin Committee, Aboriginal Day Committee etc. to bring you some great activities, workshops and events.

**THE OFFICE WILL BE CLOSED MON. FEB. 21 st
TO CELEBRATE FAMILY DAY**

Zero Balance Club Winners:
December - Tracey Johnson
January - Gina Holland



Cultural Corner

The Creators
Game – Lacrosse

Kitchen Corner

Dr. OZ on Eating
Fruit

Family Corner

Create Family
Game Nights

Health & Wellness

Staying Active
During Winter
Months
Exercise tips.

Moccasin

Telegram

- Free Workshops
- Program Info.
- Can-Am Friendship Centre Calendar of Events
- Can-Am Homes Job Posting





Cultural Corner The Creators Game Dewa;ao gajihgwa;e



Lacrosse is the national sport of Canada, not hockey as so many people falsely think. As a matter of fact, Queen Victoria sanctioned lacrosse as the national sport in the 1800s. The reason for the Queen making Lacrosse the national sport was greatly influenced by the Mohawks who had teams playing all over the world and even went to England, which was quite a feat in the 1800s.

The Iroquois Nationals today stand as the only Indigenous Nation worldwide participating in international sports competition. "It is with pride that the Iroquois Nationals have been able to endure and sustain the challenges of international competition, and Iroquois people continue the tradition of excellence in Lacrosse."

The Haudenosaunee (Mohawk, Oneida, Onondaga, Cayuga, Seneca, and Tuscarora) game of lacrosse is very ancient and in fact it pre-dates the existence of the human race itself in the world. Before the human beings were ever even created by the Creator, the game of Lacrosse was already in existence. Of course too, long before the above Nations were unified into a Confederacy and called Haudenosaunee the game of lacrosse was already established among them.

The game of Lacrosse is traced all the way back to the Haudenosaunee Creation Story to a time when this world as we know it was still very new and the work of Creation was almost complete. According to the Haudenosaunee Creation Story just before the human beings were created there was a struggle for control of the world between Sapling also known as Teharonhiawakon (Holder Of The Heavens) and Flint also known as Sawiskera (Mischievous One).

They decided to have a contest to determine who would become the One to control the World. The first contest between them was a variation of the Game of lacrosse as we know it today. They played lacrosse from sunrise to sunset with neither of them being victorious over the other, so they went on to other contests. Eventually after a number of other contests Teharonhiawakon finally won over Sawiskera and became the Great Creator who later was responsible for the creation of the human beings in the world. In his defeat Sawiskera was killed but yet, at the same time, did not die and he was banished in defeat down into deep underneath caverns and to forever remain in that place of darkness, never to come out into the light of day in the world, for that is the time and place of the Good-Minded Twin, (Teharonhiawakon), our Great Creator.

After the Great Creator made the human beings, he passed on the information about his origins and the origins of this world and the struggles between him and his brother to the *Onkwehonwe* (Real People - the name the Haudenosaunee use in referring to Native Americans in general - the Red race). This information passed on became known as the Creation Story and because of the nature of the volumes of information and instructions preserved within it can also be cited as our Original Instructions from the Creator.

Additionally, some of the information handed down to the *Onkwehonwe* by the Great Creator in the beginning, as preserved and contained within the Haudenosaunee Creation Story, were further given to us transformed as Sacred Rites, Rituals and Ceremonies. These in this form were also a kind of insurance that we would never forget our Original Instructions from the Great Creator. One of these was the Game of Lacrosse. The game of lacrosse is not just a game, an ancient game, but it is also a Sacred / Spiritual Game.

The game of lacrosse thereafter in its Sacred / Spiritual application / form became a "medicine game" - one of the ancient sacred healing/curing rites. Ceremonial or Medicine Lacrosse Games are normally prescribed by a medicine person and special games under ceremony are still done as required in this day and age. Once a person in need of such a ceremonial or medicine lacrosse game has this done they thereafter are automatically part of that medicine society for the rest of their lives. Renewals of the medicine are most often done at the Midwinter Thanksgiving Ceremonial (the Haudenosaunee equivalent to New Years), a time when all of Creation renews itself, and thereafter a New Year begins according to Nature's own clock. During this time medicine Lacrosse games are done for purposes of renewing the medicine for past patients, and this time both the lacrosse medicine society and the people's personal medicine are renewed simultaneously.



Cultural Corner—The Creators Game

When ceremonial lacrosse games are played the players are also remembering the origins of the game - remembering that it is the Great Creator's game, and so also in remembering these things are of the mind that they are playing for or on behalf of the Great Creator. So while each team is playing each one has it in mind to win the game on behalf of the Great Creator. The spectators are also remembering these things too and it all adds to the fun, excitement and spirit of the game. It is also said that the two brothers - Teharonhiawakon and Sawiskera are monitoring the games too - each from the places where they dwell. For it is said too that they are still in contest with each other and both take some pleasure in monitoring the affairs of the human beings. They are honored by seeing the Onkwehonwe still continuing to follow this part of the Original Instructions and that we still remember them. For together although in opposition to each other do create or influence balance in the world.

Much more can be said and written about the Ancient Haudenosaunee Game of Lacrosse. This has only been a brief outline giving some historical details tracing its origins as well as attempting to show some of its spiritual roots and significances. - By Wi:se Atonwah

I honor the great elders who carry these teachings dear to their heart and continue to teach the future generations. I appreciated the words shared over the internet by Wi:se Atonwah. The website is: www.peaceforturtleisland.org.

I recall some of this teaching that was shared to me (Elayne) as a l'il girl involved with L'il Beavers at the N'amerind Friendship Centre when we visited the late Ernie Bennedict and Tom Porter in Akwesanne at the American Indian Travelling College in the early 70's, fond memories. It's funny to recall but did you know girls weren't allowed to play hockey or lacrosse when I was growing up in London. N'ameind and my auties from Oneida fought and won the right for girls to play with the boys in recreational lacrosse and shortly after girls were also allowed to choose to play ringette (girls only) or hockey with the boys.

Save this date: MARCH 24 5:30 PM—9:00 PM Community Event
Can-Am Indian Friendship Centre's Urban Aboriginal Healthy Lifestyles Program and Agwego Childrens Program in Partnership with Can-Am Urban Native Homes are honored to host the Iroquois Lacrosse Program with Guest Speakers and Interactive Domonstrations by Kevin Sandy and Cam Bomberry, Wolf Clan, Cayuga Nation, Six Nations of the Grand River. See Enclosed Flyer

Cam Bomberry is the current Head Coach of the Iroquois Nations Men's World Field Lacrosse Program. He hasplayed in the National Lacrosse League (NLL) for the Rochester Knighthawks, Buffalo Bandits and the New Jersey Storm, capturing the 1997 World Championship wit the Rochester Knighthawks. He was an Assistant Coach with the Rochester Knighthawks (2010) and has been Head Coach for Team Iroquois who have captured three Canadian Lacrosse Championships in the Bantam and Midget divisions under his guidance. Cam is the proud father of five beautiful children and resides on Six Nations of the Grand River with his wife Carmel and their family.

Kevin Sandy is the Wolf Clan, Cayuga Nations from Six Nations of the Grand River. He is theDirector of Operations of Iroquois Lacrosse, GM, Iroquois Nations, 2007/2008 World Indoor and U19 Field Lacrosse Teams. He has his Can-Fit Level 2 Training. He has a passion to support the growth of the Creators game while honouring the traditions and origins of the game.

The Anishinaabek, Cree, Dene and Inuit communities are now beginning to realize the spiritual significance, experience the fun, plus enjohy the positive mental and physical well-being the game brings to individuals and communities. We hope you check out this special event in Windsor. It is free and open to all families.



We all think eating fruit means just buying fruit, cutting it up and popping it into our mouths. It's not that easy. It's important to know how and when to eat fruit.

What the correct way to eat fruit? Well according to Dr. OZ it means NOT eating fruit after a meal! Fruit should be eaten on an empty stomach.

Eating fruit like that plays a major role in detoxifying your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD.

Let's say you eat two slices of bread, then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it's prevented from doing so. In the meantime, the whole meal rots and ferments, and turns to acid. The minute the fruit comes into contact with the food in the stomach, and

digestive juices, the entire mass of food begins to spoil.

Eat your fruit on an empty stomach, or before your meal! You've heard people complain: Every time I eat watermelon I burp, when I eat fruit during my meal, my stomach bloats, when I eat a banana I feel like running to the toilet, etc. This will not happen if you eat the fruit on an empty stomach. Fruit mixes with the putrefying of the other food and produces gas. Hence, you bloat!

There's no such thing as some fruits, like orange and lemon are acidic, because all fruit becomes alkaline in our body, according to Dr. Hebert Shelton who did research on this matter. If you have mastered the correct way of eating fruit, you have the Secret of Beauty, Longevity, Health, Energy, Happiness and normal weight.

Eating whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go a 3-day fruit-fast to cleanse your body (consult with your DR. prior to trying this). Eat fruit and drink fruit juice for just 3 days, and you will be surprised when your friends say how radiant you look.

Here's a list of 4 superfruits that are not too expensive and worth every penny you spend:

KIWI: Tiny but mighty, and a good source of potassium, magnesium, vitamin E and fiber. Its vitamin C content is twice that of an orange!

AN APPLE a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants and flavonoids which enhances the activity of vitamin C, thereby helping to lower the risk of colon cancer, heart attack and stroke.

EATING 2 - 4 ORANGES a day may help keep colds away, lower cholesterol, prevent and dissolve kidney stones, and reduce the risk of colon cancer.

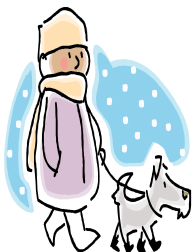
WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. Also a key source of lycopene, the cancer-fighting oxidant. Also found in watermelon: Vitamin C and Potassium.

Eating foods rich in antioxidants and flavonoids, vitamins and minerals that your body can digest properly to secrete the good stuff out of the food is crucial to staying healthy. When and how we eat our food is critical. As I reflect, I ponder that long before scientists figured out this information our ancestors must have known. Example: when we dance at the longhouse in ceremony for the food that sustains us, we dance & drink our berry juice first before feasting. We always have the fruit (be it fresh or preserved), even in midwinter ceremonies. The Anishnabek also pray for and eat the berries before feasting. Lets be mindful in the way we eat.



Health & Wellness Staying Active During Winter Months

Winter is here and once again, we are tempted to spend more time indoors in front of our TV's and computers to avoid the cold weather. It is hard to get motivated to be active, but we have to keep in mind the wellbeing of our body mind and spirit, is up to us. By keeping, our bodies healthy and active we contribute to our physical healing. Staying active in winter months can be challenging but here are a few idea to keep you active.



- On mild days when the weather allows for it go for a walk outside. When the weather is to cold you can go to the mal and walk around there to give your body some exercise, walking is an excellent way of staying active.

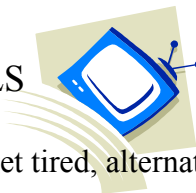


- Some winter activities that provide a good exercise are skating and when the weather allows for it sledding.

- In addition, if you want to stay indoors a good way to stay active is to engage in household activities such as vacuuming, cleaning floors, or even decorating.
- Try sneaking in 5 minutes of exercise during the commercials of your favorite TV show. You don't need fancy equipment and in a 1 hour show, you'll add up 25—30 min. of exercise. It all adds up.

It is important to stay active however you have to keep in mind your bodies physical limits and only engage in activities you are physically able to do.

HOW TO EXERCISE DURING TV COMMERCIALS



1. While the show you are watching is on, jog in place. If you get tired, alternate marching in place and jogging until the commercial comes on.

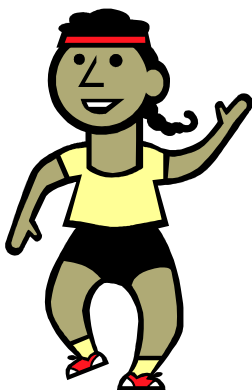
2. Once the commercial is on, stop jogging and do push-ups, crunches, lunges, squats, or any other exercise you can think of. Do this throughout all the commercials. Changing [exercises](#) with each commercial.

3. When the show comes back on, start to jog in place again. To burn extra calories add some weights to your ankles, wrists, or hold some light dumbbells or cans of soup in your hands.

4. Continue to alternate jogging in place during the show and choosing an exercise during the commercials until the show is finished.

Things You'll Need:

- comfortable clothes
- shoes (optional)
- space to exercise (the living room or bedroom)
- Weights or canned food (optional)





Why is family game night such a good idea? First of all, it's a fun way for families to spend time together. Games allow you to compete, show off skills and learn sportsmanship. They encourage family communication. Family game night is like a mini-vacation where everyone can enjoy each other's company -- and make memories that will last forever.

Here's how to make your game night something you look forward to all week:

1. **Clear the books.** Make this an important date. This sends a good message about family priorities, and it gives everyone something to anticipate.
2. **Keep it to the family.** You may want to make other game evenings when you invite guests, but for this night, make sure it's all about your immediate family. This fosters communication, comfort and helps everyone build a strong sense of family identity.
3. **No interruptions.** Let the machine get phone calls, turn off your cell and PDA, and make sure all homework is done beforehand.
4. **Choose the right game.** Make sure that everyone can enjoy playing the game, and let different family members choose the game. In fact, you might share the duties of being "in charge" of the night so that everyone gets a turn to create the event. (Of course mom and dad can assist the youngest players.)
5. **Vary the games you play.** It doesn't really matter what you play, as long as everyone can feel like a participant. But balance games of skill with games of luck so that everyone gets a chance to do something they're good at -- and improve the odds of having a winning night.
6. **Use this as a teaching time.** Family game night is a great time to reinforce things like manners, being a good sport, taking turns and other social skills that children will need as they grow up and go out in the world. This can all be done with good humor in the context of the game play and the family, and it gives kids a chance to practice these positive behaviors.

Different Options for Different Ages

Well, the sky's the limit. Bear in mind that all good games have a few things in common: they're easy to understand, they're different every time they're played, and they take an appropriate amount of time. For younger kids, games that you can play several times in an evening are ideal. Older kids may enjoy a game of Monopoly that can take the whole evening. In all cases, make sure that everyone feels involved and engaged in the process. If you're trying out a new game, you might want to have an old favorite as a back-up in case the new one isn't right for your family.

Game Types for Every Family

- **Classics** The advantage to these is that everyone knows them, or almost -- and they've stood the test of time. Check age gradings, but some suggestions are: Monopoly, Clue, Sorry, Othello, Battleship, Boggle, Parcheesi, Operation, Chutes and Ladders, Candyland, Trouble, Sorry, Pictionary, Trivial Pursuit. Many of these have special interest editions now.
- **Strategy Games** These games are great for families that like a little more substance to their games. Often story-based, one of the best we've seen this year is Parthenon from Z-Man Games where players race to build their civilizations.
- **Multi-Faceted Games** These are games that combine different kinds of skills. Great for diverse families where everyone gets a chance to shine. For older kids and adults, check out Cranium. Cranium Family Fun, Hoopla and Whonu? work for the whole family.
- **DVD Games** Definitely one of the hottest trends in the whole game business Our favorite is Scene It? from Mattel in different versions that cover movies, TV, music, sports and Harry Potter. Pop in the DVD and you simply play along. Choose the version that's right for the group you're playing with.
- **Skill and Action Games** For when you just want to have some silly fun. Try Captain Bones Gold from Spin Master, and Ker-Plunk from Mattel. These are great for kids with tons of energy, and the different outcomes keep families engaged.



From Your Maintenance Coordinator, Ross John



Keep your walkways and sidewalk in front of your home free from snow and ice. When you signed your lease you agreed to ensure you maintain the property. This includes snow removal. Besides did you know you may not receive your mail if you do not have a clear pathway to you home. This pathway must not be icy or the mailperson can refuse to deliver the mail.

Change your disposable furnace filter or clean your permanent filter.
A smooth running furnace system will save you money.

If you are interested in freshening up your home with a new coat of paint, you may be entitled to paint vouchers. We will pay for paint once every 5 years. Call Ross or Elayne if you are interested to see if your unit qualifies for paint vouchers.



From Your Tenant Liaison, Elayne Isaacs

We are seeking a new volunteer to become the newsletter editor for the our bi-monthly newsletter. If you would like to express your creative energy, learn a new skill, pick up some needed community service hours, please give me a call. **NO EXPERIENCE NECESSARY**, only the williness to learn something new.

Your annual income submission is past due. Please submit as soon as possible. Your cooperation is needed so we may submit the most accurate forecasted budget to the government.

We all love free stuff but I caution you to be very careful and cautious we selecting used items to enter your home as bedbugs are on the rise in this city. Call me if you would like more info.

Have you checked your smoke detector lately. Try to check it every month. If there's a problem, call the Maintenance Department as soon as possible. Please do not disconnect them, the province made a working smoke detector mandatory for a reason, they save lives. Thanks.



I will be on vacation from February 7 -11, 2011.

We are always accepting applications for our housing program. If you know a family that may be interested please inform them that applications are available online, in our office, or at your local native agency. Applications can also be made through the Central Housing registry. Native Ancestry is required. If they have any questions have them call me at 519-977-7782 ex. 13.





Moccasin Telegram



The Metis Nation of Ontario Aboriginal
Diabetes Education Project
In partnership with Bayshore Home Health
Present:



Home Foot Care Month



For the month of February, you will be able to have a nurse come to your home one time, for a soak, assessment, trim, file, and reduction of corns and calluses. Please contact Bayshore at 519-973-5411 to set your time with the nurse and state the word: **METIS**. Please also contact Danielle at 519-974-0860 ext.5 to let her know of your appointment. Don't worry if you can't get in touch with her, just leave a message. The nurse will determine if more than one appointment is needed in the month and will book it with you. If this happens, please inform Danielle. Enjoy!

**POTLUCK
BOOK & RECIPE
SWAP**

Come out for an early afternoon delight! Bring a favorite dish and recipe to share or your favorite book to swap or both. With guest speakers from the Windsor Library.

Where: Metis Nation of Ontario
145-600 Tecumseh Rd. E

When: Monday February 7, 2011
Time: 12:30pm-3:00pm

Can-Am Indian Friendship Centre-February 2011

3837 Wvandoette St. E., Windsor, ON N8V 1G4 Phone: 519-253-3243 Fax: 519-253-7876

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Refer to Separate Calendars & Information for the following: Life Long Care UAHLP & B.E.S.T	1 Senior Fitness 10 - 11 Open Gym Night 6 - 8 (for details contact Steve)	2 Healthy Cooking 1-230 Sharing Circle 7-9	3 Tai Chi 11-12 Open Gym Night 6-8	4 Beginner Yoga 10-11 Meditation 11 - 11:30 Holistic Massage Therapy 1-3 Men's Drumming 7-9	5
6 Exercise, Cooking & Therapeutic Activities must contact Steve prior to attending	7 Women's Sharing Circle 11am Akwego Children's Drumming 6 - 8pm	8 Senior Fitness 10 - 11 Open Gym Night 6 - 8	9 Methadone Education Workshop 10-1 (lunch provided) Healthy Cooking 1-230 Sharing Circle 7-9	10 Tai Chi 11-12 Youth Info Session 5pm (ages 16-29) Contact Vera Open Gym Night 6-8	11 Beginner Yoga 10-11 Meditation 11 - 11:30 Holistic Massage Therapy 1-3 Men's Drumming 7-9	12
13	14 Women's Sharing Circle 11am Akwego Children's Drumming 6 - 8pm	15 Senior Fitness 10 - 11 Open Gym Night 6 - 8	16 Healthy Cooking 1-230 Sharing Circle 7-9	17 Tai Chi 11-12 Open Gym Night 6-8	18 Beginner Yoga 10-11 Meditation 11 - 11:30 Holistic Massage Therapy 1-3 Men's Drumming 7-9	19
20	21 Family Day Centre Closed	22 Senior Fitness 10 - 11 Open Gym Night 6-8 Potluck/Social 6-830pm @ All Saints Church 330 City Hall Sq. (downtown)	23 Healthy Cooking 1-230 Sharing Circle 7-9	24 Tai Chi 11-12 Open Gym Night 6-8	25 Beginner Yoga 10-11 Meditation 11 - 11:30 Holistic Massage Therapy 1-3 Men's Drumming 7-9	26
27	28 Women's sharing Circle 11am Akwego Children's Drumming 6 - 8pm					