



## MEET OUR NEW SITE COORDINATOR FOR LONDON AND AREA

Hi my name is Alyssa Heil and I am an Oneida woman and currently live in St. Thomas with my husband. I've recently graduated from Western University with a BA in Sociology and a minor in Disability Studies. I also hold a Social Service Worker diploma from Canadore College.



I've always been interested in helping people and being involved in the community which is why I'm so excited for my new position at N'Amerind as the Healthy Weights Connection Site Coordinator. I can't wait to meet everyone involved with Healthy Weights Connection, to build strong relationships with our partners, and help them work together for the good of our children and youth.

Please contact me if you have any questions, concerns, or needs and I will be happy to help you in any way that I can. I can be reached at [aheil@namerind.on.ca](mailto:aheil@namerind.on.ca) or 519-672-0131 ext. 251.

## SHARE YOUR UPCOMING EVENT:

The fall season often means the start of new programs, workshops and events for many of our community partners. Be sure to check out our HWC website, Facebook page and twitter feed for details on upcoming programs and events.

We would be happy to share information about your upcoming event. Contact your local site coordinator.

## MIDLAND SECOND HARVEST

The Métis Nation of Ontario in partnership with Healthy Weights Connection, the Georgian Bay Métis Council and the Region 7 Captain of the Hunt have come together to reduce waste and give back to our communities.

Assistance and donations are needed. We are seeking home owners and businesses that maintain fruit trees, vegetable gardens, or berry bushes that need to be picked and harvested. Volunteers will harvest the goods and split the donations between the owners, volunteers and many families and organizations in need.

We have already received donations of potatoes, apples, plums, carrots, tomatoes, onions and squash so far. Thank you to those who have already donated.

If you are interested in helping with the harvest or donating goods, please contact Jodi Blue at [JodiB@metisnation.org](mailto:JodiB@metisnation.org) or 705-526-6335 ext. 223



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## MUSEUM OF ONTARIO ARCHAEOLOGY HARVEST FESTIVAL AND POW WOW

September 19 & 20, 2015 marked the 7th annual Museum of Ontario Archaeology Harvest Festival and Pow Wow. The Museum is located at 1600 Attawandaron Rd in London, known as the Lawson site. The Lawson site is a 500-year old Neutral Iroquois Village, which was home to over 2000 Attawandaron people (Neutral Iroquois) year round. The Lawson site is the only archaeological site in Ontario and one of only three in Canada. Over 30,000 artifacts have been discovered and the remains of 19 longhouses have been uncovered.

The museum wants to provide an enjoyable outlet for children to learn about First Nations culture. Some programs the museum offers include camps, programs for teachers, birthday parties, Guides and Scouts, and London Ontario Archaeology Society partnerships.

Self-guided tours are available year round where you can learn about the artifacts discovered at this site, learn what they tell us about life at the site 500 years ago, and more about what archeology is and what archeologists do.

Although the weather did not hold up for Saturday, the following day more than made up for it! Sunday was a beautiful sunny fall day which allowed dancers, drummers, singers, vendors, and spectators to enjoy all the event had to offer. HWC sat on the planning committee and helped secure donations of fresh fruit and prizes as well as involving community partners to host workshops and activities for children and youth. Workshops included lacrosse, archery, bead looming, and hand drum making. One thing that makes this annual event an amazing opportunity for families to enjoy is that all workshops and activities are free! Some community partners that attended included At'lohosa, SOAHAC, Niagara College First Nations Student Services, and Let's Talk Science. To encourage children, youth, and families to visit these booths, HWC developed a "passport" which included questions that were answered by each community partner. Each participant was then able to enter a draw to win a Dole Yonanas: banana ice cream maker.



## TRADITIONAL PLANT AND NATURE WALK

As part of the wholistic view of a child, identity and heritage play huge roles in healthy growth and development. Including traditional practices into a family's daily activities is what we set-out to do by offering the traditional plant and nature walk held at the Wye Marsh Wildlife Centre in Midland.

This event was a partnership between the Métis Nation of Ontario's Healing and Wellness Branch (MNO), the Georgian Bay Métis Council, Great Lakes Métis Council in Owen Sound, and HWC.



Our traditional knowledge holders and also Métis Citizens, Marg Raynor and Jeanette Brunelle, lead the Great Lakes walk and the Wye Marsh walk. They provided the information on salve making and even made a Métis salve so families could see the process. Marg brought along some helpful books and distributed them to participants to use during the walk in case they spotted a plant that was unknown to them or the leads. We also printed copies of the MNO's Southern Ontario traditional plant use study, completed in 2010, to offer participants some evidence-based information.



A healthy lunch was served following the hour-long walk and a sharing circle was held to get feedback on the day. Between the two sites, 48 participants, ranging from infant to Elder, attended the walk. The locations and weather were perfect for this event.

The walks were successful because both sites shared funding and human resources. We also leveraged our Métis citizens' knowledge to guide and instruct participants in a culturally-appropriate way.

## COMMUNITY SPOTLIGHT ON COLLABORATION

A primary goal of Healthy Weights Connection (HWC) is to improve relationships and collaboration among members of the local public health system. This may involve developing new relationships, deepening existing ones or working together to offer a program or service. Our belief is that working in collaboration allows organizations to provide opportunities that would not be possible otherwise. We wanted to highlight a recent example of organizations that have worked collaboratively to offer programming in Midland, Ontario.

Midland site coordinator, Jodi Blue, recently brought together the executive director of the Boys & Girls Club of North Simcoe and the Métis Nation of Ontario (MNO) to collaborate on a cultural cooking series to provide an opportunity for children to prepare and sample healthy and nutritious food from different cultures in a fun way. The seven-session series ran from April 13 to June 1, 2015. The Boys & Girls Club and MNO collaborated on three of these sessions, each with about 11-12 children in attendance.

The relationship between the Boys & Girls Club and the MNO was not entirely new as they had worked together in the past, however, this was a unique opportunity to jointly offer a program. While there was no formal agreement in place between the two organizations, specific roles and responsibilities were outlined. For this venture, the Boys & Girls Club provided the kitchen facilities, dishes, clients, advertisements and some of the food. The MNO provided the cultural knowledge, cooking utensils, recipes, items for the children to take home as well as some of the specialized food products (e.g., wild rice, game meat). HWC provided additional financial support for food.

We asked Lindsay Maurice from the Boys & Girls Club and Tera Lynn Moreau Vivian and Lisa Talbot from the MNO to share a bit about their experience in working together to offer the Métis cultural cooking sessions. Specifically, we were interested in finding out if this partnership filled a gap in programming that would not otherwise have been addressed.

“This partnership definitely filled a gap in our organization.” said Ms. Maurice. “The MNO had cultural expertise that we would not be able to bring to our program. The steps they took introducing the children to the different foods was outstanding and rich with information. I don’t believe we would have used game meat at all in this program if it wasn’t for our partnership with the MNO. Currently we don’t have any staff at our Club with this cultural experience. This partnership was really great.”

Ideally both organizations will benefit from a collaborative program. The MNO felt that they benefited from an opportunity to share culture and knowledge with the local community. The Boys & Girls Club indicated they benefitted from the MNO’s expertise; meeting the program goals, and financial support from HWC. Ms. Maurice felt that “this collaboration was extremely meaningful to our organization... it started what I feel a very meaningful partnership and collaboration.”

Running into challenges is a common deterrent to collaboration so we asked both organizations if they encountered any challenges with this partnership. Neither organization reported any challenges with the partnership itself. The Boys & Girls Club indicated that the only issue they encountered was a capacity issue. “We had to cap the number of kids attending a lot wanted to take part!” stated Ms. Maurice.

Successful partnerships often result in ongoing collaboration. Ms. Maurice stated “our Program Supervisor and Tera both said they would like to partner again over a similar initiative and we also continue to use the MNO’s summer camp program.” Similarly, Tera and Lisa mentioned that they would be “willing to partner in the future as this was a great experience.”

Finally, when asked about what insights on collaboration, the MNO expressed that this partnership was “a reminder of how collaborating gives us an opportunity to reach people in the community we would otherwise not reach.” Similarly, the Boys & Girls Club indicated that “this has once again showed our organization how collaborating can really strengthen abilities and services in new areas!”

Thanks to Tera, Lisa and Lindsay for taking the time to share their experience with us. If you have a story to share about collaboration, please contact us!

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Together we can grow, share and learn

Read more about Healthy Weights Connection online at [www.healthyweightsconnection.ca](http://www.healthyweightsconnection.ca)



### HARVEST MUFFINS:

Makes 12 muffins

#### What you'll need:

- 1 cup shredded zucchini
- 1/2 cup shredded carrot
- 1 cup shredded apple
- 1 cup whole wheat flour
- 1 cup all purpose flour
- 1 1/2 tsp baking soda
- 1 1/2 tsp baking powder
- 1 1/2 tsp pumpkin pie spice
- 3/4 tsp salt
- 1 whole egg
- 2 egg whites
- 1/2 cup brown sugar
- 1/2 cup plain, lowfat kefir (or plain yogurt)
- 1/4 cup flax seeds
- 1/8 cup dried cranberries



#### Directions:

1. Preheat the oven to 400 F degrees .
2. In a large bowl, mix together flours, baking soda, baking powder, pumpkin pie spice and salt.
3. In a smaller bowl, whisk the eggs, sugar, kefir, then fold in the zucchini, apple and carrot.
4. Add the wet mixture to the dry.
5. Add the flax seeds and cranberries and fold mixture together until combined. Don't overmix.
6. Divide the mixture evenly in a 12 count muffin tin.
7. Bake for 12-14 minutes, or until toothpick comes out clean.
8. Cool and enjoy!
9. To freeze, please each muffin in an individual sandwich bag and place in the freezer - an easy grab and go breakfast.

Tip: Can't find kefir? Use plain yogurt. Kefir is basically a runny yogurt anyway.

Recipe from Shrinking Kitchen <http://shrinkingkitchen.com/harvest-muffins-apple-zucchini-carrot/>

### HARVEST WORD SEARCH

G P Z S O F D M C G U J S B S  
 N U Y J Q A O C T O B E R Q S  
 I M Q E C L U U B J L I U I T  
 K P F U R L I A O P S A S H Y  
 I K J D O I M J P K S N R O C  
 H I Y X P N S A F H C E W A W  
 S N N N S G R E B M E T P E S  
 O R C H I L L Y T S L H Q N R  
 R R E Z V E V S I K A K Z L W  
 N M U T U A E S L T V R O N L  
 E B Q X A V T T D O I A A R X  
 W U E Q R E O W K E T U U B F  
 A D W A R S W Q S O S J Z G R  
 J I H S N I A S R O E R L K M  
 Q M N O F S I M T F F Q T K X

#### WORD LIST

- APPLE
- AUTUMN
- BEANS
- BRISK
- CHILLY
- CORN
- CROPS
- FALLING LEAVES
- FESTIVAL
- HARVEST
- HIKING
- OCTOBER
- PUMPKIN
- SEPTEMBER
- SQUASH
- SWEATERS
- THREESISTERS

#### Did you know?

Many phytonutrients have antioxidant properties that help prevent damage to cells throughout the body. Red, orange and yellow vegetables and fruit, garlic, onions, whole grain products, dark leafy greens, dark chocolate, legumes, tea and coffee are some foods that contain these properties.

Sourced: Eat Right Ontario

#### HWC's FAVOURITE THINGS!

##### APP FOR SMART PHONES:

The **Johnson & Johnson Official 7 Minute Workout** helps you make every minute count. Designed with ease, effectiveness, and fun in mind, you can do this workout anywhere with confidence that it is safe and beneficial to your health. It takes you through each move step-by-step, ensuring you get the most out of every minute. There are 36 exercises and 12 additional workouts that can be customized and modified to fit your needs. To download this app, go to the following link: <https://7minuteworkout.jnj.com/>