

Gigmanag

March 2006

News for the Zones

Zone 1 – The West Prince Local meets the second Tuesday of the month at St. Marks Church Hall at 7:00 (depending on the availability of the Hall). The next meeting will be on April 4th. Contact the president, Louis Perry (859-1458), to confirm the date and time.

Zone 1 – Summerside Local meets the second Thursday of each month. The next meeting will be held on April 13th at the Knights of Columbus Hall at 7:00. This is an important meeting for the local as they will be electing a new president, vicepresident and secretary for the local.

Zone 2 – The Charlottetown Local meets the second Wednesday of each month. The next meeting will be held on April 12th at the Council office from 7:00 to 8:00.

The next even for

the local is a potluck/fundraiser on April Fool's Day. Everyone is asked to bring one of their favorite dishes with enough to share. The suggested price at the door is \$5.00 per adult and \$3.00 for children. The doors open at 4:00 with the meal planned for 5:00. After the meal, there will be card games and board games and a wonderful opportunity to socialize with your fellow Council members.

Zone 3 – There will be a Local/Fisheries meeting held on March 28th at 6:30. This meeting will be held at the home of George Cheverie on 29117 East Point Road.

For further information on any of these events or to add more events to the NCPEI website calendar, contact Nancy at the Council office by phone 892-5314 or toll free 1-877-591-3003 or by email admin@ncpei.com

Nanegkam News

Nanegkam Housing Corporation would like to remind you of the upcoming Board Elections on March 22nd, 2006 at 6:00 pm.

Anyone interested in becoming a Board member for the Nanegkam Housing is asked to submit their intentions in writing no later than Friday, March 17th, 2006.

This meeting will be held at the Native Council office on McAulay Court.

For more information, please contact the office.

Phone: 566-2709

Fax: 892-1533

Email: jayne@ncpei.com
frank@ncpei.com

President and Chief's Message

My how the time goes by...

These past few months have brought many changes. In January, the Nation elected a new Government. A Government that we feel introduced an Aboriginal Platform that will address the many long standing issues faced by our off reserve people not only through the province but throughout the country. Through working with this new Government we may be in a position to finally address the needs of our people.

The governance structure of this organization has also seen changes. I would like to welcome some new faces to our Board of Directors. Lorna Larkin was elected in January to represent Zone 3, Sharon Ross-MacAusland was elected earlier this month to represent Zone 1 and Rikki Schock was appointed to the Board in December as a representative for the Elders. I would also like to acknowledge the contributions made to our organization by past directors Don McKinnon, Tracey Livingstone and Georgina Crane; your guidance in the past has not gone unappreciated.

I would encourage you all to contact your directors for any questions or concerns you may have regarding upcoming events, initiatives and the council in general.

Our National office has also gone through a number of changes as well. For those of you who don't know, National Chief Dwight Dorey stepped down from his position in February leaving Vice Chief Patrick Brazeau to fulfill the duty of our National Chief. I would like to wish Dwight all the best in the future.

In January, we presented the concept of hosting Community Circles. These circles are intended to deal with unresolved issues in an attempt to move our organization forward in a new direction. The initial stages for this process have been set and I personally look forward to meeting with each zone through implementation.

As you may be aware, we are working through an organizational review and restructuring. This is a very exciting initiative which will give us the required tools to implement policy and management changes within the organization.

If you are interested in sitting on one of the various committees within the organization or participating in an upcoming event, please contact the office for information.

In closing, I look forward to the next few months and the many upcoming initiatives and events the organization is planning.

Jamie Gallant

Employment and Training Program Update

March 2006

To all members;

I would like to thank all the wonderful people that I have worked with over the last year and half. I will be going on Maternity Leave March 3rd, 2006 and there will be someone filling my position until I return. I wish you all well and hope to hear from you all in the near future.

Here is an update of what the Employment and Training Program has accomplished in the 2005-2006 fiscal year. Even though we do not have our Aboriginal Human Resource Development Agreement with Human Resources and Skills Development of Canada. We still have a Labour Market Development Agreement with the Congress of Aboriginal Peoples. With the Labour Market Development Agreement we can offer the same type of services and assistance but on a smaller scale.

This year we have had several successful placements throughout our three zones. We had two placements in Zone 1. We also have a student hired as a Youth Outreach Worker in the West Prince area, she will be working with the youth and the membership. If you need to get a hold of her, she can be reached at feliciadarrach@hotmail.com

We have also had 4 placements in Zone 2 and we have had 2 youth placements through the Youth Summer Internship Program. In Zone 3, we have had 2 placements and we have also had 3 youth placements for the summer months.

All placements were a success!

This year our deadline for Education Assistance through the Employment and Training Program will be March 31st, 2006.

Education Assistance (Skills Grant) is a part of our Labour Market Development Agreement where we can assist students with tuition, partial tuition, books/materials and other that may pertain to the course of their choice. We have an Education Committee that holds interviews for potential recipients. Each year we set aside a set amount of funds to assist these students.

This fiscal year 2005-2006, we assisted 12 students with either tuition, partial tuition, and books/materials. The students that we assisted took

a variety of courses and attended a variety of post secondary schools across Canada. Some of the schools that they are attending are University of PEI, University of Manitoba, St. Thomas University (we only assist with books/materials for those who attend university), Compu College, Holland College, the Computer Technology Institute and L'Institut Jon Raymond. If you require an application please contact the Employment and Training Program at (902) 892-5314 ext. 226.

Other programs and assistance that we offer through the Employment and Training Program are Employment Enhancement which is resumes writing, job searches, interview preparations, job referrals, and all other that pertain to the clients needs. For other programs that we can offer through our Labour Market Development Agreement please contact us to discuss what may be available.

We would also like to welcome Nora Allan to our team, she is on an eight week on-the-job training placement through the Youth and Child Care Worker Program at Compu College. She has been working with myself and Jamie Tuplin our Youth Board of Director. We have started an NCPEI Youth Website, it is still under construction but can be viewed at www.ncyouthpei.piczo.com We have also been working on doing some fund-raising for upcoming events. We hope to raise enough funds so that we can have March Creak Afternoon Sessions, maybe have a cooking class, guest speakers, games, food, swimming or skating, something that we can do every afternoon during the March Break. If you have any ideas get in contact with Jamie Tuplin our Youth Board of Director at jamestuplin@hotmail.com

If you have any questions about the Employment and Training Program please contact us at (902) 892-5314 ext. 226.

Employment and Training Program Education Assistance 2006-2007

The deadline for Education Assistance 2006-2007 for the Employment and Training Program is March 31st, 2006. If you are interested in applying or know a member who will be attending a College/Post Secondary school in 2006-2007 school year. What we may be able to assist with is tuition, partial tuition, books/materials and other that may pertain to the course. Call the Employment and Training Program at (902) 892-5314 ext. 266 or drop by the office for an application.

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Editor: Brenda Bradford, Wellness
Coordinator
Contributor: Kim Gallant, Project
Coordinator

Greetings!

This is the seventh issue of our newsletter and we hope you take a few minutes to read about the project and the prevention of diabetes.

We have lots of activities lined up for 2006 in Charlottetown, including the Wellness Program at noon on Fridays, Food Co-op on Friday mornings, Elder Group, Community Kitchens, Healthy Options Buffets, and a Health Camp. Contact us at the Native Council if you are interested in taking part in any of these programs.

We would like to hear from you. Do you have any comments or questions about the newsletter? Is there anything you would like to know about diabetes prevention? Or any questions about nutrition, health, fitness and healthy lifestyle? Send in your questions and we will do our best to answer them for you.

Brenda Bradford

Health Camp

We are hosting a Health Camp on March 11-12 at Camp Riverdale. This will be a fun weekend with lots of good food, a community kitchen, nature walks, crafts and games. Participants must bring their own towels and bedding (pillow and sheets and blankets or sleeping bag). Contact Kim at 892-5314 to register.

Eating Healthy Never Tasted So Good!

Fish is a great choice for people with diabetes and it's good to know that highliner frozen fish products are trans fat free, and also have low saturated fats and contain no added hydrogenated oils.

Fish is particularly good for people with diabetes because they have a higher risk of problems such as heart disease and stroke, which fish may help prevent. The Canadian Heart and Stroke Foundation recommends eating fish 2-3 times a week.

When a person eats less fatty foods like fish it helps people with diabetes lose weight and control their blood glucose.

Wise Fat Choices

One of the best things people with diabetes can do is eat less saturated fat (animal fat) and trans fat. However, mono-unsaturated and poly-unsaturated fats are beneficial to your health.

One of the beneficial polyunsaturated fats, Omega 3, are found in all fish. Omega 3 fats are higher in fattier fish such as salmon, mackerel and herring; and lower in lean fish such as cod, haddock and sole.

The Canadian Diabetes Association says, "Omega 3 fatty acids are thought to have some beneficial effects on blood fats known as serum triglycerides. Fish such as salmon and mackerel are rich in Omega 3 fatty acids and should be eaten at least once a week."

Source: Diabetes Care News

Kim Gallant

Dodging Diabetes

Most readers of this newsletter already know that exercise makes you less vulnerable to diabetes. But research has recently shown that even mild activity, such as casual walking, can

lower your risk. Walking and other activities improve insulin sensitivity – your body’s ability to use insulin to metabolize food – partly because the activity helps you shed excess weight.

Of course, the more exercise, the better, but this research found that any exercise you are capable of doing will help. Taking a half-hour walk several times a week is a good goal, but short bouts of activity during the course of your day, such as climbing stairs or walking for a few minutes, can also make a positive difference.

Brenda Bradford

16 Nibbles That Won’t Wreck Your Diet

Prevention magazine says you can help yourself to heaps of the following low-cal snacks:

Apples	Mushrooms
Broccoli	Pears
Cauliflower	Pickles
Celery	Radishes
Cocktail sauce	Salsa
Grapes	Shrimp
Lobster	Strawberries
Melons	Sugar-free Jell-o

Brenda Bradford

Painkillers and Health Conditions

NSAIDs (nonsteroidal anti-inflammatory drugs) include aspirin, ibuprofen, ketoprofen, and naproxen sodium. Check with your doctor if you have any of the following health conditions:

– If you have diabetes and take oral medication, aspirin can push some of those drugs off their binding sites in the cells. That can cause your blood sugar to decrease and go lower than normal.

– If you’re taking steroids like prednisone for asthma or arthritis, taking NSAIDs can lead to ulcers, since both kinds of drugs thin out the protective lining of the stomach.

– If you’re taking blood thinners such as Coumadin for your heart, aspirin - and to a lesser extent the other NSAIDS - may thin your blood too much and increase your risk of bleeding.

Don’t mix NSIADs with alcohol because mixing these can increase your risk of stomach irritation and bleeding.

Antioxidants for Diabetics

Emmanuel Opara, PhD, Duke University Medical Centre, recommends antioxidants for people with diabetes. Recent research suggests that serious complications of diabetes - including kidney failure, blindness, amputation, and even early death - can be averted by taking antioxidant vitamins. Boosting antioxidant levels may protect diabetics from the surge of free radicals that likely precedes the onset of complications of diabetes.

Vitamin E – Studies show that taking 800 international units per day may reduce high blood sugar levels.

Vitamin C – 500 mg daily may help reduce the amount of blood sugar that binds to proteins in the body, one of the most damaging consequences of diabetes.

Remember to always check with your doctor before taking any vitamins or supplements.

Healthy Food Co-op

The co-op started in November 2005 and lots of families have been taking advantage of fresh fruit and vegetables at the lowest possible prices. Prices are low because we buy in bulk at wholesale prices and repackage and sell at cost.

We offer potatoes, carrots, turnips, cabbages, onions, parsnips, broccoli, apples, oranges and bananas. Orders are picked up every Friday morning. If you want to place an order, phone me at 621-0193.

Thank you to everyone who joined the co-op. Sincere thanks to Joyce Gallant and Patsy Thomas who volunteer with the co-op every Friday morning. It would not be possible without their help!

Brenda Bradford

That’s if for this edition of the newsletter! Keep well and think spring!

Brenda Bradford

Diabetes Up-Date

Hi everyone hope you all survived the winter although we have been lucky when we think of the snow that we didn't get. Well I would like to let you know that the Diabetes Program has been doing a lot of different activities, we are still holding our Community Kitchens and our Healthy Co-op these are going great and I would like to thank Velma and Ronnie Bulger for opening their home so that the members in Prince County could participate in a wellness session and a community kitchen. We had 10 members attend and everyone had a blase. We will be holding a Youth and Elders Camp March 11-12 at Camp Riverdale. Anyone interested in attending please call the office as soon as possible as we only have a few spaces left.

If anyone would like to see some changes in the diabetes program we are waiting for word on funding for next year and would like to hear your suggestions on how to make the program more successful. Remember this is your program and we are open for you comments and input, here is a few tips on keeping your blood glucose levels at a normal reading.

- * Eat your three meals a day and try to eat at the same time each day
- * Check your blood before your meals and 2 hours after your meal
- * Get plenty of exercise
- * Try to keep your stress level under control.

Well that's it for now but I nope to se you at the workshop or any functions that we will be holding and if you have any questions give us a call.

REMEMBER HEALTHY LIFESTYLES LEADS TO HEALTHY LIVING

Kim Gallant
Diabetes Co-ordinator

Blood Glucose

A healthy body's glucose levels are controlled by hormones like insulin, insulin works by helping the body's cells use glucose. If the levels of insulin are imbalances, then the blood sugar can rise or fall accordingly. When the levels of insulin are too high the body absorbs too much glucose and the blood sugar falls. Hypoglycemia is the result.

What causes hypoglycemia in People with diabetes?

Hypoglycemia is a common side effect of insulin therapy and can be caused by missing or delaying a meal by taking too much insulin, or by a combination of these factors. When they are too much insulin being produced from medication this can also cause hypoglycemia

How can I tell if it is Hypoglycemia?

Some of the symptoms of hypoglycemia are:

Mild: Shaking, sweating, hunger, weakness, anxiousness

Moderate: Confusion, slurred speech, glassy eyes, poor coordination, lack of coordination

Severe: Unresponsive, combative, agitated, convulsions, unconsciousness

Some ways to prevent hypoglycemia is to keep your blood sugars under control, eat your meals regularly and by taking your medications as prescribed. If you feel any of these symptoms you can usually restore blood sugar levels quickly. You should carry a readily available source of carbohydrates at all times to restore your blood sugar level.

How much carbohydrates should a person need to restore blood sugar?

This amount of carbohydrates needed to restore your blood sugar varies for severe hypoglycemia treatment from a health-care professional for a injection of glycogen or glucose. For mild hypoglycemia 10-15 grams of carbohydrates are required, followed by a snack containing protein, such as 8 ounces of milk with crackers. For moderate cases, larger dose (20-30) grams of carbohydrates followed by a protein snack.

YOUTH UPDATE

Hello Everyone,

I would like to start off by introducing myself. My name is Nora Allen and I am currently in school taking the Youth Worker course at Compu College. At the present time, I am on a job placement with the Native Council for a period of eight weeks. What my job placement will consist of is working with the Youth Board of Director, Jamie Tuplin and assisting in anyway possible with the youth. In the eight weeks that I'm here I hope to assist with the March Break Afternoon sessions, the Elder and Youth Conference in March, and the Youth Flea Market and in any other way that may be beneficial to the Aboriginal Youth.

March Break is just around the corner and we will be offering a day camp here at the Native Council. This will take place every afternoon throughout the week of March Break. Our hours will be Monday - Friday, 12-4 pm. Throughout the week we will be offering fun activities, guest speakers, and field trips. We are in the process now of getting things set up and are looking for input from the youth as to what exactly would interest them. We've also developed a website for the youth, thanks to Jamie Tuplin. Feel free to check it out. We will be posting any upcoming events on there and there is also a spot where you can post suggestions and comments.

The web address is www.ncyouthpei.piczo.com

A Special Thanks

To Pat Casey, Rikki Schock, Julie Murphy,
Tina Mill and all who donated to
the youth flea market fundraiser!
We appreciate all the support you have given us to us!

Elders Council News

Calling all Seniors within the Native Council of PEI. You are strongly encouraged to attend a brainstorming session being held on Saturday, March 25th from 10:00 to 2:00 with a lunch provided.

We will be holding open discussion on such questions as:

Who are we?

What are we?

What are we planning to do?

We are planning to develop a handbook to assist new members to the Elders Council Committee as well as inform the rest of the membership of what we are all about.

Bring your ideas and join us in a lively discussion. We are open to thoughts on goals for the Elders Council as well as any ideas on fundraising efforts.

For further information call June Hainer at 894-3960 or Rikki Schock at 659-2884 or toll free at 1-877-659-2049.

We hope to see you soon!

Birthday Greetings

March Birthday Wishes

Josie MacLean
Brian MacKinnon

Jean Clements
Jackie Ellsworth/Gallant
Tim Harper
Kayla Leger
Joel Rodgerson
Mike Provost
Sarah Perry Jessica Cheverie
Lorna Larkin
Ronald Burke
Justin Cleal
Yvon Gilbert
Jamie Knockwood
Riley Peters
Gerry Thomas
Becky Clements
J.C.Gilles
Robyn Gallant
Jonah Kilbride
Christine Leger
Bernice Provost
Devine Provost
Tim Ross
Bill Trenholme
William Larkin, Sr.
Frank Bernard
Wilma Dunn
Henley Harper

A very Happy Birthday Wish goes out to Cassidy Jane Gallant who will turn 5 on March 2nd. Lots of love from Nanny & Papa.

Andy Bulger
Ronnie Bulger
David Clements
Blair Clements
Roy Clements
Karissa Gallant
Chris MacPhee
Naomi Crane
Betty Bauthier
Brandon Knockwood
Daren Knockwood
Wilma Nelson
Marilyn Oatway
Betty O'Halloran
Ebony Larkin
Brenda Bruce
Elva King
Ester Gilliam
Richard Bulger
Scott Bernard
Angela Bulger
Andy Clements
Ryan Clements
Ron Dugay
Earl Gallant
Charltes Cleal
Raymond Guimmond
Taylor Knockwood
Brezlyn Knockwood
Bobby-Joe Mosher
Ricky Nelson
Rena MacKinnon

April Birthday Wishes

Russell Venoit
Wanda O'Halloran
Julianne Cheverie
Shelli Hackett
Tracey Livingstone
Holly Fitzpatrick