

Aboriginal Cancer Care Unit

Honouring the **Aboriginal Path** of Well-being

NEWSLETTER • March 2007

Developing Capacity through Research

One of the Aboriginal Cancer Care Unit's (ACCU) key priorities is the development of a research agenda to address the significant gaps in Aboriginal research, with a focus on surveillance data (especially in the Métis population) and increasing prevention and early detection activities.

Why do we need to do research?

The development of cancer research in Aboriginal communities helps the community and the health care system understand what the communities' needs are. You have to know what the problem is to be able to fix it!

The Purpose of Research in Aboriginal Communities:

- To learn about cancer and cancer patterns in the communities that we service
- To assist Aboriginal people in designing community specific strategies to address cancer
- To promote the education and learning of health care providers who service Aboriginal peoples
- To decrease the number of Aboriginal people developing cancer
- To research what culturally appropriate services exist for Aboriginal clients in order to:
 - provide Aboriginal peoples with appropriate information about the cancer care system
 - provide Aboriginal clients with cancer facts so that they can make more informed decisions about their health

- Assist in building the internal capacity of Aboriginal communities to respond to their own health care needs with respect to cancer

- knowledge creation
- knowledge enhancement
- program design and delivery

- Provide Aboriginal people with statistics and findings specific to their populations so they can access resources (financial, human etc.)

- To understand the specific needs of the Aboriginal population

ACCU's Role in Research

- ACCU visits First Nation and Métis communities to talk about cancer research
- ACCU can help link First Nation and Métis communities to cancer Researchers / Scientists
- ACCU is working with the Joint Ontario Aboriginal Cancer Committee (JOACC) to create an Ontario Aboriginal-specific research agenda for cancer

Current Research Projects

We are currently helping with the following Aboriginal research projects:

- Designing an Aboriginal Specific Research Agenda for Ontario
- Designing an Aboriginal Specific Research Protocol for Ontario
- Developing a Research 101 Manual for Communities
- Attitudes Towards Colorectal Screening Telephone Survey
- Cancer Incidence, Mortality and Survival in Ontario First Nations People: An Update to 2004
- Cancer Risk Factors in Ontario Aboriginal Populations
- Determinants of Breast Cancer Survival in Ontario First Nations Women: Towards Improving Health

Feature Recipe

Easy Fish and Tomato Stew

2 tsp olive oil
1 medium onion
1 ½ tsp minced garlic
1 large stalk celery, chopped
¼ tsp fennel seeds (optional)
1 can tomatoes chopped (or buy them diced)
1 lb fresh or frozen fish fillets (any white fish)
Salt and pepper.



In a pot, heat oil over medium heat. Cook onion and garlic until softened, about 5 minutes.

Add celery, fennel seeds and tomatoes. Bring to a boil. Reduce heat and simmer for 5 minutes.

Add fish and cook until the fish flakes easily with a fork, about 5 minutes for fresh and 10 minutes for frozen. Season with salt and pepper, and stir the stew so the fish breaks up into chunks.

Eat with a slice of whole wheat bread.

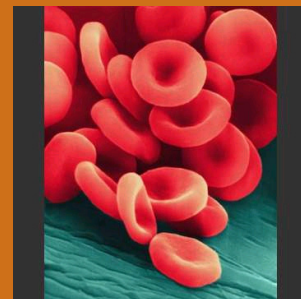
Adapted from:

Lindsay, Ann (1991) "Lighthearted Everyday Cooking", Toronto, ON: Macmillan Canada.

Did You Know... What It Is?

Leukemia (loo-KEE-mee-uh)

A type of cancer that starts in the blood-forming tissues such as the bone marrow and causes large numbers of abnormal white blood cells to be made and get into the bloodstream.



Please place community contact information here.



Recognizing and Honouring Our Elders



Archie Cheechoo

We want to acknowledge the Elders who have passed on to the spirit world for providing knowledge, guidance and input into the planning process of the Aboriginal Cancer Strategy

The role of Elders in the ACCU is:

- to provide spiritual guidance
- to provide knowledge on the traditional and cultural aspects of Aboriginal people and cancer
- to make sure the code of ethics for the Joint Ontario Aboriginal Cancer Committee (JOACC) is being followed
- to remind committee members of their responsibility as a JOACC member
- to counsel and support staff and committee members through teachings and ceremonies

How Elder Archie Cheechoo became involved with the Aboriginal Cancer Strategy:

In the limited time that we had the honour of working with Archie, he provided a great deal of guidance and support in our work in the Aboriginal Tobacco Strategy.

- He believed in the importance of our work and did not hesitate to voice his support in different forums.
- Archie helped to connect our path to our stories and our history and he reminded us of whom we are as a people.
- We wish to thank Archie for his contributions and to share the wise words this Elder offered that continue to guide our work: **"Traditional tobacco is at the heart of our strategy"**

How Elder Roger Jones became involved with the JOACC:

- Elder Roger Jones' name was brought forward to the JOACC by former ACCU Director Carmen Jones
- Tobacco was offered to Elder Roger Jones by Carmen and she explained how his name was chosen
- Elder Jones agreed to participate in the JOACC
- Elder Jones became involved because of his own experience with cancer
- He was diagnosed with cancer and he sought traditional healing and medicines to get better
- He played a significant role as Elder and Traditional Teacher for the Aboriginal Cancer Care Needs Assessment completed in 2002

Chi-meegwetch to the Elders!

Special thanks to the following people who provided input into this article: Deanna Jones-Keeshig, daughter of Elder Roger Jones, Carmen Jones, former Director of the ACCU and Carol Burke, former representative from the Ontario Federation of Indian Friendship Centres on the JOACC.

Zongwaywaygahbow

Elder Roger Jones, Zongwaywaygahbow (Strong Voice Standing), Wabazheshe (Marten) Clan, was Anishinabe from Shawanaga First Nation and second degree Midewiwin in the Three Fires Midewiwin Lodge, passed on December 17, 2005 in his 64th year after his beloved wife of 44 years, Margaret (Pawis) Jones. He was the father of four (4) daughters, four (4) son-in-laws and the grandfather of nine (9) grandchildren. He was a Leader with a heart.

He dedicated his life to ensuring Anishinawbek Nationhood through advancing sovereignty and inherent rights and was determined to implement change and good life for all Anishinawbek as bestowed through the original life ways of the Creator. He served eleven years as a member of the band council and a further eight years as the Chief of Shawanaga First Nation. He retired from politics in May 1997 and embarked upon another path to help the people. After completing his own journey of healing and strengthening his connection with the spirit through becoming Midewiwin, he began to work extensively with Anishinabe people. He helped others to heal, connect with the spirit and find meaning and purpose in their lives through traditional counseling, teachings, ceremonies and medicines. He worked as an Elder, Healer, Teacher, Counselor and Trainer with First Nation, Aboriginal and other communities, organizations, government, families and individuals in health centres, healing lodges, friendship centres, schools, at gatherings, workshops, conferences and in his own home. He did extensive work in doing preventative and promotional awareness on HIV/AIDS, Cancer and Diabetes. He earned the respect of the people and was recognized and affirmed as an Elder throughout Canada and the United States, for his valuable knowledge, lifelong experiences, and the vast wisdom he shared.

Resources

<http://www.twocircles.org>

Two Circles is open to all traditional Indian people and exists solely as a living repository of indigenous wisdom and values. Its focus is the survival of traditional cultural and spiritual values.

<http://www.ankn.uaf.edu/IKS/health.html>

This site offers descriptions of traditional health, medicine and healing practices of Alaska Native people and how they can be used today. It also shows how to set up survival camps as places of learning about nature under the guidance of local experts.

<http://www.wisdomoftheelders.org/>

This site records, preserves, and shares oral history of the Wisdom of the Elders. Cultural arts, and messages of guidance from exemplary indigenous elders, tribal historians, storytellers, and song carriers for all races are also found here.

<http://www.native-languages.org/>

The site seeks to preserve and promote American Indian languages. So far 33 languages from the United States and Canada have been documented. Different aspects of native life and culture both past and present are available.

If you are interested in any information or would like to find out more please feel free to contact our office.

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Take a look at our website for up-to-date information.

www.cancercare.on.ca
http://www.cancercare.on.ca/Index_AboriginalCancerStrategy.htm

JOACC PTO membership list

Nishnawbe-Aski Nation
Association of Iroquois and Allied Indians
Union of Ontario Indians – Anishnabek Nation
Grand Council Treaty #3
Independent First Nations
Métis Nation of Ontario
Ontario Native Women's Association
Ontario Federation of Indian Friendship Centres

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Cancer Care Ontario is an umbrella organization that steers and coordinates Ontario's cancer services and prevention efforts so that fewer people get cancer, and patients receive the highest possible quality of care.



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a cancer care ontario program