



AN INVITED TALK



The Healthy Aboriginal Network

Non-profit promotion of health, literacy & wellness

AN INVITED Talent

STEVEN KEEWATIN SANDERSON
writer, artist, shading and lighting effects

THOMAS DEER
colorist

TANIA WILLARD
lettering and formatting

NELSON GARCIA
front cover

RON HARRIS
cover graphics

SEAN MUIR
editor

RICHARD VAN CAMP
copy editor

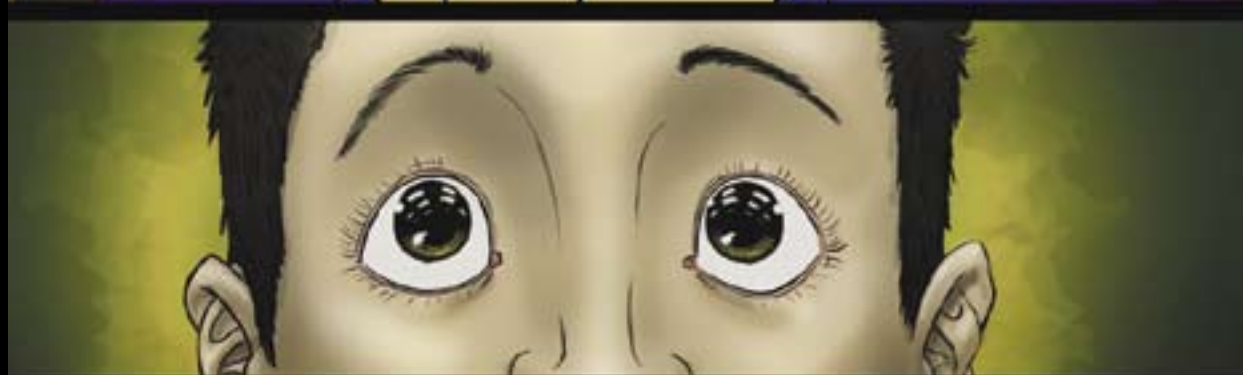
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ANTHONY WONG
focus group DVD

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OH, AND DON'T FORGET
THAT YOUR AUNTIE IS
COMING OVER TONIGHT TO
TAKE CARE OF YOU. YOUR
MOM AND I HAVE TO GO
TO A MEETING TONIGHT.

I WON'T.

HEY, YOU! GET
THAT OUT OF
YOUR POCKET!
I SAW THAT!

18
IT'S A MISTAKE

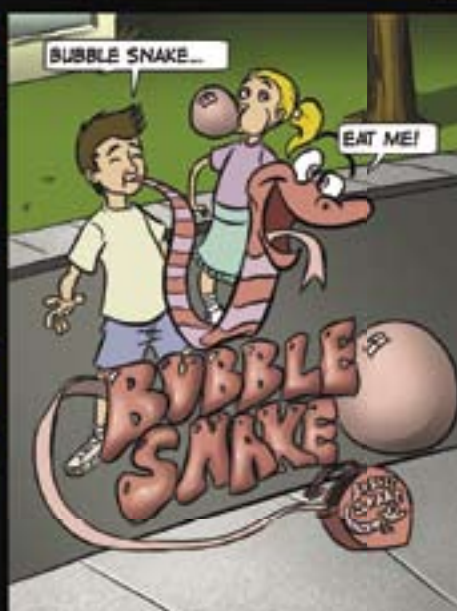
LATER...

OH HEY, HONEY.

YEAH. UH HUH.
HE'S IN FRONT
OF THE TV.

YEAH, OKAY. OH, HEY. CAN
YOU BRING SOMETHING
HOME FOR SUPPER? I
DIDN'T HAVE TIME TO COOK.







SO, HOW WAS THE STORE?

OH, SAME OLD, SAME OLD. I KICKED THOSE SAME KNUCKLEHEADS I CAUGHT STEALING OUT OF THE STORE AGAIN.



AND YOU?

OH, IT WAS CRAZY. I HAD TO WORK ON MY PROPOSAL ALL DAY FOR WHEN I GO TO TORONTO.




BUT MOSTLY I WAS JUST GETTING THINGS READY FOR THE MEETING TONIGHT.

WHY DO I HAVE TO GO AGAIN?




YOU'RE THE MANAGER OF THE BAND STORE. WE HAVE A SPEAKER COMING IN TO TALK ABOUT NUTRITION OR SOMETHING. THEY WANT TO TALK ABOUT SOME OF THE THINGS YOU ORDER, SOME OF THE THINGS YOU MAYBE SHOULD BE ORDERING. I DON'T KNOW. SOMETHING LIKE THAT.






JUST ONE MORE ISSUE AND THEN WE'LL WRAP THINGS UP. I'D LIKE TO WELCOME OUR GUEST SPEAKER.



THANK YOU ALL VERY MUCH FOR WELCOMING ME TO YOUR TERRITORY. MY NAME IS JENNY AND I'M HERE ON BEHALF OF THE DIABETES CENTRE.




I'M HERE TO TALK TO YOU ABOUT THE THREAT OF DIABETES, ESPECIALLY IN RURAL COMMUNITIES SUCH AS YOURS.


DIABETES IS AN EPIDEMIC AMONG FIRST NATIONS PEOPLE...

FRESHER AND HEALTHIER FOODS...


DIABETES IS A LEADING CAUSE OF HEART DISEASE...



I THINK IT WOULD BE BENEFICIAL TO THE COMMUNITY IF PEOPLE MADE HEALTHIER CHOICES.



I NOTICED THAT THERE ISN'T A LOT OF VARIETY AT THE COMMUNITY STORE.



WELL, I'M VERY MUCH FOR A HEALTHIER SELECTION OF FOOD.



BUT MORE PEOPLE HAVE TO BUY IT TO MAKE IT AFFORDABLE.





THAT CAN BE REAL ANNOYING, BECAUSE THE THING THAT BUGS ME THE MOST ABOUT THOSE MOMENTS IS THAT SOMETIMES I WISH I COULD AGREE.



BUT I'M JUST SO TIRED AND MAD TO DO SO. THOSE MOMENTS ARE TOUGH, BUT SOMETIMES WE GET A CHANCE TO LOOK AT THOSE THINGS AGAIN.



SOMETIMES, WHEN THE TIME IS RIGHT.



CHA! I THOUGHT YOU KNEW HIM.


HOW DO YOU KNOW HIM AGAIN?

NO, I'VE NEVER SEEN HIM BEFORE TONIGHT.




WHY DIDN'T WE DRIVE AGAIN?







WE DON'T LIVE THAT FAR. AND WE SHOULD BE GETTING MORE EXERCISE. BESIDES, IT'S A NICE NIGHT. THERE'S NO WIND AND IT'S NOT TOO COLD.



THAT WOMAN FROM THE DIABETES CENTRE...




ALL THOSE EXAMPLES OF WHAT YOUR DIET CAN DO TO YOU...




THE RISKS OF NOT GETTING CHECKED OUT BY A DOCTOR, THE SIDE EFFECTS... IT'S PRETTY SHOCKING.

AAAHH, WITH YOU THE SKY IS ALWAYS FALLING!



HEY, I'M SERIOUS!



I THINK WE REALLY NEED TO START THINKING ABOUT WHAT WE EAT.



ALL RIGHT, ALL RIGHT.
WE'LL WORK ON IT
TOMORROW.

MAN, IT'S
REALLY
STARTING
TO SNOW.



THIS ISN'T GOOD.
I'VE NEVER SEEN
SNOW THIS THICK.

WE SHOULD BE
HOME BY NOW.



LET'S TURN AROUND
AND FOLLOW OUR
FOOTSTEPS BACK.

NO, THEY
WOULD HAVE
SNOWED IN
BY NOW.



WELL, WHAT ARE
WE GOING TO DO?

JUST CALM
DOWN...



CAPTAIN ZAZ?







WHERE ARE YOU?



WOW! CAPTAIN ZAZ!
I CAN'T BELIEVE
YOU'RE REAL!



THAT'S RIGHT, RICKY.
AND THERE'S A LOT
MORE OF US THAT
WANT TO MEET YOU!



REALLY? WHOP



THEN!





HE'S GOING TO BE
SO GROUNDED
WHEN I FIND HIM.



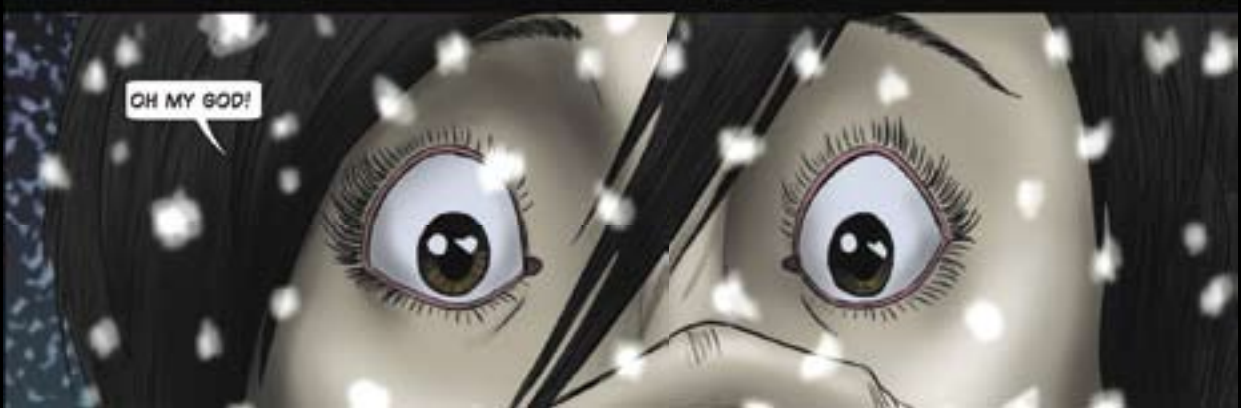
RICKY!



RICKY, DON'T YOU EVER
RUN OFF LIKE THAT AGAIN.
ESPECIALLY DURING A BIG
SNOWSTORM LIKE THIS.



I'M SORRY, MOM.

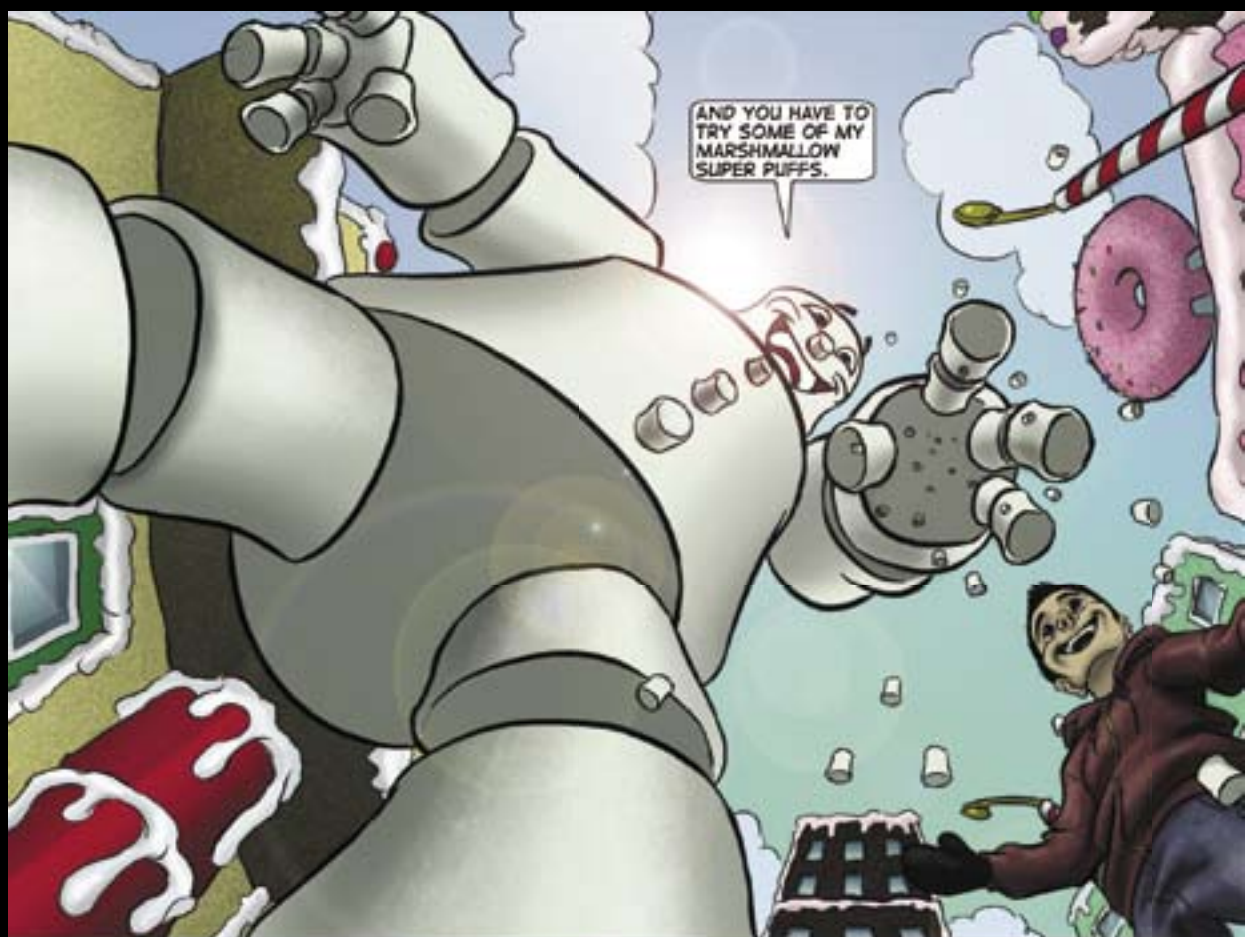



OH MY GOD!














OH MY GOD, RICKY.
WHAT HAPPENED TO YOU?




WHAT ARE YOU
TALKING ABOUT?



YOU'RE...
OLDER--AND
SO...
DIFFERENT!



DIFFERENT
FROM WHAT?




DENNIS?



DENNIS!

WHY ARE YOU
CALLING DAD?



DAD'S GONE.



WHAT?


YEAH...













WHY ARE YOU
EATING THAT?
IT'S ROTTEN.




THAT'S DISGUSTING.
WHAT'S WRONG WITH YOU?




STOP IT!



OH GOD! DON'T
EAT IT ANYMORE!



THAT'S ENOUGH. STOP!



YOU! WHY DID YOU
BRING THIS HERE?



WHAT WILL YOU BRING YOUR PEOPLE?









NO WAY YOU'RE
GETTING MY LEGS.
I'VE GOT TO FIND
MY BABY!















CHECK OUT OUR OTHER BOOKS



OUR SUICIDE PREVENTION COMIC,
DARKNESS CALLS, HAS SOLD 50,000
COPIES ACROSS CANADA.



ON THE TURN, OUR GAMBLING
ADDICTION COMIC, WAS
RELEASED OCTOBER 2007.



AND **LEVEL UP**, ALSO DUE
TO BE RELEASED LATE
2007, IS ABOUT STAYING
IN SCHOOL.

MORE INFO AT
WWW.THEHEALTHYABORIGINAL.NET

328 EAST THIRTY SECOND AVENUE
VANCOUVER, BC V5V 2Y4

P 604-876-0243 F 604-876-0248

SEAN@THEHEALTHYABORIGINAL.NET

BC INCORPORATED NON-PROFIT SOCIETY NO. S-48530

For more information
on Diabetes and its
prevention:

BC Nurse Line

1-866-215-4700

or

www.bchealthguide.org

Dial-A-Dietician

1-800-667-DIET (3438)

or

www.dialadietitian.org

Diabetes Resource Centre

1-800-268-4656

**National Aboriginal
Diabetes Association**

1-877-232-6232

or

www.nada.ca

**Kahnawake Schools
Diabetes Prevention
Project**

www.ksdpp.org

The Healing Trail

www.diabeteshealingtrail.ca

**Canadian Diabetes
Association**

1-800-226-8464

or

www.diabetes.ca