The Healthy Aboriginal Network

Non-profit promotion of health, literacy & wellness

**AN INVITED TREAT**

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Hey, dad. Can I have twenty cents to buy a pop from the soda machine at school?

Why don’t you just take one from here?
OH YEAH...

HEY, DAD, CAN I HAVE A BAG OF CHIPS, TOO?

AH... YEAH, SURE.

AND CAN I GET A CANDY BAR?

YEAH, YEAH, OKAY. HEY, YOU GUYS!

I TOLD YOU YOU'RE BANNED FROM HERE...
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!

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.
Yeah, sure, what do you feel like?
I don’t know. Let me ask Ricky.

Rick!

Yeah, mom?
Your dad’s bringing home supper. What do you feel like?

Okay, I’ll be home in about ten minutes. We’ll eat and head out to that meeting. See you soon.

Pizza!

Ricky, your dad will be home soon with supper.
Okay.
WOW! FRUITY BEAR! THAT'S RIGHT! AND I'M FRUITY FOR FRUITY PUFFS!

AND IT'S PART OF YOUR COMPLETE BREAKFAST!

IT'S THE CRAZY CRUNCH!

BUBBLE SNAKE...

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

SO, HOW WAS THE STORE?

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.
All right. I just don't want to be there all night. It's supposed to snow again tonight.

Oh, your sister called. She won't be able to come over and look after Ricky.

Aw, man. So what do we do? Just bring him along or something?

I can stay home and watch TV!

What are you—crazy? You're right! No way you're staying home alone.

Just bring some toys. It won't be too long.

Four hours later...

Okay, that covers the expenditures for the first quarter...
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.

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.
For sure, that's part of it. But selling junk food cheap doesn't help them make the right decision.

Oh, so it's my fault?

No, I'm not saying it's your fault. I'm just saying the importance of your store to the diet of your people...

Well, I'm feeling singled out here. Like I'm the bad guy.

What our guest is trying to say... is just how important even the smallest changes can be to us.

And until people start changing their eating habits, there's not much I can do.
NOW, IT'S BEEN A LONG DAY FOR ME AND I'M GOING HOME.

COME ON, RICKY...

COMMUNITY CENTER

OH, EXCUSE ME...

THAT WAS A LONG MEETING, EH? I DON'T KNOW ABOUT YOU, BUT I'M GLAD TO BE OUT OF THERE.

Yeah?

I KNOW WHAT IT'S LIKE TO HEAR THINGS THAT YOU DON'T WANT TO HEAR. ESPECIALLY AT A TIME WHEN YOU DON'T WANT TO HEAR IT.

Ah, yeah...
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.

No. I've never seen him before tonight.

How do you know him again?

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.

LET'S TURN AROUND AND FOLLOW OUR FOOTSTEPS BACK.

NO, THEY WOULD HAVE SNOWED IN BY NOW.

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

WE SHOULD BE HOME BY NOW.

WELL, WHAT ARE WE GOING TO DO?

JUST CALM DOWN...

CAPTAIN ZAZP
We should keep going that way. We're not that far from home. It's just a couple more feet. I know it!

That was just one time.

Oh, it's going to be like that time you got us lost on the way to that pow wow. We ended up in another province...

Look, I don't want to stay out here any longer. Ricky's not bundled up enough, and he's going to get cold.

Ricky?

Ricky!!
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? WHO?

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!
Diane! Ricky!

I can't believe this. Why didn't I run after her? I couldn't move.

Huh? What is this?

Hey, have you seen a little boy and a woman run through here?

Hey, why aren't you listening?

Hey!... Huh?
WHAT'S HAPPENING?
EVERYONE'S GLAD YOU'RE HERE. NOW THEY CAN SHARE THEIR STUFF WITH YOU.

TRY SOME OF OUR CANDY!

YEAH, TRY SOME!

THANKS!

HAVE SOME BUBBLE SNAKE!

AND SOME ATOMIC DROPS!
AND YOU HAVE TO TRY SOME OF MY MARSHMALLOW SUPER PUFFS.
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?

WHAT?!

Yeah...

DAD'S GONE.
DAD PASSED AWAY YEARS AGO.

HE HAD A HEART ATTACK. DOCTOR SAID BECAUSE OF HIS DIET. DON'T YOU REMEMBER?

NO!

LOOK...

DENIS BURNS
OH MY GOD! OH NO...

MRS. BURNS?

OH NO!

WHAT?

IT'S TIME FOR YOUR OPERATION...
MY OPERATION?

YES, COMPLICATIONS FROM YOUR DIABETES REQUIRE US TO AMPUTATE YOUR LEGS.

WAIT! I DON‘T HAVE...

SEND IN THE SURGEON...

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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?
OUR PEOPLE ONLY EAT WHAT THE MEN BRING INTO THE VILLAGE.

HOW CAN WE SURVIVE...

IF WE ONLY HAVE POISON TO EAT?
WHAT WILL YOU BRING YOUR PEOPLE?
WHAT THE...?
CAN'T FIT, CAN YOU?

NO WAY YOU'RE GETTING MY LEGS. I'VE GOT TO FIND MY BABY!
HEY, RICKY! HAVE A ZAZ COLA TO WASH DOWN THOSE MARSHMALLOWS.

OH... NO THANKS. ACTUALLY, I'M NOT FEELING TOO GOOD.

OH, WHAT'S WRONG, CHAMP?

MY TUMMY HURTS. I THINK I ATE TOO MUCH CANDY.

SAY, I KNOW WHAT'LL FIX THAT.

A ZAZ COLA!

WELL, I SHOULD GET GOING. MY MOM IS PROBABLY LOOKING FOR ME.
CAN YOU TAKE ME HOME NOW?

WHAT? NO! I WANT TO GO HOME. DIDN'T YOU HEAR ME?

NO! YOU'RE NOT EVEN LISTENING TO ME. I WANT TO GO HOME!

TRY SOME!

YOU GUYS DON'T CARE ABOUT ME. I WANT MY MOMMY AND DADDY!
MOMMY!

RICKY!!

RICKY!

RICKY, WHERE ARE YOU?

DADDY!

RICKY! I'M COMING, BABY!

I'M OVER HERE!

OH, RICKY!

MOMMY'S COMING!
MOMMY!

OH, MY BABY!

DIANE...

OH, MOMMY.
I'M SORRY I TOOK OFF...
SHHHH, BABY. IT'S OKAY...
The storm. It stopped...

Yeah...

There's our house!

See, honey. I told you we weren't far...

Boy, I'm going to have a busy day tomorrow.

How come?

I have to talk to my suppliers. I've got a lot of re-ordering to do...

Mom, do we have any salad at home?
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.

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**BC Nurse Line**
1-866-215-4700
or
www.bchealthguide.org

**Dial-A-Dietician**
1-800-667-DIET (3438)
or
www.dialadietician.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