

# MIYOO KIIKEW



## WELL-HEALED



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**Letters:** Ed Dukeshire

***Developed in partnership with  
the Métis Nation of Ontario.***

The content in this comic book may stir up unpleasant feelings or thoughts, particularly if you or someone you know has experienced cancer. Please consider reading it with a family member or friend.

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**Ontario Health**  
Cancer Care Ontario

**THUNDER BAY,  
ONTARIO**





SO,  
HOW'S SCHOOL  
GOING?

JUST STARTED SECOND  
SEMESTER--MY CLASSES  
ARE MORE INTERESTING  
THAN LAST TERM.



OH, GOOD!  
DID YOU GET  
GOOD MARKS?

YES, I GOT  
GOOD MARKS...NOT  
GREAT MARKS...BUT  
GOOD MARKS.

THAT'S MY  
GIRL--AIM FOR  
MEDIOCRITY.  
HA! HA!



AND HOW ARE  
YOU DOING?

GOOD TOO--TALKED TO MY  
MOM LAST NIGHT. EVERYONE IS  
DOING WELL BACK HOME.  
THE BOYS ARE IN  
HIGH SCHOOL NOW.  
TIME FLIES!

OH, WOW! LAST TIME  
I SAW THEM THEY WERE  
RUNNING AROUND THE  
HOUSE IN DIAPERS!

YEP, TIME  
STANDS STILL FOR  
NO WOMAN!



YOU SAID YOU  
DROPPED INTO THE  
CLINIC YESTERDAY?  
WHAT WAS THAT  
ABOUT?

OH, I WENT  
FOR A CERVICAL  
SCREENING.

OH--WHY,  
IS SOMETHING  
WRONG?



NOTHING IS WRONG.  
I JUST HAD A FOLLOW-UP  
VISIT WITH MY DOCTOR.

YOU KNOW, THEY FOUND  
ABNORMAL CELLS LOOKING  
AT MY MOST RECENT CERVICAL  
SCREENING TEST--IT WASN'T  
CANCER THOUGH.

MY DOCTOR IS  
KEEPING AN EYE ON  
THINGS. SO FAR, SO GOOD--  
KNOCK ON WOOD.



OH, SO MAYBE I  
SHOULD THINK ABOUT GETTING  
A CERVICAL SCREENING  
TEST TOO! SCARY!!



PROBABLY A  
GOOD IDEA. IT'S  
NOT AS SCARY AS  
YOU THINK!

I DON'T HAVE  
A FAMILY DOCTOR,  
SO WHERE WOULD  
I GO?

YOU COULD  
PROBABLY MAKE  
AN APPOINTMENT AT  
THE STUDENT HEALTH  
CENTRE AT SCHOOL.



YA--MAYBE I'LL  
CHECK IT OUT...I DUNNO.  
IT DOESN'T SOUND  
SUPER FUN.

IT'LL TAKE  
20 MINUTES OUT OF  
YOUR DAY--NOT A LOT  
OF TIME TO SACRIFICE  
FOR A BIT OF PEACE  
OF MIND.



TELL YOU  
WHAT...IF YOU GO,  
THIS ROUND IS  
ON ME!

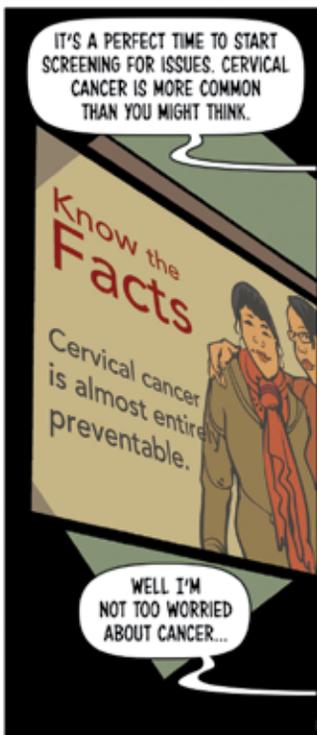
BUT I  
ALREADY PAID  
FOR THIS...  
HAHAHA!

# STUDENT HEALTH CENTRE



SO, WE ARE HERE FOR A CERVICAL SCREENING TODAY? CAN I ASK IF YOU ARE HAVING ANY ISSUES?

NO ISSUES-- NOPE. I'M TOLD IT'S TIME FOR ONE OF THESE-- SO HERE I AM.



IT'S A PERFECT TIME TO START SCREENING FOR ISSUES. CERVICAL CANCER IS MORE COMMON THAN YOU MIGHT THINK.

**Know the Facts**

Cervical cancer is almost entirely preventable.

WELL I'M NOT TOO WORRIED ABOUT CANCER...



THE TEST WILL SEE IF YOU HAVE ABNORMAL CELLS THAT MAY BE EARLY SIGNS OF CANCER.

IF WE STAY ON TOP OF THESE THINGS WITH REGULAR CHECK-UPS, WE HAVE GREAT SUCCESS WITH TREATMENT.

OH, O.K.

## 15 MINUTES LATER



ALL SET. YOU ARE FREE TO GO! IF EVERYTHING LOOKS GOOD YOU WON'T HEAR BACK FROM US. SOMETIMES, WE WILL CALL FOR A FOLLOW UP.

I'LL LEAVE YOU TO GET DRESSED. IF YOU HAVE ANY QUESTIONS BEFORE YOU LEAVE, THE RECEPTIONIST CAN HELP YOU OUT.

THANKS.

MARY'S APARTMENT.  
2 WEEKS LATER



HEY, HUN.  
HOW ARE  
YOU?

GOOD...  
BUSY...SCHOOL  
IS GETTING  
INSANE!



OH, I'M SO GLAD  
I'M DONE WITH SCHOOL...  
THOUGH I FEEL LIKE WORK  
CAN BE JUST AS HECTIC  
SOMETIMES.

I CAN'T WAIT TILL I AM  
MAKING SOME MONEY! I CAN  
MOVE OUT OF THIS BASEMENT  
APARTMENT AND START LIVING  
AGAIN! HA! HA!



SO, WHAT'S  
THE BIG MYSTERY...  
WHAT'S GOING ON?

OH, NO MYSTERY. I JUST  
WANTED TO TALK. I HAVEN'T  
SEEN YOU IN WEEKS.

C'MON--YOU  
SOUNDED SERIOUS--  
AND YOU ARE NEVER  
SERIOUS!





THEY WANT ME TO  
COME BACK IN 3 MONTHS  
AND DO ANOTHER TEST  
AND I AM JUST A BIT  
WORRIED.



WELL, WHAT  
ELSE DID SHE SAY?  
ABNORMAL CELLS IS  
KIND OF VAGUE.



THEY GAVE ME A PACKAGE  
OF INFORMATION TO LOOK AT AND  
SAID SOMETIMES ABNORMAL CELLS CAN  
FIX THEMSELVES AND SOMETIMES THEY  
CAN GROUP TOGETHER AND TURN  
INTO CANCEROUS CELLS.

SO, YOU  
JUST WAIT AND  
SEE?



LOOKS THAT  
WAY.

AND I STARTED  
THINKING--MY GRANDFATHER  
DIED OF COLON CANCER AND  
MY AUNT PASSED OF LUNG  
CANCER, SO IT DEFINITELY  
RUNS IN THE FAMILY.

I'M  
JUST STARTING  
TO WORRY.



LISTEN...WE ARE GOING  
TO GO THROUGH ALL THAT  
MATERIAL AND FIND OUT  
WHAT THIS MEANS.  
IF WE CAN'T FIGURE  
IT OUT, WE WILL MAKE  
ANOTHER APPOINTMENT WITH  
THE DOCTOR TO EXPLAIN IT  
TO BOTH OF US.

3 MONTHS LATER



HOW YOU HOLDING UP?

I'M PRETTY GOOD. I'VE SEEN MY COUSINS A COUPLE TIMES THIS MONTH SO THAT'S BEEN NICE. THEY ARE BUSY WORKING AND ON THE OTHER SIDE OF TOWN, SO ITS NICE TO CATCH UP.

THAT'S REALLY GOOD, MARY.



WHEN DID YOUR DOCTOR SAY YOU WOULD HEAR RESULTS?

A WEEK AT MOST.

O.K., SO FOR SURE I WILL BE AWAY WHEN YOU HEAR.

PROBABLY, YA.



SO, I WAS THINKING, THERE IS A METIS GROUP THAT MEETS DOWNTOWN.

IT'S LIKE CANCER PATIENTS, SURVIVORS, FAMILY MEMBERS AND THEY JUST HAVE REALLY LAID-BACK MEETINGS AND TALK ABOUT ANYTHING AND EVERYTHING.



**17 YEARS AGO,  
RED LAKE CAMP IN  
NORTHERN ONTARIO**







WE ARE GONNA GET LOTS OF FISH FOR KOOKOM THIS TIME!

WELL, THE FISH ARE RUNNING NOW SO I'M SURE WE WILL FILL UP THE TRAILER.



CAN I DRIVE THE HONDA TO THE SMOKER?

AS LONG AS YOU HAVE YOUR DRIVER'S LICENSE--SURE.

MOOSHOO, I DON'T HAVE A LICENSE! BUT YOU LET ME DRIVE BEFORE.

WELL, AS LONG AS WE CATCH A LOT OF FISH AND AS LONG AS YOU DON'T TELL GRANDMA.



NO, GRANDPA. I DON'T LIKE YOUR SPICY CINNAMON GUM.

HEY, YOU WANT A PIECE OF GUM, KIDDO?



MORE FOR ME, THEN!

LATER THAT EVENING



CAN WE COME TO THE CAMP NEXT WEEKEND TOO? I JUST KNOW THERE WILL BE EVEN MORE FISH NEXT WEEKEND.



DON'T YOU HAVE A SCHOOL PLAY NEXT WEEKEND?

OH, WE CAN'T MISS THAT... I MEMORIZED THOSE SONGS YOU HAVE TO SING... AND I'M GOING TO SING ALONG IN THE AUDIENCE.

I DON'T MIND SKIPPING... I'D RATHER BE OUT HERE...



WELL, YOUR MOOSHOOM HAS HIS APPOINTMENT AT THE DOCTOR EARLY MONDAY MORNING SO WE ARE DRIVING TO OTTAWA ON SUNDAY NIGHT.

OH RIGHT, WELL, I'LL HAVE TO LEAVE EXTRA FOOD FOR THE RABBITS.



**PRESENT DAY.  
MÉTIS CENTRE**

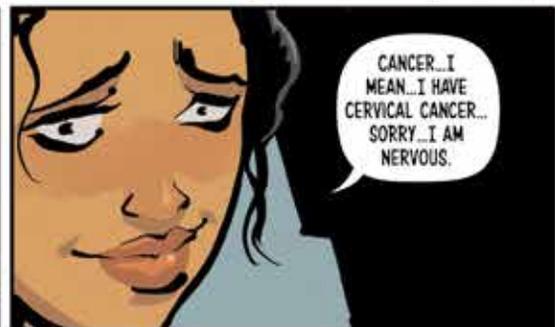


HI THERE.  
MY NAME IS  
JULES!

THANKS FOR  
COMING. I HAVEN'T SEEN  
YOU HERE BEFORE, AND I  
LIKE TO GREET ALL OUR  
NEW MEMBERS.

HI JULES.  
I AM MARY.

WELL, MARY, LET'S  
GET YOU A NAME TAG AND  
SOMETHING TO DRINK.  
SO, WHAT  
BRINGS YOU HERE  
TONIGHT?



CANCER...I  
MEAN...I HAVE  
CERVICAL CANCER...  
SORRY...I AM  
NERVOUS.



THAT'S O.K., MARY.  
WE ARE ALL FAMILY  
HERE...AND YOU DON'T HAVE  
TO SHARE IF YOU DON'T WANT  
TO. IN FACT, A LOT OF TIMES  
WE DON'T EVEN TALK  
ABOUT CANCER!



WE PLAY GAMES,  
WE EAT, WE GO ON  
EXCURSIONS.  
IT'S JUST A  
REGULAR MEETING  
TONIGHT SO SOME PEOPLE  
WILL TALK. YOU CAN JUST  
LISTEN IF YOU WANT.



GRAB  
SOME TEA, SOME  
BANNOCK AND WE  
WILL BE STARTING  
SOON.



I HAVEN'T HAD BANNOCK IN AGES!



EVERYONE LOOKS SO HAPPY.



THIS REMINDS ME OF COMMUNITY EVENTS BACK HOME.



MOOSHOO, PORTE MWEI!

\*MICHIF, "CARRY ME!"



WOW! THOSE KIDS SPEAK MICHIF WELL.



HEY KIDDO, DID YOU LEAVE SOME COOKIES FOR ME?

NO, I ATE THEM ALL.



SO, I'LL JUST HAVE TO SQUEEZE THEM OUT OF YOU.

NO, MOOSHOO!



WOW, I MISS GRANDPA AND GRANDMA. I WISH THEY WERE HERE.

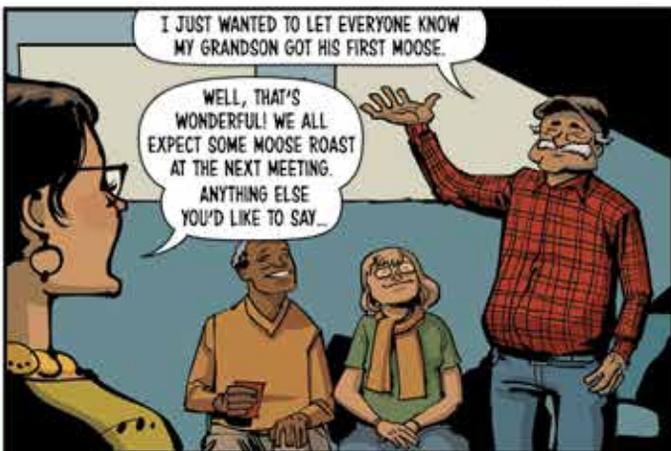
**1 HOUR LATER**

THANKS, JOHN, FOR SHARING, WE ARE SO PLEASED THAT YOUR MOM IS IN REMISSION AND CONGRATULATIONS ON THE NEW JOB!

OK WE HAVE TIME FOR ONE MORE...ANYONE HAVE ANY UPDATES OR ANYTHING YOU WANT TO SHARE BEFORE WE WRAP UP?



RAY, THE FLOOR IS YOURS.



I JUST WANTED TO LET EVERYONE KNOW MY GRANDSON GOT HIS FIRST MOOSE.

WELL, THAT'S WONDERFUL! WE ALL EXPECT SOME MOOSE ROAST AT THE NEXT MEETING. ANYTHING ELSE YOU'D LIKE TO SAY...

WELL, I HAVE A JOKE I'D LIKE TO TELL...

YESTERDAY, I SAW A GUY SPILL ALL HIS SCRABBLE LETTERS ON THE ROAD.

I ASKED HIM, "WHAT'S THE WORD ON THE STREET?"



ANOTHER GREAT JOKE FROM OUR ELDER, BUT ISN'T THERE SOMETHING A BIT MORE IMPORTANT YOU WANT TO LET US KNOW?



WELL, I HEARD FROM THE DOC THE OTHER DAY THAT MY CANCER IS IN REMISSION. ARE ALL THE COOKIES GONE?

CONGRATULATIONS, RAY. WHAT GREAT NEWS!





TAANISHI,  
MY NAME  
IS RAY.

OH, HI. I'M  
GOOD. MY NAME  
IS MARY.

I SAVED A COUPLE  
COOKIES--WOULD YOU  
LIKE ONE?

THANK  
YOU!



I HAVEN'T  
SEEN YOU HERE  
BEFORE.

NO,  
IT'S MY FIRST  
TIME. I LIKED  
YOUR JOKE.



I'VE GOT  
A MILLION OF  
THEM.



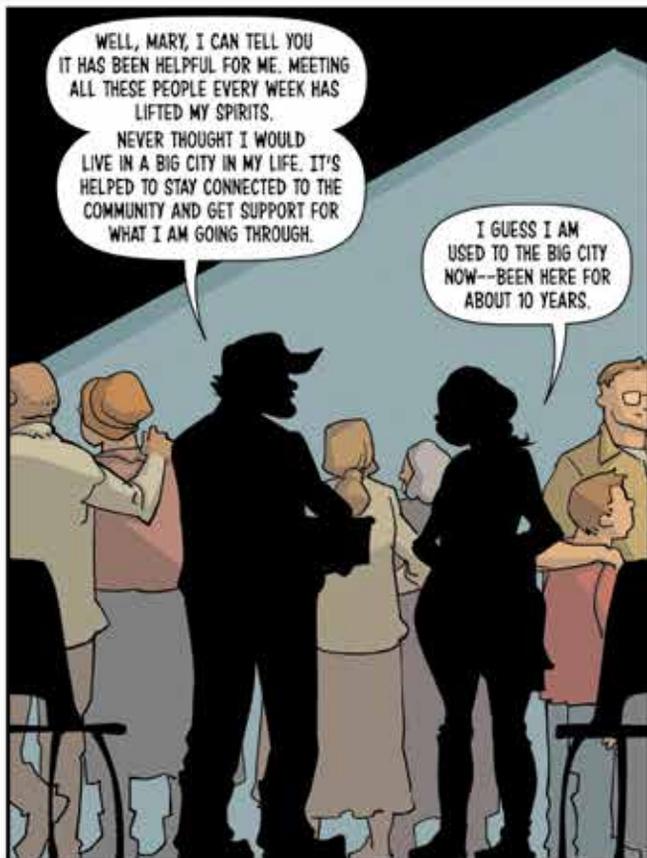
EVERYONE  
SEEMS TO KNOW  
YOU HERE.



WELL, I'VE  
BEEN IN THE GROUP  
A LONG TIME.

MY WIFE AND I  
MOVED TO THUNDER  
BAY A YEAR AGO SO I  
COULD GET TREATMENT  
FOR MY CANCER.





10 YEARS AGO.





MOOSHOM IS  
LOOKING DOWN ON US  
RIGHT NOW AND HE IS  
PROUD OF YOU. YOU WERE  
HIS PRIDE AND JOY.

THANKS,  
GRANDMA. I HOPE WE  
CAN COME BACK HERE  
ONE DAY.



"WE WILL  
DEAR...BEFORE  
YOU KNOW IT."

**PRESENT DAY.  
TWO MONTHS LATER**



THANKS FOR HELPING ME WITH GROCERIES. WITH MY CHEMO, I DON'T HAVE THE ENERGY TO WALK DOWN HERE AND BACK TO THE APARTMENT.

OF COURSE. IT'S THE LEAST I CAN DO.



RAY SAYS I CAN HAVE STUFF DELIVERED-- BUT IT'S NICE TO GET OUT ONCE IN A WHILE.

HE IS STILL GOING TO THE MEETINGS EVEN THOUGH HE IS IN REMISSION?

YA, HE SAYS IT'S PART OF HIS LIFE NOW.



HE REMINDS ME SO MUCH OF MY GRANDPA... HIS HUMOR, HIS MANNERISMS... HE'S JUST SO SWEET.

THAT AND HE SEEMS TO CARE ABOUT ME.

THAT'S AMAZING, MARY. I'M SO GLAD YOU ARE CONNECTING WITH HIM.

HE JUST SEEMS TO GET IT TOO... LIKE HE SENSES WHEN I NEED TO TALK AND WHEN I DON'T WANT TO.

HE TOLD ME ALL ABOUT HIS TREATMENT AND WHAT HE WENT THROUGH-- SO I SORT OF KNOW WHAT TO EXPECT.

AND HOW IS THAT GOING?



I HAVE ANOTHER COUPLE ROUNDS OF CHEMO AND THEN WE WILL SEE. BUT THE DOCTORS ARE SAYING THE CHEMO IS WORKING SO THAT'S A REALLY GOOD SIGN.

WELL, IT'S OBVIOUS YOU'RE GOING TO BEAT THIS THING...CANCER DOESN'T HAVE A CHANCE AGAINST YOU.



AFTER MY TREATMENTS, HE INVITED ME TO HIS SISTER'S PLACE OUTSIDE THE CITY...TO BREATHE SOME FRESH AIR AND GET BACK TO THE LAND. A FEW PEOPLE FROM THE GROUP WILL ALSO BE THERE.

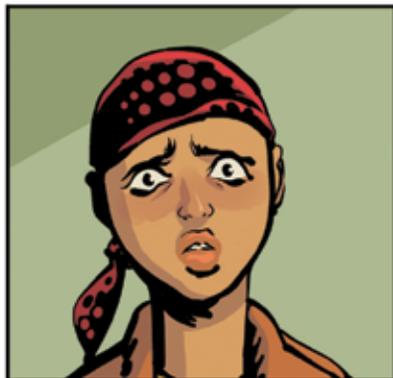
I GUESS I WILL SEE HOW I FEEL. I HAVEN'T KNOWN THEM FOR VERY LONG, BUT RAY AND HIS WIFE ARE SO NICE...IT FEELS LIKE FAMILY. HE'S GONE THROUGH A LOT AND HE IS SO EASY TO TALK TO.

YOU GOING TO GO?

MAYBE I CAN COME IF THAT MAKES YOU MORE COMFORTABLE.

THAT WOULD BE NICE.

HOSPITAL.  
6 WEEKS LATER





WHAT ARE THE CHANCES IT COULD COME BACK?

FRANKLY, THERE IS A POSSIBILITY IT COULD COME BACK--BUT THE FACT THAT WE CAUGHT THIS IN THE EARLY STAGES--AND THAT YOU REACTED SO WELL TO TREATMENT IS A VERY GOOD SIGN FOR THE FUTURE.

WE KNOW WHAT TO LOOK FOR, AND WE WILL STAY ON TOP OF IT. I REALLY DON'T THINK YOU HAVE ANYTHING TO WORRY ABOUT.



SO, WHAT DO I TELL PEOPLE...CAN I SAY I AM CANCER FREE?

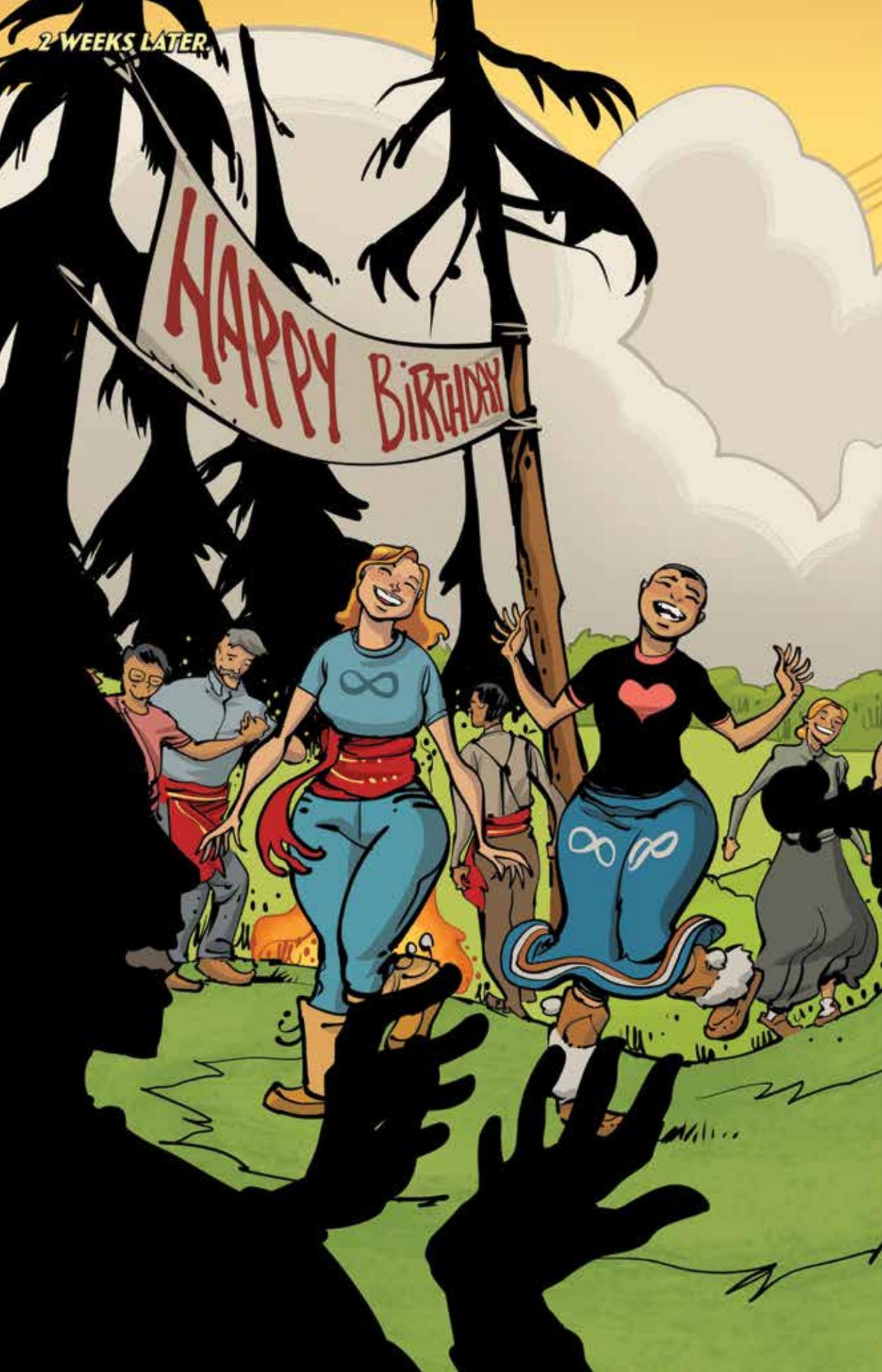
YES--AND YOU CAN YELL IT FROM THE ROOFTOPS!



O.K., HOW DO I GET TO THE ROOF FROM HERE? HAHA!

2 WEEKS LATER.

HAPPY BIRTHDAY







THANKS FOR BRINGING ME OUT WITH YOU. THIS HAS BEEN A GREAT DAY. KIDS RUNNING AROUND, THE SMELLS OF FOOD COOKING, CAMPFIRE AND GAMES... IT HAS TOTALLY BROUGHT ME BACK TO OUR CHILDHOOD.

I'M SO GLAD WE CAME.



HAVE YOU HAD A CHANCE TO TALK WITH RAY AT ALL?

NOT REALLY. HE'S BEEN PRETTY BUSY WITH FRIENDS AND FAMILY--I DIDN'T WANT TO BUTT IN.



THINGS ARE QUIETING DOWN NOW. MAYBE YOU SHOULD GO AND FIND HIM?



I WILL--BUT I WANTED TO JUST SAY SOMETHING TO YOU...



YOU WERE THE ONE WHO MADE ME GO GET THAT ORIGINAL TEST--AND IF I HADN'T DONE THAT THEN THEY WOULDN'T HAVE CAUGHT IT AS EARLY AS THEY DID...AND THEN WHO KNOWS WHAT MIGHT HAVE HAPPENED.

I JUST WANT TO SAY THANK YOU FOR THAT AND FOR ALL THE SUPPORT. WE WOULDN'T HAVE MET RAY AND HIS WIFE AND ALL THESE GREAT PEOPLE EITHER.



SO, THANK YOU.



DON'T MENTION IT! HAHA. YOU CAN BUY ME A LATTE SOMETIME...THOUGH I THINK I MAY STILL OWE YOU ONE!



THERE SHE IS!

HI, RAY. HOW ARE YA?



ANOTHER DAY ON THIS EARTH-- ANOTHER YEAR GONE BY. COULDN'T ASK FOR MORE.

HOW ARE YOU DOING? YOU'RE LOOKING GOOD.



WELL, I PASSED MY EXAMS AT SCHOOL... I GOT A PUPPY AND OH YA... I AM CANCER FREE.



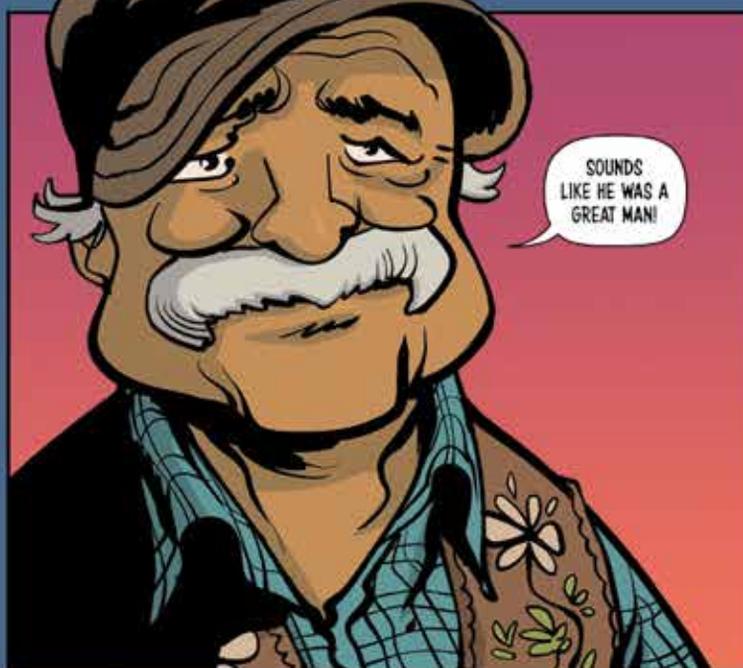
YOU'RE CANCER FREE! WELL I'LL BE! WELCOME TO THE CLUB.



THANKS, RAY.  
THANKS FOR BEING  
THERE FOR ME...YOU  
DON'T KNOW HOW  
MUCH IT'S MEANT.

OF COURSE  
SWEETIE...I KNEW  
YOU WERE A STRONG  
ONE WHEN I SAW YOU  
THAT FIRST NIGHT AT  
THE GROUP.

YOU REMINDED ME OF  
MY GRANDPA WHO RAISED  
ME...MY MOOSHOO...YOU AND  
HE ARE A LOT ALIKE.



SOUNDS  
LIKE HE WAS A  
GREAT MAN!



HE WAS  
AND SO ARE  
YOU.



WELL, DON'T PUT ME TOO HIGH UP ON THAT PEDESTAL...I WASN'T ALWAYS A GREAT GUY. I GUESS CANCER IS ONE WAY TO WAKE A GUY UP.

I GOT LUCKY AND GOT A SECOND CHANCE-- SO I'M MAKING THE BEST OF IT.

AND I AM SO HAPPY TO HAVE MET YOU.

ME TOO, RAY.



SO, DOES THIS MEAN YOU ARE LEAVING THE GROUP?

NO WAY. I'LL BE THERE. I WANT TO BE THE RAY TO THE NEXT MARY THAT MIGHT WALK IN THE DOOR.



WELL, YOU'LL HAVE TO EAT A LOT MORE COOKIES IF YOU WANT TO BE A RAY. HAHA.



COME HERE, I WANT TO SHOW YOU SOMETHING.

O.K.



OH MY GOD, WHAT IS THAT SMELL... IS THAT A SMOKER?

YOU BET IT IS AND GUESS WHAT WE ARE SMOKING?

...NNNNNOOOO...



AND IT SHOULD BE JUST ABOUT READY.

I THINK I AM HAVING A FLASHBACK...



GO ON, TELL ME HOW IT IS...



IT'S PERFECTION...

6 YEARS LATER



MOM...CAN I GET A DRINK?



HOW 'BOUT A JUICE BOX--I BROUGHT A COUPLE?

O.K.



WHAT DID THE DOCTOR SAY, MOM?

HE SAID WE ARE GOING TO TALK ABOUT OPTIONS TO MAKE YOU FEEL BETTER.

O.K.



HEY, YOU MUST BE PETER.



MY NAME IS MARY AND I AM THE INDIGENOUS NAVIGATOR HERE AT THE HOSPITAL. I AM HERE TO HELP YOU AND YOUR MOM AND DAD FEEL COMFORTABLE AND MAKE SURE ALL YOUR QUESTIONS ARE ANSWERED.



O.K.



WE ARE GOING TO TAKE GOOD CARE OF YOU, PETER.

“Everyday is a chance to start a new journey.”

**Ryah Heavens**

*Healthy Choices – Tobacco Coordinator,  
Métis Nation of Ontario*



***For more Métis cancer resources please visit:***

**Recommended Resources for First Nations,  
Inuit, Métis & Urban Indigenous Peoples,  
Indigenous Cancer Care Unit:**

[cancercareontario.ca/en/resources-first-nations-inuit-metis](https://cancercareontario.ca/en/resources-first-nations-inuit-metis)



*Ontario Health (Cancer Care Ontario) supports health professionals, organizations and policy-makers with the most up-to-date cancer knowledge and tools to prevent cancer and deliver high-quality patient care.*

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*Ontario Health (Cancer Care Ontario) actively engages people with cancer and their families in the design, delivery and evaluation of Ontario's cancer system, and works to improve the performance of Ontario's cancer system by driving quality, accountability, innovation and value.*

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*This comic book was developed by Ontario Health (Indigenous Cancer Care Unit), which works to improve the cancer journey with and for First Nations, Inuit, Métis and urban Indigenous peoples.*



**Ontario Health**  
Cancer Care Ontario

*If you have any questions, please email us at [iccu@ontariohealth.ca](mailto:iccu@ontariohealth.ca)*

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