

Aboriginal/Indigenous Youth Mentorship Program (AYMP/IYMP) Community Newsletter



Please send updates/newsletter submissions to Allison Birch
(abirch@chrim.ca)



Upcoming Events

- ACHWM Teleconference - January 8th & 9th, 11am MST, 12pm CDT, 1 pm EST
- National Team Teleconference - February 5th & 6th, 11am MST, 12pm CDT, 1pm EST

On September 15 and 16, 2017 the Young Adult Health Leaders (YAHLs) from 12 communities participating in the AYMP/IYMP were invited to take part in the 2nd Annual YAHL Training. This year the two-day experience took place in Little Current, Ontario located on beautiful Manitoulin Island. YAHLs were trained in how to include the core elements of AYMP/IYMP (physical activity, healthy eating, and culture) into the program. Time was taken for all to learn from each other as knowledge from past experience working with youth was shared. Chi- Miigwetch to the Wiikwemkoong Team for hosting such a FUN event which included a boat tour of the Islands.

Pictured: YAHLs, Community Leaders, and University Team members at the 2nd Annual YAHL Training. The YAHLs for AYMP are as follows:: Taiosheratie Diabo (Kahnawà:ke), Gregory Robertson-Ryan (Kahnawà:ke), Kyle Baibomocwai (Wiikwemkoong), Austen Flett (Garden Hill), Jack Blacksmith Jr (Cross Lake), Gilles Ross (Cross Lake), Kennedy Mason (Split Lake), Cynthia Jonasson (Wabowden), Barb Carlson (Thompson), Myles Martin (Sandy Bay), Emmy Sinclair (Sagkeeng), Kyra Ives (Saskatoon), Diamond Arcand (Alexander), Leanne Traverse (Paul), Anita Lafferty (Paul)

AYMP Eastern Door Meeting—September 14, 2017

Before the YAHL Training, the Eastern Door Communities (Kahnawà:ke, Wiikwemkoong) and Universities (Laurentian U, Queens U, U of Manitoba) met at the Manitoulin Hotel and Conference Center to share experiences from the past program preparation year and plan for the upcoming launch of AYMP. Since the event, Wiikwemikoong started their program in October 2017 and Kahnawà:ke will get rolling in the new year.



From left to right: Roxxanne Mandamin (AYMP Wiikwemkoong), Lawrence Enosse (W Youth Services Manager), Jon McGavock (AYMP Lead Researcher), Nancy Young (Laurentian University), & Mary Jo Wabano (WHC Health



From left to right: Addy Poulette (Kahnawake), Marnie Anderson (Laurentian University), Kyle Zacherie (Kahnawake), Rita Corbiere (Elder-Wiikwemkoong), Donna Ivimey (Queen's University), Jenna Stacey (University of Manitoba), & Roxxanne Mandamin (Wiikwemkoong)

Travel to Wiikwemikoong – Killarney via Boat Ride!

During the YAHL Training, the Wiikwemikoong team provided a boat tour of the surrounding area which resulted in a spontaneous swim for many. The tour ended with a Fish and Chips dinner in Killarney. This was a team bonding experience we won't soon forget!



Meet the New AYMP/IYMP Team Members!

- **Marnie Anderson** (Laurentian U) – ACHWM Team, Coordinator working with Wiikwemkoong
- **Trisha Trudeau** (Wiikwemkoong Health Centre) – Community Researcher
- **Katerina Djeletovic** (Wiikwemkoong Health Centre) – Community Researcher
- **Alec Assiniwe** (Wiikwemkoong Youth Centre) – Young Adult Health Leader
- **Kyle Baibomcowai** (Wiikwemkoong Youth Centre) – Young Adult Health Leader
- **Koyo Usuba** (Laurentian U) – ACHWM Team, Coordinator working with First Nations School of Toronto
- **Elise Twyford** (First Nations School of Toronto) – Teacher Lead,
- **Kyle Zacharie** (Kahnawà:ke Youth Centre) – Director of Programming, AYMP Community Lead
- **Gregory Robertson-Ryan** (Kahnawà:ke Youth Centre) – Young Adult Health Leader
- **Taiosheratie Diabo** (Kahnawà:ke Youth Centre) – Young Adult Health Leader
- **Kennedy Mason** (Chief Sam Cook School, Split Lake FN) – Young Adult Health Leader
- **Rene Roulette** (Isaac Beaulieu Memorial School, Sandy Bay FN) – Education Director, AYMP Community Lead
- **Alexis Halvorsen** (U of Manitoba) – AYMP Northern Coordinator
- **Emmy Sinclair** (Sagkeeng Anicinabe High School) – Young Adult Health Leader
- **Cynthia Jonasson** (Mel Johnson School, Wabowden) – Teacher Lead and Young Adult Health Leader
- **Leanne Traverse** (Parklands School Division) – Teacher Lead, Young Adult Health Leader, Paul FN
- **Anita Lafferty** (Parklands School Division) – Teacher Lead, Young Adult Health Leader, Paul FN
- **Reed Thorstad** (U of Saskatchewan) – IYMP Saskatoon Coordinator
- **Gilles Ross** (Mikisew School, Cross Lake FN) – Young Adult Health Leader

Meet the East!

Lucie Lévesque (left) is a researcher and a long-term member of the Kahnawá:ke Schools Diabetes Prevention Project. A mother to three sons, she is committed to community-based health promotion and positive youth development through physical activity. Along with Kate Storey and Noreen Willows, Lucie is part of the AYMP Implementation Science team - aiming to understand what makes a program like AYMP work in different communities and to use that knowledge to ripple the program to even more communities.



Donna Ivimey (middle) is an Eastern Door research coordinator working with the Kahnawá:ke teams to help implement program and research activities. She has worked in research administration for 30 years and volunteers her free time to the local community garden on Kawehnóhkwes tsi kawè:note (Wolfe Island) near Kingston where she lives with her growing family. She is humbled by the energy, enthusiasm and wisdom of the youth, mentors, helpers and elders participating in the AYMP. Visits to Wiikwemkoong and Kahnawá:ke are highlights of her involvement in the AYMP.

Colin Baillie (right) is a settler PhD candidate in the School of Kinesiology and Health Studies at Queen's University, which sits

on the traditional territories of the Anishinaabe and Haudenosaunee Nations. Under the supervision of Dr. Lucie Lévesque, Colin's work focuses on facilitating the use of Indigenous methodologies and methods in the institution as well as working with First Nations youth to explore their environment using Indigenous ways of knowing. As part of his ongoing research, Colin is working with community partners and youth co-researchers to validate a physical activity environment assessment tool that supports wellness by exploring the relationship between physical activity and First Nations peoples.

Meet the East Continued!

Trisha Trudeau is an Anishnabek kwe from Wiikwemkoong Unceded Territory, and she currently holds the position of ACHWM Research Assistant for the Naandwechige Gamig Wikwemikong Health Centre. Trisha's role in AYMP is to assist the YAHL's in data collection within Wiikwemkoong. Her work experience combined with her education from the University of Guelph drives her strong interest in research and community development. Trisha is looking forward to seeing the long term outcomes of AYMP within her home community. When Trisha is not on the road sharing the ACHWM with First Nation communities, she is either entertaining her best four legged friend or attending concerts with family and friends



Kwe Kwe, I am **Francine Dawn**

Chapman (above, right, with Mary Jo Wabano, left) from the Cree Nation. My native name that was given to me is White Eagle Woman, the elder named me this because I was raised with the white people. I am originally from Thompson, Manitoba but was raised in Winnipeg, Manitoba through adoption. My adopted parents tried to enable me to preserve my language by learning it themselves because I only spoke Cree when I arrived to them at 4 years old. Unfortunately, they were unable to continue as it was a very difficult language to learn for them. I decided to do my University studies in Montreal, Quebec at Concordia University.



I hold a degree in Applied Human Social Sciences, majored in Human Relations. I have been working since 2003 at Kateri School in Kahnawake, Quebec as a Social Counsellor. I have counselled for approximately 20 years. I have counselled Indigenous children, youth, homeless and incarcerated males. I have also counselled women with addiction problems. All have been a very rewarding experience and continue to be. I believe in empowerment and being a positive role model for individuals. I also believe in following native traditions and by doing so I am keeping my four quadrants from the medicine wheel healthy and balanced. It is a great honor to be a part of the AYMP, my role on this team is to provide support for the YAHL's & mentors since they will be working with my students. Nia:wen for taking the time to get to know me.

Aanii,
Baashk-Wabgwaniis N'dizhnikaaz, Wiikwemkoong N'doonjiba, Mkwa Dodem. My Anishnaabe
Nooswin translates to "When Flowers Blossom" I am of the bear clan and am from
Wikwemikong Unceded Indian

Reserve which is located on Beautiful Manitoulin Island, Ontario. I am the Binoojiinhak:
Gwiiwzenhsak, Kwezenhsak (7-12) Facilitator at Naandwechige-Gamig Wikwemikong
Health Centre/ Waasa Naabin Youth Centre. I have completed my education at Cambrian
College and have received an Advanced Diploma in Physical Fitness Leisure
Management. I am fortunate enough to find employment in my home community that is
related to my education. My personal mandate as the Binoojiinhak Facilitator is to
promote healthy living through physical activity, nutrition, recreation, holistic health
awareness, and overall well-being. I create various afterschool activities and programs
which can range anywhere from sports, games of low organization, nutrition, self-
esteem, team building, and physical literacy. The Aboriginal Youth Mentorship Program has
begun in our community, we are in the first few weeks of implementation. I am looking
forward to the programs growth here in Wikwemikong and the evolution of our YAHLs and
high school mentors who are now in an exciting new leadership role. Stay tuned for great
things to come from Wikwemikong.



Miigwetch!

Roxanne Mandamin

Binoojiinhak: Gwiiwzenhsak, Kwezenhsak (7-12) Facilitator
Naandwechige-Gamig
Wikwemikong Youth Centre



Mary Jo Wabano BA MHK

*Aanii, I am the Health Services Director at NAANDWECHIGE-GAMIG
Wiikwemkoong Health Centre and the community lead for AYMP in
Wikwemkoong. Nancy Young and I have led the development of the
Aboriginal Children's Health and Well-being Measure (ACHWM) that
will provide an additional measure to the AYMP project. I have been
engaged in community-driven research for many years and I look
forward to see the AYMP develop here in Wiikwemkoong.*

Marnie Anderson BHPE, CSEP CPT

A little about me.....I am from Wahnapiatae First Nation which is located in Ontario (near Sudbury) and work at Laurentian University. I am the Research Coordinator for Nancy Young and I help support the Aboriginal Children's Health and Well-being Measure (ACHWM) project. I recently joined the AYMP team as Eastern Door Co-Coordinator and in this role I help with the implementation and research activities of the AYMP in Wiikwemkoong. With my background in Physical Health Education and Children's Physical Wellbeing I look forward to being a part of this project and learning much more. Chi Miigwetch for this opportunity.



Nancy Young Phd

I am a Professor at Laurentian University and co-investigator on the Pathways grant. Mary Jo Wabano and I have led the development of the Aboriginal Children's Health and Well-being Measure (ACHWM) that is being used in this grant. I am thrilled to be part of this dynamic AYMP team.

Meet the Kahnawake Team!

Kahnawake Update

The Kahnawake Team has been very busy getting ready for the official launch of the AYMP program. We've been looking over our documents and planning our game plan for the program implementation. We have begun recruitment and have some great people already excited to be involved with AYMP. We have 4 YAHLs as part of our team (LIST) and we are currently recruiting our mentors at the high school level. At the beginning of November we will be talking to parents and recruiting the grades 3s and 4s for the program. We are also gearing up for the YAHLs to organize the mentor training that will occur in November and December; we are lining up local resource people who can provide information for the YAHLs as they plan the mentor training. Needless to say we're really excited to get started!!!

In respect to the research Kahnawake has decided not to include the ACHWM as part of our data collection tools. Our consensus was reached after an excellent discussion with representatives from the Kahnawake AYMP partner organizations including Kateri School (elementary), Kahnawake Survival School (secondary), Community Family Services, Kahnawake Youth Center and the KSDPP Community Advisory Board. Our decision was based mostly on the uniqueness of Kahnawake and there were concerns about parents' reaction potentially shifting the spotlight from the very positive aspects of the AYMP project such as leadership development, increased physical activity and improved healthy eating to a more negative lens focused on the sensitivity of some of the mental health questions within the ACHWM. We also felt that parent reaction may impact participation numbers. We are dedicated to making the AYMP project a success in Kahnawake and we believe this is the best way forward for us.

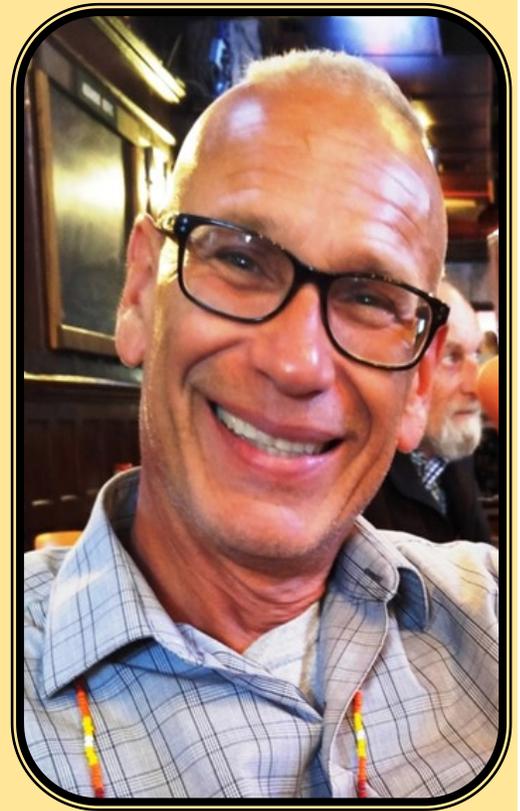
Coming up this weekend in Kahnawake is our annual Three Sisters Health and Harvest Fair organized by the Kahnawake Schools Diabetes Prevention Project. There will be heirloom varieties of vegetables and fruit as well as handmade items by artisans and breads, pies and jam for sale. We also have many Halloween activities such as the Haunted Woods: a yearly fundraiser for the Kahnawake Food Basket, Scary Movie Pizza Night, the Haunted Hallway organized by the Mohawk Council of Kahnawake, and Can You Survive a Night of Killer Clowns: all night team competition put on by the Kahnawake Survival School Graduating class. Other community activities include the annual blood drive organized by one of the local newspapers and a traditional social organized by the Mohawk Nation Longhouse. All this leads to a very busy November which is Spirit of Wellness Month and Diabetes Awareness Month with almost daily community activities organized by a host of community organizations.

Alex M. Otsehtokon McComber

Alex is a Kanien'kehá:ka (Mohawk) husband, father and grandfather of the Bear Clan from Kahnawake Territory near Montreal, Qc. Alex was a teacher and principal at the Kahnawake Survival School from 1978-1994. He has worked with the Kahnawake Schools Diabetes Prevention Project since 1994 in many capacities including project director, community intervention facilitator, training coordinator, Community Advisory Board member & community researcher. Alex is also a health promotion consultant, a strategic planning facilitator and is co-investigator on several health promotion research projects.

Alex is on the faculty of First Nations Technical Institute, Ontario, McGill University as an associate professor at the Dept. of Family Medicine, and Queens University as an adjunct professor in the Dept. of Kinesiology & Physical Studies. He holds an honorary Doctor of Science from Queens University (2015), a Masters in Education Administration from McGill University (1996), and a Certificate in Indigenous Community Health Approaches from First Nations Technical Institute and St. Lawrence College (2008).

Alex has recently been appointed to the Board of Governors of Dawson College, Montreal, and has served on the Board of Directors of the National Aboriginal Diabetes Association from 1999 through 2005 as well as several Kahnawake organizational boards over the years.



Adriana Tsyoy^thu Poulette (Addy)

Addy has been hired as the AYMP Project Coordinator. A little background on Addy, Addy is an Oneida and Mi'kmaw woman currently living in Kahnawake with her husband and three children. She moved to Kahnawake in 2008 to learn to speak Mohawk and spent a year learning full time. Addy is an avid beadwork artist who has won various awards and grants for her beadwork.

Addy has worked for KSDPP for various contracts over the past few years. She helped review the nutrition and physical activity policies for Kahnawake Schools and coordinated research on the importance of Sleep for Kahnawake children. Addy has an undergraduate degree in Political Science from the University of Western Ontario and a Masters degree in Indigenous Governance from the University of Victoria.

Manitoba Door Updates

Sagkeeng First Nation



Sagkeeng Community has started the Aboriginal Youth Mentorship on Monday September 25 2017. It runs Monday to Thursday 3:30pm-4:30pm. We have two groups. Group 1 has 21 Grade 4 mentees and 5 High School mentors on Mondays and Wednesdays. Group 2 has 22 Grade 4 mentees and 6 High School mentors on Tuesdays and Thursdays.

The picture is of Group 1 playing Ollie, Ollie Octopus with the Group 1 High School mentors.

Both groups enjoy playing Blob Tag, The Polar Bear Game and Steal the cone games the most. Favourite snack of both groups is Lemon Greek Yogurt. I've also taken it upon myself to bring my own speaker and music. I made a clean playlist on my music app specifically for these meets so I include music while the kids run and play games and they enjoy that as well!

Written by the YAHL in Sagkeeng, Emmy Sinclair.

Aaron Fontaine, the Young Adult Health Leader in Sagkeeng for 3 years, was accepted into the Faculty of Kinesiology and Recreation Management at the University of Manitoba and started his first year of studies this fall.



Garden Hill First Nation

Garden Hill has started their programming and the pre-program data collection is complete! There are 58 mentees in the program and 47 high school mentors. Garden Hill's teacher champion at the high school is Mr. Frank Olsen. The pre data was collected during October 17-19 and the program runs two times per week in the community. The Young Adult Health Leader in Garden Hill is Austen Flett. A common favorite snack for the mentees are apples, bananas and carrots with dip.



High school mentors preparing juice for snack in Garden Hill, First Nation

Cross Lake First Nation

Cross Lake's program started on October 25th. There are 83 students enrolled in the program (73 Grade 4 students and 10 grade 3 students). The programming in Cross Lake is wrapping up soon for the year.

A helpful mentor preparing snack in Garden Hill

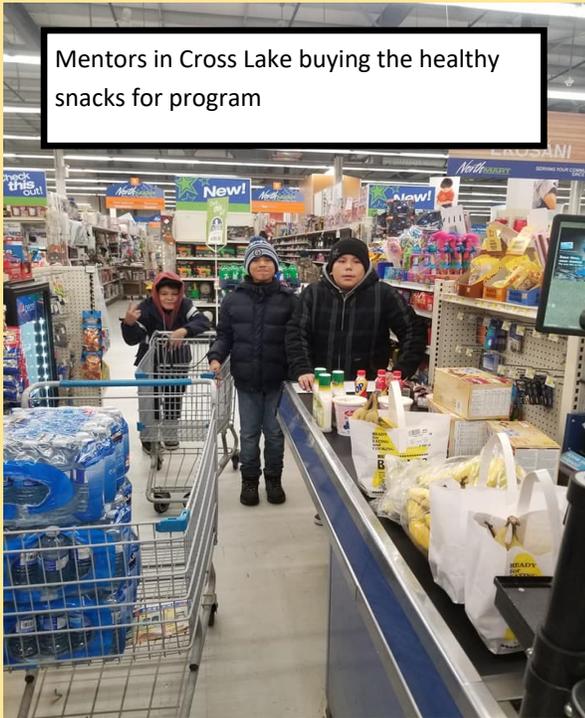


Auster Flett (Garden Hill's YAHL) with 3 awesome mentors!

Wabowden, Manitoba

In Wabowden the program started on November 1 and runs 1 day per week. There are a total of 39 mentees in the program ranging from grade 3 to grade 7 and there are 11 mentors participating in AYMP.

Mentors in Cross Lake buying the healthy snacks for program



The line up for snacks in Garden Hill

Manitoba Communities running in the Winter

Starting in January 2018, Sandy Bay, Thompson, and Split Lake will be starting up their programming. Tamara, Alexis, Jenna and Shayna are looking forward to visiting the communities come the new year.



NATIONAL TEAM GATHERING

Nov 21&22 – Kananaskis, AB – Treaty 7 Territory



Report to come...



AYMP National : Western Door

Paul FN: Program started at the beginning of October and pre-data collection was completed.

Alexander FN: ARC (Alexander Research Committee) meeting on October 23rd to review data collection planning for this year.

Western Door Meeting

AYMP National: Saskatchewan in Year 2

Saskatoon: U of Saskatoon met with Indigenous Student Teacher Education Program to discuss recruiting students to play the YAHL role.

Research Progress Update



The project to ripple the AYMP/IYMP program across First Nations communities is in its second year. During the first year of the program data was collected in 7 communities. The majority of that data has now been entered into the secure REDCap Database at the University of Manitoba. During year 2 data will be collected in all 13 communities.

Pre-program (pre-intervention) data for year 2 has already been collected in 6 communities, bringing the total number of elementary participants close to 430.

For any questions about the Research, please contact your respective Door Coordinator:

◆ Eastern Door:

Kahnawà:ke—Donna Ivimey, Queen's University, (613)533-6000 ext 79130, ivimeyd@queensu.ca

Wiikwemkoong—Marnie Anderson, Laurentian University, (705)675-1151 ext 4015, mmanderson@laurentian.ca

Toronto—Koyo Usuba, Laurentian University, (416)813-7654 ext 305678, KUsuba@laurentian.ca

◆ Manitoba Door:

Tamara Beardy, University of Manitoba, (204)789-3591, tbeardy@chrim.ca

◆ Saskatchewan Door:

Reed Thorstad, University of Saskatchewan, (306)966-1082, ret163@mail.usask.ca

◆ Western Door:

David Dyck Fehderau, University of Alberta, (780)257-4136, dyckfehd@ualberta.ca

◆ National Project:

Jenna Stacey, University of Manitoba, (204)789-3591, jstacey@chrim.ca

AYMP National : Saskatchewan Year 1 Update

Saskatchewan IYMP (Indigenous Youth Mentorship Program) Update

The Saskatchewan program ended its first year with some of the students' favourite games and some carrot and zucchini cake made by one of our YAHLs! The project coordinator, Gillian, spent the month of June assisting with the grade 4/5 classroom year-end activities! In June, the wonderful Saskatchewan YAHLs met to debrief about the program and talk about some of their favourite moments, and how the program made them feel, physically, spiritually, mentally, and emotionally. All in all, it was a great first year for the Saskatchewan team! As Gillian moves on for school, she is excited to see what is happening in the Western Door with Paul Band and Alexander!

Itinerary of the YAHL Saskatchewan IYMP Gathering/

Year End Debrief

10:30-11:15 am: ACTIVITY ROTATION 1

- Lacrosse (Candes and Tim) TEAM FRIENDSHIP
- Cultural games and activities (Kyra) TEAM COMMUNITY
- Hike and Snack (Sandra)- TEAM LEADERSHIP

11:30am-12:15: ACTIVITY ROTATION 2

- Lacrosse (Candes and Tim) TEAM COMMUNITY
- Cultural games and activities (Kyra) TEAM LEADERSHIP
- Hike and Snack (Sandra)- TEAM FRIENDSHIP

12:30: Lunch at Main Hall

1:15-2:00pm: ACTIVITY ROTATION 3

- Lacrosse (Candes and Tim) TEAM LEADERSHIP
- Cultural games and activities (Kyra) TEAM FRIENDSHIP
- Hike and Snack (Sandra)- TEAM COMMUNITY

2:00pm: Thank Yous & Energetic Wrap-Up

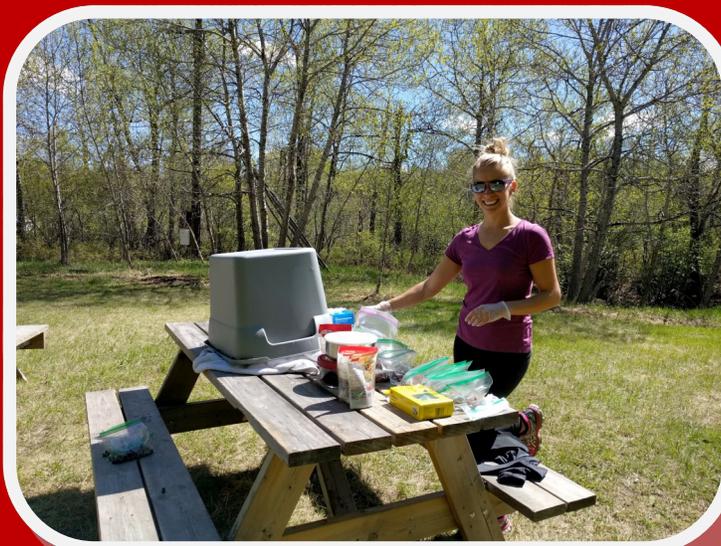
2:30pm: Bus Pick Up



(L—R): Dr. Leah Ferguson (Co Investigator with AYMP), Gillan Epp (IYMP Coordinator) and Kyra Ives (IYMP Young Adult Health Leader)



Right: Dr. Lead Ferguson preparing snacks for the mentors and YAHLs



Bottom: Mentors and YAHLs playing lacrosse as one of the activity rotations.

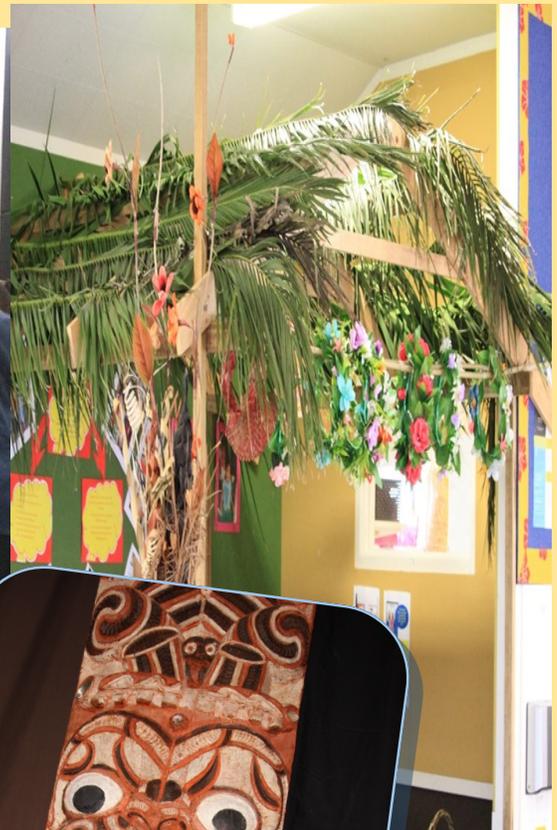


Learning and sharing knowledge abroad: World forum 2017

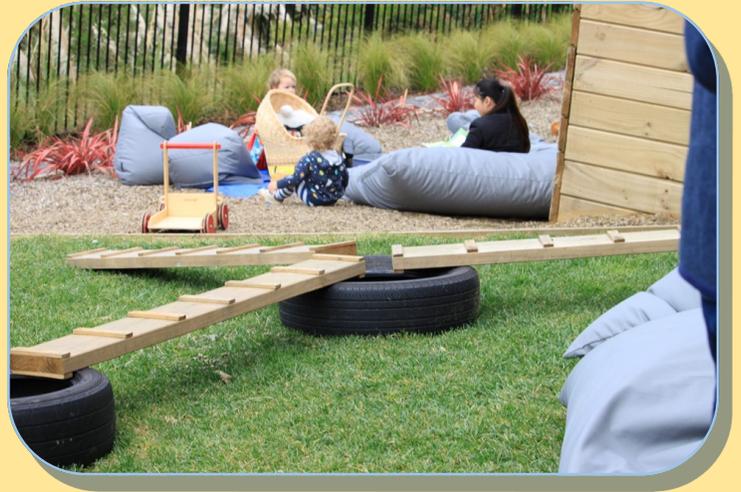
Submission by Barb Carlson (Young Adult Health Leader in Thompson, Manitoba)

I went to Auckland, New Zealand to present with 3 co presenters/ one from Auckland another from Bhutan and one from the Cherokee Nation in the USA. The topic we presented was the importance of early childhood educators in sustaining endangered Culture and language.

We also co authored an article on the same topic. This article was published in the Child Care Exchange Magazine



I got to visit the child care centres, The child care programs are working on incorporating the language and culture of the Indigenous Māori peoples of New Zealand. Many of the child care centres are now very big on out door class rooms and connecting children to the land. Very important for children to be outside to connect them to the land and to learn their culture and language from the natural environment, Elders play a big part in culture and language just like here in Canada. Countries around the world are advocating for the preservation of their own culture and language.



I went to a museum and got to see the traditional Maori carvings, canoes, Temples and traditional dancers



I made talking sticks and presented one to each of the members of IPEG. Our goal for the next two years is to work on a tool that can be used to ensure that early years programs create and run centers that are culturally relevant to the population they serve and how to use the land as a teacher for children to learn about their culture and language.