

## 3<sup>rd</sup> Annual National Aboriginal Physical Activity Conference

**“Healthy alternatives to empower  
communities to stay active”**



*This is the nation's largest conference on Physical Activity for First Nations, Métis and Inuit people, created for all of those with an interest in sports, fitness, & traditional activity who may be band council members; health directors, representatives, or health practitioners; counsellors; academics; recreation workers; coaches; fitness instructors; cultural leaders; community members, and all others interested in the promotion of health and wellness through physical activity.*

**May 28<sup>th</sup> to 29<sup>th</sup>, 2015**

**Membertou Trade and Convention Centre**

**50 Maillard St, Membertou  
Cape Breton, Nova Scotia**



## The Aboriginal Physical Activity & Cultural Circle National Aboriginal Physical Activity Conference

The Aboriginal Physical Activity & Cultural Circle (APACC) believes that physical activity makes a positive difference in the Aboriginal Community and that our people have a quest to be involved in sports, recreation, fitness and traditional activities. By bringing the community of leaders, role models, and participants together under one roof we can build on this network to create opportunities and improve access to physical activities for Aboriginal people of all ages, abilities, genders, and practice. We have many exciting initiatives and plans for the future and are very excited for our progression and growth as a national non-profit association.

The National Aboriginal Physical Activity Conference (NAPA) is the nation's largest conference on Physical Activity in the Aboriginal community that was created for all people with an interest in sports, recreation, fitness, and traditional activities for the promotion of health and wellness. APACC believes in physical activity as a way to health and wellness and we will continue to follow our dreams for a better future for our communities.

We greatly appreciate your feedback on the surveys that can be found in this program. We are expecting our next conference to be even more successful with our growing knowledge and experience

All Our Relations,



Dr. Rosalin Miles  
Executive Director



Melody Young  
Conference Coordinator

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# Aboriginal Physical Activity & Cultural Circle Association

## Vision, Mission and Objectives

**Mission:** to create a community of mentors, leaders, participants, and supporters who promote physical activity as a way to health and wellness.

**Vision:** to establish and expand relationships between individuals engaged in physical activity by improving access to resources, and promote exposure to health and wellness opportunities.

**Objectives:**

- To improve access to physical activity, such as, sports, recreation, fitness and traditional activities, by establishing, operating and maintaining a network to provide links and partnerships with corporate funders for Aboriginal members.
- To relieve barriers to physical activity in Aboriginal communities and families by providing resources for persons in need.
- To assist in the preservation of Aboriginal traditional activities.
- To develop or promote health and wellness in Aboriginal communities and families by supporting the physical activity as a tool for prevention of, and curative measures for, health and wellness challenges and by creating a network of people in fields of health education, and providing a research bibliography that advocates changes in the health of the Aboriginal community.

## Team players

**Our Team Player service** is free for all Aboriginal people who are involved in sports, recreation, fitness, or traditional activities. Aboriginal will be defined as a person who identifies to being First Nations/Indian, Métis or Inuit. It is open to individuals, teams, athletes, coaches, trainers, recreation workers, organizers, and so on. By becoming an APACC Team Player you receive discounts on all APACC events, access to resources and our events calendar, first news of events, access to APACC Community Grants, networking with like minded people and we hope to be able to offer more in the future. You can register on our website to engage in the network.

## Board of Directors

Thank you to the following founding board members for their time and dedication to creating the Aboriginal Physical Activity and Cultural Circle:

**Dr. Georgia Kyba  
Randy Ermineskin  
Suzanne Johnson  
Valerie Tosoff  
Alex McComber**

## Acknowledgement

APACC would like to thank the Membertou community for all their support and the sponsorship of the NAPA lunches. The Third Annual NAPA Conference is being held on traditional territory of the Membertou people. We honor you and thank you for the use of your traditional territory.



**Membertou**  
WELCOMING THE WORLD!

# National Aboriginal Physical Activity Conference

## May 28<sup>th</sup> & 29<sup>th</sup>, 2015 Schedule

**Location:** Membertou Trade and Convention Centre, 50 Maillard St Membertou, NS B1S 3W3  
Cape Breton, Nova Scotia

### May 28, 2015 Thursday – NAPA Conference Day One

- 8:00-8:45am Registration
- 8:45am Welcome Prayer  
Introduction
- 9:00am **Session 1:** Mi'kmaw Physical Activity Leadership Program: A Nova Scotia Success Story: *Wayne McKay, Krista Devoe, Jeannine Denny, Terry Bernard, Wally Bernard Adrian Graves & Cathy Leblanc*
- 10:00am **Health Break**
- 10:15am **Session 2:** Healthy alternatives to empowering communities to stay active: *Clay Melnike & Dano Thorne*
- 11:15am **Session 3:** Youth Resiliency: Motivation for Success: *Steve Oliver, Heidi Weigand & Victoria Bell*
- 12:15pm **Lunch**
- 1:15pm **Session 4:** Physical Activity Approaches at the Ground-Level: Promising Practices Targeting Aboriginal Children and Youth: *Andrea L.K. Johnston*
- 2:15pm **Session Transition**
- 2:20pm **Session 5:** HIGH FIVE- Helping Organizations Create Positive Recreation and Sport Experiences for Children: *Debbie Bauld*
- 3:20pm **Health Break**
- 3:35pm **Session 6:** Municipalities + First Nations Partnering Together: "A. Natural Fit": *Vince Forrestall*
- 4:35pm End of Day 1

### May 29, 2015 Friday – NAPA Conference Day Two

- 8:00-8:45am Registration
- 8:45am Welcome
- 9:00am **Session 7:** Holistic Education without Borders – Incorporating healthy lifestyle choices and activities into Educational Strategies: *Lorna & Tom Butz*
- 10:00am **Health Break**
- 10:15am **Session 8:** Programmers' experiences and recommendations for co-creating and engaging others in Indigenous youth activity-promoting programming: *Angela Coppola*
- 11:15am **Session 9:** Learnings in action from Communities ChooseWell: *Janet Naclia*
- 12:15pm **Lunch**
- 1:15pm **Session 10:** Get "UP" & At It With Urban Poling: *Faith Julien*
- 2:15pm **Health Break**
- 2:30pm **Session 11:** Taking Fitness to New Heights: Building Strength and Resilience through Aerial Acrobatics and Circus Arts: *Chenise Hache*
- 4:00pm **Closing Prayer**

# National Aboriginal Physical Activity Conference

## May 28<sup>th</sup> & 29<sup>th</sup>, 2015 Schedule

### Sessions and Presenters

#### Session 1:

#### **Mi'kmaw Physical Activity Leadership Program: A Nova Scotia Success Story**

The Mi'kmaw Physical Activity Leadership Program has been in place in Nova Scotia for the past 2 years. It was introduced as part of the province's Thrive! Strategy. The program is cost shared between the province and Mi'kmaw communities. The goal is to help the communities hire Physical Activity Strategy Coordinators to engage the communities in the development and implementation of comprehensive physical activity strategies aimed at making physical activity the easy choice for residents and thus improving health.

Since May of 2013, 9 of 13 Mi'kmaw communities in Nova Scotia have joined the program. The presentation will focus on success stories from 6 of these communities as well as a provincial overview of the program. Specifically, the workshop will focus on the following areas:

1. A brief overview of the program
2. Provincial supports
3. Physical activity data that has been collected as a result of the partnership
4. Importance of community engagement in physical activity development
5. Success stories from each of the 6 communities

#### Presenters:

#### **Wayne McKay**

*Mi'kmaw Physical Activity Project Coordinator, NS Department of Health and Wellness*



Wayne McKay is a physical activity practitioner, educator and artist. Currently, he works as the Mi'kmaw Physical Activity Project Coordinator for the Nova Scotia Department of Health and Wellness. He previously worked as a teacher at Membertou Elementary School in Membertou First Nation, where he developed an outdoor education program, a music and drama program and a walk to school program. He spends his free time exploring the outdoors around Sydney, NS with his wife and two young daughters and trail running with his dog.

#### **Krista Devoe**

*Physical Activity Strategy Coordinator, Membertou First Nation*

Krista Devoe was born and raised in Membertou, Nova Scotia. She currently resides in the community with her husband Ernie and two children, Zachary and Jordyn. For the past two years, Krista has been in the position of Mi'kmaw Physical Activity Leadership

Coordinator in Membertou. She has taken multiple trainings in many areas of sport, recreation and facilitation including Volleyball, Aboriginal Sport, High Five and High Five Sport and CanFitPro. As a trained Child and Youth Care Worker, physical activity wasn't initially on her radar. After having children and realizing the importance of an active lifestyle, Krista and her husband changed their lives around - eating healthier, exercising and moving more, and in Krista's case, changing careers. These decisions positively

impacted both their lives and the lives of their children. They are now an active family, taking part in tae kwon do training as a family, enjoying many family outings such as hiking, snowshoeing, swimming, and generally making every activity an active one.



**Jeannine Denny**

Physical Activity Strategy Coordinator, Eskasoni First Nation



For 13 years Jeannine was previously employed by The Eskasoni Fish & Wildlife Commission which expanded and branched off into 3 different entities EFWC, UINR and Crane Cove Seafood's. As an Administrative Assistant, Office Manager and eventually Financial Payroll Clerk, on top of her duties she also helped the Band by taking minutes for the Chief & Council, All Chiefs and Elder's Meetings where she would have to translate into English. In 2008 she was faced with the task of helping organize the first ever Assembly of NS Mikmaq Chiefs with The NS Provincial Government. Jeannine was recognized for her volunteer services in 2002 while fundraising with three of her peers to send 25 youth from her community to Toronto for the World Youth Day Event. She was selected to be part of the 9 First Nations Youth from Canada to personally meet and attend a private mass with Pope John Paul in Toronto. Jeannine is currently leading the implementation of the Comprehensive Physical Activity Strategy for Eskasoni. Eskasoni Sports & Rec work in collaboration with Mental Health on all Events/Activities to help build a Happier, Healthier & Stronger Community. When it comes to helping Eskasoni the community in which she was born & raised in, she does this with all her heart to help create a better place for her family, friends & for her 3 daughters. The best part is whenever you're able to put a smile on faces it doesn't feel like work.

**Terry Bernard**

Physical Activity Strategy Coordinator, Wagmatcook First Nation

Hi my name is Terrance Bernard, I will be 48 yrs old as of May 13<sup>th</sup> but also known to most as Terry or Big T. I am a Mi'kmaw from Wagmatcook First Nation and I've been working for the community as there MPAL since September 2014. I

have 4 children and 2 of them are graduating this year from Cape Breton University, my son TC graduating with nursing and my daughter Aria graduating with BA in Math while my other 2 are attending Cape Breton University in their 2<sup>nd</sup> and 1<sup>st</sup> years, Sarah and Justin. I have 4 beautiful granddaughters' aged from 5 months to 2,3,4 years of age, Akasha, Paislynn, Emma and Aleigha I am married to Newell Johnson and she is the principal at Allison Bernard Memorial

High School in Eskasoni NS. Over my years looking back I've always been involved in recreation and outdoors, back in 2011, I got the opportunity to be the



Coordinator for the 2011 Nova Scotia Mi'kmaw Summer Games, we were the hosts of this event in Wagmatcook First Nation and we had 17 different events scheduled for the summer games. The job was fun and I'd do it all over again if I get the chance, it was made easier cause of the great help and volunteers that I got from my community. For most of my life I've been involved in recreation in my community as a hockey player, ball player, fisher and hunter (including help out with our annual youth moose hunting camp). I've always believed that the outdoors is my life and I'm trying to teach and guide our youth into being more active and living a healthier lifestyle. As my mom can adhere to this when I was younger she never ever worried about me when I wasn't home from school, she knew I was either playing ball at the ball field or hunting, fishing or playing road hockey or just in the woods hiking. My mom would never see me on a computer or watching tv (they weren't invented yet hahaha) I've always been outside playing or do something which I believe now makes me want to pass this on to our children so they can be active and live a healthier lifestyle.

**Wally Bernard**

Physical Activity Strategy Coordinator, Waycobah First Nation



Wallace Bernard is the Mikmaw Physical Activity Leadership coordinator for the Waycobah First Nation. He was born and raised in Waycobah. Wallace graduated with Recreation Leadership at NSCC and Aboriginal Development Leadership at STFX. Prior to this position, Wallace was the host Coordinator for the Nova Scotia Mikmaw Summer Games. Wallace was also the Manager and personal Trainer at the Waycobah fitness center. Wallace was also on the Mission Staff for Team Nova Scotia that went to the 2014 North American Indigenous Games in Regina. Wallace believes he will be the voice for a positive and healthy change for Waycobah. Wallace has a passion for

sports, physical activities and the outdoors. Wallace leads with an active lifestyle: Some of his hobbies include working out at the gym, hiking, running, geocaching, volleyball, golf, softball, hockey, skiing and snow shoeing in the winter. Wallace feels that it is such a privilege to now work in the field he is passionate about.

**Adrian Graves**

*Physical Activity Strategy Coordinator, Annapolis Valley and Glooscap First Nations*

*Photo and bio to come...*

### **Cathy Leblanc**



Cathy Leblanc is the new Physical Activity Strategy Coordinator for Acadia First Nation. Cathy studied Native Studies at Saint Thomas University. As a member Acadia First Nation, Cathy is active in her personal and professional life promoting and preserving the health, knowledge and well-being of local First Nation communities.

## **Session 2:**

### **Healthy alternatives to empowering communities to stay active**

We are currently developing a Holistic Sport Development Framework that will be used as a catalyst for the future 3 year Aboriginal, Sport & Wellness Council of Ontario (ASWCO) Strategic Plan. This Framework will be used by all 14 - 2014 Ontario NAIG sport organizations to develop a 3 year plan from 2015-17. These plans will also be used to structure the new Ontario Aboriginal Games & Festival in 2016 and prepare for NAIG in 2017. Dano and I conducted an initial workshop of aboriginal sport coaches and managers in October 2104 and our having a second session late in January 2015. This new ASWCO Sport Development Framework will be a blending of the following:

- new National Aboriginal LTAD Model
- the CS4L Physical Literacy and Play Tools
- a traditional strategic marketing framework
- cultural traditional teachings
- the medicine wheel
- the aboriginal learning circle
- the holistic aboriginal sport development model
- additional research on Aboriginal sport development and Long Term Athlete Development

### **THE WORKSHOP PROCESS**

During our workshop we will present this new ASWCO Sport Development Framework and share how/why it was developed. We will share how this sport development framework will drive much of the community development (health, education & community services) with the 3 year, 3.8 million dollar Ontario Government grant. The sport framework will also be a featured part of the new leadership development program.

We will also discuss the importance of this framework being lead and mentored by young people 15-25 years of age. These young people are the future, and must be granted leadership roles in sport and recreation. In addition, we will look at best practices in aboriginal sport development from both BC and Ontario.

## Presenters:

### **Clay Melnike**

*Humber College, Canadian Sport for Life/Play, the Aboriginal Sport and Wellness Council, the Canadian Curling Association.*



Clay completed his undergraduate and master's early in his career and focused on sport, recreation and the development business, marketing and sport plans. Clay is a planner, facilitator, manager, and published author who has worked for over 25 years in the two worlds about which he is most passionate: sport and youth development. Current sport contracts include: teaching sport and recreation at Humber College, national Trainer with Canadian Sport for Life/Play Tools, working with the Community Sport Councils of Ontario, the Aboriginal Sport and Wellness Council and the Canadian Curling Association. Clay has also worked with all types of youth and youth organizations – from high performance soccer coaching to facilitating at-risk youth anger management sessions. In a volunteer capacity, Clay is very active in sport and has been a coach and trainer for soccer and hockey for twenty years. Clay was the Vice President of Business Development and Planning for the Markham Sports Council for two years and is currently involved with the Pan Am Games as an event coordinator for the Wheel Chair Tennis.

### **Dano Thorne**

*Native Indian Football Association*

Dano Thorne's dedication to all levels of sport, as an elite athlete, coach and administrator, has provided him a thorough understanding of the Aboriginal, Canadian, North American and International sport systems. From beginning to end as the Cowichan 2008 Bid Coordinator and the Community Sport Development Officer he worked diligently as the longest serving staff at the best ever Cowichan 2008 North American Indigenous Games. During his sport career he has held numerous positions with boards and committees for the holistic development of aboriginal youth, athletes and coaches; including Coaches Association of B.C. & Canada, Athletes Can, NAIG Council, Team BC Chef de Mission, Canadian Parks & Recreation Association, Special Olympics North America, First Nations Health Council, The Secretary of State National Working Group and the acclaimed Esteem Team Role Model Program. He has received numerous provincial and national coaching awards and was the first recipient of the National Aboriginal Coach of the Year in 1999. Dano attended the National Coaching Institute in 1994-95. He continues to be head coach of the renowned NIFA Women's Select team program that competes internationally around the world. Dano is presently preparing the ladies for their up-coming World Indigenous Games in Brazil June 2015. Dano as the head coach, developed the NIFA Elite youth soccer program where U11, U13, U15 and U19 boys and girls can participate and develop on community based teams on Vancouver Island, teams will travel to Hawaii in August 2014. Dano's role as a sport leader is taken seriously with integrity and humility and he is always looking at the best interests of all athletes and coaches across Canada & North America. He shares the universal dream with past, present and future aboriginal sport leaders to see our youthful athletes participate for Canada and to reach the highest levels of personal choice and commitment. In his role as a successful Team BC Chef De Mission he realized that the communities, when given the opportunity, respect, community spirit and teamwork ensure success in programs and sport development. Dano believes that traditional protocol and culture ensure community input and participation as keys to starting and building relationships respectfully to work with first nation and aboriginal communities. Dano as a leader has been an advocate for aboriginal sport, from the grassroots to international levels for 20 years and has mentored many aboriginal youth in Canada. Working with the spirit of the people, "dreams can become reality". Dano is presently works as a sport development facilitator and consultant and is enrolled in the Canadian Sport Centre for the Advanced Coaching Diploma. He is tasked to develop and design holistic development programs for aboriginal youth.



### Session 3:

#### **Youth Resiliency: Motivation for Success**

**Audience:** This workshop is intended for young adult audiences (15-25) seeking to increase their resiliency and motivation skills for leading change.

**Objective:** Our intended outcome is to help young adults understand their thinking patterns and make choices that will produce resourceful outcomes leading to the achievement of their own definition of success.

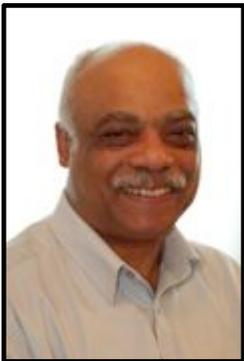
**Format:** The workshop consists of 10-modules that can be run weekly or over two weekends in conjunction with recreation and mindfulness practices, including Taichi, meditation, cultural history, dance and nutrition guidance. The methodology embraces a creative learning environment enabling each participant to understand their own way of learning and their individual definition of success.

**Presentation:** Our presentation at the National Aboriginal Physical Activity Conference will include participants from the summer 2014 Mi'kmaq Youth Retreat at Gitten's Lodge to share their experience and learnings. We will showcase some of the recreational and educational activities, learnings and academic research findings from the workshops. Some of these activities include Taichi, defining your happy frame, and a personal gratitude exercise.

We would like to thank our partners, Nova Scotia Mental Health, Children's Services and Addictions Branch, Department of Health and Wellness, and the Nova Scotia Tripartite Forum, Sports and Recreation Committee.

#### **Steve Oliver**

*Wellness Consultant*



I was born into a Nova Scotian family of community and spiritual workers. As I became aware that my family situation was unique, I started to explore ways of extending my experiences to others. Participation in the Children's Theatre Group "Rainbow Theatre" was a unique experience which opened me up to the world of drama, art and dance. My studies took me to Toronto, Ontario where I joined the Toronto Dance Theatre and studied electronic music at the University of Toronto. It was during this period that I worked with various healing arts. (Alexandra Technique, Kundalini Yoga, Tai Chi and various meditation techniques. Graduate in Social Research from Sheridan College, Oakville Ontario. In 2008, I combined my experiences and founded the Lower Sackville Wellness Centre, clients included the HomeBridge Youth Society, The Windsor Elms Village, The Queens Manor, Sackville Heights Community Centre, The Wallace Lucas Community Center, private classes and clients. Currently, I am participating as an associate researcher with St. Mary's University, Halifax Nova Scotia, researching new Health and Wellness initiatives and programs. The new initiatives will address a wide variety of health and wellness needs. The use of ancient approaches is being linked and researched against today's corresponding academic models of learning.

#### **Heidi Weigand**

*Director with the Centre for the Study of Sport and Health at Saint Mary's University*

Heidi is currently the director with the Centre for the Study of Sport and Health at Saint Mary's University. Heidi's research and community work is focused on the ability for athletes, students and employees to bounce back from setbacks. Heidi has a 19-year track record of success with IBM Canada and Xerox Corporation in Canada and the United States. During that time, she has held various positions in sales management, marketing, finance and business process re-engineering and has been certified as a Lean Six Sigma Black belt. More recently, Heidi has worked as a management consultant helping Atlantic Canadian businesses and First Nation communities build foundations for successful growth. In 2011, Heidi was the marketing Division Co-Chair for the Halifax Canada Games which generated the largest economic impact in the games' history with over \$130 million in economic activity in Nova Scotia; more than 1100 jobs; and \$40 million in wages and salary.



Heidi has an EMBA degree from Saint Mary's University and has a part-time faculty appointment within the Business departments at Saint Mary's University, Mount Saint Vincent University and Cape Breton University teaching staffing & recruitment, employee training & development, organizational

behavior, sales management, applied marketing, leadership and change management. Heidi is also pursuing her PhD at Saint Mary's University with a focus on the impact of positive leadership on employee and organizational well-being. Other research interests include psychological health in the workplace, the management of brain injuries and recovery in society, leading healthy teams and organization and individual resiliency.

### **Victoria Bell**

Saint Mary's University



Victoria is a Bachelor of Arts graduate of Saint Mary's University with a major in sociology and a minor in religious studies. Victoria has completed a full year as the Peaceful Schools International program coordinator, travelling to Belfast, Northern Ireland in the winter of 2015. Victoria was an assistant trainer in the Mi'kmaq Youth Retreat in the summer of 2014.

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### **Session 4:**

#### **Physical Activity Approaches at the Ground-Level: Promising Practices Targeting Aboriginal Children and Youth**

*Physical Activity Approaches at the Ground Level: Promising Practices Targeting Aboriginal Children and Youth* Resources, offers insight into promising practices through inspired physical activity initiatives within communities. Now in its third phase of work focused on E-knowledge development, this workshop will focus on project outcomes and lessons learned in the development and dissemination of knowledge tools and resources developed to promote the case studies prepared for this resource, and the ongoing integration of promising practices into community efforts. This workshop will include:

1. a discussion on project outcomes to advance "promising practices";
2. an overview of the 15 case studies resources and tools;
3. a statistical breakdown of the reach of resources and tools through web presence (i.e., SlideShare, Prezi, other)
4. a comparative report on the results of interactive web presence (Webinar series, Blogging, and email communication blasts); and
5. a discussion on opportunities for generating ongoing community support.

Sharing stories and lessons learned from case studies delivered by experienced program deliverers began with the creation of a 15-case study report and the use of information tools, such as SlideShare and Webinars. Efforts have now evolved to include the creation of an E-Knowledge Management Strategy that will build on a vast network of community of mentors, leaders, participants, and supporters who promote physical activity as a way to health and wellness. Past activities have included sharing on-line resources and tools through a Blogging environment and sharing stories through email broadcasts. Through the introduction of an E-Knowledge Management Strategy, workshop participants will be inspired and motivated to replicate and innovate case study promising practices in your community.

**Presenter:**

**Andrea L.K. Johnston**

*CEO of Johnston Research Inc*



Andrea L.K. Johnston, CEO of Johnston Research Inc., has worked in the field of Indigenous evaluation full-time for 20 years. A band member of Cape Croker First Nation, and a B.A. Sociology graduate of the University of Toronto, Johnston is an Indigenous Credentialed Evaluator who is internationally recognized and followed. Through her work at Johnston Research Inc., Johnston has worked on over 30 policy research and evaluation projects targeting cultural safety and integrated health services. In these works, Johnston has worked to investigate the existence of cultural safety structures and mechanisms in the health care system, which work to address the wholistic social determinants of health needs of Aboriginal peoples. What we have found is that the health care system itself cannot intersect with community to achieve integration; rather a building of

Indigenous informed care needs to work within a circle of decision makers who have mastered the art of both health care systems. True cultural safety and integration in health care has yet to be reached. Johnston believes that we must help ourselves in order to be able and ready to help others. We all have a trauma we must recognize and heal through a building of self-respect and strength and pride which enables us to build upon self-discipline which pushes us to go that extra mile and to do better than the last woman.

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**Session 5:**

**HIGH FIVE- Helping Organizations Create Positive Recreation and Sport Experiences for Children**

HIGH FIVE® is Canada's quality standard for children's recreation and sport. Before HIGH FIVE, no standard existed and there was a clear need for an innovative approach to help organizations enhance program quality and provide positive experiences for children, which would remain with them for a lifetime. HIGH FIVE® is committed to assisting children along the path of healthy child development by:

- o Ensuring that recreation and sport practitioners develop a high level of knowledge and expertise in child development;
- o Helping parents to make informed choices and;
- o Providing practitioners with the tools for enhancing and maintaining a high level of program quality.

**PRINCIPLES**

HIGH FIVE is based on five Principles of healthy child development that are essential for quality programs. This foundation comes from extensive research into what constitutes quality experiences for children, and the practical application of our Principles in programs across Canada.

The five Principles of healthy child development are:

A Caring Adult: The existence of a caring adult who provides supportive relationships is the one key attribute that stood out in defining quality programs for children. The establishment of caring, positive, and supportive relationships with adults can help children 6 to 12 develop positive social skills, self-esteem, and self confidence. A program's quality is dependent upon effective interactions between staff and youth within the environment that staff creates.

Friends: Positive peer interaction is a key component of effective programs. Friends expand the child's world beyond one's family; share in humour; test loyalty; form their first audience; and offer support and criticism. Positive environments foster inclusion, acceptance, the opportunity for fun in constructive play, and the opportunity to develop and practice pro-social skills.

Participation: Children need to make choices, have a voice, and do things by and for themselves, which supports positive self-expression, physical activity, and interaction with others.

Play: Stressing fun, creativity, and co-operation, play lets children shape their environment using their imaginations. In addition, play is integral to the acquisition and development of motor and social skills,

cognitive function, and creativity.

Mastery: Providing children with activities and tasks that enable them to feel special, important, and successful. This type of rich content-based learning, led by teachers and coaches who encourage mastery (both through structured and unstructured strategies) helps to promote learning.

**Presenter:**

**Debbie Bauld**  
*HIGH FIVE Coordinator*

Debbie is the HIGH FIVE Coordinator for Recreation Nova Scotia. She has served in this position since 2002 when Recreation Nova Scotia became the Authorized Provider of HIGH FIVE in this province. Formerly, she worked in municipal recreation as a Regional Recreation Manager for 17 years. She is also the mother of three sons and has seen firsthand from the bleachers on soccer fields and in ice arenas how positive recreation and sport experiences can have a lifelong impact on children. She is thrilled to share how the HIGH FIVE Standard of Quality can make a difference in the lives of the children you serve.



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**Session 6:**

**Municipalities + First Nations Partnering Together: "A. Natural Fit"**

The Municipality of the County of Victoria and Wagmatcook First Nation have partnered on a number of great projects since Victoria County. Developed a physical activity strategy (Est 2011) which included a goal: Moving Forward Together with our First Nation Community Wagmatcook. Initiatives in Partnership, collaboration includes Girl Power, Healthy Hearts for Boys, Active Girls Only, Fresh Fruit Fridays, Play It Forward Soccer, Unplug and Play Back to Nature Youth Rally and BaM Cape Breton (Body and Mind) to provide an active and healthy lifestyle opportunities and exposure to our first nation community. See how the Municipality and Wagmatcook have moved forward together collaboratively with the band, school, elders and others benefiting all residents in Victoria County

**Presenters:**

**Vince Forrestall**

*Physical Activity Coordinator, Naturally Active Victoria County*



Vince Forrestall is the Physical Activity Coordinator for Naturally Active Victoria County since June 2011. Vince has over 20 years of experience in recreation, sport, physical activity and officiating hockey (1991 Canada Winter Games) and soccer. If Vince isn't exposing his 4 1/2 year old Jenna to recreation opportunities, you'll find him hiking or snowshoeing to a peak. Fresh off Naturally Active's "Celebration" with 2 Time Gold Medalist & Flag Bearer Heather Moyse Vince continues to outreach, partner and collaborate for the betterment of the lives of his residents and visitors, including First Nation Community Wagmatcook

## Session 7:

### **Holistic Education without Borders – Incorporating healthy lifestyle choices and activities into Educational Strategies.**

Icount School is unique in its ability to connect with and build skills in its students in a way that fosters growth and advancement in the areas of academic success, community engagement, employment skills, social responsibility and healthy lifestyles. The school recognizes that the needs and educational requirements of each student vary and the teaching approaches must be individualized to each student. Icount School focuses on developing real world skills and cultural experiences that compliment a student's ability to thrive academically and socially. Because of our philosophical commitment to interest-generated, real world and personalized cultural learning, Icount Schools have a markedly different structure than that of traditional high schools. We are committed to ensuring dynamic, structured, learning-based activities that benefit the local community. It is through our philosophy and innovative approach that we have been successful in creating multi-functional academic and work experience programming that integrates learning processes with healthy living. Our system and approach is rapidly becoming popular among educators and communities because of its ability to enhance community wellness markedly. The work experience training provided to students build life-long skills and also create physical health and activity venues that benefit the entire community. Our workshop will build on our desire to connect our learning strategies and methodology to schools throughout BC and Canada wide.

#### Presenters:

**Lorna Butz**  
*iCount*



Lorna Butz is one of the original founders of the iCount high School. Her business sense and approach has been instrumental in creating learning and skill building opportunities for students. She has successfully developed a number of school based economic development strategies that have been integrated into school programming and also create positive recreational facilities in the community. Lorna's approach is extremely successful in developing skills and creating a sense of social responsibility in students.

**Tom Butz**  
*iCount*

Tom Butz is one of the original founders of iCount High School. Tom teaches academics in the areas of Math, Science, Social Studies and physical Activity. He was employed by School District #54 for 33 years. Tom has always been a strong advocate for aboriginal students and supported aboriginal learners through mentorship, counselling, and intentional integration of teaching methods that include cultural learning techniques and personalized learning approaches.

## **Session 8:**

### **Programmers' experiences and recommendations for co-creating and engaging others in Indigenous youth activity-promoting programming**

**Project Background:** Scholars have demonstrated the role of sport and physical activity for the holistic development and overall health of Indigenous youth (e.g., Hanna, 2009). These benefits may be dependent on the context of the programming and the roles of those involved in the programming. The role of community members in activity-promoting programming for Indigenous youth is evident (Blodgett et al., 2010), however, there is a lack of published literature exploring how programmers co-create and engage in activity-promoting programming with community members. A better understanding of such experiences is necessary to inform youth activity-promoting programs with Indigenous Peoples, youth, and community members. Thus, the purpose of this research is to: (1) explore how programmers have co-created and engaged in activity-promoting programming for Indigenous youth with community members, and (2) share this knowledge with communities in Alberta and Canada to inform programming.

**Methodology:** A three phase community-based participatory research (CBPR; Israel, Schulz, Parker, & Becker, 1998) framework has been used as a partnership approach to equitably involve academic and non-academic partners in all phases of the research process. In the first CBPR phase, a meaningful partnership with a Cree Elder was established from relationship-building efforts within schools. We received grant funding to host community consultations to co-create a research agenda with community members (e.g., Elders, parents, youth, social workers, and representatives from the City of Edmonton and non-profit organizations) to inform our research. We planned four community consultations focused on Indigenous youth health programming in Edmonton, Alberta. Consultations that included cultural practices, such as pipe ceremonies, feasts, and honorariums, were held over a three-month period and were co-facilitated by my (first author) community partner (the Elder) and I. Approximately 30 community members identifying as Indigenous or non-Indigenous Peoples participated in the consultations and in drafting the research purpose that is guiding the next research phases. A democratic process of sharing knowledge and acquiring feedback throughout the project was co-developed.

We have been awarded funding to support the next two phases of our CBPR. Drawing upon interpretive description methodology (Thorne, 2008), approximately 25 health promoters throughout Canada are engaging in interviews (approximately 3-5) and group discussions to address the co-created research purpose. The health promoters have played a role in health and activity initiatives and program development for Indigenous youth. They will describe how they have co-created and engaged in activity programs for Indigenous youth.

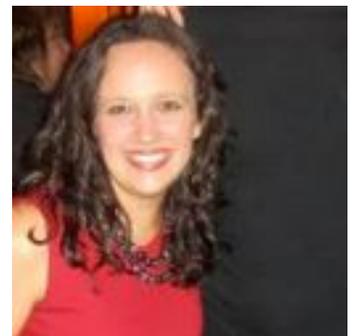
**Presentation:** The first author will present the details of the project background, data generation, results, and the future initiatives of the project. The results will include examples and key components of how activity-promoting programs have been co-created, as well as recommendations for developing activity programs and engaging Indigenous community members in programs based on the participants' experiences. Preliminary results regarding co-creating programs include advocating for programming, identifying youth champions, and finding "connectors" to identify partners, such as grant-writers and health promotions services, to foster sustainable programming. Engaging community members in programming may involve identifying adult champions and exploring motivations for engagement other than monetary or tangible resources.

#### **Presenter:**

**Angela Coppola**

*Faculty of Physical Education and Recreation, University of Alberta*

Angela M. Coppola is a Ph.D. Candidate and Graduate Research Assistant in the Faculty of Physical Education and Recreation at the University of Alberta. Her primary program of research is focused on working with Indigenous youth, families, communities, and service providers to explore their engagement in Indigenous youth physical activity programming, and translate and apply that knowledge to inform future programming. She is committed to relationship building with communities and engaging communities in the process of research and program development.



## **Session 9:**

### **Learnings in action from Communities ChooseWell**

Communities ChooseWell is an Alberta-based Wellness initiative that all about engaging, empowering and supporting Alberta communities to promote healthy lifestyles and recognizing those who take deliberate steps in that direction. Funded by Alberta Health and managed by Alberta Recreation and Parks Association (ARPA), ChooseWell is grounded in the knowledge that our immediate context plays a powerful role in hindering or enhancing our ability to choose well, and thus live healthy lives. To encourage the growth of local healthy living initiatives, ChooseWell offers toolkits, seed grants, themed challenges, networking, story sharing, learning forums, webinars and awards all backed by an enthusiastic and helpful staff.

The community champions for ChooseWell are remarkably diverse, including grassroots volunteers as well as staff in recreation, social services, libraries, public health, fitness and education. What they share is a passion for wellness, coupled with the courage to challenge their communities to eat well, be active and ultimately create healthier places to live, work and play. Drawing in partners and resources, they host events, create programs, upgrade built environments, promote policy changes whatever it takes to address barriers and create incentives to wellness in their particular contexts.

As a result, they're beginning to see growing awareness that healthier choices are imperative and that communities have an important role in helping citizens make those changes. Momentum is continuing to build, and that's reason to celebrate.

**Objective:** ARPA's Communities ChooseWell program has supported over 200 Alberta communities to foster healthier lifestyles since 2005. Fostering community action to enhance wellness is an essential health promotion strategy. But what does this look like in practice?

In 2014, ChooseWell granted it's provincial 'Overall High Achiever' Award to a small, northern Aboriginal community named Fort McKay. Participants in this session will hear Fort McKay's ChooseWell story as well as learnings provided by other successful Aboriginal ChooseWell communities. These stories will touch on activities like a community cold locker program that taught youth to hunt, the creation of multiple community gardens with elders, & the restoration of a school greenhouse. "Learnings in action from Communities ChooseWell" will focus on common challenges community participants faced in regards to initiating healthy eating and active living initiatives, as well as, the factors and the use of interesting alternatives that contributed to their success.

### **Presenter:**

**Janet Naclia**

*Alberta Recreation and Parks Association*



Janet Naclia grew up in northern Alberta in the remote community of Fort McMurray. She is a Programs Manager with Alberta Recreation and Parks Association (ARPA). Janet has worked on ARPA's community developmental programs as well as with both Aboriginal and diverse communities. Her current focus is managing ARPA's Excellence Series. Janet has a Masters Degree in Fine Arts and is a devoted player for the Calgary Rage - the city's only women's full tackle football team.

## **Session 10:**

### **Get “UP” & At It With Urban Poling**

Urban Poling, aka Nordic Walking, is a growing form of fitness and rehabilitation in Canada. Urban Poles have been especially designed by an occupational therapist with unique features that provide for the most safe and effective experience and overall results.

Through this workshop, participants will have the ability to learn about why Urban Poling is such an incredible form of fitness, which is inclusive of all ranges of ability, and something that is truly designed for those at all ages and stages of life. This presentation will also high-light the over 100+ independent research studies which support Urban Poling as a form of prevention & management. In addition, the presentation will describe why using 90% of the body’s muscles is so effective at managing and preventing several forms of chronic disease, including Type 2 Diabetes which is of real concern among these communities. Examples from real people and communities will be shared as to how this form of fitness can be leveraged among youth, elders, mental health, Diabetes and within general fitness programs.

Participants will learn the difference between the types of Urban Poles and the techniques and will touch on why the two different approaches exists and which clients they are most suitable to.

The presentation will also reference the comprehensive training program that is in place for community members which allows for a self-sustaining/self-managed program to be executed. The presenter will also touch upon the aggressive wholesale structure that is offered to communities such that the cost of entry to embrace the program is reasonable. The presenter will also describe the process to take to strike up an Urban Poling program.

For those interested in bringing a unique, transferrable and highly engaging program to their community which has a proven track rack of high compliance – look no further than Urban Poling and enjoy the workshop!

### **Presenter:**

**Faith Julien**  
*Urban Poling Inc.*

Faith Julien, was born in Truro, Nova Scotia and was raised in Millbrook First Nation, Mi’kmaq Community. Faith and her siblings were raised on reserve by her parents, Lisa McDonald and Lorne Julien. She is the Great-Granddaughter of the late Alexander “Sandy” Julien, a former Keptin of the Mi’kmaq Grand Council.

Faith is a graduate in the Fitness and Health Promotion program at Humber College Institute of Technology and Advanced Learning, located in Toronto, Ontario. After the summer Faith will be continuing her education at Mount Royal University to take a Bachelor of Health and Physical Education in Sport and Recreation Management. Faith is very passionate about promoting health and wellness and would like to continue working with First Nation communities in the future. Faith has been hired as an Aboriginal Relations Representative for Urban Poling Inc. Faith is assisting in the Aboriginal Pavilion during the Toronto 2015 Pan Am/Parapan Am Games for the Urban Poling programming. Faith will also be working closely with Aboriginal communities to promote Urban Poling Diabetes Prevention and Management program throughout the summer.

Faith is very proud to be working with Urban Poling and looks forward to promoting a healthy lifestyle and active living at all walks of life.



## **Session 11:**

### **Taking Fitness to New Heights: Building Strength and Resilience through Aerial Acrobatics and Circus Arts**



This workshop will give delegates a hands on opportunity to learn about the world of circus arts and its potential to inspire active lifestyles and social change in participants of all ages. Participants of this workshop will learn about Halifax Circus's unique three fold mission, which is to train and perform at the highest levels of circus work, to pass on those skills and experiences through our school, and to work with youth in difficulty through our social programs. This introduction to circus workshop will detail the benefits of circus arts, including increased strength and flexibility, self-confidence, and creativity. Although this workshop will highlight the work of Halifax Circus, it will not be marketing any products or services, but rather use the organization to explore the potential for health and wellness through circus arts.

Participants will also have the opportunity to learn basic skills and techniques on aerial fabric and hula hoop, as instructed by a trained coach/performer and member of the Mi'kmaw community. Participants will have the opportunity to try basic climbing on aerial fabric at a low level, as well as several beginner moves from an aerial knot. All equipment (apparatus, mats, and rigging), insurance, and waivers will be provided by Halifax Circus. There will also be time at the end of the workshop for a more advanced demonstration on higher level skills and time for questions on how to apply circus skills and training into your own physical activities safely and effectively. Throughout the presentation and demonstrations there will be an emphasis on the importance of safe, certified equipment, instructors, and establishments and how individuals can go about finding those contacts in their own communities. This workshop promises to be a fun, safe, and unique opportunity for participants to engage with circus arts and a trained Aboriginal performer and instructor on the opportunities and benefits of circus.

#### **Presenter:**

**Chenise Hache**  
*Halifax Circus*

Chenise Hache is a young Mi'kmaw woman from Halifax, Nova Scotia who joined the circus almost four years ago, and hasn't looked back since! Chenise began classes at Halifax Circus in 2011 while she was studying at Saint Mary's University, training mostly in aerial acrobatics. She has performed with Halifax Circus in the 2013 Nocturne Art at Night Festival, Halifax Pride Parade, and Annual holiday show "Solstice" in 2014. In the summer of 2014 she completed an aerial teacher training course with the New England Centre for Circus Arts and has been teaching aerial acrobatics since September of last year. She is passionate about circus as a tool for positive social change and hopes to work with the Mi'kmaw Native Friendship Centre to develop programming for Aboriginal youth within the next year. When she isn't at Halifax Circus making everything run smoothly and sharing her passion for aerials, she works tirelessly towards issues of social justice for Aboriginal peoples, women's rights, and youth at risk. She also enjoys hula hoop, traditional dance, working towards the never-ending quest for splittier splits, and talking to stray cats.

**3<sup>rd</sup> Annual  
National Aboriginal Physical Activity Conference**

**"Healthy alternatives to empower communities to stay active"**



**Thank you for joining us!**

We are very appreciative of your attendance and for supporting the National Aboriginal Physical Activity Conference 2015. The event would not be what it is without your participation and feedback.  
From our hearts to yours, thank you.

All Our Relations!