

NWAC Pathways PEKE

Partners for Engagement and Knowledge Exchange

by: Nigel Orr

Knowledge Translation through Learning Circles in Haida Gwaii

In July 2015, the NWAC PEKE co-sponsored and participated in a learning circle in Haida Gwaii, BC.

The NWAC PEKE is a partner in a Pathways research project on diabetes/obesity led by Dr. Rhona Hanning from the University of Waterloo.

The learning circle approach encourages a culture of valuing, growing, harvesting, preparing and consuming local, healthy and sustainable food in First Nations and Métis schools. The foods produced by the project are also made available to community members.

During the event, there were many opportunities for sharing and laughter. The project team in Haida Gwaii was phenomenal and the local food 'movement' and what they have been able to facilitate within their communities is inspiring.

By the end of the project, the entire team had a sense of engagement, motivation and commitment. The meeting brought together a remarkable and diverse group of women from the communities.

by: Tania Dick

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NWAC Advisory Committee

The Advisory Committee is made up of Aboriginal community representatives, women, youth, and Elders who have health related backgrounds, in policy, programming, service provision, and/or research. It also includes representatives from our partnering organizations including the Indigenous Peoples' Assembly of Congress (IPAC), the Canadian Indigenous Nurses Association (CINA), and the National Aboriginal Diabetes Association (NADA).

The primary role of the Advisory Committee is to provide advice and guidance on the development and implementation of work-related activities of the NWAC PEKE. They also provide Aboriginal expertise in health and respectful and mutually beneficial health research with Aboriginal communities.

Throughout the year, the NWAC PEKE Advisory Committee provided valuable input on activities such as an environmental scan of priority partnerships; health

factsheets; branding; needs assessment on the health research priorities of Aboriginal women; issue paper on gender and race based inequities and Aboriginal women's health; and the development of webinars on ethical research practices with Aboriginal women.

The current members are:

- Marilyn Francis (Knowledge Keeper)
- Tim Yearington, (Knowledge Keeper)
- Marina Lynne Bailey, RN

- Erica Hurley, RN
- Wanda Gabriel, Social Worker
- Tania Dick, Nurse Practitioner
- Patricia Boutilier, Youth Representative
- Chenise Hache, Youth Rep
- Mariah Abotossaway, Youth Rep
- Kari-Dawn Wuttunee, Youth Rep
- Erin Corston, Executive Director, CINA
- Jeff Laplante, Executive Director, NADA
- Jim Devoe, Executive Director, IPAC



Back Row (l left to right): Wanda Gabriel, Erica Hurley, Mariah Abotossaway, Chenise Hache, Brenda Simon, Audrey Marshall, Ada Roberts, Jim Devoe, Patricia Boutilier.

Front Row (left to right) : Amy Nahwegahbow, Marina Bailey, Tim Yearington, Marilyn Francis, Tania Dick, Kari-Dawn Wuttunee .

Institutional Eligibility for the Administration of Grants and Awards at CIHR

In March 2016, the Canadian Institutes of Health Research (CIHR) granted institutional eligibility for the Administration of Grants and Awards to the Native Women's Association of Canada.

Having institutional eligibility will allow NWAC to apply for CIHR health research funds directly.

This is an important step in facilitating community-driven health research and bridging Indigenous communities and researchers. It also creates the potential for research opportunities that address health issues specific to Indigenous women, which will help fulfill NWAC mandate of improving the

lives of Aboriginal women and girls in Canada.

by: Brittany Tremblay & Nigel Orr



Health Facts Sheets

The NWAC Pathways PEKE team have developed 4 fact sheets on health issues affecting

Aboriginal women in Canada.

Each fact sheet focuses on a specific health topic including mental health, tuberculosis, diabetes/obesity, and oral health.

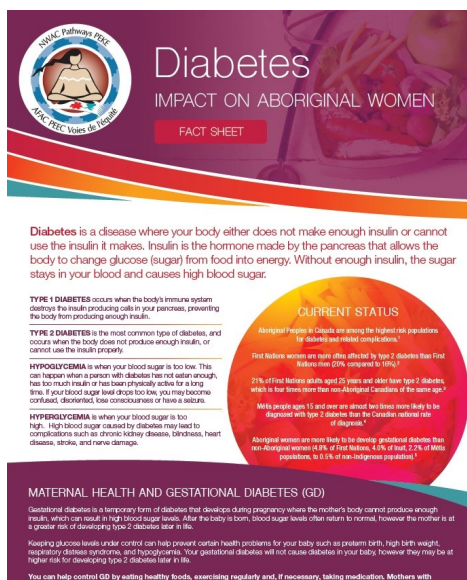
They have recently been finalized and will be distributed to health centers serving Aboriginal communities.

The Fact sheets will be accessible online in both

official languages.

As a health promotion tool, the fact sheets will help raise awareness of the gender differences in health outcomes and will hopefully inspire actions to improve the overall health of Aboriginal women in Canada.

by: Nigel Orr



NWAC Partnership with Colgate-Palmolive

Colgate-Palmolive Inc. has been working with the NWAC PEKE to establish relationships and partnerships with Indigenous health centers and communities. NWAC PEKE will be facilitating connections between Colgate-Palmolive, Health Authorities, and other community organizations, to donate and disseminate tooth-



brushes and oral health promotion items in order to better the oral health of Indigenous women, their families, and communities across Canada. NWAC PEKE is happy to be working with Colgate-Palmolive and is looking forward to an ongoing partnership in the years to come.

by: Alyssa Matheson

About the NWAC PEKE

The NWAC PEKE's vision is to improve the health and well-being of Aboriginal women, families, and communities through health research, knowledge exchange, and action.

The NWAC PEKE also collaborates with research teams, community and academic researchers to incorporate Indigenous ways of knowing and

helps facilitate a gendered perspective and analysis in their research project to ensure equitable results in improving health conditions for both genders.

The objectives are to:

1) Promote gender equality and empower Aboriginal women to participate in health research.

2) Link and facilitate interactions between the

Implementation Research Teams and the Research and Training Chairs with Aboriginal communities, policy makers and partners.

3) Facilitate the scale-up of interventions across communities and translating the findings into policies and improved health.

NWAC Pathways PEKE Team

Alyssa Matheson has been working and volunteering with the NWAC PEKE for the past two years. She began volunteering as part of a placement for her International Health course, and has stayed with the team ever since then. With an Honours Bachelor of Health Sciences from the University of Ottawa, and one year left of a Bachelor of Social Sciences in Economics, Alyssa aspires to work in health programs and policy

since. Instead of pursuing medicine as she originally dreamed of, Alyssa prefers to work for social and structural changes that can impact people across Canada. She firmly believes that the role of researchers is to listen to communities and follow their lead, and thus is very glad to be working with the Pathways program. She throws herself wholeheartedly into whatever project that comes her way and feels that her work with



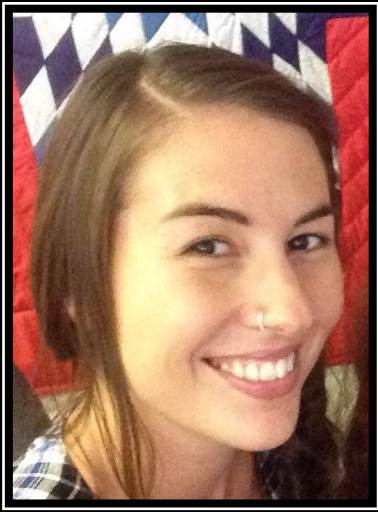
NWAC is exactly what she wants to do with her life. In her spare time Alyssa enjoys aerial hoop, playing World of Warcraft, and cuddling with her three cats.

Brittany Tremblay is currently working as a summer student at NWAC in the health directorate for the second year in a row.

A member of the Metis Nation of Ontario, Brittany is completing a Bachelor of Science in Psychology and will graduate in the fall of 2016. In September, Brittany will be beginning another four-year adventure as a medical student at the University of Ottawa. She has always been passionate about health and medicine, as well as about Indigenous issues. Working at NWAC has allowed her to explore the intersection of these two passions while learning about Indigenous culture, history, and the importance of maintaining a gendered per-

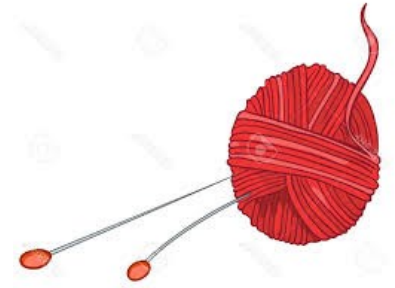
spective on health. Funny, quick-witted and passionate, Brittany is excited to spend another summer working towards positive change in the health of Indigenous women in Canada. In her spare time, Brittany enjoys weight-lifting, cooking new recipes, and thoughtful discussions about intersectional feminism.





Jennifer Lavalley is a Métis woman born and raised in the Treaty 4 territory of Regina, Saskatchewan. She recently moved from Treaty 7 territory to the unceded Algonquin terri-

tory of Ottawa to finish her final practicum at the Native Women's Association of Canada for her Masters in Social Work. Prior to embarking on her Masters at the University of Calgary, Jennifer worked as a Youth Probation Officer for several years. However, after several years working in the criminal justice system, she shifted focus and instead decided to further her education in the hopes of creating and engaging in social and political action. Jennifer is dedicated to educating herself



and others on decolonization to improve social work practice with Indigenous and non-Indigenous populations. She is also invested in nerding out to knitting, exploring Ottawa on her bike, transformative politics, and most recently, joined a rowing team.



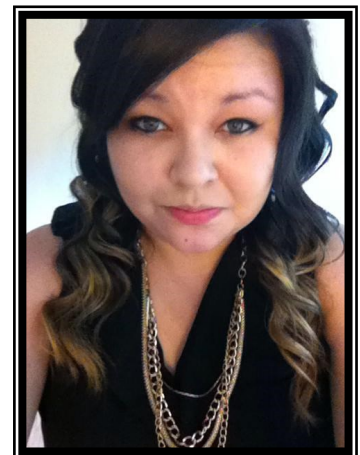
Kachina Sackaney is Algonquin and Cree from the Algonquin's of Pikwakanagan First Nation and Fort Albany. Kachina moved to Ottawa four years ago to pursue studies in Office Administration. She attended Algonquin College and gained insight in Accounting, Mi-

crosoft Applications, and general office procedures. She also completed studies in Bartending.

In the fall of 2016, Kachina will be returning to complete a diploma in the Office Administration Executive Program.

Kachina is currently work-

ing at NWAC as the Administrative Assistant in the PEKE project. Her interests are spending time with family and friends. She also has a love of music.



Nigel Orr is from the Cree Nation of Nemaska located in the James Bay region of Quebec. After completing a Business program from Canadore College, Nigel returned to his community and worked with the local youth department creating employment and engaging them in cultural programs. Later on, Nigel moved to the Cree Nation of Waswanipi and worked at the local clinic as a physiotherapist's assistant. Through working closely with clients in a health care setting, and

the realization that more Indigenous health care professionals are needed, Nigel was inspired to return to school. After completing a health sciences program at Algonquin College, Nigel was accepted into the Nursing program at the University of Ottawa. Upon completion of the program, Nigel plans to return to his community to practice and advocate for the implementation of health promotion programs and health policies. As a husband and father of four, Nigel does not

have much time for anything, but still tries to squeeze in hunting, fishing, and collecting records whenever he can.



Things To Come from the NWAC PEKE

Paper on Gender and Race-Based Inequities in Indigenous Women's Health

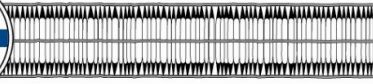
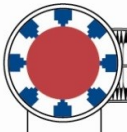
This paper examines the historical, cultural, and social factors contributing to the health inequities experienced by Indigenous women in Canada. Written in collaboration with Dr. Rose Roberts RN PhD, NWAC will be submitting the paper for peer reviewed publication upon completion.

Webinars for Indigenous Communities & Researchers

The NWAC PEKE is developing webinars for researchers and communities regarding ethical research practices. The webinars will assist in the engagement of Indigenous communities in a culturally appropriate way, while simultaneously promoting community led practices and self-determination over research.

Database of Indigenous Health Researchers

The NWAC PEKE is creating a database of health researchers, both Indigenous and non-Indigenous, who engage in health research with Indigenous populations in Canada. The database will help facilitate linkages between Indigenous communities and health researchers to support community driven research priorities.



Native Women's Association of Canada



The Native Women's Association of Canada (NWAC) is founded on the collective goal to enhance, promote, and foster the social, economic, cultural and political well-being of First Nations and Métis women within First Nation, Métis and Canadian societies. NWAC is an aggregate of thirteen Native women's organizations from across Canada and was incorporated as a non-profit organization in 1974.

Much like a Grandmother's Lodge,"we as aunties, mothers, sisters, brothers and relatives collectively recognize, respect, promote, defend and enhance our Native ancestral laws, spiritual beliefs, language and traditions given to us by the Creator.



Native Women's Association of Canada

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NWAC Pathways PEKE

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