

# Physical Activity Coalition of Manitoba

## Aboriginal Focus: Physical Activity Workshop

March 2013

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Compiled by Leah Goertzen, PACM project coordinator

### OVERVIEW

**1) Topic: The Aboriginal Youth Mentorship Program (AYMP): A Peer-Led Healthy Living After School Program for Achieving Healthy Weights in First Nations Children Living in a Northern Remote Setting**

Presenter, Pinar Eskicioglu, Master's Student, University of Manitoba

**2) Topic: Creating Sustainable Sport and Recreation Programs: Organizational Capacity Building**

Presenter, Dr. Heather McRae, University of Manitoba

**3) Capacity Building Group Breakout Session, Led by Dr. Heather McRae**

Workshop co-facilitated by Dr. Joannie Halas, Professor and Associate Dean, University of Manitoba  
With overview of Dr. Halas collaborative Rec and Read Mentorship Program

## Summary

This summary begins with the Aboriginal teachings that were discussed at the workshop:



## The 7 Sacred Teachings

Honesty  
Humility  
Wisdom  
Love  
Respect  
Truth  
Courage

For information about the Aboriginal 7 Sacred Teachings click [HERE](#).

*PACM Community Building, Aboriginal Focus Workshop Summary*

ORGANIZATIONAL AND PROGRAM SUCCESSES & ISSUES

FACTOR	Successful Practices	Key Challenges
Human Resources	<p>Hiring people from the community.</p> <p>Engaging youth (16-18yrs old) as coaches.</p> <p>Volunteers agree with vision, mission &amp; goals.</p> <p>Good training opportunities for leaders.</p> <p>MASRC coaching module.</p> <p>Hope and mentors-mentors show it is possible.</p> <p>Remain grounded.</p> <p>Maintain respect, humility, and connection if it is successful.</p> <p>Teach parents through kids.</p> <p>Have similar cultural background.</p> <p>Ownership &amp; empowerment for community members.</p> <p>Need to be empathetic and develop relationships.</p> <p>Engage and empower youth.</p> <p>Give sense of identity.</p> <p>Use seven teachings.</p>	<p>Finding qualified staff.</p> <p>Unrealistic expectations regarding salaries.</p> <p>Negativity “we don’t have coaches (need to ask personally to coach, need to specifically recruit).</p> <p>Need to build better relationships with PSO –how to open doors and dialogue.</p> <p>Racism still exists in sport-what is happening outside of sport to address this?</p> <p>Vulnerable, challenging backgrounds-need to be able to connect, need leaders from similar backgrounds.</p> <p>Youth need a voice.</p> <p>Where opportunities for training?</p> <p>Patience-struggles for youth, always be inviting.</p> <p>Understand where the staff are coming from.</p> <p>Dealing with personal issues.</p> <p>Creating more volunteer opportunities.</p> <p>Add more training with coaches.</p> <p>More clinics and workshops.</p>
Financial	<p>Able to use only a little money and do much with it.</p>	<p>Bi-lateral Aboriginal Fund was deleted. Right to Play duplication-could affect MASRC.</p> <p>Funding opportunities for specific individuals and sports.</p> <p>Funding for sports is easier than funding for recreation.</p> <p>Transportation and \$.</p>

<p>Relationship &amp; Network</p> <p>Relationship &amp; Network</p>	<p>“Chino’s position-YAA!”          -Pride Basketball          -Healthy Child model          -North Y-Ma Ma Wi</p> <p>Connecting with partners who buy into the program for in-kind support.          Community ownership teachings.          Connecting with other organizations.</p> <p>Good donation programs for equipment in WPG.</p> <p>Spreading positive influence          NAIG legacy.</p> <p>Sport and recreation are great vehicles for teaching self-discipline and respect.</p> <p>Parents and family step up to help.</p> <p>Community sense.</p>	<p>Need to implement successful models in other areas</p> <p>Disconnect between current programs in other needs in the community (ie. Inner city hockey-Hockey Winnipeg work with youth service industries</p> <p>Duplication          Some children and youth have medical challenges as well</p> <p>How to know where opportunities for training are? Need better networks.</p> <p>Not enough champions.</p> <p>Competing with other programs.</p> <p>Transportation issues.</p>
<p>Infrastructure &amp; Network</p>	<p>Use Skype &amp; MB Tela-Health for communication.</p> <p>Emerging opportunities-how to make them work?</p> <p>Sharing space with other organizations.</p>	<p>Old Ex arena closure would affect North End hockey program!</p> <p>Systematic barriers, ie/show proof of income to receive subsidy.</p> <p>Not all circumstances are acknowledged and that people face.</p> <p>Lack of equipment and transportation.</p> <p>Lack of transportation.</p> <p>Limited space.</p>
<p>Planning &amp; Development</p>	<p>Participant driven program plan (flexible &amp; open)          What do they want?</p> <p>Ask, what do participants want?          Unsanctioned events, ie. hockey tournaments so everyone can play.</p> <p>Use the seven teachings.</p>	<p>Active Living community missing in many communities.</p> <p>Need to get everyone in the same page.</p> <p>Duplication of programs, need to be addressed.</p> <p>Stable funding to enable consistent programming.</p>

## **Summary of Discussion**

### **Human Resources**

Children who participate in programs and sports are the ideal candidates to lead programs and coach in the future. These leaders need to be identified and mentored to move forward from participants to leaders in the field of recreation and sport. Community members are a valuable asset but more training needs to be provided.

### **Financial**

There is an issue of program duplication, competition for funding, and short-term grants that disable promising programs when funds are exhausted. Often people apply for grants and create new coalitions. Instead, we should look to partner with existing organizations and bring the grants under the umbrella of these organizations such as the MASRC. Transportation was a barrier that was identified several times. How can this barrier be addressed? Are there opportunities for transportation subsidies, such as bus tickets, for children and youth involved in healthy living programs?

### **Relationship & Network**

Community development, and sport and recreation professionals need to continuously work towards challenging systemic barriers. Cross-cultural networking is important but it needs to be built upon cultural understanding and sensitivity. Non-Aboriginal community development professionals need more opportunities for education of Aboriginal history and culture.

### **Infrastructure & Network**

Systematic barriers such as proof of income are barriers to participation. This system needs to be challenged and reimaged for greater accessibility. Systemic racism exists in society including sport and recreation institutions. This needs to be an acknowledged issue for all involved people.

### **Planning & Development**

Community capacity building is a key component for creating sustainable programs. Is there an untapped volunteer core in the recreation and sport community? How can parents be encouraged to be involved?

### **Recommendations**

A future summit is an ideal opportunity to bring youth leaders in sport, recreation, and healthy living together with professional and academic organizations. The summit could involve training workshops and networking opportunities, particularly with the MASRC, the WASAC, and extended community members. Students and community members also need more opportunities to learn from Aboriginal leaders, particularly in cultural training.

## Useful Links from the Workshop

[Manitoba Aboriginal Sport & Recreation Council](#)

[Winnipeg Aboriginal Sport Achievement Centre](#)

[Access to Recreation for All Children, Youth and Families in Manitoba: Promising Practices](#)

[Manitoba Mentors-Connecting learning and work](#)

Manitoba Government: [Creating youth opportunities](#)

Boys and Girls Club of Winnipeg-[Volunteer opportunities](#)

Canadian Active After School Partnership-[Resources on active recreation and sport programs across Canada](#)

This workshop was the result of information and inspiration received at the First Annual National Aboriginal Physical Activity Conference in Vancouver, BC on February 21-22, 2013:

### [Engaging and Empowering Aboriginal People Through Physical Activity](#)

Aboriginal Physical Activity & Cultural Circle [www.a-pacc.com](http://www.a-pacc.com)

To review the complete program, including extensive speaker bios and topic listings, please click [here](#).

#### 1) Right to Play-[Play program overview](#)

[Right To Play's](#) mission is to use sport and play to educate and empower children and youth to overcome the effects of poverty, conflict, and disease in disadvantaged communities.

#### 2) [Sunworks Arts and Cultural Society](#)

Healing through Expressive Arts- Sunworks provides process-based creative arts programs that facilitate social and life skills development.

#### 3) Canadian Parks and Recreation Association's First Nations, Inuit and Metis '[Everybody Gets to Play](#)'<sup>TM</sup> Community Mobilization Toolkit

#### 4) [Fraser Health Aboriginal Health](#)- Building Community Fitness & Community Connection through a Community-Health Authority Partnership

#### 5) [IndigenACTION Assembly of First Nations](#)

#### 6) [Saint Elizabeth](#)

[\*The Benefits of Physical Activity for First Nations, Inuit and Metis Communities: Sharing Knowledge and Community Leading Practices\*](#)

#### 7) [Putting theory into practice: Mentoring Aboriginal youth leaders through community sport-Rec and Read](#)

#### 8) [Physical Activity Approaches at the Ground-Level: Promising Practices Targeting Aboriginal Children and Youth \(First Nations and Inuit Health Branch, Health Canada\)](#)

#### 9) [BOOST](#)

#### 10) First Nations Health Council-[Health Actions](#)

#### 11) Just Move It – [National Physical Activity Promotion Initiative](#)

#### 12) [The Many Walks of Life Club](#)

### 13) [The Aboriginal Community Warrior Program](#)

#### PACM Workshop Registrants

Andrea Sutherland	Manitoba Aboriginal Sport and Recreation Council	andrea.sutherland@sportmanitoba.ca
Jacinta Bear	Manitoba Aboriginal Sport and Recreation Council	masrc.teammanitoba@sportmanitoba.ca
Mel Whitesell	Manitoba Aboriginal Sport and Recreation Council	mel.whitesell@sportmanitoba.ca
Melvin Magpantay	Manitoba Aboriginal Sport and Recreation Council	melvin.magpantay@sportmanitoba.ca
Marty Boulanger	Manitoba Aboriginal Sport and Recreation Council	martyboulanger@sportmanitoba.ca
Dave Courier	Manitoba Aboriginal Sport and Recreation Council	dave.courier@sportmanitoba.ca
Heather McRae	University of Manitoba, Doctorate	heather.mcrae@ad.umanitoba.ca
Joannie Halas	University of Manitoba, Professor	joannie.halas@ad.umanitoba.ca
Pinar Eskicioglu	University of Manitoba, Masters student	peskicioglu@gmail.com
Moss E. Norman	University of Manitoba, Professor	moss.norman@ad.umanitoba.ca
LeAnne Petherick	University of Manitoba, Professor	leanne.petherick@ad.umanitoba.ca
Chino Argueta`	Youth Agencies Alliance	rec-sport@youthagenciesalliance.com
Roy Mulligan	After The school Bell Rings	reconnections.pro@sportmanitoba.ca
Lee Spence	University of Manitoba student	spencelee0@gmail.com
Ron Brown	Winnipeg Boys and Girls Club	brown@wbgc.mb.ca
Michelle Schmidt	Winnipeg Boys and Girls Club	schmidt@wbgc.mb.ca
Jaymi Derrett	Recreation and Regional Services Branch	jaymi.derrett@gov.mb.ca
Howard Skrypnyk	Manitoba Government	howard.skrypnyk@gov.mb.ca
Jessica Jaques	Manitoba in Motion	Jessica.Jaques@gov.mb.ca
Susan Emerson	YMCA-YWCA	semerson@ymcaywca.mb.ca
Kristine Hayward	Winnipeg Regional Health Authority	khayward@wrha.mb.ca
Paul Paquin	Manitoba Government-Education	paul.paquin@gov.mb.ca
Raymond Irvine	Retired, Mb Aboriginal and Northern Affairs	RaymondDirvine@gmail.com
Leah Goertzen	PACM Project Coordinator, student, U of M	leahgoertzen07@gmail.com
Lauren Kathler	University of Manitoba, student	laurakathler@gmail.com
Sonya Schulzki	University of Manitoba	sonya.schulzki@gmail.com