



Message from your Executive

Hello Everyone! I hope your school or work is off to a great start as Mother Earth has kindly provided us with some great weather this Fall. The AHG has been extremely busy since this summer in both organizing our projects and events for the upcoming year. As many of you know, we did have a new coordinator Taya McNabb in October who helped set up many of our projects and get us started for the year. Unfortunately, Taya has left us in a coordinator capacity but will continue on in a volunteer capacity. We are very lucky as she is very talented. Through this we have been able to hire a new coordinator Marisa Cardinal whose bio you will find within this newsletter. Additionally, throughout the fall we have been fortunate to meet many other Aboriginal organizations including a presentation at the Edmonton Catholic School Board, a booth at Susan Aglukark performance, an invitation to the Canadian Institute for Health Research – Institute for Aboriginal Peoples' Health launch, and a booth at the recent Duty to Consult conference.

The AHG is thankful to our advisors and Elders, Martha Campiou, Dr. Clifford Cardinal, Dr. Brenda Cameron, Dr. Daniele Behn-Smith and Dr. Cora Weber Pillwax for all their guidance and assistance in making the AHG vision a reality for this year. The AHG has managed to secure over 140, 000 dollars in funding over the next two years for its projects and is really starting to become a well known organization within the Aboriginal community.

The AHG has been lucky to have gained Melody Good Striker as our new cultural worker. Melody will work with all our executive and project leaders to ensure our organization continues to have Aboriginal culture and values infused to all aspects of it. Melody is a gifted woman with teachings from her ancestors and family and we are lucky to have her assisting us this year.

We would like to remind everyone to become a member of the Aboriginal Health Group. There is a membership section on the website where you can register <http://www.aboriginalhealthgroup.org/membership>. Once a member, you are added to the AHG e-mail list which provides you with updates of the AHG on a regular basis. Members are also important for voting and proposal purposes.

Again, we would like to thank all our volunteers for their assistance with all our projects and remind those of you that would like to be more involved to just drop us a line as we have a new Volunteer Coordinator, Cassandra Felske-Durksin whom would be more than happy to help you find an area you can help in.
Hai! Hai!

AHG Executive

President – Daniel McKennitt, ***Faculty of Medicine and Dentistry***
VP Programs – R. Lisa Bourque-Bearskin, ***Faculty of Nursing***



VP Membership – Laura Brookbanks, *Faculty of Science*
VP Communications – Freda Yerbich, *Faculty of Native Studies*
VP Finance – Anita Lafferty, *Faculty of Education*

Updates

Aboriginal Health Speaker Series

We have been able to have two successful speaker series thus far including entertainer and hypnotist Scott Ward, who made more than a few people act out their wild side in the name of health. Additionally, we had Dr. Alex Wilson, give an emotional presentation on 2-spiritness and the research she has undertaken on the subject. Both speakers were well attended and we look forward to our next one in November.

Culturally Appropriate Tobacco Use Project for Aboriginal Youth

The CATUPAY has been off to a rolling start, with the recruitment of volunteers for the program, the filming of a training DVD at the Day of Discovery (put on by the Canadian Medical Hall of Fame) and the production of a new training manual. Training of volunteers will take place in November with presentations to Gr. 1-9 students beginning in December 2009. We hope to be able to travel Northern Alberta as well as within Edmonton for this upcoming year, allowing us to provide as many presentations as possible to Aboriginal youth on the culturally appropriate use of Tobacco. Additionally, the evaluation of the CATUPAY conducted by the School of Public Health has recently finished its data analysis and will be providing a full report in the New Year.

Aboriginal Health Awareness Week

The dates have been set for February 8-12, 2010 at the University of Alberta. A planning committee meeting is set for the end of November and a schedule of events will be released soon in the New Year.

Leadership and Governance Project

A constitutional review committee has been struck and is currently reviewing literature on other Aboriginal community based service organizations and how to best go out governing an organization with Aboriginal traditional governance principals. To that end, two literature reviews are currently underway researching Aboriginal leadership and traditional Aboriginal governance. The committee hopes to have a revised constitution to the executive in March 2010 for review.



NEWSLETTER FALL 2009

New Projects

Currently the AHG is applying for funding for two new projects. A Healthy Rites of Passage Program to help Aboriginal junior high and senior high students with culturally appropriate rites of passage, and an Aboriginal Summer Science Camp in conjunction with the Aboriginal Health Careers Program. If you are able to assist with a letter of support for either of these projects please let us know.

Spotlight on AHG Member



Lathisa Hewton-Backfat

My name is Latisha Hewton-Backfat, I am a fourth year medical student at the University of Alberta. I am a member of Siksika Nation which is located approximately 90 km east of Calgary, AB. My dream of becoming a physician is closer to reality as I finish my medical degree. Throughout my medical training I have been heavily involved with the AHG and especially the Culturally Appropriate Tobacco Use Program for Aboriginal Youth. I feel I have gained many leadership skills working with other Aboriginal students interested in health. My hope is that I will develop into an eminent leader in aboriginal health by becoming a resource for both aboriginal and non-aboriginal people and aboriginal communities. I have decided to pursue a career in Family Medicine and I plan to complete an extra year of training in one of obstetrics, addictions, aboriginal health or emergency medicine. I have always had a passion for women's health and adolescent health and I feel that Family Medicine is the best fit for me. With a busy schedule in Medicine I like to keep balance by staying active and I enjoy basketball, hockey, snowboarding and camping.

New Coordinator with the AHG

Hi everyone, my name is Marisa Cardinal and I am from the Saddle Lake First Nation here in Alberta and I have recently taken on the position of Coordinator for the Aboriginal Health Group. I have a passion for learning as I hold two Undergraduate degrees one in Nutrition and Food Science from the University of Alberta and an Arts degree from Athabasca University. I have always had an interest in promoting and supporting healthy living in First Nations people and I am delighted to be a part of the work the Aboriginal Health Group is doing to promote health in all aspects for First Nations people.

On a personal note, I have 4 children with my husband Robert and currently reside in Edmonton, AB. I enjoy taking care of my own personal well being by running and working out as much as possible and I enjoy spending time with my family and visiting my parents



back home. And with that I hope to do well as the Coordinator for the Aboriginal Health Group and look forward to meeting its group members.

Upcoming Events

Culturally Appropriate Tobacco Use training – November 17, 2009 from 5-8pm at Katz 1080, University of Alberta

Aboriginal Health Speaker Series – November 18, 2009 from 12-1pm at Katz 1080, University of Alberta- Dr. Patricia (Patsy) Steinhauer, Associate Director, Centre for Excellence in Aboriginal Learning, Norquest College

Aboriginal Health Speaker Series - December 9, 2009 from 12-1 pm at Katz 1080, University of Alberta- Mike Muswagon, MKO Lead Negotiator on Child and Family Services and Clarence Paupanekis, Executive Director, Kinosao Sipi Minisowin Agency, Norway House Cree Nation, Jordan's Principle

Opportunities

Volunteer Positions

1. Website/IT persons for keeping our website/facebook updated.
2. Recruitment volunteers for going to club fairs and community functions
3. Aboriginal health speaker series either day of event staff or planning team
4. Culturally Appropriate Tobacco project, presentation volunteers or planning team
5. Aboriginal Health Awareness Week, event staff (in Feb 2010) or planning team
6. Governance and Leadership committee, helping Aboriginal youth develop leadership skills
7. Financial person to assist with keeping our finances in order
8. Volunteer coordinator to keep abreast of all the volunteers
9. Proposal writer/editor
10. General Admin help, booking rooms, writing memos, ordering food, etc...

Paid Positions

Contract for Services with the Aboriginal Health Group

Required: Literature Review on Traditional Aboriginal Health Governance

Contract for Nov. 1 – Dec. 31, 2009

Compensation: Five Hundred Dollars

If interested please contact Marisa Cardinal, Coordinator at abhealth@ualberta.ca



Pictures



Dr. Alex Wilson at the Aboriginal Health Speaker Series



Scott Ward hypnotizing people at the Aboriginal Health Speaker Series



Tobacco Outreach Program

With the guidance of trained post secondary volunteers, Aboriginal youth in grades 1-6 will be able to make an educated decision regarding their use of tobacco

This free program is geared towards Aboriginal Youth in Alberta

The Tobacco Outreach Program will help an Aboriginal Youth:

- Achieve living a tobacco free lifestyle**
- Believe in a future of being tobacco free**
- Confidently say NO to smoking**

to book this program or for additional information, contact

**Aboriginal Health Group
0-40P Students Union Building
University of Alberta**

Phone: (780) 709-4222

Fax: (780) 492-7614

abhealth@ualberta.ca

www.aboriginalhealthgroup.org

