TWO-EYED SEEING
Indigenous Health and Healing in Motion

May 4th & 5th, 2019

7th Annual National Indigenous Physical Activity & Wellness Conference
Acknowledgement

IPACC would like to acknowledge and recognize that the National Indigenous Physical Activity & Wellness conference is being held on the unceded, ancestral and traditional territory of the Maskwacis people. We would like to honour the Maskwacis, community, and recognize the use of their traditional territory for this event. This place has always been a place of learning for the Maskwacis, people, who for millennia have passed on their culture, history, and traditions from one generation to the next on this site.

We greatly appreciate the support of the Ermineskin Junior Senior High School for providing the venue for the 7th Annual National Indigenous Physical Activity & Wellness Conference. This event that promotes the importance of physical activity within Indigenous communities would not have been possible without their commitment to supporting the voice for physical activity, exercise science, fitness, and exercise medicine.
Indigenous Physical Activity & Cultural Circle

The Indigenous Physical Activity & Cultural Circle (IPACC) believes that physical activity makes a positive difference in the Indigenous Community and that our people have a mission to be leaders in the sports, recreation, fitness and traditional activities to create a sense of belonging for Indigenous youth and culturally appropriate ways for community to be healthy. By bringing the community of leaders, role models, and participants together across the nation we can build on this network to create opportunities and improve access to physical activities for Indigenous people of all ages, abilities, genders, and practice. We have many exciting initiatives and plans for the future and we are very excited for our growth as a national non-profit association.

The National Indigenous Physical Activity & Wellness Conference is the nation’s largest conference on Physical Activity in the Indigenous community that was created for all people with an interest to activate sports, recreation, fitness, and traditional activities for the promotion of health and wellness. This event highlights over 34 speakers with a passion to share their teachings. IPACC 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 at the registration desk.

All Our Relations,

Dr. Rosalin Miles
Executive Director

Shawn Hanna
Project Coordinator

Indigenous Physical Activity & Cultural Circle 4169 Staulo Crescent, Vancouver, BC V6N 3S1

www.a-pacc.com Phone: 778-877-5922

Email: Indigenouspacc@gmail.com
Thank you for joining us!

We greatly appreciate your continued work and interest in supporting physical activity, and the support you have brought by being involved in the National Indigenous Physical Activity & Wellness Conference 2019. The event would not be what it is without your participation, sharing, and feedback.

From our hearts to yours, thank you. All Our Relations!

**Board of Directors**

Thank you to the IPACC Board of Directors for their time and dedication to supporting the Indigenous Physical Activity and Cultural Circle:

Dr. Georgia Kyba
Dave Robinson
Suzanne Johnson
Dano Thorne
Randy Ermineskin

**Team players**

Our Team Player network is open for all people who are involved in sports, recreation, fitness, or traditional activities within and for Indigenous communities. Indigenous is 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 IPACC Team Player you belong to a network of likeminded community members and meet others within the Cultural Circle. Please contact us to find out how we can share your work in your community on our website.
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 Indigenous members.
- To relieve barriers to physical activity in Indigenous communities and families by providing resources for persons in need.
- To assist in the preservation of Indigenous traditional activities.
- To develop or promote health and wellness in Indigenous 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 Indigenous community.
Indigenous Physical Activity & Wellness Conference 2019
May 4th & 5th, 2019
Ermineskin Junior Senior High School, 1 Schoolhouse Road, Maskwacis, Alberta

Saturday, May 4th, 2019 - Conference Day One

9:00 – 9:30 am   Registration

9:30 am   Traditional Prayer – Elder Alice Currie

Welcome – Randy Ermineskin, Former Chief of Ermineskin Cree Nation (Neyaskweyahk)
Keynote Address
Speaker: Émilie McKinney, Entrepreneur & Dancer
Presentation: Empowering Youth with Sacred Ties to Traditional Dance and Reclaiming Identity and Self-Worth
Gymnasium A Okochiwkamihk

10:50 am   Session Transition

11:00 am   Session 1

A) Dr. Paul Whitinui, Associate Professor, School of Exercise Science, Physical and Health Education, University of Victoria
Presentation: Moving from Vulnerability to Vitality: Applying an Indigenous Cultural Vitality Approach to Influence the Uptake of Physical Activity and Wellness as Indigenous People
Gymnasium A Okochiwkamihk

B) Brittany McBeath, Queen’s University Master’s Student (School of Kinesiology and Health Studies)
Presentation: Exploring the Effects of Indigenous Culturally-Based Lacrosse Programming
Classroom 115 Nikotwasik Kayimitahchik

C) Marisa Cardinal, Health Promoter
Presentation: Diabetes and Exercise
Teepee Room
12:00 PM  Lunch Break – Healthy Lunch Provided

Cultural Presentation - Lead and organizer: Jaime Buffalo
Volunteer and assistant to Jaime: Christa Ermineskin
 Tradeshow

1:00 PM  Session 2

A) Henry Lai, UBC Master of Science Student
   Kai Kaufman, UBC Graduate Assistant
   Dr. Rosalin Miles, UBC Research Associate
Panel Presentation: Community Based Initiatives to Promote Health and Wellness
Gymnasium B

B) Diana Dampier, Senior Director of Projects and Stakeholder Relations, ParticipACTION
Presentation: ParticipACTION
Teepee Room

2:00 PM  Session Transition

2:10 pm  Session 3

A) Dustin Silvey, PhD Student – Community Health, University of Victoria
Presentation: Impacts of the 2018 Newfoundland and Labrador Winter Games on Youth who Participated in the Sport of Olympic Wrestling with Team Indigenous
Classroom 1

B) Natasha Saddleback, Health and Personal Development Coach, Never Stop Apparel
Presentation: Empowerment Through Fitness
Teepee Room

3:10 pm  Health Break

Jenna Davie, Graduate Student, Faculty of Kinesiology, Sport, and Recreation, University of Alberta
Presentation: Poster Session: Collaborative Sport Research with Indigenous Youth
Lobby

3:30 pm  Session 4

A) Autumn Nesdoly, Master’s student - Faculty of Kinesiology, Sport and Recreation, University of Alberta
Kelsey Wright, Master’s student - Faculty of Kinesiology, Sport and Recreation, University of Alberta
Presentation: Physical Literacy and Indigenous Communities and Indigenous Women’s Perspective in Self-Compassion in Sport
Classroom 115 Nikotwasik Kayimitahchik

B) Kacey Yellowbird, Manager – Samson Youth Sport and Development
Presentation: Community and Grass Roots Health Promotion
Gymnasium B

C) Dr. Dominique McFalls, Instructor – Sport Science Department, Douglas College
Presentation: Sharing Circle - Indigenous Sport Spaces: Honouring Strengths, Raising Challenges, Moving Forward Together
Teepee Room

4:30 pm End of Day One Conference Presentations

6:30 pm Dinner – Registration Separate (Tickets on Event Brite)
Montgomery Glen Golf and Country Club
AB-13 & AB-2A & Township Rd 464

Sunday, May 5th, 2019 – Conference Day Two

9:00 – 9:30 am Registration

9:30 AM Session 5

A) Waneek Horn-Miller
Presentation: Finding Cultural Space and the Formation of Indigenous Mental Toughness
Gymnasium A Okochiwkamihk

10:30 AM Health Break

10:50 AM Session 6

A) Dustin Stamp, Founder of Powwow Fitness
Presentation: Powwow Fitness
Gymnasium B

B) Dr. Tricia McGuire Adams, Assistant Professor, University of Alberta
Presentation: Accessibility Issues in Indigenous Sport and Physical Activity
Teepee Room

C) Chen Chen, PhD Candidate – Faculty of Kinesiology, Sport, and Recreation, University of Alberta
Presentation: Non-Indigenous Volunteers at Indigenous Games: An Exploratory Study
Classroom 115 Nikotwasik Kayimitahchik

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<tr>
<td>11:50 AM</td>
<td><strong>Lunch Break – Healthy Lunch Provided</strong></td>
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<td>Discussion with Dano Thorne, NIFA Soccer: The Value of Aboriginal Sport,</td>
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<td>A) Dr. Dominique McFalls</td>
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<td>Presentation: Sharing Circle - Indigenous Sport Spaces: Honouring</td>
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<td>B) Dave Robinson, Masters of Integrated Studies in Land and Food</td>
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<td>Systems, University of British Columbia</td>
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<td>Presentation: Actively Restoring Culture and Renewing Ties to Land</td>
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<td>A) Kristopher Buffalo</td>
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<td>Presentation: Facing Adversity in Sports in Order to be Successful</td>
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<td>B) Matthew Mitchke, Health Promotion Facilitator, Alberta Health</td>
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<td>Presentation: Active Bodies, Thriving Brain: How Movement Fuels Mental</td>
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<td>Closing Prayer – Elder Marvin Littlechild Gymnasium A Okochiwkamihkh</td>
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<td><strong>Conference Ends</strong></td>
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Presenter Biographies & Presentation Descriptions

Saturday, May 4, 2019

9:30 am Traditional Prayer

Elder Alice Currie
Gymnasium A Okochiwkamihk

Welcome

Randy Ermineskin
Former Chief of Ermineskin Cree Nation (Neyaskweyahk)

Former Chief of Ermineskin Cree Nation (Neyaskweyahk)

Former Grand Chief of Confederacy of Treaty Six Chiefs Alberta, it has been a very good experience helping lead our Nation in the last 3 years. I came determined to build good and healthy relations. I believe I was able to accomplish this when I met the different orders of government. When you are in leadership, you want to leave a lasting impact with the people you meet. Ermineskin Cree nation (ECN) is further along with the relationship with industry and with municipal, provincial, and federal governments. We are making bold decisions to be strategic partners not only in the oil and gas industry but also in the renewable energy sector as well. Randy is also a avid hockey supporter and helped raised money for their new arena.

Keynote Address

Empowering Youth With Sacred Ties to Traditional Dance and Reclaiming Identity and Self-Worth
Gymnasium A Okochiwkamihk

Émilie McKinney
Entrepreneur and Dancer

Boozhoo niiji-anishinaabeg, Memengōikwe ndizhinikaaz Gaa-biskigamaag ndojeba

My name is Émilie Foidart McKinney, I am Anishinaabe-kwe from Swan Lake First Nation, Manitoba. I am a part of the Bear Clan. I am 18 years old and owner and founder of Anishinaabe Bimishimo Corporation, the first business to ever manufacture Jingle Dress Cones in Canada. I also am an international Hoop dancer, professional cultural dancer, an artist, and part of the Youth Treaty Movement. I am also the oldest of 11 siblings.

In June 2018, I received my French High-School diploma at École Régional Notre-Dame de Lourdes. I am currently taking my Indigenous Business Diploma at Maskwacis Cultural College, working towards my Business Degree. Throughout my high school years, I’ve participated in leadership camps
all over Manitoba and volunteered as a leader to my division’s youth programs and events. Culturally, I’ve participated in numerous sweats, powwows and ceremonies. I’ve also travelled to different countries such as: Sweden, Denmark, Italy, France, Netherlands, Cuba, and USA, for cultural and education purposes.

On March 8th 2017, with the help of my mother, we chose to incorporate our business called Anishinaabe Bimishimo Corporation. I am creator and founder of Anishinaabe Bimishimo Corporation, first company to manufacture jingle dress cones in Canada. My goal is to bring back the authenticity of the jingle dress cone, as it has a powerful-sacred meaning and represents healing. To bring back the authenticity, I created an Anishinaabe name “Anishinaabe Bimishimo” - The people that dance nearby, and a logo with meaning. The metal used in all our jingles took 6 months of research to ensure that the metal was similar to the sound of the first jingle dress cones created. In hopes, I wish to create more employment to bring down the poverty of my reserve and eventually other First Nation communities once we expand greatly. As a young indigenous youth and woman, I hope to inspire and help indigenous youth and women follow their dreams into success. Due to my hard work and passion, I received the Youth Entrepreneur of the year award in the prairies region by StartUp Canada and Spirit of Growth award in 2018 by IANE. I’ve recently found out that I’ve been selected as finalist for Dragon’s Quest Business Plan Competition and approved the first round at Dragon’s Den (to be continued). I have also been accepted to partake in the Start Up Canada’s the 2019 Global Entrepreneur Cohort and the Canadian Export Challenge which will both take place in May 2019.

In November 2018, two colleagues and myself created a group called the Youth Treaty Movement with a Vision: To educate Treaty youth about treaty protection to ensure our future generations’ rights will always be protected and guided in a safe route to prevent deterioration on our nations. Our rights will always be present and never demolished by the government of Canada. The three of us have been travelling to various communities to educated people about Treaty and Inherent Rights. On December 4th 2018, we created an national Yellow Shirt day with the hashtag #TreatyStrong in honour of the Treaty Agreement made between the British Crown and Indigenous Peoples in Canada.

As a daughter, student, business owner, youth representative, and Anishinaabe-kwe, I hope to continuously make positive changes within First Nation communities and continue to be a positive role-model towards my siblings as well as other youth.

Chi-Miigwetch

Émilie McKinney

Moving from Vulnerability to Vitality:
Applying an Indigenous Cultural Vitality Approach to Influence the Uptake of Physical Activity and Wellness as Indigenous People

Gymnasium A Okochiwkamihk

Dr. Paul Whitinui

Associate Professor,
School of Exercise Science, Physical and Health Education,
University of Victoria

Paul Whitinui (Ngā Puhi, Te Auōpuri, Ngāti Kuri) is from the Confederation of Tribes in the Far North of Aotearoa New Zealand, and is currently an Associate Professor in the School of Exercise Science, Physical and Health Education (EPHE) at the University of Victoria, BC, Canada. He has a background in sport and leisure, Indigenous health and development as well as, Indigenous Māori teacher education. Paul’s current scholarly work is broadly linked by relationships between Indigenous health, wellness, education, and socially just practices that benefit the future hopes and aspirations of Indigenous peoples, and their communities. He is also the current co-chair of the World Indigenous Research Alliance (WIRA),

**Abstract:** At last year's I-PACC conference hosted at the University of British Columbia, BC, Vancouver I shared how adopting an Indigenously-informed cultural vitality approach might help influence the uptake of physical activity and wellness as Indigenous peoples. The presentation included an in-depth literature review alongside a number of examples from both Canadian and New Zealand contexts that sport, fitness, recreation, health, community, and leisure lifestyle practitioners could well consider and adopt in their own unique settings.

This year's paper will move the conversation forward from understanding what constitutes a cultural vitality approach to the key conditions that influence the uptake of physical activity and wellness as Indigenous peoples – individually, intergenerationally, tribally, as well as, Nation-to-Nation.

Three key questions help to underpin the discussion, and will include: 1. What does it mean to be culturally vital as Indigenous peoples? 2. What are the socio-cultural conditions that influence the uptake of physical activity and wellness as Indigenous peoples, and; 3. What examples individually, intergenerationally, tribally, as well as, Nation-to-Nation can we see currently taking place in Canada and NZ contexts that addresses the first two questions?

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**Exploring the Effects of Indigenous Culturally-Based Lacrosse Programming**

*Classroom 115 Nikotwasik Kayimitahchik*

**Brittany McBeath**

*Queen's University Master's Student (School of Kinesiology and Health Studies)*

Brittany yónkya’ts McBeath tewakhsená:sere. Kanyen’ké:ha niwakonhwentsyò:ten, wakathahyón:ni. Brittany McBeath is Kanyen’ké:ha (Mohawk) and sits with the Wolf Clan. She is of mixed ancestry with her Kanyen’ké:ha ancestral roots originating from Tyendinaga Mohawk Territory. She grew up off-reserve in Bowmanville, Ontario. She is a Masters student in the School of Kinesiology and Health Studies at Queen's University which is situated on Anishinaabe and Haudenosaunee territory. She is also studying Kanyen’ké:ha onkwawén:na, the Mohawk language. Her Master's research is done in partnership with the Kahnawake Schools Diabetes Prevention Project under the supervision of Dr. Lucie Lévesque. Her research primarily focuses on Indigenous conceptualizations of wellness, community readiness and positive youth development through sport. Throughout her experience with Right to Play and Four Directions Aboriginal Student Centre during her undergraduate career, she was a mentor for Indigenous youth in the Kingston community promoting Type 2 Diabetes awareness and prevention using both culturally-relevant, and play-based activities. She can be contacted at b.mcbeath@queensu.ca.

**Abstract:** Rationale. For Indigenous youth specifically, previous research has shown that greater engagement in their traditional culture leads to increased positive outcomes through strengthening their sense of identity (Gonzales, Knight, Birman, & Sirolli, 2003; Huriwai, 2002; Lalonde, 2003; Zimmerman et al., 1998). The work of Nelson (2009) has indicated that little is known about how sport or physical activity influences the formation of identity for Indigenous youth, or how and whether these popular discourses impact on their identities and their everyday lives. Therefore, the perspectives of youth participating in a culturally relevant sporting experience are important to explore. The traditional Iroquois game of Lacrosse represents an ideal sport through which Indigenous knowledge, lost through the process of colonization, can be reclaimed and revitalized (Fisher, 2002). Purpose. To explore youth understandings and experiences of Indigenous culture in response to a culturally-relevant lacrosse workshop. Participants. Twenty-eight students from a Grade 7 class at an elementary school in rural North Eastern Ontario, where 25% of students self-identify as Indigenous (XX Public School, 2016). Intervention: The primary goal of the workshop...
was to provide a culturally-relevant experience for students through sport. The full-day lacrosse workshop included culturally relevant activities such as a storytelling activity on the history of lacrosse and a youth KAIROS Blanket Exercise led by Brittany McBeath, an Indigenous student certified by Four Directions Indigenous Student Centre as a cultural safety training facilitator.

Methods and Analysis. Following the intervention, the students participated in a talking circle. They were asked about the meaning of culture, the effects of learning about Indigenous culture in the context of Canada, and their experience participating in the culturally-based Lacrosse workshop. The talking circle was recorded and transcribed verbatim. Data were analysed thematically using the protocol outlined by Braun & Clarke (2006).

Results and Implications. Results of the pilot project indicate that there is a lack of understanding of the meaning of culture by students, though learning about this topic through sport is something they enjoyed and would like more of. Next Steps: Six workshops are planned to be delivered in May 2019. A mixed methods approach will be taken to systematically collect and analyze data. As these workshops and Lacrosse equipment are funded by the Canadian Tire Jumpstart Foundation, to meet their evaluation requirements, physical literacy will be measured according to the Long-Term Athlete Development Model using the Physical Literacy Assessment for Youth (PLAY) Tools. Participants’ experiences will be captured using a talking circle, and a survey. Expected outcomes of the proposed project include increased physical literacy skills, a strengthened sense of cultural identity for Indigenous youth, and an increased understanding of Indigenous culture for their non-Indigenous peers. It is anticipated that results from the proposed project may be used to further advocate for culturally-based programming within the local school system.

Diabetes and Exercise
Teepee Room

Marisa Cardinal
Health Promoter

I am from the Saddle Lake Cree Nation in Treaty 6 territory in Alberta. I am a 42 year old mother of 6 wonderful children. As a type 2 diabetic I have found a passion for physical activity and fitness in helping manage my journey with diabetes. I have found that not only has exercise helped manage my A1c but it has helped develop my confidence. Managing diabetes does not have to be a struggle, I would love to share what weightlifting has done for me throughout my battle against diabetes and it’s complications.

Abstract: Listen and learn how exercise mainly weight lifting has impacted my journey living with Diabetes. Exercise has influenced my life in such a way that I do not know how I managed most of my life without it. It has given me a confidence I never knew I had. Mentally, physically, emotionally it has helped dealing with Diabetes more manageable. My experience with Diabetes and struggles with managing a chronic disease is what inspired me to become more physically active and proactive in taking control of my life. Learn how to manage diabetes in a positive way through exercise and being physically active.
12:00 PM Lunch Break

Cultural Presentation
Jaime Buffalo
*Lead and Organizer*

Christa Ermineskin
*Volunteer and assistant to Jaime*

Tradeshow

1:00 PM Session 2

“Train the Trainer;” A Community-Based and Indigenous-Led Health and Wellness Intervention Model
*Gymnasium B*

Henry Lai
*UBC Master of Science Student*

Henry is a Masters of Science student in the Cardiovascular Physiology and Rehabilitation laboratory at the University of British Columbia. Over the past 7 years, Henry has worked with Indigenous youth in various health and wellness initiatives on UBC campus. Henry is a certified exercise physiologist working in the field of physical activity promotion, and is an aspiring cardiologist in community-based medicine.

**Abstract:** “Train the Trainer” is an intervention model that includes the aspirations of Indigenous community leaders in the design and implementation of health and wellness approaches. Train the Trainer respects the experience, knowledge, and values of Indigenous leaders and their communities by integrating the traditional, cultural, and historical perspectives reflective of local teachings. Through extensive community engagement, Train the Trainer integrates an exercise-training regime (individualized exercise prescriptions) with the delivery of specialized learning modules (facilitated in sharing circles) to enhance effective behavioural change over the course of three months. The sharing circles integrate the latest advancements in motivational interviewing to enhance the participants’ intrinsic motivation to meet their health and wellness goals. The novelty of this platform is its community-based design that empowers an Indigenous led approach to address challenges and successes in overcoming personal and/or community-based barriers to physical activity participation and healthy living. Train the Trainer is a strengths-based intervention model that can be used to promote the health-related benefits of routine exercise/physical activity participation.

Air Quality and Messaging Within Indigenous Communities

Kai Kaufman
*UBC Graduate Assistant*

Kai Kaufman grew up in Tsawwassen, British Columbia and attended the University of British Columbia (UBC), where she completed her undergraduate (BKin) and graduate degrees (MKin). Throughout her graduate training, Kai was supervised by Dr. Darren Warburton who is the founder and director of the Indigenous Health and Physical Activity program and the Indigenous Studies in Kinesiology program at UBC. Kai is currently a research coordinator within the Indigenous Studies in Kinesiology Program. Kai has been involved in assisting in the creation of curriculum design on topics including Indigenous health and wellness. Furthermore, Kai has facilitated several Indigenous initiatives incorporating Indigenous worldviews and wholistic health and wellness.

**Abstract:** Indigenous communities within the interior of British Columbia have experienced significant heat and air quality events over the past three years. The Air Quality Health Index (AQHI) issues
alerts to warn the public of the approaching health risks associated with air quality conditions. Sharing circles were facilitated within a rural Indigenous community to gain a greater understanding of the use and effectiveness of the AQHI messaging within the community. Community members provided key recommendations, which included the need to increase air quality monitoring within Indigenous communities, incorporate air quality health messaging and education resources that reflect Indigenous worldviews, and address the need for indoor air quality related to housing on-reserve.

My Wellness Journey: Health and Wellness Kit Development, Developmental Origins of Health and Disease (DOHaD) Project

Gymnasium B

Dr. Rosalin Miles

UBC Research Associate

Rosalin Miles is a member of Lytton First Nation and their past Band Administrator. She completed her Education, Doctoral Degree, Curriculum and Instruction, major Exercise Science, and her Graduate Certificate in Non-Profit Management at the University of Central Florida. She completed her Master’s degree in Human Kinetics, specializing in Coaching Science, at UBC, her BA degree, Physical Education major, at Trinity Western University, and a diploma in Ph. Ed. at Langara Community College. Overall, Dr. Miles has a combined 33 years of experience working in the sports, fitness, education and health field in a variety of disciplines as a division one level NCAA level coach, registered kinesiologist, active release therapist, college and university instructor, research writer, awarded certified strength and conditioning specialist, and as a national level athlete. She has trained and developed Olympic and National level athletes, and has motivated the general population to achieve their personal goals. She currently working with the University of British Columbia within the Indigenous Studies in Kinesiology department.

Abstract: Indigenous Physical Activity & Cultural Circle empowers communities to pursue their vision of health and wellness. It is ideal that a journaling is used as a tool to support goal setting to attain health and wellness outcomes. However, colonial ways of goal setting are not appropriate methods to motivate and adhere to health and wellness goals, such as the SMART principle. Therefore, Indigenous Physical Activity & Cultural Circle (IPACC) hosted community sharing circles in urban and rural settings and with feedback created the My Wellness Journey health kit, and the WE MASTER SELF goal setting tools for community and personal use.

ParticipACTION

Teepee Room

Diana Dampier

Senior Director of Projects and Stakeholder Relations, ParticipACTION

Diana joined ParticipACTION in 2008 and has overseen numerous initiatives including the ParticipACTION Teen Challenge, Sports Day in Canada, RBC Learn to Play and the 150 Play List. During her 25 years working in physical activity and health, she sat as the Executive Director of Active Living Coalition for Older Adults and held consulting roles with the Canadian Cancer Society and Health Canada. Her favourite activities include biking, playing beach volleyball, swimming and hiking with her two teen-aged children. And she, just recently discovered competitive dragonboat racing.

Abstract: For 45 years, ParticipACTION has been synonymous with physical activity and since 2007 we have been part of a complex debate about the inactivity crisis. People in Canada of all ages and
backgrounds are not moving their bodies enough to get the benefits of regular exercise, which include reduced risk of diseases like type 2 diabetes and some cancers, better scores in reading and math, better fitness, more fun, healthy body weight, self-confidence, new skills and better mental health.

In 2018 ParticipACTION received 5-years of funding to launch three initiatives to help the people living in Canada to move more and sit less. This long-term, multi-partner national platform can be leveraged by organizations in the physical activity and health sector to help achieve their objectives.

ParticipACTION is committed to ensuring our programs and initiatives reach and benefit groups that traditionally experience health inequities including Indigenous Communities.

ParticipACTION is at the beginning of this journey and we are requesting input from session attendees to help us learn how our initiatives can be improved to ensure they are reaching, resonating with and benefiting Indigenous communities.

Our presentation would include a brief overview of our initiatives and more importantly, a discussion on how ParticipACTION can work together with Indigenous leaders from coast-to-coast-to-coast to reduce chronic diseases and see how, ‘everything gets better when you get active.’

ParticipACTION’s three main initiatives are:

The Everything Gets Better Campaign. This media campaign uses evidence-based research to connect physical activity with people’s cognitive, emotional and social functioning.

The ParticipACTION App. This free app is designed to help people fit physical activity into their busy lives. The app challenges individuals to track their active minutes against a personal activity goal using the latest research and behavior change science to keep people motivated.

The ParticipACTION Community Better Challenge. From May 31st – June 16th ParticipACTION is looking for Canada’s most active Community and will be awarding them with $150,000. ParticipACTION is also supporting local organizations through micro-grants to assist them in getting their community active.

Impacts of the 2018 Newfoundland and Labrador Winter Games on Youth who Participated in the Sport of Olympic Wrestling with Team Indigenous

Classroom 115 Nikotwasik Kayimitahchik

Dustin Silvey
PhD Student – Community Health, University of Victoria

Dustin Silvey is currently in his final year of his PhD in Community Health. His project involved implementing wrestling programs in Indigenous communities and measuring the impacts on participating Indigenous youths’ physical and mental health. As an advocate researcher, Dustin has worked with Indigenous communities across Canada supporting program implementation through accessibility and leadership. Dustin was privileged to be a coach at the 2017 North American Indigenous Games. He is currently residing in Victoria, BC where he coaches wrestling to high school students, instructs programming courses at the University of Victoria, and works with Indigenous communities to build effective programming.

Abstract: Background: The 2018 Newfoundland and Labrador Winter Games held in Deer Lake, Newfoundland and Labrador (NL) were the first provincial games in Canada to have Team Indigenous as a region. This team gave Indigenous youth who otherwise may not have been able to attend the games the chance to participate and compete for their cultural home. Previous research has suggested that participation may lead to increases in overall wellbeing as multisport events have been shown to increase a sense of community, identity, and can lead to increases in mental health.

Objective: The objective of this study was to determine if youth who participated in the sport of wrestling at the 2018 NL Winter Games with Team
Indigenous saw increases in their overall wellbeing, motivation to seek higher education, and levels of sport participation.

Methods: Seven Indigenous youth ages 12-18 years of age took part in the 2018 NL Winter Games with Team Indigenous in the sport of wrestling. Each participant completed a survey that measured sport participation, competitive sport participation, physical health, lifestyle choices, and self-worth/self-perception.

Frequencies and percentages were calculated for categorical questions and mean, range, and standard deviation were calculated for continuous variables. Content analysis was used to look for themes in additional comments given.

Results: Participants indicated that the 2018 NL Winter Games had a positive impact on their self-perception, self-confidence, diet, activity levels, healthy choices, and motivation to want to attain higher education. They also indicated that sport has guided them towards making healthier life choices. Participants stated that they would stay active after the games were completed, however the games did not have an influence on these decisions.

Conclusion: Competing in multisport events can lead to increases in perceived wellbeing and motivation to attend higher education; however, more research examining participation in more sports and regions should be conducted.

Empowerment Through Fitness
Teepee Room

Natasha Saddleback
Health and Personal Development Coach, Never Stop Apparel

My Name is Natasha Saddleback I from the Samson Cree Nation. I'm a descendant of Late Joe Saddleback and Nancy Boycis. At the age of nineteen I started weight training and was immediately hooked. I loved how good it felt to train my body strategically. Empowered by physical fitness, it soon became my way of life. I was given the confidence in other aspects of my life when I would set fitness goals and accomplish them one by one. The discipline and strength that comes from training your physical body translates into your life goals outside the gym; whether they are physical, mental or emotional. My passion became motivating and helping others, I made it my life’s mission and purpose, by gaining knowledge and experience in personal training. I facilitated a women's fitness program in my community, it was rewarding to see women build not only healthier bodies but greater confidence. I got to a physical level where I felt it was important to show other first nations we have a place in the fitness industry and it is ok to be confident in who we are. I started fitness competitions in 2016. I have now competed in many fitness events at provincial and national levels. I enjoy the discipline and work that it takes to participate at competitive fitness events. I recently started a brand and clothing line. Never Stop apparel is a reminder the Health is lifestyle it never stops.
research with Indigenous youth. This discussion arises from a larger research project that was undertaken to explore connections with the land in a sport context among Indigenous youth in urban centers. Two research questions guided this larger study: (a) What does a connection to the land look like in an urban sport context, and (b) How can communities support land-based programs in an urban sport context. Responding to recent calls in the Indigenous sport literature (McHugh et al., 2018), this research provided necessary insights for enhancing the sport experiences of Indigenous youth. Overall, physical activity and sport were found to be important factors in helping Indigenous youth to connect with the land in an urban center. In order to generate the rich stories that informed these findings, the importance of collaborative research was paramount. As such, I will share my experiences facilitating a collaborative research process with Indigenous youth (e.g., transforming research into ceremony, and genuine relationship building). My experience engaging with Indigenous youth in this collaborative way demonstrate how research can become a more meaningful and impactful process for both the researcher and the participants.

3:30 pm  Session 4

Physical Literacy and Indigenous Communities and Indigenous Women’s Perspective in Self-Compassion in Sport

Classroom 115 Nikotwasik Kayimitahchik

Autumn Nesdoly
Master’s Student - Faculty of Kinesiology, Sport and Recreation, University of Alberta

Kelsey Wright
Master’s Student - Faculty of Kinesiology, Sport and Recreation, University of Alberta

Kelsey is a Master’s student at the University of Alberta through the Faculty of Kinesiology, Sport, and Recreation. Her research focuses on the recreational side of sport participation. While athlete performance is important, Kelsey’s research goals are to elevate the important, adaptive components of sport, and minimize the effect of performance-related stressors.

Abstract: Self-compassion is an adaptive approach to experiencing difficult circumstances, shortfalls, and failures through the concept’s three central tenets: self-kindness, mindfulness, and common humanity (Neff, 2003). Self-compassion has received ever-growing support in the sport community due to its association with adaptive sport experiences, through promoting athlete well-being and positive responses to setbacks in sport (Ferguson, Kowalski, Mack, & Sabiston, 2014; Ferguson, Kowalski, Mack, & Sabiston, 2015; Mosewich, Crocker, Kowalski, & DeLongis, 2013). Despite the overwhelming support for implementation of self-compassion within sport environments, there is a distinct lack of research surrounding Indigenous Peoples’ experiences of self-compassion (Mosewich, Ferguson, McHugh, & Kowalski, 2019; Ferguson & Philipenko, 2016).

Through this presentation, we will discuss the importance of creating shared meanings of self-compassion in sport, through collaborative research with Indigenous women. We will outline our current research efforts to explore the significance of self-compassion and related sport experiences within an urban Indigenous women population. Findings from this research will address a clear gap in self-compassion literature and provide a foundation for future self-compassion research involving Indigenous women.
Community and Grass Roots Health Promotion
Gymnasium B

Kacey Yellowbird
Manager – Samson Youth Sport and Development

Kacey hails from the Samson Cree Nation of Maskwacis, Alberta Canada – is married to his beautiful wife Courtney and have 5 children – He is young and ambitious and called a warrior which is humbling but an honor from elders and youth.

Kacey has worked with Samson Youth Sport and Development for the past 10 years as the Health Promotion coordinator and currently the new Manager of Samson Youth Sport and Development. Graduating in 2012 from the University of Alberta with a Health Promotion Degree and currently in his 4th year @ U of A completing a Kinesiology degree. He has certification as a Fitness Trainer and several citations of Health, Wellness and Fitness.

Over the last 20 years, he has worked in the field of law (student summer apprentice program) with Doug Rae and Associates, Maskwacis Health Promotion and Youth Training Development positions. He quickly changed his concentration after training and being selected by the Canadian Youth Olympic program in Calgary as a Youth Challenge student and also trained for the Speed Skating program out of the Olympic Oval through the University of Calgary. At this point in his life, he chose a new path to focus on which was Fitness and Health.

He personal believes in planning and developing partnership programs with other nations and businesses is important. In addition to keeping the programs exciting and innovative to keep youth engaged and inspired, which is difficult to do, but a great challenge, trying new things is the key. A gifted hunter, Kacey created the community freezer program by teaching and training youth and young men the art of hunting, skinning, cleaning, cutting and preparing meat for the less fortunate of Maskwacis while providing to cultural events, wakes, funerals, celebrations and feast. Hundreds of families have benefitted from this program over the past 8 years.

Kacey takes health and wellness very serious and believes you must lead by example first. Today he is a certified fitness trainer and weight lifter, often training young athletes for respective sports. He has coordinated the annual 5 & 10k runs for Samson Celebration for 5 years now garnering participants from all over North America and partnered with professional organizations such as the Running Room who live streamed the runs by capturing the true essence of these runs from a runner’s perspective. He believes in educating youth about the dangers of diabetes and its long term affects within First Nations. All summer programs are balanced with nutritional education alongside physical training as well. Twice a year he coordinates a successful health/fitness challenge with over 150 participants in Maskwacis and other First nations throughout Alberta.

On a more passionate level, Kacey was selected to help plan a much-needed Men's Wellness Conference here in Maskwacis, “Empowering the Warrior Spirit Within.” It was the most successful Men's wellness, most fun, exciting and informational conference ever hosted and partnered with Maskwacis Health Services to ensure all men were tested and informed.

Abstract: How to make it work in a tough environment: I am extremely passionate about working with youth and have created alternative projects to engage the grass-roots kids into a project designed to help them overcome fear, discouragement and help deter them from undesirable paths. I have lived here all my life and developed a special bond and rapport with the grass roots youth and nation members of my community and have learned to look past the negative. Reaching and Connecting with Grass Roots and Staying there – Hunting – It’s history and relevance with today’s youth: I am thankful I possess the gift of hunting, I use what I was taught by my late Grandfather and created the Community Freezer program 8 years ago by teaching and training youth and young men the art of hunting, skinning, cleaning, cutting and preparing meat for
the less fortunate of Maskwacis while providing to cultural events, wakes, funerals, celebrations and feast. Hundreds of families have benefitted from this program over the past 8 years. The initiative is a food security program designed to feed the less privileged to combat hunger throughout the cold winter months. Educational Enticing with Health and Fitness: I believe the answers lie within our nation, now is the time to make a difference with the youth. Considering they’re a high portion of the population 87% under 30 years of age, planning today for tomorrow’s youth is critical. By developing programs that are suitable to their health, their lifestyle, their home environment. To understand what they’re thinking and what they want, they need only to be asked. They’re perspective is different from the adult version; they’ve become accustomed too. They know what they want and have so many brilliant ideas to share. Gaining the Trust of Youth and Keeping it: One thing for sure is you cannot lie to youth; they can see through a lie and know who is for real and who isn’t. It’s one thing to gain their trust, but it’s another to keep it. How I learned to work with youth who are deemed “hard, bad or hopeless” Changing this stigma. Leading by Example: Because I take my health and wellness very serious, I believe you must lead by example first. When youth see this, they will follow. I was once a scrawny, skinny kid while in high school, although I played sports, I went through my own awkwardness. I used that as a catalyst to change my persona and physical appearance. This was something I could control. Today I work out every day and focus on the educational component alongside fitness by making it fun and useful for youth, nation members and my staff which translated to healthy decision making.

Indigenous Sport Spaces: Honouring Strengths, Raising Challenges, Moving Forward Together
Teepee Room

Dr. Dominique McFalls
Instructor – Sport Science Department, Douglas College

Dominique Falls is a settler scholar of French European heritage. She is an Instructor in the Sport Science Department at Douglas College. She has spent her academic career studying and researching the socio-cultural relationships between sport and society – including the various ways in which social structures shape our experiences of sport. She is particularly interested in sport in rural, remote, and isolated communities, the Indigenous Sport Sector, and sport in marginalized and hard-to-service communities. Her ethnographic research for her Doctorate in Sociology (Simon Fraser University) examined organized youth sport in remote and rural communities in the West Kootenay region of BC through the lived experiences of young children and their families.

When she is not engaging directly in sport and physical activity herself, she acts as Director of Adult Programs for North Shore Girls Soccer Club, Director-at-large with the North Shore Youth Soccer Association, and Regional Committee Member with the Indigenous Sport and Recreation Council (ISPARC).

Abstract: These Sharing Circles will be run in accordance with traditional and local protocol. Elders will be invited to participate and advise on the protocol. They will be compensated for their involvement. These Sharing Circles will offer a space for participants to honour the strengths and challenges of all-indigenous (“all-native”) sport and physical activity spaces. Participants will be
encouraged to share their experiences of all-native events/programs. Experiences of closed events/programs (e.g., those with ancestry restrictions) and open events/programs (e.g., those which are run by Bands/Nations primarily for indigenous people, but which do not restrict participation by ancestry) are welcome! By coming together, we hope to grow our collective knowledge on what is being offered, what works, and what doesn’t. It is our hope that the knowledge we share will move us forward in providing the best sport and physical activity experiences.

Sunday, May 5, 2019 – Conference Day Two

9:30 AM Session 5
Finding Cultural Space and the Formation of Indigenous Mental Toughness
Gymnasium A Okochiwkamihk

Waneek Horn Miller

10:30 AM Health Break

10:50 AM Session 6
Non-Indigenous Volunteers at Indigenous Games: An Exploratory Study
Classroom 115 Nikotwasik Kayimitahchik

Chen Chen, PhD Candidate
Faculty of Kinesiology, Sport, and Recreation, University of Alberta

Chen Chen is a grateful visitor from China to Treaty 6 Territory since 2014. Chen describes himself as a settler of color who initially aspired to receive more “advanced” education in the West. With no substantial knowledge about Indigenous Peoples prior to his arrival in North America, he struggled to make sense of the “Indigenous issues” of the settler state as well as his relationship to Indigenous Peoples. With the support and guidance of many Indigenous and non-Indigenous community members, he has started to unlearn the taken-for-granted colonial narrative, reflect on his unwitting participation within the settler colonial structure, and is endeavored to engage in an ethical and accountable relationship with Indigenous Peoples whose land he resides upon.

A PhD Candidate at the Faculty of Kinesiology, Sport, and Recreation, University of Alberta, his research focuses on colonialism and sport, politics of knowledge production, relations between Indigenous communities and other minority communities in settler states. His work has appeared in Journal of Sport Management, International Journal of the History of Sport, Event Management, and Cities.

Chen was a volunteer at the 2017 World Indigenous Nations Games (many events of which were hosted in Maskwacis), 2017 North American Indigenous Games (NAIG), the second World Indigenous Basketball Challenge, as well as 2017 and 2018 Alberta Indigenous Games (AIG). He is also an organizer at Climate Justice Edmonton, a voluntary group that takes action on climate change, and support Indigenous resistance through challenging harmful corporate and political practices.

Abstract: Volunteers are highly valuable assets for sport events (Cuskelley et al., 2006). While all types of sport events require the participation and contribution of volunteers, volunteerism is a complex phenomenon and is better understood within specific event context. To date, few research has examined sport volunteerism with the consideration of Indigenous-settler relations in Canada. While Indigenous leaders like Wilton Littlechild have encouraged non-Indigenous people to be part of Indigenous Games (Morin, 2017), the actual involvement of non-Indigenous people as volunteers, and its implications for our understanding of volunteerism and settler responsibility (de Costa & Clark, 2016), have yet to be examined.
This study aims to fill this important gap. Bridging literature in sport volunteerism and Settler Colonial Studies, it examines non-Indigenous volunteers’ experiences at 2017 World Indigenous Nations Games (WIN Games), an international Indigenous event hosted in a number of Indigenous communities in Treaty 6 Territory. The event was of special political significance as it took place simultaneously with “Canada 150”, a celebration questioned by many Indigenous communities (e.g., Palmater, 2017). Despite the political tension, the WIN Games still attracted a small number of non-Indigenous individuals to volunteer, including the author of this study, a settler of color from East Asia. The unusual dynamics of non-Indigenous volunteers working for Indigenous Games, as well as the events’ special timing, therefore, present an important case to broaden our understanding of sport event volunteerism, particularly the social legacy this type of involvement can leave for non-Indigenous communities seeking to build meaningful and responsible relations with Indigenous Peoples.

In this research presentation, I will share the results of this study that sought to understand the perspectives of non-Indigenous volunteers at the 2017 WIN Games. A total of 13 non-Indigenous volunteers were recruited through purposeful sampling and snowball sampling methods. Semi-structured interviews were conducted in Edmonton between September and December, 2018. Thematic analysis (Braun & Clarke, 2006) was used to analyze the audio-recorded interview data. The key findings of the study will be shared and will be open for discussion amongst conference participants.

Overall, five main themes emerged from the participants’ experiences volunteering at the event, including Excitement, Responsibility, Intangible Rewards, Work-related Uncertainty, and Cultural Discomfort. While the first three themes highlight that the participants’ motivations to get involved were well fulfilled, the last two themes show that they also experienced discomfort and accordingly, further self-reflection on their own assumptions, with the help of Indigenous community members. In volunteering contexts similar to the WIN Games, this means that non-Indigenous volunteers’ experiences may never be completely “satisfactory” or comfortable. This, however, is integral for an accountable and responsible relationship-building process (Lowman & Barker, 2015), illuminating the need for non-Indigenous volunteers to understand the ethical demands of their roles in Indigenous communities by engaging in self-education beforehand, particularly in being ready to accept discomfort and to have their pre-conceived notions challenged. These findings challenge the mainstream understanding of sport event volunteerism and provides important insights for non-Indigenous individuals and groups that are willing to contribute to Indigenous events in meaningful ways.

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**Powwow Fitness**

**Gymnasium B**

**Dustin Stamp**

**Founder of Powwow Fitness**

My name is Dustin Stamp and I am the founder of Powwow Fitness. Currently, I am a certified red seal automotive mechanic, also a Ford Master Technician, and have worked with Ford Motor Company since 2008. I am a fancy dancer from Saddle Lake First Nation and have been dancing for over six years. I started dancing because of my daughter. She started dancing at the age of four and let me know after that summer she didn’t want to dance alone. So that following year I started alongside her and never stopped. Dancing is important to me because it keeps me in touch with my culture and my spirit. Living in today’s world is very hard to balance my everyday life with my culture and traditions. Dancing keeps me connected to my roots.

**Abstract:** Powwow Fitness is a fitness class established around powwow dance and music. It combines the basic steps of dance along with
strength building exercises and movements which most often involve body weight exercises. In the past, I facilitated a powwow practice class with youth and their parents and it was during this time when I began incorporating warm ups and stretches at the beginning of practice. Over time, the more fitness aspect of powwow dancing developed and evolved into Powwow Fitness.

When you come to my classes, which are welcoming to people of all fitness levels and walks of life, we begin class with a warm up and some dynamic stretching. We then get into faster paced, more intense workout exercises accompanied alongside powwow music and then the class ends with a full body stretch. Powwow fitness is intended to be welcoming for those of all ages and all level of fitness, however, it still provides all participants an opportunity to workout at a level that challenges them individually. This allows participants to make the class as hard as they would like, leaving totally exhausted or not even break a sweat. Most importantly, there are lots of modified versions of exercises to ensure there are no barriers for those whose exercise abilities are varied and again, the class is ultimately intended and made for everyone to be able to join.

Powwow Fitness offers many benefits to all participants, regardless of age. Sadly, there are many indigenous people who suffer from diabetes, strokes, heart attacks and other common life-threatening illnesses that develop from unhealthy lifestyles. I feel that many of these ailments are due to a lack of exercise and poor eating habits. A regular exercise regimen that also connects people to powwow dancing could help decrease the chances of detrimental health effects of unhealthy lifestyles. Powwow fitness helps build strength, endurance, coordination, and flexibility as you get both the physical exercise element of body weight movements as well as the chance to learn and practice the basic steps of powwow dancing. Along with the physical aspect, my fitness class also helps build a person's self-confidence and overall health by encouraging participants to continue to enjoy activities that increase physical activity, culture, and overall well-being in their lives.

**Accessibility Issues in Indigenous Sport and Physical Activity**

**Teepee Room**

**Dr. Tricia McGuire Adams**

**Assistant Professor, University of Alberta**

Tricia McGuire-Adams (from Bingwi Neyaashi Anishinaabek) is an Assistant Professor in the Faculties of Kinesiology, Sport, & Recreation and Native Studies at the University of Alberta. Dr. McGuire-Adams' research challenges deficit-based narratives within Indigenous health research by centering Indigenous and Anishinaabeg dibaadajimowinan (stories) of health and wellbeing. Dr. McGuire-Adams, who received her doctorate from the University of Ottawa, is an emerging early career Anishinaabe researcher who is passionate about fostering decolonial physical activity processes. As a community-driven researcher, Dr. McGuire-Adams has extensive experience fostering reciprocal research relationships with Indigenous communities. Her current program of research looks to Anishinaabeg land-based learning, physical activities, and gikendaasowin (knowledge) about Indigenous disability, to further amplify Indigenous peoples’ health and well-being.

**Abstract:** We are in an immense era of regeneration of Indigenous ways of being in education, health, law, and sport etc. This growth has resulted in resounding changes in Indigenous-settler relations, such as the Truth and Reconciliation Commission's Calls to Action, the North American Indigenous Games, and local sport and physical activity programs. While these changes are important, few discussions have addressed issues of accessibility and disability. The inclusion of Indigenous perspectives of accessibility, inclusion, and disability is particularly absent in sport and physical activity spaces.
Indigenous perspectives on disability, especially from Indigenous peoples living with disabilities, is needed. For instance, Dion (2017) found that cultural understandings of disabilities within Indigenous contexts is not well known. Indigenous perspectives of disabilities differ than Western perspectives. For instance, a child born with a disability may have been deemed closer to the Spirit World, which conferred special honour. This type of understanding is missing from the current literature and understandings of Indigenous disability (Lovern, 2017). Moreover, an intersectional approach that addresses colonialism, gender, age, disability, and Indigeneity is needed (Stienstra, 2018).

Given these challenges, a group of community-driven researchers and community leaders (some of whom have lived experiences with disability) have come together to discuss Indigenous disability and accessibility issues. We acknowledge that more dialogue and conversations are needed to illuminate accessibility issues in Indigenous sport and physical activity spaces. Thus, in this presentation, we would like to create a coming together of community practitioners, leaders, and other researchers to dialogue about Indigenous disability and accessibility issues in sport and physical activity.

Dano Thorne

Dano Thorne is one of Canada's first Aboriginal coaches to graduate from the National Coaching Institute, attaining his Level 4 (3M NCCP) with expertise in the sport of soccer. Thorne recently completed a European Soccer Tour as Head Coach for the BC Aboriginal Women's Select Team. He is also the newly appointed Head Coach of the Gorge Football Club, a premier men's soccer team in the Vancouver Island Soccer League. A member of the Cowichan First Nation, Thorne is proud of his Coast Salish and Nezperce heritage and cultural foundation. Being taught by his parents and Elders, he promotes a traditional/holistic approach to athlete development. He echoes these traditional teachings in his work as a 3M NCCP Course Conductor. To date, Thorne has certified over 50 Aboriginal coaches at Level 1 Theory. Winner of several other coaching awards throughout his career, Thorne is a role model for Aboriginal coaches across Canada. Thorne is currently employed as the coach for the Aboriginal Sport Development Centre located in Tsartlip First Nation, British Columbia.

11:50 AM Lunch Break

Indigenous Sport Spaces: Honouring Strengths, Raising Challenges, Moving Forward Together

Dr. Dominique McFalls
Instructor – Sport Science Department, Douglas College

Abstract: These Sharing Circles will be run in accordance with traditional and local protocol. Elders will be invited to participate and advise on the protocol. They will be compensated for their involvement. These Sharing Circles will offer a space for participants to honour the strengths and challenges of all-indigenous (“all-native”) sport and physical activity spaces. Participants will be encouraged to share their experiences of all-native events/programs. Experiences of closed events/programs (e.g., those with ancestry restrictions) and open events/programs (e.g., those which are run by Bands/Nations primarily for indigenous people, but which do not restrict participation by ancestry) are welcome! By coming together, we hope to grow our collective knowledge on what is being offered, what works, and what doesn’t. It is our hope that the knowledge we share will move us forward in providing the best sport and physical activity experiences.

12:50 PM Session 7

Tradeshow
Actively Restoring Culture and Renewing Ties to Land and Community Through Carving
Classroom 115 Nikotwasik Kayimitahchik

Dave Robinson
Masters of Integrated Studies in Land and Food Systems, University of British Columbia

I am Algonquin from the Algonquin First Nations of Quebec. As an amateur boxer I won the North American Native Boxing Championship, and finished my competitive career as a professional athlete with a 2-0 record. I now hold a level 2 NCCP coaching certificate, and am one of the directors at the North Burnaby Boxing Club. In 2018 I graduated from the UBC NITEP Bed program, and now am completing UBC’s Masters of Integrated Studies in Land and Food Systems. In the 5 years of my undergraduate degree I worked with Indigenous and non-Indigenous communities, as a product of my work with these communities three of my sculptures have received permanent public art installations. “Many Beings” Red Cedar at John Oliver Secondary School, “Thunder Child” Yellow Cedar Sculpture at UBC Indigenous Garden, “Dancing Flames” Maple Wood Sculpture in the UBC Ponderosa Building, commissioned by the UBC Faculty of education to commemorate Dr. Jo-ann Archibald’s 45-year career in Education. After a math class for NITEP students I created the Medicine Wheel Puzzle Project (MWPP). The MWPP was completed with, UBC Cedar Aboriginal Youth Math and Science Camp 2017. Over the last two years as UBC Indigenous Garden Resident Artist, I competed a 24’ Red Cedar sculpture depicting a Thunderbird and a lightning Snake. I will be speaking about the beneficial impact on curriculum in schools for projects like the MWPP. By incorporating culturally appropriate art/education that is grounded in culture, and that address reconciliation, and the Truth and Reconciliation Commission (TRC) calls to action (#62,63,10iii). The MWPP project aims to approach working with at risk students from an Indigenous traditional approach that uses a strength based perspective. This means that Indigenous students will learn to appreciate in a cultural way that they have strengths that have made them resilient despite the effects of colonization and inter-generational trauma and that they and their families have experienced. It has been shown that strength based programs work better and address confidence issues and students return more to these types of programs.

2:00 pm  Session 8

Facing Adversity in Sports in Order to be Successful
Teepee Room

Kristopher Buffalo

Kristopher Buffalo is 31 years old and his hometown is Maskwacis and Kainai. He has two children, Kaylor (6) and Kenneth (11), and his spouse is Amanda. Kristopher has been a child/youth worker for the last 13 years in Maskwacis and has his Early Childhood Level 2 and Bachelor of Education. His hobbies include dirt biking, running (9-12 miles a day weather permitting), and travelling. He loves to travel to take his children to learn through seeing the world, as he feels this is the best teaching method because they can see all different walks of life and how other parts of the world do things. Kristopher loves anything to do with adrenaline. His family is his priority and he always thinks about them before he does anything. Kristopher has received numerous achievements in bullfighting and rodeo over the past eight years.

Abstract: The topic I wish to present is about the adversity that I have to face being a First Nations
Athlete trying to make it in the Western Society of Rodeo or in other terms White Rodeo. I want to shed light of how much work was put into getting where I was, with not having any connections what so ever but having a goal in mind. Talking about how no matter how great I know I am or can be I will not be a #1 choice from many stock contractors or cowboys due to being a First Nations Cowboy and being from the reserve I am from due to how the media portrays us to be. The reason I do what I do, why did I choose to be a bullfighter, who started me off and how long it has taken me. I want to talk about the place I have gone with what use to be just a hobby to now a career, How being a role model to younger generations or even older generations using the tools I have with my knowledge with animals and rodeo. Working with youth how it has helped me to be successful and to always remember why I am doing this and to always give thanks to everyone who has helped me to be able to do this with a humble heart. Also sponsors who have helped me to get to these events that believe in me where I am shedding more light on the positivity to First Nations.

Active Bodies, Thriving Brain: How Movement Fuels Mental Health
Classroom 115 Nikotwasik Kayimitahchik

Matthew Mitschke
Health Promotion Facilitator, Alberta Health Services School Health & Wellness Promotion

Matthew Mitschke lives and works in Edmonton, Alberta where he is a Health Promotion Facilitator with Alberta Health Services School Health & Wellness Promotion. Matt has eight years of experience working with Alberta school jurisdictions in developing partnerships, influencing policy change, building capacity, and planning coordinated programs to improve health and learning outcomes among school-aged children and youth. His work is guided by the Comprehensive School Health approach. Matt enjoys the challenge of developing processes that help school systems to improve the ways that they promote health and wellness. Matt believes in being a healthy role model who “walks the talk”, so you will often find him spending his spare time outside snowshoeing, cross country skiing, riding bikes or walking the dog.

Abstract: Movement is essential for healthy physical and mental development in children and youth. A growing body of research highlights the vital role that physical activity has on cognition, brain function and mental health. Come to this session and learn how you can use movement as a tool to promote emotional regulation, stress management, self-esteem, problem-solving skills, and a whole lot more! This opportunity will recognize the vital relationship between physical activity, brain function, learning and mental health. Participants will discover practical tools for using movement to promote emotional regulation, stress management, self-esteem, and problem-solving. Practical examples of ways that students can be active at school will be generated through a discussion of current and future practice.
For more than 40 years, Dr. Littlechild has worked to build bridges between Indigenous and non-Indigenous people through athletics, politics, and law. An accomplished lawyer, he is the first Indigenous person appointed to Queen’s Council by the Alberta Law Society. He brought Native issues to public attention while serving as the first Treaty Indian Member of Parliament. Dr. Littlechild has been active with a number of organizations both within Canada and abroad, including the Indigenous Parliament of the Americas, the United Nations, the National Indian Athletic Association, and the Canadian Council of International Law. He has given lectures on various occasions, including at the Human Rights Institute of the University of Hawaii. Dr. Littlechild served a Commissioners on the Truth and Reconciliation Commission of Canada.

For his participation in Indigenous and athletic endeavours, Dr. Littlechild has been honoured with several awards, including the Lifetime Achievement Award as an Aboriginal Role Model and the Order of Canada; he has been inducted into seven sports Halls of Fame. He graduated from the University of Alberta with a Master’s Degree in Physical Education, a Bachelor of Law Degree, and an Honourary Doctorate at Law. Dr. Littlechild was bestowed with the title of International Treaty Chief by the Chiefs and Elders of the Confederacy of Treaty No. 6 and the Assembly of Treaty Chiefs (Treaty No. 6, Treaty No. 7 and Treaty No. 8 Alberta); he recently accepted his nomination as Grand Chief of the Confederacy of Treaty Six First Nations where he is serving a three-year term.
Hosted by the Indigenous Physical Activity & Cultural Circle
www.a-pacc.com