

**SERIES 1**  
**FIRST PEOPLES CURRICULUM**  
**MEDICINE WHEEL**

**ONTARIO HEALTH PROMOTION  
SUMMER SCHOOL  
JULY 8-10, 2009**

*« eHealth Promotion:  
Connecting Communities and Resources in the 21st Century »*

**CENTRE FOR HEALTH PROMOTION  
University of Toronto**

**WORKSHOP SUMMARIES  
&  
PRESENTERS' BIOGRAPHIES**

## FIRST PEOPLES' CEREMONIES – HPSS OPENING and CLOSING

**Jan Kahehti:io Longboat**, Elder, Traditional Teacher,  
Herbalist, Keeper of Indigenous Knowledge  
**Walter J. Cooke**, Elder/Counsellor, Ojibway-Cree of the Bear Clan

Wednesday, July 8, 9:00 a.m. (Opening) and Friday, July 10, 2:30 p.m. (Closing)
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The Opening and Closing Ceremonies are done in a traditional Anishnawbek manner.

It is Ceremony. We generally have four sacred medicines that are burned: tobacco, cedar, sage and sweet grass.

This particular ceremony is as old as time. All original Nations have their own ways to do this. It is not acceptable to consider one 'way' better than another. Instead, all ceremonies are highly regarded and respected for their sacred nature.

Anishnawbek Way brings a holistic approach that integrates spiritual, physical, mental and emotional aspects of ourselves and the world around us. Through the process of opening and closing, we literally explore what surrounds us and what is inside us. We want to ensure that we are gathering everything we need to carry out the tasks ahead.

It is to help bring the body, mind and spirit of each of us together. Ceremony also reminds of us how we are to behave in a balanced manner for the benefit of ourselves and generations that will follow.

We welcome everyone to join in ceremony as we open the Health Promotion Summer School.

**ELDERS' BIOGRAPHIES: Jan Kahehti:io** is the mother of three daughters, one son and ten grandchildren. She is the keeper of Earth Healing Herb Gardens and Retreat Centre at Six Nations.

During her life she has experienced the many losses of our values, culture, language and traditional healing arts and medicines. For most of her life, Jan has worked in education and the healing arts to bring back what she has experienced in loss.

She has focused on the 'power of the Good Mind' to bring about well-being in her life and now teaches in her community and in learning institutions around the country.

Jan Kahehti:io believes our ancestors have left us a great legacy of knowledge in how to have 'good well-being'. Our responsibility is to go back and pick up the pieces that we have left along our journey of 500 years.

Jan Kahehti:io presently services First Nation communities in Indigenous practices of Healing and Well-being.

**Walter Cooke** (Star Watcher) presently resides in Winona, Ontario and was originally born in Berens River, Manitoba. He works as an Elder/Counselor for De dwa da dehs nye's Aboriginal Health Centre in Hamilton, Ontario. Walter has been doing traditional healing work for approximately 20 years. His teachings come from listening to elders and in large, from his own way of life and that of his parents. He is from the Ojibway – Cree nation and is from the Bear Clan. Walter facilitates a Healing Journey Program at the Aboriginal Health Centre. He obtained his counseling certificate through Mohawk College.

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Walter has also been involved with the 'Outdoor Adventure Camp', a community health initiative offered by the Aboriginal Health Centre's Health Promotion and Education Services. At camp, he provides cultural teaching/story telling to youth and parents and begins each day with a Sunrise Ceremony. He has also been involved with many Aboriginal Agencies/Organizations in Hamilton in addressing their own healing journeys.

OPENING PLENARY SESSION	
« Health Promotion in the Age of the Internet »	Wednesday, July 8, 2009, 9:30 – 10:30 a.m.
Cameron Norman, Assistant Professor	Dalla Lana School of Public Health, University of Toronto

**SUMMARY:** Networked technologies like the Internet have transformed the way people communicate, learn, and interact in ways that cross many of the boundaries that health promotion has worked between. From desktop computers to mobile handsets, these tools and technologies enable health promotion to engage disparate groups in profoundly new ways and on a scale and low cost that was once unthinkable. Examples of how information technologies engage people on health issues and the challenges that these strategies present will be framed in a discussion of health promotion in the age of the Internet.

**PRESENTER'S BIOGRAPHY:** Cameron Norman is an Assistant Professor at the Dalla Lana School of Public Health at the University of Toronto and the Director of Evaluation for the Peter A. Silverman Global eHealth Program. Dr. Norman's research focuses on public engagement and community development for health using information technology. One of the core areas of his research program focuses on literacy assessment and training of consumers in using the Internet for health. He is also actively researching the use of communities of practice to promote collaborative learning and knowledge translation.

## SERIES 1 – MEDICINE WHEEL

***NB: An integrated set of workshops and lectures will be offered within each series. Participants are advised NOT to consider attending workshops within different series.***

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SERIES 1: CORE SESSION 1 (INTRODUCTION)	
« Honouring Our Sacred Gifts and Responsibilities »	Wednesday, July 8, 11:00 a.m. - 12:30 noon
<b>Walter J. Cooke,</b> Elder/Counsellor, Ojibway-Cree of the Bear Clan, De dwa da dehs nyejs Aboriginal Health Centre (Hamilton and Brantford) and Member of First Peoples' HPSS Subcommittee	

**SUMMARY:** Welcome, orientation to Series 1 (Medicine Wheel) and introduction to theme.

**PRESENTER'S BIOGRAPHY:** Walter Cooke (Star Watcher) presently resides in Winona, Ontario and was originally born in Berens River, Manitoba. He works as an Elder/Counselor for De dwa da dehs nyejs Aboriginal Health Centre in Hamilton, Ontario. Walter has been doing traditional healing work for approximately 20 years. His teachings come from listening to elders and in large, from his own way of life and that of his parents. He is from the Ojibway – Cree nation and is from the Bear Clan. Walter facilitates a Healing Journey Program at the Aboriginal Health Centre. He obtained his counseling certificate through Mohawk College.

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SERIES 1: CORE SESSION 2 (EMOTIONAL)	
« <i>Standing on Medicine Wheel Piece: Using the Net for eHealing</i> »	Thursday, July 9 9:00 - 10:30 a.m.
Richard Ogima	

**SUMMARY:** The Medicine Wheel represents a variety of internal concepts that when connected to each other they produce a circle of wholesomeness. For many of us, there may be periods in our life where our personal Medicine Wheel seems like it is in pieces. We may struggle with identity, emotions or health.

Richard talks about how we can use the Net to turn our personal challenges into something beautiful and how we can make health promotion more attractive through the use of Youtube, Facebook, and other web services.

He also speaks about how he turned his website (NishTv.com) into a flowerbed where positive, life-changing stories are planted. The fragrance from these stories has flowed into homes all over the world, inspiring others, and making a difference.

**PRESENTER'S BIOGRAPHY:** Richard Ogima was adopted from the Ojibwa community of Northwestern Ontario. Several decades later, he returned to his roots and was reconnected to his biological family. This experience allowed him to grow emotionally, feel belonging and appreciate his cultural background.

His goal has been to use media in a positive way to challenge negative stereotypes and to empower others with positive messages. His many years of working in event-coordinating, website development, administration, reception, and not-for-profit organizations has prepared him for this role.

SERIES 3: CORE SESSION 3 (PHYSICAL)	
« <i>Balance Interrupted? Technology and Our Physical Health</i> »	Thursday, July 9 11:00 a.m. - 12:30 p.m.
Vanessa Ambtman, Community Engagement Communications Coordinator	Toronto Central Local Health Integration Network TC LHIN

**SUMMARY:** How do facilitate holistic health promotion in a technologically advanced age? How are our lifestyles enhanced through technology like treadmills and online grocery shopping? What are we missing by being able to stay 'healthy' at the touch of a button and without leaving the comfort of our home?

During this workshop, physical elements on the medicine wheel will be explored, relating the concept of balance and connectivity to our overall health. It will also look at considerations to acknowledge with health promotion approaches as we experience increasing accessibility and technological advances that attempt to improve convenience.

This workshop will highlight the differences between traditional and contemporary times, seeking to find where the balance lies so that we can remain connected physically, mentally, spiritually and emotionally in our quest to live healthy lifestyles for chronic disease prevention and management.

**PRESENTER'S BIOGRAPHY:** Vanessa Ambtman presently resides in Toronto, Ontario and was originally born in Calgary, Alberta, but raised in Winnipeg, Manitoba. She works for the Toronto Central Local Health Integration Network (TC LHIN) as the Community Engagement Communications Coordinator. Vanessa has worked in the field of Aboriginal Health Promotion and Education for the past 8

years, working at the De dwa da dehs nye>s Aboriginal Health Centre and at the Ontario Federation of Indian Friendship Centres. She received her Bachelor's Degree from Trent University majoring in Native Studies.

Vanessa has designed, developed and implemented numerous health projects and programs for Aboriginal communities, focusing on areas such as healthy lifestyles, nutrition, physical activity, diabetes and fetal alcohol spectrum disorder (FASD). She has developed resources, training sessions and manuals utilizing an innovative and culture-based approach. She believes in the dissemination of best practices, and has conducted workshops provincially and nationally, including conferences like the Canadian Diabetes Association (CDA), National Aboriginal Diabetes Association (NADA), National Aboriginal Health Organization (NAHO), and the University of Oklahoma Native Diabetes Conference.

<b>SERIES 3: CORE SESSION 4 (MENTAL)</b>	
<i>« The Power of the Good Mind – The Biggest Computer in Creation »</i>	Friday, July 10 9:00 - 10:30 a.m.
<b>Jan Kahehti:io Longboat</b> , Elder, Traditional Teacher, Herbalist, Keeper of Indigenous Knowledge	

**SUMMARY:** Participants in this session will become aware of the strength of thought.

**PRESENTERS' BIOGRAPHY:** **Jan Kahehti:io** is the mother of three daughters, one son and ten grandchildren. She is the keeper of Earth Healing Herb Gardens and Retreat Centre at Six Nations.

During her life she has experienced the many losses of our values, culture, language and traditional healing arts and medicines. For most of her life, Jan has worked in education and the healing arts to bring back what she has experienced in loss.

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<b>SERIES 3: CORE SESSION 5 (SPIRITUAL)</b>	
<i>« The New Sky World »</i>	Friday, July 10 11:00 a.m. - 12:30 p.m.
Sylvia Maracle, Executive Director	Ontario Federation of Indian Friendship Centres

**SUMMARY:** The presentation will explore the impacts of technology on traditional knowledge translation and cultural approaches today.

**PRESENTER'S BIOGRAPHY:** **Sylvia Maracle** (Skonaganhllh:ra) is a Mohawk from the Tyendinaga Mohawk Territory. She is a member of the Wolf Clan. Ms. Maracle attended the Ryerson University, School of Journalism. Ms. Maracle has been involved in Aboriginal Friendship Centres for over 30 years. She has served as the Executive Director of the Ontario Federation of Indian Friendship Centres (OFIFC) for much of that time. She has also served as the Vice President of the National Association of Friendship Centres (NAFC) and the President of the Native Women's Resource Centre (NWRC). She has also held the position of President of Native Child & Family Services of Toronto (NCFST), and Co-Chair of the City of Toronto Taskforce on Access and Equity.

Ms. Maracle has also served as Chair of the Ontario Native Council of Justice (ONCJ); Co-Chair of the Aboriginal Healing and Wellness Strategy, Chair of the Aboriginal Education Council, and the founding

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chair of the National and Ontario Region Aboriginal Headstart Committees. Ms. Maracle was also instrumental in developing the Aboriginal Health Policy for Ontario. Ms. Maracle was a member of the Assembly of First Nations Renewal Commission.

She is currently a Chair of Aboriginal Housing Services in Ontario. Ms. Maracle was part of the national facilitation team for the Roundtable on Aboriginal Peoples for the federal government and National Aboriginal Organizations. She is a founding member of the Native Studies PhD Council at Trent University. Ms. Maracle served as a Board member of Legal Aid Ontario for seven years. Ms Maracle was the 2008 recipient of the National Aboriginal Achievement Award for Public Service.

Ms. Maracle is a lecturer on urban development, women's issues, health and the cultural revitalization of her people. She has published various articles on these topics and has been recognized as a primary shaper of culture-based management principles.

<b>CLOSING PLENARY SESSION</b>	
<i>« Reality Check: Stories about the Human Factors in Using Technology »</i>	Friday, July 10 1:30 – 2:30 p.m.
Peter Selby, Clinical Director, Addictions Program, Centre for Addiction and Mental Health and Associate Professor in the Departments of Family and Community Medicine, Psychiatry and Public Health Sciences, University of Toronto.	

**SUMMARY:** This Plenary session will help participants understand the human factors involved in use of technology to reach different population groups.

**PRESENTER'S BIOGRAPHY:** Dr. Peter Selby is the Clinical Director, Addictions Program and Head of the Nicotine Dependence Clinic at the Centre for Addiction and Mental Health (CAMH). He is an Associate Professor in the Departments of Family and Community Medicine, Psychiatry and Public Health Sciences at the University of Toronto . Dr. Selby received his medical degree at Bombay University , India and completed his residency in Family and Community Medicine at the University of Toronto.

Dr. Selby is a Principal Investigator (PI) with the Ontario Tobacco Research Unit (OTRU). His interests in transdisciplinary research in tobacco control range from preclinical studies to understanding the mediating mechanisms of pharmacotherapy to clinical trials to public health interventions. As the PI of a Canadian Institutes Health Research (CIHR) training grant, he has funded over ten researchers to study tobacco use in special populations.

He is committed to knowledge translation therefore creating the Training Enhancement in Applied Cessation Counselling and Health (TEACH) Learning Centre, a certificate program in Intensive Smoking Cessation Counselling, the Network for the Prevention of Gestational and Neonatal Exposure to Tobacco Smoke (PREGNETS) and directing a graduate degree course in Health Behaviour change at the University of Toronto. He has cofounded Web-Assisted Tobacco Interventions (WATI), an international community of practice to explore the rise of technology for smoking cessation.