



# URBAN ABORIGINAL KNOWLEDGE NETWORK

WWW.UAKN.ORG

# NEWSLETTER

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## In this Issue

***UAKN Network  
Developments***

***Secretariat  
Developments***

***Regional Research  
Centre Updates***

***Spotlight on the  
Community***

***Current RRC Projects***

***Urban Aboriginal Fact  
Sheet Series:***

***The Urban Aboriginal  
Population is Young and  
Growing in Canada***

***Traditional Activities  
Remain Focal***

***How To Get Involved?***

***Join the UAKN  
Conversation***

## UAKN Network Developments

***Urban Aboriginal Knowledge Network—Research for a Better Life***

The Urban Aboriginal Knowledge Network (UAKN) Secretariat has been working on a variety of activities to further mobilize the UAKN and to create community driven research opportunities that focus on Urban Aboriginal peoples in Canada.

The UAKN prides itself on this unique collaborative process throughout the country established to drive innovation created by the community for the community with the overall theme and goal :

***Research for a Better Life.***

The Network Council is the national governing body for the UAKN. It consists of four essential structures that undertake planning of national level research projects, stakeholder engagement, research, knowledge transfer, and fundraising, and are; the Aboriginal Circle, Funders' Table, Regional Research Centres' Table and the Secretariat.

The UAKN Network Council had a face to face meeting in Ottawa, November 23-24, 2013. At this meeting the council members discussed the research taking place in their regions, new research engagement opportunities emerging and strategies on how to best mobilize the knowledge that develops through the 17 funded research projects taking place.

The UAKN Prairie and Atlantic Regional Research Centre's has informed the UAKN Secretariat that they will be hosting workshops and information sessions to go over their research findings commencing in the early spring.



Network Council Meeting, Nov. 2013 - Ottawa, ON

**More details to follow!** The UAKN Secretariat is currently working on gathering information on the funded research projects and will release a report on the findings.

**For more information on the UAKN Network Council please visit:**  
[www.uakn.org](http://www.uakn.org)

**Contact the UAKN Secretariat:**  
275 MacLaren Street  
Ottawa, ON K2P 0L9  
(613) 563-4844  
toll free at 1-877-563-4844

# UAKN Secretariat Developments

## NEW SECRETARIAT RESEARCH OFFICER



On behalf of the NAFC, we would like to announce that Jennifer Rankin has joined the office in Ottawa as the new Research Officer of the Urban Aboriginal Knowledge Network Secretariat, starting January 27, 2014.

Jennifer is an Ojibway First Nation woman with family roots from Batchewana First Nation located near Sault Ste. Marie, Ontario. Having lived in Ottawa her entire life Jennifer understands firsthand some of the issues that face urban Aboriginal peoples and will apply this lens to her work with the UAKN.

Jennifer completed a BA in Aboriginal Studies at the University of Ottawa in June 2012 and has experience working with various national Aboriginal organizations such as the National Aboriginal Health Organization and the Native Women's Association of Canada. Working in the field of Aboriginal health and research has been a clear goal for Jennifer. She is excited to apply her passion for advocacy and research for Aboriginal peoples through her work at the UAKN. Jennifer is looking forward to connecting and further mobilizing the knowledge network, engaging with communities driving their own research and engaging UAKN partners. You can reach Jennifer directly at [jrankin@nafc.ca](mailto:jrankin@nafc.ca).

# Regional Research Centre Updates

The UAKN works with four Regional Research Centres (RRCs): a Western Research Centre based out of University of Northern British Columbia; a Prairie Research Centre based out of University of Saskatchewan; a Central Research Circle based out of Trent University; and an Atlantic Centre based out of the University of New Brunswick.

Each Research Centre serves as a host institution and connects regional universities and researchers drawn from a cross-section of academic disciplines. Centres will comprise of networks or researchers, representatives of urban Aboriginal communities, policy-makers from different orders of government, and practitioners.

There are currently 17 funded research projects in process with unique and powerful partnerships between Friendship Centres, urban Aboriginal organizations, Universities and academics and decision makers such as provincial governments.

The UAKN Secretariat is currently working on gathering information from all the RRC projects and will publish the findings in a report and will share this on our website at [www.uakn.org](http://www.uakn.org)

***The UAKN would like to thank all the hard work of the Regional Research Centres.***



# Current RRC Projects

## Western RRC Projects

A Review of the Literature and an Environmental Scan of Urban Aboriginal Healing and Wellness Initiatives in Canada

Does Subsidized Housing Aid Aboriginal Transition into the Urban Environment? A Front-Line Service-Delivery Perspective from Lethbridge, Alberta

Exploring the Process and Outcomes of Partnering with Urban Aboriginal Partners to Promote Physical Activity for Young Children

Precarious Banking in Prince George

Transforming education: Strategies to improve the education of urban Aboriginal youth

## Prairie RRC Projects

Aboriginal Life Skills and Financial Literacy Curriculum and Education through the Newo Yotina Friendship Centre

An Exploration of Addictions Recovery among Aboriginal Peoples who utilize the Friendship Centre in Saskatoon: A Holistic Approach to Healing

Comparing the Lived Experiences of Urban Aboriginal Peoples with Canadian Rights to a Quality of Life

Defining Food Security for Urban Aboriginal People

Defining and Responding to Aboriginal Homelessness in Flin Flon

Learning Together: Str8Up, Oskayak High School, and the University of Saskatchewan

(continued page 3)

**For more information on the RRC projects, contact information, and research summaries please visit our Regional Research Centres webpage at:**

<http://uakn.org/research-centres/>

# SPOTLIGHT ON THE COMMUNITY

## EXPLORING THE PROCESS AND OUTCOMES OF PARTNERING WITH URBAN ABORIGINAL PARTNERS TO PROMOTE PHYSICAL ACTIVITY FOR YOUNG CHILDREN



*Child participant in a focus group to develop educational resources for young children that nurture cultural identity*

The UAKN recently connected with Beverly Smith, Associate Director of the Centre for Early Childhood Research and Policy to talk about the Regional Research Project she is involved in titled, Exploring the Process and Outcomes of Partnering with Urban Aboriginal Partners to Promote Physical Activity for Young Children.

The Centre for Early Childhood Research and Policy at the University of Victoria is committed to advancing their understanding, and improving the quality, of young children's lives through primary research, innovative community-university partnerships and practical policy recommendations that will enhance supports for children in their families and communities.

Given the long tradition of working with community at UVic, the researchers at the Centre have proven relationships with urban Aboriginal and Indigenous communities. In working with these communities, a priority emerged to address the lack of culturally-relevant, physical activity resources for young children.

Research has shown that physical activity sets the foundation for social, emotional and cognitive development as well as helps to develop habits that track into later childhood, adolescence and adulthood and helps prevent many chronic health issues. Physical activity is a resource for everyday living.

Innovative physical activity and literacy resources have been developed at UVic by Drs Temple, Naylor, Preece and colleagues. The Centre brought these researchers together with representatives from the WSANEC school board for the first project of co-constructing a culturally sensitive, physical activity and literacy resource for preschool and kindergarten children. It was developed in the local SENCOTHEN language.

Given the success of this first project, the Victoria Native Friendship Centre embarked on a resource entitled "Move with Bear." It is a physical activity and literacy resource to add to their existing cultural resources ("Walk with Bear" and "Talk with Bear"). A third cultural resource was developed with the Métis Family and Community Services. It is a booklet and materials that provide parents and educators with resources for a fun re enactment of a Métis Red River cart journey. It involves physical activities, art projects and original poetry.

This work has brought together a network of committed individuals from community, academia and government for the development and implementation of cultural resource for young children.

***"The activities herein offer age-appropriate experiences for nurturing Métis identity and consciousness, self-concept, self-esteem and self-determination".***

***Patricia Ekland, Iskwe Michif,  
Firekeeper***

The UAKN funding is now allowing this project to further study and document the process of co-creation, allowing reflection on the process across these 3 unique contexts; enhancing our understanding of what works in community and how to contribute to a better quality of life.

This project highlights just what community driven research is about and the UAKN goal of: Research for a Better Life. Stay tuned for the research results!

## Current RRC Projects

(continued from page 2)

### Central RRC Projects

Thinking Outside the Box and Bringing Research Inside the Circle: Relationship Building in an Aboriginal Research Context

Enhancing the Participation of Aboriginal People in the Socio-Economic Life in the City of Thunder Bay PHASE ONE

Urban Aboriginal Community Building and the Basis of Aboriginal Economic Success in Sudbury

### Atlantic RRC Projects

Fostering Educational Success for Off-Reserve Aboriginal Learners on Prince Edward Island

Navigating Government Services: The "lived experience" of young urban Aboriginal families residing in Fredericton, NB

Urban Aboriginal Wellbeing, Wellness and Justice: A MicMac Friendship Centre Needs Assessment Study for Creating a Collaborative Indigenous Mental Resiliency, Addictions and Justice Strategy

**For more information on the RRC projects, contact information, and research summaries please visit our Regional Research Centres webpage at:**

<http://uakn.org/research-centres/>

**Call for Proposals:**

<http://uakn.org/news-and-resources/call-for-proposals/>

# URBAN ABORIGINAL FACT SHEET SERIES

The UAKN and NAFC have worked with tables from the 2012 Aboriginal People's Survey and 2011 National Household Survey NAFC Tabulations provided by Statistics Canada. The UAKN would like to introduce a fact sheet series looking at the diverse and growing urban Aboriginal population in Canada.

**For more information, please visit:**

<http://uakn.org/news-and-resources/facts-stats-data-insight/>

## *The Urban Aboriginal Population is Young and Growing in Canada*

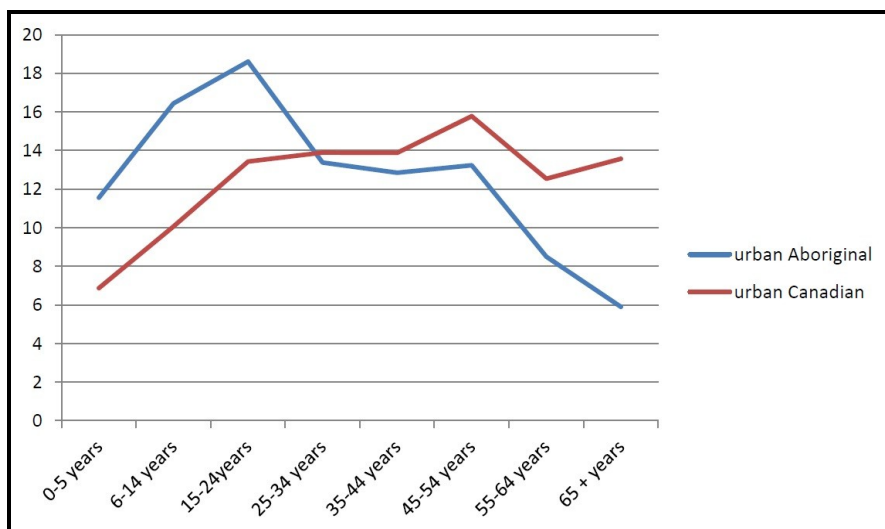
According to the 2006 Census, 54% of Aboriginal peoples lived in urban areas. According to the National Household Survey (NHS) 2011, nearly 60% of Aboriginal peoples lived in urban areas.

In 2011, about 27% of urban Aboriginal peoples were 15 years of age or younger, compared to about 17% of the urban Canadian population.

*(See Chart 1: Urban Aboriginal Population)*

About 13.6% of the urban Canadian population is 65 years of age or older, compared to about 6% of urban Aboriginal peoples. (NHS 2011, NAFC Tabulations)

Chart 1 : Urban Aboriginal Population



**aboriginal  
insight**  
NEWSLETTER

The Aboriginal Liaison Program supports the Aboriginal community in making the best possible use of Statistics Canada's information and services.

Click on the links below to read the 2013 editions of the Aboriginal Insight Newsletter:

**Eastern Region:**

<http://uakn.org/wp-content/uploads/2013/01/Aboriginal-Insight-Winter-2013Eastern.pdf>

**Central Region:**

<http://uakn.org/wp-content/uploads/2013/01/Aboriginal-Insight-Winter-2013-ON-Final.pdf>

**Western Region:**

<http://uakn.org/wp-content/uploads/2013/01/Aboriginal-Insight-Winter-2013Western.pdf>

## *Traditional Activities Remain Focal*

Participation in traditional activities are lower for Aboriginal peoples living in urban areas, as compared to off-reserve rural areas; 71% of off reserve, rural Aboriginal people over the age of 15, compared to 54.9-64.9% of urban Aboriginal peoples.

Aboriginal peoples living in small urban areas were more likely to engage in traditional activities than those living in large urban areas. (APS 2012, NAFC Tabulations)

# How to get involved

## Research for Better Life – How to get involved in UAKN Research?

At the UAKN, we believe community driven research is truly innovative and we are always looking to expand our network, to partner Aboriginal organizations with academics and to include government decision makers as best possible. Our best partners are Friendship Centres and other Aboriginal community based organizations. We encourage you to contact us if you have any research you wish to conduct to leverage your centre or organization with public and private sector funding opportunities.

### UAKN Research Themes

- 1-Human Development: needs and outcomes of individuals and families;
- 2-Social Cohesion: community well-being, education, justice;
- 3-Economic Development: economic participation, education & skills development, employment, entrepreneurship, income; and
- 4-Civic Engagement: urban Aboriginal councils and/or urban Aboriginal community organizations role in the city and with other local organizations.

## Does your community want to get involved with UAKN Research?

We will also come to your community and present on the UAKN through coordination with our Regional Partners.

To learn more or to discuss community opportunities, please contact Pam Quart at (613) 563-4844 ext 328, toll free at 1-877-563-4844 or by email at to [pouart@nafc.ca](mailto:pouart@nafc.ca)

# Join the UAKN Conversation!

In an effort to keep everyone informed and connected about what is going on with the UAKN, the UAKN Secretariat has launched our official Facebook Page: UAKN Urban Aboriginal Knowledge Network and re-launched our Twitter account @TheUAKN.



Like us on Facebook at:

UAKN Urban  
Aboriginal Knowledge  
Network



Follow us on Twitter at:  
@TheUAKN

[https://twitter.com/  
TheUAKN](https://twitter.com/TheUAKN)

If you and/or your organization has resources and information about Urban Aboriginal peoples and research that you would like the UAKN to share. Please contact with Jennifer Rankin at [jrankin@nafc.ca](mailto:jrankin@nafc.ca).



UAKN | RCAU  
Urban Aboriginal Knowledge Network | Réseau de connaissances des Autochtones en milieu urbain  
National Secretariat



SSHRC YouTube Video:

## Partnerships for Success: Building Communities

The UAKN would like to highlight a video resource created by SSHRC titled, Partnership for Success: Building Communities. Please see UAKN representatives David Newhouse and Tricia McGuire-Adams speaking about their research partnership, which examines how people build successful communities.

To watch the video click on the link below:

<http://bit.ly/1gF0amY>

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National Secretariat



National Association  
of Friendship Centres  
Association nationale  
des centres d'amitié



Aboriginal Affairs and  
Northern Development Canada

Affaires autochtones et  
Développement du Nord Canada



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