

POSITIVE JOURNEYS

June-July, 2011

National Week of Healing

June 6th - 10th, 2011

All Nations Hope AIDS Network hosted a week long event to showcase the services provided through the Outreach Centre, including the Indian Residential School Resolution Health Support Program.

This event was held to honour and support the “National Day of Healing and Reconciliation” which took place on June 11, 2011 and is an event that focuses on the legacy of Residential Schools in Canada.

The week included Traditional ceremonies, workshops by the Resolution Health Support Workers and guests, the Eagle Moon healers, the healers from White Raven and a community walk. A nutritious lunch was served daily. Men’s Healing Groups and Women’s Support Groups and AA meetings were facilitated by the Resolution Health Support Workers. Self care was provided by AIDS Programs South Saskatchewan providing massage therapy. The Regina Qu’Appelle Health Region provided a nurse for testing and access to a social worker to answer questions. Community members were given the opportunity to attend sweat lodges in the evenings and the week ended with a Round Dance, feast and give away. The week focused on healing from an Aboriginal perspective.

As the only Aboriginal HIV/AIDS Network in the province and with the rising numbers of HIV in Saskatchewan, it is important for the Aboriginal community to begin a journey of healing. This event was meant to encourage, support and share an understanding of Aboriginal culture, traditions and teachings. This week provided the community with a peek into First Nation beliefs and healing ways and gave them a chance to take advantage of this gift and use it to gain strength through challenges and to create healthy relations within themselves, their families and their communities.



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Special Points of Interest

- **Deadline for Common Experience Payment**
- **Contact information for the ANHAN Resolution Health Support Workers**
- **New ANHAN team members**



National Aboriginal Day - June 21, 2011



The day opened up with scattered clouds and it felt like it was going to rain, rain all day, rain to spoil the festivities! But this didn't stop the dedicated workers at All Nations Hope AIDS Network. It was time to celebrate. We would work together to celebrate our freedom, to celebrate who we are, the independence that we enjoy as a people.

Ours was to happen at the Regina Performing Arts Centre. ANHAN was to have a Round Dance, Feast and Give-away to honor National Aboriginal Day and begin the celebration of the Aboriginal Track coming to the city of Regina.

The time had come to begin. The Elders had arrived along with our MC for the event, Mr. Kirby Littlelent. The singers and drummers showed up to the delight of the audience. We began with the lighting of the Pipe, Prayers followed along with the opening remarks from our gracious host; Mrs. Margaret Poitras. Mrs. Poitras thanked all for coming and told the audience of what ANHAN was wishing to accomplish by the start of the A-Track series. It is with high hopes that this venture gets off to a good start. What better way to begin it; to hold a Feast, Round dance and Give-away, to honor it with prayers, food and a giveaway.

The Round dance was to begin as soon as the Feast was done, the Feast started at 5:00 p.m. We assembled a team of dedicated volunteers and with that we had T-shirts made up, with our All Nations Hope AIDS Network logo on a white T-shirt. All who received one, felt very appreciative. We had 8 good servers on hand, no one was left without. The volunteers were given instruction, what was expected of them, they were given shifts to work at. Some were willing and able at all times throughout the evening (that's what ANHAN likes about their volunteers!) others manned their posts without hesitation. All were gathered together for the Giveaway, we were to dance one round then go out into the crowds and give them whatever we grabbed in our big pile of things that the people were glad to have been given. It was such an evening that ANHAN workers and volunteers will soon never forget. Everyone had fun and each had their families there, to observe and lend that caring support.



ANHAN Community Outreach - "The Place"



On December 1, 2010 ANHAN opened the doors to address homelessness and poverty in North Central Regina. We are open from 9:00 am - 5:00 pm daily. Through funding from the Urban Aboriginal Strategy, donations from the community, Salvation Army and the Food Bank, ANHAN is able to provide a hot breakfast and coffee in the mornings and serve lunch 2 days a week, partnering with the Traditional Grandmothers who served lunch 2 times per week and Indian and Métis Christian Fellowship Centre who provided lunch on Wednesdays ensuring the People are getting lunch each day of the week. This grew from the Zero Stage project to address homelessness and poverty in the community.

Donations of clothes from community and clothing stores were distributed to the people especially during the winter months. The doors were open for the people to access educational resources, programming, volunteer opportunities and support from staff. The outreach staff are always willing to lend an ear, offer counseling, assist them with any health or social issues they might be facing in their daily struggles, or refer them to other agencies. We are able to feed the people Spiritually, Mentally, Emotionally, and Physically.

On Mondays, a Men's Healing Circle is available and facilitated by the RHSP (Resolution Health Support Program) team. On Tuesdays the RHSP team hold a support group for women and through sharing circles and crafts provide an opportunity to build a trusting rapport with the people. "Healing Spirit" AA Meetings take place every Tuesday afternoon from 3-4 pm.

Traditional Healing is offered from the Eagle Moon Health Office, the healers are available every last Wednesday of the month, where people can drop in for an individual healing session. White Raven Healing Centre offers energy healing 2 times per month where people can drop in and get therapy.

The ANHAN team works tirelessly at providing services and will continue to move forward to meet the growing needs of the community, healing one person at a time.

All Nations Hope AIDS Network

ANNUAL GENERAL MEETING

Thursday, July 21, 2011
Indian Métis Christian Fellowship Centre
3131 Dewdney Ave. Regina, SK

6:00 pm – Supper

7:00 pm – Business

Proposed by-law changes can be
viewed at the offices of ANHAN.

For more information contact:

All Nations Hope AIDS Network
2735 5th Ave. Regina, SK
(306) 924-8424



Help save a tree by
ordering the Positive
Journey Newsletter by
email! Click the tipi!



Scotiabank AIDS Walk for Life - September 25, 2011



Did you know that you can now register and donate online? Register your team and have a friendly competition with other local teams. Register as an individual or you can just make a donation. The following link will get you started: [Register for the Walk](#)

The Walk for Life is a national event raising funds in the fight against HIV/AIDS in Canada. During the week of September 17 - 24, over 130 communities will unite to support their local AIDS Service Organizations.

We walk for different reasons. We walk for those who are no longer with us. We walk to support those living with HIV/AIDS. We walk to stop the spread of HIV/AIDS in our own communities. We walk for our loved ones. We walk to create awareness of the issues surrounding this devastating disease that is affecting the Aboriginal people in Saskatchewan in alarming numbers. We walk to stop stigma and discrimination.

Who are you walking for?

For more information contact:

Laurie Sampson: 924-8420

Leona Quewezance: 924-8424 Ext. 227

A New Way, A New Day



All Nations Hope AIDS Network has embarked on a new journey, one that is the destiny of all Aboriginal people, one that has been given to us by our ancestors. We are a chosen people, people that care about the reality of Aboriginal people in our families, communities and nations.

I have been involved in the work of Aboriginal people and HIV/AIDS for approximately 20 years in many different capacities from a volunteer to various employment opportunities. Currently I am the Chief Executive Officer for All Nations. Most recently the Network completed a strategic plan, our members, and our board and most importantly our staff has said we need to begin the important work of caring for the people.

All Nations has said it is time, time to take on the task of making a difference among Aboriginal people living with HIV/AIDS and HCV. Taking on the important work that our ancestors have said we must do to for the salvation of future generations. This is the reality of all Aboriginal people; we have to take steps forward to make a difference.

We are excited about the impact that the All Nations team of Aboriginal Life skill coaches will have in the community. Certified Aboriginal men and women that have been trained by Red Echo Associates, provided with skills and tools to deal effectively and efficiently with people living with HIV/AIDS and HCV. It is healing in its finest form, these men and women have had to seek balance spiritually, emotionally, physically and mentally. They are walking their talk, it is not a 9-5 job, and they are dedicated to making the reality of Aboriginal people a more positive one.

What is the difference between life skills offered in the community now and what All Nations is offering? It is about bringing in the teachings of our ancestors, teachings that will bring life to the community, teachings that will bring to light the history of Aboriginal people and most importantly it is being done by Aboriginal people who have a vested interest in the reality of Aboriginal people. The people we work with are our family and are our community. We need to know where we came from to understand where we are going today, our past will form our future. It is about trained and experienced Aboriginal people providing education, prevention and support to Aboriginal people living with HIV/AIDS and HCV. It is about Aboriginal people taking on ownership of the reality of Aboriginal people.

It is also about asking Aboriginal people living with HIV/AIDS and HCV to make choices in their lives now, choosing life, seeking treatments and being supported in the positive live choices. More importantly, it about bringing life to the community and awakening the spirit within each individual that we touch. This is now our reality as Aboriginal people, our ancestors have said this, and this is important work to the Network. We need to talk and walk positive now, enough of the band aids, enough of the government taking care of us, the only reality we have now is taking care of one another as human beings. The team is willing to share their ways and teachings with all nations in the community, like we said; it is a new way and a new day.

Be Blessed! Respectfully submitted Margaret Akan

The Aboriginal Reality

The National Aboriginal Council on HIV/AIDS (NACHA) uses the phrase *Aboriginal reality* to reflect the context which the Council addresses the challenges faced by the Aboriginal community with respect to HIV/AIDS. The results of colonization, the residential school era, the loss of language and land base, the lack of economic opportunities are well known in the Aboriginal community and are becoming known in Canada generally.

Sadly the *Aboriginal reality* of today is far different and has resulted in:

- ✦ Lower educational attainment, compared to other Canadians
- ✦ Unemployment rates that mirror third world countries
- ✦ Living conditions that are below acceptable standards including the lack of housing, safe drinking water, appropriate sewage disposal, adequate sources of heat etc.
- ✦ Poor nutrition
- ✦ High rates of Fetal Alcohol Spectrum Disorder (FASD)
- ✦ High rates of suicide, substance abuse, homelessness, mental illness
- ✦ High rates of disease including, but not limited to, HIV/AIDS, Diabetes, TB etc.
- ✦ High rates of the Aboriginal population are housed in federally run institutions. (While Aboriginal people make up 2.8% of the Canadian population they represent 18% of the federally incarcerated population)
- ✦ Aboriginal people make up a large percentage of street workers and those involved in the sex trade
- ✦ Aboriginal women and children suffer from emotional, sexual and physical abuse at alarming rates
- ✦ Lower life expectancy of Aboriginal people compared to Canadians generally.
- ✦ Homophobia and internalized racism etc.

In addition to these realities, Aboriginal people experience disparities between the access that on-reserve and off-reserve populations have to resources such as, health care, post secondary education and housing.

Aboriginal people experience the *reality* of always being subservient and dependent on governments to “do the right thing”. Experience has demonstrated that when Aboriginal people are in a position to make decisions for themselves and to design and implement their own solutions, they are more likely to succeed. This too is the *Aboriginal reality*.

It is important to understand that the Aboriginal population in Canada is very diverse in terms of political structures, social/cultural structures, language, geographical location and sexual orientation. One thing all have in common is the history of colonization, assimilation attempts and the general “disruption of the peace” Aboriginal people once enjoyed and treasured.

This is taken from: **A Comparative Analysis - Strengthening Ties – Strengthening Communities
An Aboriginal Strategy on HIV/AIDS in Canada for First Nations, Inuit and Métis People – CAAN July 2003 and
Leading Together, Canada Takes Action on HIV/AIDS 2005-2010**
and
Leading Together

Canada Takes Action on HIV/AIDS 2005-2010

<http://www.phac-aspc.gc.ca/aids-sida/publication/nacha/ca0-eng.php>

International Day Against Homophobia – May 17th 2011

The day was looking slightly glum out yet the sun was there, I guess you could say it was playing hide and seek. Yet the enthusiastic 'Regulars' were here and they were there to meet and greet. They too sensed that this was going to be a busy day here at The Place. The day in question was the annual day of recognizing that all people are people, that we all share the same planet, that we all bleed red, that we all have intelligence, that we are people and that no one is above us, below us, behind us, in front of us, to the left of us, to the right of us. We are all the same, made in the eyes of our Creator, whoever that may be to you as a spiritual person.

May 17th is becoming to be annually known as International Day Against Homophobia. It is a day of letting go of the stigma, ignorance and discrimination held against the homosexual population. It is a day of reckoning and taking stock of where you are as a person. Am I acceptable to the different diversities of sexuality and of our people? Can I honestly say that the homosexual population lives in peace and harmony with the rest of the heterosexual world? Can I honestly say that I support them even when one is in fact a member of my immediate family? All of these questions were probably on the minds of the people that came in that day, to hear and see what this annual international event was about, and I sure hope that I explained it properly and honestly.

I began the afternoon by introducing myself and the reason behind this celebration. I had them in my hands, they were like putty, very easy to entice and shape! I loved it when I had them in my grasp, not a word was said as I did my short biography of myself. I gave them the full story of who I am and where I am and how I got here. I told them of my experiences in Boarding school. I told them of what was done to me while in there I told them that I thought that this was normal, that everyone went through this process. Little did I know, even back then, that these kinds of acts were evil, that they shouldn't be done to me, yet it was there and there was nothing that could be done to stop what I thought was accepted.

Then I told them that I forgave, I forgave for it probably was never mentioned to my tormentors that this sort of thing was not accepted and not done to others. I told them that I am still healing, and that even when I try and pray there still is that fear, the fear that I learned from being bad and being told that I would burn forever. I also forgave that notion and now I can pray. I pray that all humanity some day will come to understand, to understand that we all have that in us, to LOVE!

Wesley Keewatin



People living with HIV/AIDS are frequently subject to discrimination and human rights abuses: many have been thrown out of jobs and homes, rejected by family and friends, and some have even been killed.

Stigma and discrimination is one of the greatest barriers to dealing effectively with the epidemic. It is one of the main reasons why people are reluctant to be tested, to disclose their HIV status or to take antiretroviral drugs.

Please take the time to educate yourself, your family and your community so that we can put a stop to stigma and discrimination.

If you are interested in having an educator come to your community to present a workshop on HIV/AIDS and/or hepatitis C, please contact All Nations Hope AIDS Network.

Phone: (306) 924-8424 or Toll free: 1-877-210-7622

Welcome Derrick Sasakamoose to the Resolution Health Support Program.



He is the new Resolution Health Support Worker for the Resolution Health Support Program, at All Nations Hope AIDS Network.

He recently relocated to Regina. He is a member of Ahtahkakoop Cree Nation #104, in Sandy Lake, Saskatchewan. Derrick has extensive experience in working within and for First Nations communities.

His relevant experience includes serving as the Family Violence Coordinator and Alcohol and Drug Abuse Counsellor for Ahtahkakoop First Nation. Additionally, he worked as a provincial and federal parole worker for Correctional Services Canada (CSC).

He is a Life Skills Coach and has Chemical Dependency Training among numerous other certifications including Native Family Systems Therapy. He was trained at The Bridge Program for Recovery in Kentucky and assisted

the Ahtahkakoop First Nation in the development and implementation of its treatment centre based around this co-dependency model.

Derrick has seen the intergenerational effects of the Residential school system as a family member, community member and believes that recovery will play an important role in the healing of First Nations. Derrick hopes to bring positive energy to the RHSW team and to his clients. He looks forward to working with and serving clientele in the city of Regina.

If you have any questions about the Common Experience Payment or the Independent Assessment Process, call Derrick at 570-6718 or you can email him at dsasakamoose@sasktel.net.

DEADLINE!!!

September 19,
2011

Is the deadline to apply for your Common Experience Payment. Call one of the Resolution Health Support Workers if you need assistance.

The Indian Residential Schools Health Resolution Support Program provides eligible former student and their families with access to emotional health and wellness support services.

Services include:

- Counselling, Emotional Support, Cultural Support and/or Transportation services.

If you have any questions or would like to speak to one of the Resolution Health Support Workers, contact:

Gordon: (306) 570-6720 Email: gkeewatin@sasktel.net

Derrick: (306) 570-6718 Email: dsasakamoose@sasktel.net

Selena: (306) 570-6719 Email: sbrittain@sasktel.net

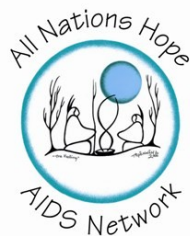
Viola: (306) 570-6721 Email: violagordon@sasktel.net

Being a network of Aboriginal people, organizations and agencies, we respectfully strive to provide support and services to our First Nations, Métis and Inuit families and communities who are experiencing HIV/AIDS and Hepatitis C.

ALL NATIONS HOPE AIDS NETWORK

Welcome to the ANHAN Team!

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Regina, SK S4T 0L2
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Phone: 306-924-8424
Toll free: 1-877-210-7622
Fax: 306-525-3698
E-mail: allnationshope@sasktel.net



Thank you to The Gap

All Nations Hope AIDS Network would like to thank The Gap at the Cornwall Centre for their generous donation of used clothing. Their donation went directly to the community. We do not charge for the items, the people from the community are free to take what they need.



Welcome Debra Agecoutay: Debra will be with us for 10 weeks as the Administrative Assistant.



Welcome Shannon McNabb: Shannon will be with ANHAN for the summer as the Youth Coordinator.



Welcome Danelle Breed: Danelle will be with us for the summer as the Youth Mentor.

ANHAN TEAM

STAFF

Margaret Akan
Chief Executive Officer
Leona Quewezance
Program Director
Lana Holinaty
Director of Operations
Wesley Keewatin
Community Outreach Worker

RESOLUTION HEALTH SUPPORT WORKERS

Gordon Keewatin
Elder
Viola Gordon
Elder
Selina Brittain
Resolution Health Support Worker
Derrick Sasakamoose
Resolution Health Support Worker

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