

# Rebuilding from Resilience

## Volume 1, Issue 4

## February 2010

*Bouzhoo! Bouzhoo!*

*In this issue, we will introduce technology that we will be using shortly in this project.*

*These internet tools will help us to communicate more often and will enable more efficient communication. If you remember last March 2009, we discussed that this would occur this year.*

*There have been seven of you have already been trained in questionnaire development and have produced the ethical consent forms with CIET in Ottawa in December 2009 and January 2010.*

*The next training will take place in April 2010. The location is being determined and you will be notified as soon as all of the details are worked out.*

*The free internet based tools that we will introduce in this issue are **Gmail** (signing up for a gmail account and then joining our group blog ADVResilience) and signing up for **Skype**.*

*Mike Patterson, (also known as CyberYoda), who I talked about in the last newsletter, has graciously volunteered to help each of you use these tools.*

*As you read this remember that our ancestors developed common trading languages to communicate with people outside of their territories or travelling through their areas.*

*These communication tools we will be using will help us to contemporize this old way of treating one another and will help us to continue developing relationships and connections with one another as we work together on this project.*

### INSIDE THIS ISSUE

<b>1</b>	Update and Overview of Proposal
<b>2</b>	Internet Tools for us to use!



**Community-led  
Reduction of Domestic  
Violence in Aboriginal  
Communities:  
Rebuilding from  
Resilience**

*Our overview of original proposal continues...*

#### **Research Question:**

*Building on their cultural and spiritual resilience, how can Aboriginal communities' best reduce family violence? What does it take to measure this?*

*The **specific objectives** of this project are:*

- 1. Build partnerships with communities to develop and test culturally appropriate methods to identify resilience factors that protect against domestic violence among Aboriginal people, with a view to using these in unbiased prevention trails;*
- 2. Develop and test culturally appropriate protocols to formulate evidence-based community-led interventions that reduce domestic violence in Aboriginal communities;*
- 3. Implement the pilot community-led interventions and develop a framework to assess their impact at the individual, family and community level.*

*Continued on page 3*

## Gmail: Google's approach to email

Gmail makes email easy and efficient. And maybe even fun.

- 1. You don't like spam. Neither does Google.** Gmail blocks spam before it gets to your inbox.
- 2. Search your mail instantly** Use Google search within Gmail to find the exact message you want, no matter when it was sent or received.
- 3. Organize replies into conversations** With Gmail, each message you send is grouped with all the responses you receive.
- 4. Built-in chat: text, voice, or video** with just one click, you can chat in Gmail with the people you already email or reply to emails by chat.
- 5. Labels, filters, and stars...**Gmail uses labels to help you organize with more flexibility. A conversation can have several labels.
- 6. Get your mail on the go the days of needing your computer to get to your inbox are long gone.** You can now use Gmail on your mobile device to access your email from anywhere.
- 7. Lots of space (and counting)**
- 8. We have ads, but only the good kind**
- 9. Stay secure** Just like bank and credit card websites, Gmail uses always-on HTTPS encryption to keep your mail secure...and **10. All this is free?**

Adapted from

<http://mail.google.com/mail/help/intl/en/about.html>

### Remember:

**Once you have your gmail account, you can register for our Listserv at <http://groups.google.ca/group/advresilience>.**

**Messages from anyone in the group go to everyone, so we are all aware of what people are talking about. You can start new Discussions (Threads) on any topic, and people can respond to that discussion, or start new ones. Once everyone is on Skype, we will walk you through how to use our Listserv and Blog!**

### Definitions:

**Blog** (also called a web log): is an on line tool that will help us to stay connected with one another. It is essentially begins with issues, stories, that someone wants to share and other people comment on them.

It is interactive and will help us (and you) to have relationships with one another. Postings to blogs are in reverse chronological order (most recent postings are first). Think of it as a diary for our project!

**Blogger:** Someone who contributes information to blogs. Soon to be you!

## For the Brave...

**Skype** is an online tool.

It is like an internet telephone with video and audio connections.

We can see one another as we are talking or we can listen or we can type messages to one another (for free). We can maintain friendships with people all over the world and it costs nothing!

Another part of Skype is the ability to teleconference or internet conference or cyber conference. A group of us can talk together like we are in the same room (but with only our pictures showing).

You can sign up for Skype below.

<http://www.skype.com/help/guides/startskype/>

*When you decide to use this new tool, let me know your Skype name and I will add you to my account at Bouzhoo.Bouzhoo*

