

# Union of Nova Scotia Indians

## NEWSLETTER

1<sup>st</sup> Quarter, 2014/2015



**Joe B. Marshall, Executive Director of UNSI**

### **JOE B. MARSHALL AWARDED THE ORDER OF CANADA**

Joseph (Joe B.) Marshall has spent his entire life advocating for the rights of the Mi'kmaq, he is currently the Executive Director of the Union of Nova Scotia Indians (UNSI) Tribal Council and has held that position for over 15 years. His significant contributions as a founding member of the Tribal Council in 1969, and his continued work for almost 45 years, is a testament to the vision and dedication he has shown in advancing the interests of the Mi'kmaq. He continues to advocate for the Mi'kmaq as Senior Advisor to the Kwilmu'kw Maw-klusuaqn Mi'kmaq Rights Initiative, an organization that is negotiating Mi'kmaq Aboriginal and Treaty Rights and Title with the governments of Nova Scotia and Canada.

Joe B.'s expertise was well recognized by the Nova Scotia government in 2009 when he was appointed as one of three members of the Natural Resources Strategic Review Steering Panel, chaired by retired Chief Justice Hon. Constance R. Glube, OC, ONS, QC. In 2011, he was awarded the Order of Nova Scotia, the highest honour awarded to recognize those Nova Scotians for outstanding contributions to their community and the province. On June 30, 2014, His Excellency the Right Honourable David Johnston, Governor General of Canada, announced that Joe B. has been appointed to the Order of Canada, the highest civilian honour recognizing a lifetime achievement of dedication to community and service to the nation.

## **FINANCE**

### **Carl Gould, Chief Financial Officer; Lillian Prosper, Finance Clerk**

Our annual funding applications for the Basic Organizational Capacity (BOC) program, the Aboriginal Representative Organizations (ARO) project, and the Tribal Council/Disabilities project have been submitted to AANDC. Final 2013/2014 Year-End reports for these programs/projects will be submitted to AANDC once the Annual Audit is finalized. The Annual Audit is currently in progress and should be finalized by the end of August. In addition to preparing the Annual Report, we are preparing and planning for the Annual General Assembly. And as members of the Treaty Day Committee, we are preparing and planning for the annual Treaty Day activities.

## **STRATEGIC DEVELOPMENT**

### **Diana Campbell, BA, MREM, PhD (Candidate), Director of Strategic Development**

The first quarter has been busy one, with the winding down of last fiscal year activities, and implementing new fiscal activities. As the Executive Director has mentioned in his message in the 2013-14 Annual Report, the UNSI has been hit with several cutbacks to funding, continuing the tradition established by the Harper government of cuts to Aboriginal organizations across the country. As a result, we have had to reorganize staff and responsibilities, curtail expenditures, and limit time staff can spend in the communities. Whether these cuts continue is something we will have to wait and see. The new organizational structure is available online at [www.unsi.ns.ca](http://www.unsi.ns.ca).

On a positive note, I participated on the Assembly of Nova Scotia Mi'kmaq Chiefs Hydraulic Fracturing Committee along with Chief P.J. Prosper, and representatives of Kwilmu'kw Maw-klusuaqn Negotiation Office, the Confederacy of Mainland Mi'kmaq, and the Unama'ki Institute of Natural Resources, to voice the concern of the Mi'kmaq that there is very clear opposition to hydraulic fracturing in this province. My focus was to present the environmental health impacts of the fracturing process on human health and the natural environment.

I am pleased to report that on September 3rd, Energy Minister Andrew Younger announced that the province would prohibit hydraulic fracturing in Nova Scotia.

## **COMMUNITY CAPACITY DEVELOPMENT – GOVERNANCE**

### **Doug Brown, Community Capacity Development Officer – Governance**

I am easing into my new role at the UNSI as the Governance Advisory Officer. I have relocated from the Dartmouth area to the Eskasoni First Nation. My research in this capacity involves looking at best practices and models that serve to enhance band governance. This entails such subject matters as roles and responsibility for chief and councils; human resourcing policies and issues; by-law development and its limitations; and the formulating of a community engagement plan – all of which are aimed at being culturally relevant to our member bands. I look forward to this new role.

## **COMMUNITY CAPACITY DEVELOPMENT – ENVIRONMENT**

### **Kim Paul, Community Capacity Development Officer – Environment**

Environment Canada organized an Access Benefits Sharing Discussion through Atlantic Policy Congress on July 14 & 15, 2014. The United Nations Convention of Biological Diversity (CBD) was signed by Canada and other nations in 1992. An outcome developed was the Nagoya Protocol which has three objectives: Conservation of Biological Diversity; Sustainable Use of its components and; Fair and equitable sharing of benefits arising out of utilization of genetic resources. The protocol has been ratified by 48/50 countries and Canada has not ratified as of yet. Implications of ratification would be lack of proper First Nations consultation. KMK has sent a letter in 2009 to the Federal Minister of Environment and to the Nova Scotia Minister of Environment requesting meaningful consultation along with resources. KMK also stated the rights and interests of the Mi'kmaq of NS need to be respected for both the ownership of genetic resources and associated Traditional Knowledge. There has been no reply as to date from the governments. The outcomes of the discussion identified proper consultation needs to happen before ratification, recognition of established rights by government and full disclosure is required.

With the recent passing of Bill S-8, the First Nation Safe Drinking Water Act, in December 2013, communities will be required to develop Watershed Plans. I completed the Traditional Knowledge section that all the communities can utilize for their own watershed plans.

Brochures and information pamphlets on Emergency Preparedness were distributed to Acadia First Nation.

## **TRIPARTITE FORUM**

### **Joan Sack, Tripartite Forum Liaison Officer**

As an active member of the Tripartite Forum Steering Committee, I attended Steering Committee meetings on April 9, 2014 and May 7, 2014 in Millbrook; and June 11, 2014 in Eskasoni.

The Co-Chairs met on May 28, 2014 in Eskasoni. Steering members provided updates/presentations on the Project Fund, Membership, Travel Restrictions and Teleconferencing, and Housekeeping items. There was also a roundtable and discussion on other trouble shooting issues.

The Annual General Assembly (AGA) was held on May 29 and 30, 2014 at Wagmatcook Cultural Center in Wagmatcook First Nation. This year's AGA was a chance for working committees to meet upon request of other committees to discuss possible overlapping issues, a continuation of collaboration from last year's AGA. The working committees provided updates to the general assembly.

Working Committees were busy during the first quarter and met on the following dates: Culture & Heritage Working Committee – April 24, 2014, Cape Breton University, Sydney; Economic Development Working Committee – April 23, 2014, Membertou; June 18, 2014, Glooscap; Education Working Committee – May 21, 2014, Millbrook; Health Working Committee – May 5, 2014, Pictou Landing; Justice Working Committee – June 17, 2014, APCFNC, Cole Harbour; Social Working Committee – May 22, 2014, Truro and; Sports & Recreation Working Committee – April 4, 2014, Millbrook.

Approved projects for 2014/2015 from the Tripartite Forum Fund for Social & Economic Change (Project Fund) are: Youth Retreat (Sports & Rec); Marshall Focus Groups & Symposium (Justice) and; Mi'kmaw Language Tool-kits (Education).

For more information on the Mi'kmaq-Nova Scotia-Canada Tripartite Forum and to view the calendar of upcoming meetings and events, please visit the Tripartite Forum website at [www.tripartiteforum.com](http://www.tripartiteforum.com). I can be reached through email at [joansack@unsi.ns.ca](mailto:joansack@unsi.ns.ca) or by phone at (902) 401-4421.

## **NUTRITION**

### **Angela McDonald, Nutritionist**

April kicked off with annual healthy living challenges. Healthy living programs help community members reach weight loss goals in a healthy way. The program teaches the importance of eating a balanced diet to help prevent/treat blood sugar, blood cholesterol and blood pressure in the body. Programs run from six to eight weeks and are offered in partnership with Community Health Nurses and Community Health Representatives in the community. Most healthy living programs have been running annually since 2009. Evaluations have been positive with a request for programming to be offered beyond the six to eight week time frame. Weekly sessions follow a healthy lunch and learn format with grocery cards being the main door prize. Success is measured by both scale weight and body measurements.

Screening clinics have been busy this quarter. Clinics are held for age's birth - 2.5 years as well as from 2.5 - 5 years of age. Parents and children are booked in a wellness day format where they see a multi-disciplinary team for screening. Common participants include early childhood development, screening for hearing/speech/vision, immunization updates as well as dental therapy for dental varnishing. The nutrition screening helps to look for balanced meals and snacks as well as if the children are meeting physical activity guidelines. To help with the large attendance of families a screening checklist tool was developed to help identify positive parts of the children's diets as well as future goals to work on. Screening clinics are done in partnership with the Health Centers in each community as well as with Jyllian Cress, Fetal Alcohol Syndrome Disorder Coordinator for Mainland Mi'kmaw communities.

Cooking classes have been happening this quarter thanks to a Food Security Proposal accepted under the Aboriginal Diabetes Initiative program. The funds allow communities to participate in cooking classes as well as sessions that bring in must have grocery items. The classes are a fun way to teach budgeting, food safety, proper portioning, low fat cooking methods and how to cook with ingredients that may be new to some families. Classes this quarter have been offered to adults with young families as well as new moms in helping to make homemade baby food.

Prenatal programming has been in high demand. Workshops help to teach new and returning moms how to eat throughout their pregnancy. Prenatal topics include nutrients of concern in pregnancy and how to mix and match ingredients to provide nutrients to both mom and baby. Mothers nearing the last trimester are welcomed to attend the session how to feed your baby from birth to 1 year as well as cooking classes for how to make homemade baby food. Prenatal programs are offered in partnership with the Health Centers and topics are presented each week from different health professions. Prenatal attendance throughout the province has been excellent this quarter.

## HOME & COMMUNITY CARE

### **Beverly Madill, Home & Community Care Coordinator (NS/NL)**

In April 2014, the program issued the National office project fact sheets. Projects such as the 10 Year Strategic Plan, Quality Initiatives, FNIHCCP Standards and Handbook, Nurse Practice Advisors Network, Home Care and Assisted Living Integration, Chronic Disease Prevention and Management Initiative, as well as Palliative Care, continue to guide the work plan and community communications to our coordinators, as information is shared between the community, UNSI, Regional HCC Managers, and then to the National program directors.

On April 3, 2014 (Membertou) and June 12, 2014 (Paqtnkek) our Quarterly Home and Community Care meetings were held. Each meeting consists of at least one educational/information session from an outside agency or training module and meeting minutes are distributed afterwards to all communities.

The Aboriginal Continuing Care Policy Forum continues to meet regularly with a UNSI co-chair, as well as Susan Baikie from the provincial continuing care department. Our Community Coordinator representatives are Terry Knockwood, RN, Sipekne'katik, and Debbie MacKenzie, RN, Waycobah. Debbie has replaced Dawn MacIntosh, RN, Paqtnkek as representative effective June 13, 2014, and attended the June 26, 2014 meeting in Millbrook.

I am part of the MMAHB Public Health and Primary Care committee and we met on April 16th and 17th, 2014 in Cole Harbour. I am also the UNSI representative on the Tripartite Forum Health Working Committee and we met on May 5, 2014 in Pictou Landing and I attended the Tripartite Forum AGA on May 29th and 30th, 2014 in Wagmatcook.

## ABORIGINAL DIABETES INITIATIVE (ADI)

### **Ann Gottschall, Aboriginal Diabetes Initiative Coordinator**

The first quarter of the year was busy with the coordination and facilitation of two six-week community-held programs. ADI co-facilitated a six-week “Your Way to Wellness – chronic disease self-management program” in We’koqma’q and Wagmatcook and ADI assisted Potlotek First Nation with coordinating their annual six-week “Healthy Living Program”. Keys to the Healthy Living Program are: individual follow-up each week over the six weeks; goal setting; tracking of steps using a pedometer and; educational sessions. Our UNSI Nutritionist did a session on healthy eating with her food models display and information sessions were held with participants on Salt & Blood Pressure with recipe for salt substitute with samples. Furthermore, ADI helped Potlotek with writing a report on a community success story (healthy living program) for FNIHB.

In addition to the above programs, ADI held the following community presentations: Type-1 Diabetes in the school setting as per CDA Kids with Diabetes in Care – joint presentations with Wagmatcook health staff to school personnel; Diabetes/healthy lifestyle booth display at Wagmatcook School health fair; “Diabetes 101 – Just the Basics” presentation at We’koqma’q Health Center; Diabetes presentations (2 sessions) at We’koqma’q School Health Fair (grades 7-9); Presentation on the new Fit injection technique for insulin at Membertou and; Sessions on Diabetes & Treating High and Low Blood sugars at Hammonds Plains and Gold River (Acadia First Nation). As part of community sessions, there were a total of 31 blood glucose screenings and 15 Blood Pressure measurements done.

ADI held a three-day Atlantic Networking Session for health staff coordinated on childhood obesity with key speakers from the IWK hospital, University of New Brunswick and Dalhousie University. Also key were presentations on mental wellness and physical activity. These sessions were highly evaluated by participants.

I was also invited to attend the Halifax release of the Canadian Diabetes Association Charter of Rights for those with Diabetes and I attended the Diabetes Working Group meeting in Membertou.

Any questions please feel free to contact Ann Gottschall at (902) 863-8455.

## **FIRST NATIONS REGIONAL EDUCATION, EMPLOYMENT AND EARLY CHILDHOOD DEVELOPMENT SURVEY (FNREEES)/FIRST NATIONS REGIONAL HEALTH SURVEY (RHS)**

**Mindy Denny, FNREEES/RHS Project Manager & Research Coordinator; Rachel Paul, FNREEES/RHS Administrative Support Personnel**

It is very exciting to announce that the FNREEES project has officially launched in all 13 communities randomly selected to participate with UNSI. Our team expects that FNREEES data collection will be complete in 10 of 13 of our communities by September 30, 2014. Each participant community has identified fieldworkers and training of those individuals has been concluded to date.

The RHS technical review sub-committee met on a few occasions to review the RHS questionnaires from phase 2. The outcome of these meetings has resulted in some changes to the survey tools. Questions that demonstrate no real utility were omitted and supplemental questions that support the informational needs of our Leadership have been added. In addition, the RHS regional specific component has been revamped and now includes questions of key interest to the Nova Scotia First Nation communities; one example of this is the new RHS regional component seeks to gather information about the specific needs of Mi'kmaq people living on-reserve who are living with disabilities, or are the caregiver of someone who lives with disabilities. The findings of these additional questions are expected to support First Nation communities with the development of policies and programs and services.

The OCAP commitment to Leadership is to maintain open communication and include the insight and feedback of participant communities within every aspect of the research projects, from inception to completion. Given that there are very large and comprehensive moving pieces to these projects, it is very important to assure that community representatives are informed of the process and included. Both the FNREEES and RHS Advisory Committees have met over the last quarter. At each meeting the members convene to review the FNREEES and RHS processes. Advisors meet as often as required to oversee the activities of the projects and direct the project so that each piece reflects the input of our communities, and all engagement is done respectfully and appropriately.

In the next quarter, the FNREEES data collection phase will be complete and the analyses and interpretation phase will begin under the direction of the Advisory Committee members. Also in the next quarter, the engagement process with the RHS communities will begin.

**Gerald Gloade, FNREEES/RHS Data Analyst**

In late June (23rd - 25th), I worked with a contractor, Vanessa Perry, to run and interpret the data for Janet Smylie's "Well Infants, Well Families, Well Nations" project. The project is being conducted in several regions

across Canada. It is a multi-stage research project. We completed the final phase of the project's analysis. Once the analysis was conducted we presented to members of the RHS network.

On May 2nd, I developed a short video for Roseanne Sark, via MCPEI, demonstrating how electronic surveys work. The video explained and demonstrated how the "skip logic" technique works and how it benefits survey users by skipping over questions and entire sections that do not apply to survey respondents.

On June 26th, the RHS RAC met to review the RHS draft questionnaires from Ottawa. Once their suggestions were recorded, I made modifications to the survey to reflect our regions recommendations. This was submitted to the FNIGC who have made amendments to the draft questionnaire.

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