



November 13, 2019

Vol. 3

Issue 8

AFN NEWSLETTER

Our mission is to deliver information to our community members about events taking place throughout the community and to provide this in a way that is easy to find and digest the information important to you.

NEWS

TO HONOUR, PROTECT, RESPECT & PRESERVE

On November 7th, 2019 the third meeting of the Kespukwitk Mi'kmaw Archaeological Protocols Symposium was held at the Liverpool Best Western. These meetings have been coordinated by Acadia First Nation with cooperation from Bear River First Nation, Annapolis Valley First Nations and Boreas Heritage Consulting Inc with support from Mi'kmaq Rights Initiative (KMKNO). The goal of this meeting was to take the current draft of the Kespukwitk Mi'kmaw Archaeological Protocols and prepare them to present to the Assembly of Nova Scotia Mi'kmaq Chiefs. The draft was prepared from notes gathered during the first two sessions of the archaeological protocols. The process has been arduous but worthy of the effort as AFN, Bear River and Annapolis are breaking new grounds in forming their own protocols which should be followed whenever archaeology is done in our territory. These protocols don't only have implications for our Nations and the rest of Nova Scotia but could also be used as road maps for indigenous peoples around the world to follow in order to protect their history.



The event kicked off with an opening prayer as most events do but it brought special meaning here as a part of the protocols is to help introduce Mi'kmaw Ceremony into the archaeological process. This way we can ensure any projects that involve archaeology on our lands becomes a Mi'kmaw project. We then began to review the document to ensure it was up-to-date and ready for submission to the Assembly of Nova Scotia Assembly of Nova Scotia Mi'kmaq Chiefs. Notes were taken and additions we discussed and reviewed before the floor was given to a special presenter Cora Woolsey from the University of New Brunswick. Cora is an archaeologist that has been specializing in identification and cataloging of pottery remains. Her work at the Gaspereau

Lake site has provided great insights into the history of pottery in the Mi'kmaw traditions. From the large sample size, they were able to analyze, Cora was able to see how the pottery had changed over thousands of years and how these changes could signal different things. Most Archaeologist found that the pottery walls got thinner over time which was seen as a drop-in quality but Cora put this into more context by suggesting that these thin walled pots showed up during a time were larger gatherings occurred. She suggests the thinner walled pottery could have been an adaptation to an increase in demand by changing some of the processes required to make the pottery. During this time, the pottery tended to be less decorative which would support this as people wanted to finish quickly and not spend hours decorating.

The evening continued as we continued to review the draft document and prepare it for submission to The Assembly. Door prizes were awarded to some of those in attendance. There was an assortment of prizes which included books, hand-woven-baskets and branded water bottles. The guests were provided a delicious meal while the final presenter was up.

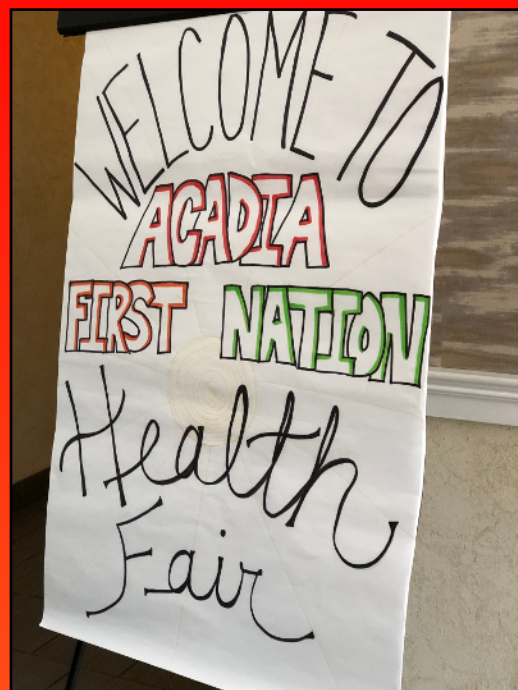
The final presentation was provided by Sara Beanlands from Boreas Archaeology. She spoke about her journey while under going work on the Mersey and discussed the deep, rich history the people had with the river and how important the site was in cementing Mi'kmaw legacy through time in memoriam. The presentation continued to discuss the importance of the petroglyphs at Kejimkujik and the great efforts to record them. The discussion drew from much local lore and old stories which mostly talked about the early interactions between the Mi'kmaq and early European settlers. One story spoke of the fairies which guarded the petroglyphs at Kejimkujik Park and whether these stories were true lore or just tales that were told to Europeans to keep them out of sacred territory. This provided great insight and relatability to the stories of our past.



The night concluded with a final review and vote on the draft in its' current state. The group of attendees voted unanimously to send the document to the Assembly of Nova Scotia Mi'kmaq Chiefs. From there the document will be reviewed and the assembly will decide whether it wishes to adopt the set of protocols for use across the province, submit recommended changes or reject the set of protocols (leaving Acadia FN, Bear River FN and Annapolis Valley FN to use them locally or discard the protocols entirely). Hopefully they will be adopted by the assembly, being the first step in the process of Mi'kmaq taking back their history. This hopefully leading to a stepping stone for any indigenous peoples across the word which hope to preserve their own history.

THE INAUGURAL ACADIA FIRST NATION ANNUAL HEALTH

The First AFN Health Fair was a wonderful success. Your AFN Health Committee would like to extend our gratitude and thanks to all those who took part to make it such a successful event. Over 70 AFN members, family and friends from across NS, gathered in Liverpool at the Best Western Convention Centre to participate, learn and share with one another. Many great giveaways and prizes were distributed throughout the day. Valuable health knowledge and teachings were presented and shared amongst each other by various staff and health/recreation partners. We are looking forward to our next gathering in October 2020, location yet to be determined. Many thanks to everyone who, presented, took part, planned, travelled to be with us and contributed in any way to make this day a memorable event for Acadia First Nation.



2019 AFN HARVEST FEAST

The annual Harvest Feast took place in Yarmouth on Saturday, September 28, 2019. It was another beautiful day which saw hundreds gather for a day of culture, food and fun. This year we had all the favorites as we always try. We had entertainment provided by Dave Burbine and his band and tables in the big tent which featured local crafters and artisans. We had live drumming and traditional dance performed by members of Acadia First Nation. As has been custom over the past several years, the event was kicked off with a medicine walk on the T'kipok Trail. This event grows in popularity each year and sees many return years on end to get more knowledge from Laurie Lacey whom has much knowledge about the traditional plants and medicines which grow in Nova Scotia. This year the event also featured a drum making session which filled quickly due to limited capacity/supplies. The children really enjoyed the event and took great pride in taking part in this traditional craft. We also had Yarmouth Big Bounce on site this year to provide the young ones with hours on non-stop fun. The real main attraction this year was the same as in most, the food. This year we really didn't hold back any stops. We had the classics like hot-dogs and burgers, potato salad and chili, scallops, lobsters and seafood chowder and for the first time a pig roast. There was more food than any individual should attempt but it is always a challenge I am ready for. This year was another great success for the Harvest Feast and I look forward toward many more to come.



UPDATES FROM SHELBURNE

It has been another eventful autumn season in Shelburne. Plenty of things keeping them busy this year. Below are some pictures from their adventures.



Chief and Lexi Kenney at the Little Miss Barrington Exhibition Pageant where Lexi was the winner of First Princess 2 years in a row.



Ed Benhams piece for the Whirlygig festival held here in Shelburne for a town event.



These pictures are from The Youth Haunted House Trip to Clarks Harbour where we spent 2 nights. We spent one night for the little ones which was toned down for their sensitivities and a second fright night which some made it through while others didn't

ORANGE SHIRT DAY

On Monday, October 30, the staff of Acadia First Nation put on their Orange Shirts to bring awareness to the atrocities of the Canadian Residential School system and to honour the legacy of their survivors.



A SNEAK PEAK AT HAMMONDS PLAINS

The new Hammonds Plains location will soon be ready for business. The band office staff should be in the new location by the end of the month with the retail business opening shortly afterwards. The retail location will be offering tobacco products along with our regular entertainment options. Key offerings include Gaming, Gift & Smoke Shop, Quota tobacco, Tobacco Drive Thru. Have a look below at the photo concepts of the building.



NALOXONE TRAINING

December 5 at 11 am

Naloxone is used to temporarily stop the effects of opioid overdose.

Healing our Nations will be at the Rose Purdy Recreation & Community Centre to deliver naloxone training.

There are limited spots: Please reserve your spot by calling Kolby at 902-742-8883 and leave a message if she is not in office.



NALOXONE



**Saves
Lives**

summitcountyhealth.org/naloxone

Join a School Advisory Council

Maple Grove Education Centre and Plymouth School (Elementary) are looking to engage the community as part of their School Advisory Councils.

School advisory councils are one way to bring together school stakeholders and individuals from local communities who share an interest in promoting student success in their school. If interested, contact **Brandy Jarvis @ 902 740-1653** or email **brandy.jarvis-nickerson@tcrce.ca**

Key Information:

- "May be an employee of the TCRCE but not the school"
- "May not have children registered at the school"
- "Must reside in the geographical area served by Plymouth School/ Maple Grove or provide a service to or within the geographical area served by Plymouth School/ Maple Grove"

Other Details:

- In the case of multiple interested parties, an election would be held.
- The First Nations Community Representative will represent the First Nations Community.
- Members provide advice to the Principal on school matters and provincial policies.
- A Community member is a voting member on the SAC (whereas a Principal can only vote in the event of a tie).




Save Time & Money Reduce!

- Giving gift certificates or using gift bags will reduce your waste and involve **LESS** clean up on Christmas morning.
- Give original gifts to avoid extra packaging such as: jams/preserves in reusable glass jars, handmade gifts, or pack cookies, candy and fudge in reusable tins.
- Carefully unwrap gifts and reuse the paper, ribbons and bows next year. Cut up Christmas cards to make festive gift tags for next year.



waste

déchets
www.wastecheck.com
1-800-569-0039

Like/follow Waste Check on  
or download our FREE app 

TCRCE Needs Mi'kmaq/Aboriginal Student Support Workers

Our students need Student Support Workers. If you're encouraging, patient, and want to advocate for student success while making positive relationships with families – we want YOU to join the TCRCE team!

We're hiring Mi'kmaq/Aboriginal Student Support Workers in Digby, Shelburne, and Yarmouth counties to help build culturally responsive and welcoming learning environments for students of Mi'kmaq /Aboriginal descent.

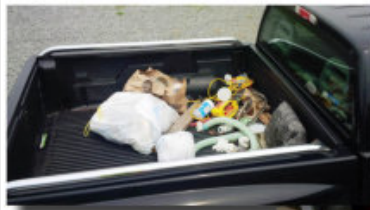
For more information about this position and to apply, visit [LINK](#). For more information on TCRCE, visit www.tcrce.ca. Contact **Brandy Jarvis** @ **902 740-1653** or email **brandy.jarvis-nickerson@tcrce.ca** with any questions.

Looking forward to meeting you at our recruitment & information sessions being held on Nov 21:

- Yarmouth, 10 a.m. at AFN Entertainment, 10552 Highway #3, NS, B5A 5J7
- Shelburne, 1 p.m. at 157 Water Street, Shelburne NS, B0T 1W0
- Digby to be announced.

LITTER is LITTER even if it's unintentional

Do items accumulate in your vehicle or do you toss something in the back of your truck intending to put it in the proper place later? We appreciate that you didn't intend to litter but this can still create "unintentional" litter.



Wind will often pick up items and blow them off to create litter. These items can also be a hazard to other drivers.

When two doors open at the same time, often items will blow out or fall out and create litter.



902-742-1312 or
toll free 1-800-569-0039
www.wastecheck.com

Like/follow Waste Check on   or download our FREE app  **my waste**



NADACA

Drug Awareness Week

November 18 – 21, 2019

November 18: WILDCAT OFFICE

11:00 – 2:30 : Workshop on Substance Abuse, Seven Sacred Teachings activity and making Medicine Pouches. Lunch will be provided.

Afterschool – 5:00 : Rock Painting activity for school-aged youth and families.

November 19: GOLD RIVER HEALTH CENTRE

11:00 – 2:30 : Workshop on Substance Abuse, Seven Sacred Teachings activity and making Medicine Pouches. Lunch will be provided.

Afterschool – 5:00 : Rock Painting activity for school-aged youth and families.

November 20: YARMOUTH

4:00 – 5:30 : Substance Abuse Information workshop at the RPRCC

6:30 : Movie night for school-aged youth at the Youth Centre

November 21: YARMOUTH

10:00 – 12:00 : Rock painting activity for school-aged youth at the Youth Centre

2:00 – 5:00 : Seven Sacred Teachings activity and making Medicine Pouches at the RPRCC

5:00 – 7:00 : Opioid Addiction workshop and supper at the RPRCC



MK Christmas Card Art Contest!



Deadline:

Friday, November 22, 2019

11:59 PM AST

www.firstnationhelp.com

For more info, contact Faye
Googoo - faye@kinu.ca

Open to all students in First
Nation schools and First Nation
students in Provincial Schools in
Atlantic Canada.

Only digital copies of the
artwork will be accepted.
Please do not write student
name on the artwork. One
entry per student.

To enter, visit our website to fill
out the [Google Form](#).

Categories:

K - 2
3 - 5
6 - 8
9 - 12



One winner from each
category will receive an
iPad & Apple Pencil!



HEALTHY HOLIDAY APPETIZERS: Cooking Class

DECEMBER 3, 6:00PM - 8:00PM

Location: Rose Purdy Community Centre

Join us for a FUN hands on cooking class to help make some favorite holiday appetizers a little healthier (but still very tasty), with small, simple swaps! After we make the appetizers we will enjoy them together!!

(Be sure to have supper beforehand as we will only be sampling the appetizers once they're done closer to 7:30pm)

There will be some fun games to win prizes too!

***Please register by calling Kolby at at 902-742-8883
BY December 2nd***



**Are you interested in learning new skills to help you set and reach goals?
If so, this workshop is for you.**

Goal Setting Workshop for Adults

Time: 6pm—8pm, Wednesday, December 11/19

Facilitators: Nancy MacLeod & Kolby Blair

Place: Rose Purdy Recreation & Community Centre



Certificates will be issued

Refreshments Provided

For More Information contact Kolby @ 902-742-8883

Sponsored by NADACA



Community Christmas Party will be held

Date	Location	Time	To Register
November 30th	Milton Hall	Afternoon 1 – 3 pm Evening 5 – 7 pm	Contact Medway Office (902) 685-2956
December 1st	Shelburne Fire Hall	1 – 4 pm	Contact Shelburne Office (902) 875-2812
December 1st	Gold River Community Centre	1 pm	Contact Gold River Health Centre (902) 627-1245
December 8th	Sackville Legion	5 pm	Registration Closed
December 8th	Wildcat Community Centre	1 pm	Contact Wildcat Office (902) 682-2421
December 15th	Rose Purdy Community Centre	4 pm	Contact Yarmouth Office (902) 742-0257

UPCOMING EVENTS

COMMUNITY	EVENT	DETAILS/LOCATION	DATES
Yarmouth	Healthy Holiday Appetizers: Cooking Class	Join us for a FUN hands on cooking class to help make some favorite holiday appetizers a little healthier (but still very tasty), with small, simple swaps! After we make the appetizers we will enjoy them together!! (Be sure to have supper beforehand as we will only be sampling the appetizers once they're done closer to 7:30pm) There will be some fun games to win prizes too! Please register by calling Kolby at 902-742-8883 by December 2nd	December 3rd @ 6:00 pm to 8:00 pm
	Naloxone Training	Naloxone is used to temporarily stop the effects of opioid overdose. Healing our Nations will be at the Rose Purdy Recreation & Community Centre to deliver naloxone training. There are limited spots: Please reserve your spot by calling Kolby at 902-742-8883 and leave a message if she is not in office.	December 5th @ 11:00 am
	Steeper Climb	Goal Setting Workshop for Adults Time: 6pm—8pm, Wednesday, December 11/19 Facilitators: Nancy MacLeod & Kolby Blair Place: Rose Purdy Recreation & Community Centre	December 11th @ 6:00 pm til 8:00 pm
Gold River	Emergency Management Plan Information Session	Please join us at the location most convenient to you. We will be providing information and updates on Acadia First Nation's Emergency Plan. Tea, Coffee, snacks and prizes will be provided	November 19th @ 6:00 pm
	Emergency Management Plan Information Session	Please join us at the location most convenient to you. We will be providing information and updates on Acadia First Nation's Emergency Plan. Tea, Coffee, snacks and prizes will be provided	November 18th @ 6:00 pm
	Emergency Management Plan Information Session	Please join us at the location most convenient to you. We will be providing information and updates on Acadia First Nation's Emergency Plan. Tea, Coffee, snacks and prizes will be provided	November 25th @ 6:00 pm
AFN	Office Winter Closure	All AFN Offices will close for Winter Shut Down on December 12th at 12 noon	December 12th @ 12 Noon