



Acadia First Nation was represented at the North American Indigenous Games 2014.
Kaylee Blair was selected to be on Team Nova Scotia

Community Newsletter

Acadia First Nation

September 2014

Team Nova Scotia "STRIVE FOR YOUR BEST"

North American Indigenous Games 2014
Regina, Saskatchewan July 20-27th

The theme of the Regina 2014 North American Indigenous Games was "Raising the Bar". With years of preparation, dedication and sacrifice, was time to recognize the healthy lifestyle choices young Indigenous people and future leaders from all over North America have made.

From July 20 – 27, 2014 Regina 2014 NAIG hosted over 6000 participants from 26 regions across North America, which included every Province in Canada as well as numerous States with the United States.

A total delegation of 185 participants for Team Nova Scotia including coaches and chaperones travelled to Regina representing all 13 Mi'kmaw bands. Acadia First Nation youth Kaylee Blair proudly represented Acadia First Nation and Team Nova Scotia.



Kaylee Blair is an elite athlete who represented Acadia First Nation proudly!

Biggest Loser Winners

Female Winner: April Benham of Yarmouth, NS lost 19.40%

Male Winner: Jerry Lerue of Halifax, NS lost 26.01%

Acadia First Nation lost a total of 419 pounds! Congratulations to everyone who participated. You are all Winners!

More inside!



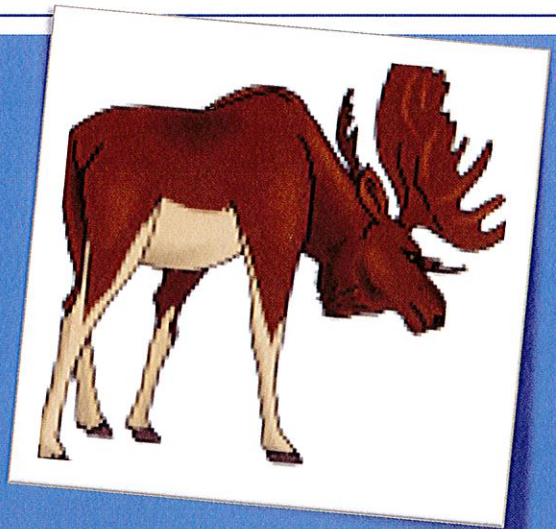
Youth Moose Hunting Excursion Success Story

Acadia First Nation Annual youth Moose Hunting Excursion has been chosen to present at the 5th Conference on Recent Advances in the Prevention and Management of Childhood and Adolescent Obesity in Winnipeg, Manitoba.

The theme of the conference will be "Time to Focus on Strengths: Addressing Obesity in Indigenous Youth"

Health Canada's First Nation and Inuit Health Branch (FNIHB) Atlantic Region has also chosen the Acadia First Nation Youth Moose Harvest as a success story involving our community and a FNIHB-funded community based program.

Your Youth Moose Hunting Excursion has been chosen through proposals completed by the Community Enhancement Development Office, Melanie Purdy and the Aboriginal Diabetes Initiative. This is a beneficial program which began in 2008 and was initiated by Jeff Purdy and other volunteers within Acadia First Nation, the success of the delivery of the moose hunt to the Youth of Acadia First Nation is due to the hard work of many, including Elder John Andrew Francis, all the mentors and the chaperons who assist every year. The focus on the Annual Moose hunt is not only learning to harvest the Moose (tiam), it is to promote physical activity, healthy eating, healthy living and camaraderie amongst our Mi'kmaw Youth, Elders and Community Members as well as learning of the Mi'kmaq Culture and history.



Annual Youth Moose Harvest 2014

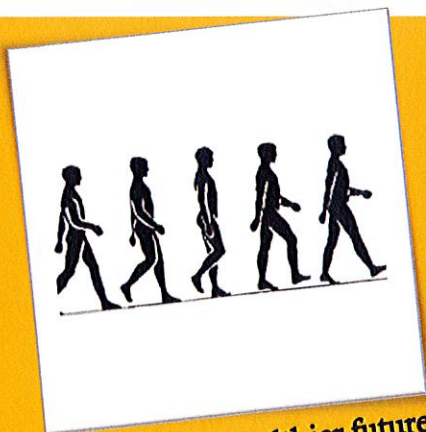
Fall is quickly approaching and it is time to gear up and head to the Highlands for the Annual Youth Moose Harvest. Female and Male youth between the ages of 14-19 are able to participate in this week long moose hunt in Cape Breton.

Space is Limited!

Sign up by contacting your local Acadia First Nation Administration Office

DEADLINE: SEPTEMBER 11TH

The moose hunt is chaperoned by female and male chaperones and transportation is provided. If you have any questions please contact Councillor Jeff Purdy at (902) 742-0257 or (902) 740-2905.



Walking for a healthier future!

Yarmouth Walking Group

Did you know walking at least 30 minutes a day could improve your health? Walking can help you avoid heart disease, type 2 diabetes, osteoporosis, and some cancers. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance!

If you are interested in getting together once a week as a group to help motivate and encourage each other on a path to a healthier lifestyle, or just want to get out for some "me" time, please contact Rena Falls at 742-6928.



NAIG Cont.

Kaylee is seventeen years old, resides on Yarmouth Reserve and attends Yarmouth Consolidated Memorial High School. She is an elite athlete who plays on many sports teams, which include hockey, track and field, soccer and basketball. When asked which sport is her favorite, she will tell you soccer is her best next to hockey. Kaylee, with the support of her mother had the opportunity to attend St. FX University in the early fall of 2013 to try out for the Track and Field Team (Athletics) for Team Mi'kmaw and succeeded in earning her place on the team.

The Athletics team had twelve members with competition in all the categories Kaylee competed in the U19 100m race and the U19 4x100 Relay. It was an extremely proud moment when Kaylee placed third in the 100m race which ended in a photo finish tied time. Kaylee tied with an athlete from British Columbia with the same finishing time of 14.22, however, the NAIG Officials presented Kaylee with third place after much deliberation. This well earned Bronze Medal was held high for Team Nova Scotia, as Kaylee was able to out perform the competing racers from Ontario, Manitoba, Saskatchewan and the Yukon who were all running for a medal too.

The U19 Girls 4x100m Relay team earned the Silver Medal for Team Mi'kmaw Nova Scotia. Selena Denny, Sophia Bernard, Brianna Francis and Kaylee Blair ran this relay competing against seven other provinces and US states. Kaylee was the last leg runner on the U19 Girls relay team and when the baton was transferred to Kaylee she ran her hardest. Their team was in 6th place on the last turn and Kaylee competed very strongly to bring her team up to second place earning them Silver medals.

This experience was very exciting and it was a once in a lifetime opportunity for our Mi'kmaw Youth and Kaylee will never forget the Team Spirit and camaraderie she felt while in Regina. Team Nova Scotia proudly brought home 23 Medals in total. When asked how she felt winning those Medals in Regina, she will tell you it was an amazing accomplishment and she did not ever think she could bring home a Medal, let alone two. She will tell you she ran for her Grandmother and her Mother because they never stop believing in her.

Congratulations Kaylee and Congratulations Team Nova Scotia!

Acrobatics Schedule:

The Yarmouth Youth Centre will be hosting another 10 weeks of Acrobatics. Please see the schedule below for categories and times:

Baby Acro	6:00 to 6:30 pm
Acro I	6:30 to 7:30 pm
Ballet	7:30 to 8:30 pm

For more information please contact the Youth Centre at (902) 742-6928.

Youth Centre Schedule

September 1st – Closed (Labor Day)
 September 4th – First day of School
 September 8th – First day of
 Headstart
 September 15th – Acrobatics

Beginning August 25th, the Youth Center will be opened from 8am to 9pm Monday thru Friday.

Beginning September 6th the Youth Centre will also be open on Saturdays from 12 – 8 pm.

Fancy Shawl and Ribbon Shirts for Youth

Females ages 5-12 – Fancy Shawl

Males ages 5-12 – Ribbon Shirt

Sonya Isaac-Surette has volunteered her time to help make fancy shawls for girls and ribbon shirts for boys. If your child/ren would like to participate and help design their own piece please contact Sonya at 742-0257.

Youth who participate in this activity will have an opportunity to showcase their regalia piece during a special dance at the Gold River Powwow. Please note that an adult must accompany youth to the powwow (a bus will be going from Yarmouth).

Deadline: August 27th, 2014

Classes will be held on September 2, 3, 4, 9, 10, and 11th from 6 -8 pm
Location: Youth Centre

Parents are encouraged to participate to ensure we have all pieces completed for the Gold River Powwow that will be held September 12th – 14th.

If you can sew we need your help!



If anyone is interested in doing this type of activity in other areas please contact Sonya at 742-0257. It is important we teach our children our culture at a young age.

If you know how to sew and are willing to volunteer your time, we can teach our youth together.

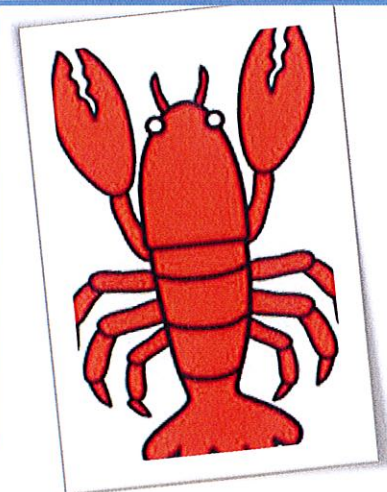


Halifax Area Lobster and Scallop Distribution Date:

September 11th from 3 -5 pm,
At the Hammonds Plains Office

Please note Elmsdale and Truro will be distributed at a later date.

For more information please contact the Hammonds Plains Office at (902) 422-5918.



Drug called “Molly”

The drug “Molly” has made its way into the Maritimes and some of our youth could be exposed to this very dangerous drug. The results of using this drug can be tragic!

This meeting is to come together as parents and teens to discuss this very disturbing drug.

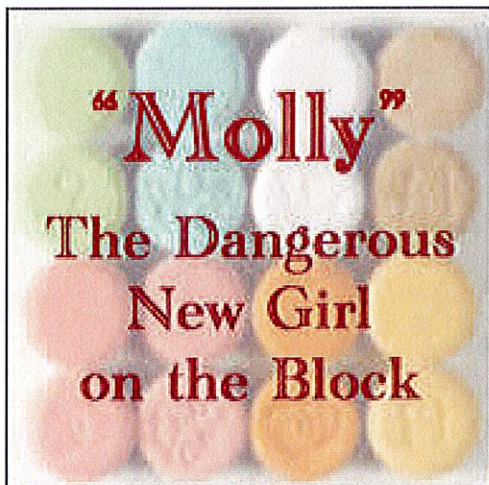
Molly, slang for “molecular”, was once known as Ecstasy, the popular club drug of the late ‘90s and early 2000s that elevated users to sustained euphoria and hallucination.

The big problem: Molly has morphed from being a pure form of MDMA – Ecstasy’s vital ingredient – to a catch-all name for a methamphetamines mixed with any of roughly 300 other synthetic chemicals, including paint thinner and gasoline, said Dr. M. Michael Jones, chairman of the department of emergency medicine at CentraState Medical Center.

All community members are encouraged to attend this important meeting.

For further information please contact Rose Purdy, Community Addiction Counsellor, Acadia First Nation at (902) 742-0141.

**Gold River Health Centre:
Wednesday, September 10th at 1:00 pm**



Death Notification Process of Registered Status Indians

Please be advised in order to remove a deceased Registered Status Indian from the membership list one of the following documents must be provided by the family to the Membership Clerk (Debra Gloade):

1. Vital Statistics Death Registration
2. Church death Registration
3. Funeral Directors Statement

Debra Gloade can be contacted by the following methods:

Phone: (902) 742-9439

Fax: (902) 742-4824

Email: dgloade@acadiaband.com

Current total population on Acadia First Nation Band List as of July 31, 2014 was 1488.

Halifax Area Elders Trip



The Halifax area Elders enjoyed a day of sweetgrass picking along with a picnic on July 24, 2014. A big thanks to Bob Backen for volunteering his time and educating our elders in sweetgrass picking.

Shelburne News

Submitted by Darlene Coulton

Darlene's Schedule:

September 2 – Barrington 10 am – 12 pm, Shelburne Office 1 -3 pm
September 3 – Shelburne Office 11 am – 3 pm
September 4 – Elders Luncheon Barrington 12:00 pm
September 6 – Culture with the Youth
September 8 – Shelburne Office 11 am – 3 pm
September 10 – Yarmouth Office 9am – 12 pm
September 11 – Barrington 10 am – 12 pm, Shelburne Office 1 pm – 3 pm
September 15 – Shelburne Office 10 am – 2 pm, Recreation Meeting 1 – 2pm
September 16 – Yarmouth Office 9 am – 12 pm
September 17 – Community Potluck 6 -8 pm in the Community Room, Shelburne Office
September 18 – Barrington 10 am – 12 pm, Shelburne Office 1 – 3pm
September 22 – Shelburne Office 1 – 3 pm
September 24 – Shelburne Office 10 am – 1 pm
September 29 – Shelburne Office 10 am – 1 pm

I hope all children enjoyed their summer vacation. I wish you all the best in the upcoming school year!!!

I will be holding a luncheon for the elders in the Barrington area on September 4, 2014 at 12 noon. I will contact you with the location.

We are holding a Culture Session with the youth on Saturday, September 6th from 12 – 3 pm at the Shelburne Office. We will be having a light lunch, followed by Beading with Jeanette, a native story reading with Wendy and we will be teaching the youth several words in the Mi'kmaq language. I hope you can come and enjoy this event, we are hoping this will be successful and if so it will be scheduled once a month.

Once again, we will be having a community potluck in the Community Room at the Shelburne Office. I encourage you to come out and spend time with other members of your community. This is a great opportunity to bring our community together and have some chat and just get to enjoy your evening.

We are still searching out a piece of land to purchase within the Shelburne/Barrington area. If you have any information would you please contact me at 740-2011.

Thank you all.

Darlene Coulton

Nova Scotia Hydraulic Fracturing Review and Public Consultation Yarmouth, Nova Scotia July 24, 2014 Reported by: Sonya Isaac-Surette

On July 24, 2014 I attended a meeting at the Art Gallery of Nova Scotia located in Yarmouth, Nova Scotia. The topic of the meeting was to discuss the Nova Scotia Hydraulic Fracturing Review and Public Consultation with Dr. David Wheeler from the Cape Breton University.

You can find a copy of the powerpoint presentation on-line at <http://www.cbu.ca/hfstudy/resources/project-documents>.

What is Hydraulic Fracturing? (<http://www.aer.ca/about-aer/spotlight-on/unconventional-regulatory-framework/what-is-hydraulic-fracturing>)

Because unconventional oil and natural gas is trapped in low-permeability rock, pathways need to be created to allow oil and natural gas to move through the rock to the well and to enable it to be pumped in the surface. A common method of doing this is to use hydraulic fracturing to “fracture” or crack the rock and create the paths required.

Hydraulic well fracturing (“fracking”) is the process of pumping fluid into a wellbore to create enough pressure to crack, or fracture, the rock layer. The fluid usually contains a “proppant,” like sand, that helps keep the fractures open to allow oil and gas to be produced to the well.

To produce unconventional oil and natural gas, horizontal wells and multistage fracturing are used. These wells start by drilling vertically (straight down) and then turning the drill bit so that it drills horizontally through the formation.

Typically, the formations being targeted with horizontal multistage fracturing are between 650 and 3500 meters below ground. While horizontal well drilling has been around for decades, improvements in the technology have made it possible to combine horizontal drilling with hydraulic fracturing to help coax oil and natural gas out of tight rock.

Please note the information below has been extracted from the Cape Breton Hydraulic Fracturing Study and not the views of Acadia First Nation.

Impacts on Water Quality

- Risks to water quality from shale gas operations is more related to operational practices (e.g., chemical handling; waste management) rather than the fracturing and extraction process.
- The Council of Canadian Academies (2014) reported that the risks that shale gas infrastructure and related operations pose to surface water and groundwater stem from:
 - Accidental spills of chemicals, oils, drillings muds, and fracture fluids during transportation, storage, or use;
 - Spills of condensates (where these are present) or flow back water from the producing well; and
 - Inadequate storage, treatment, or disposal of flow back water, which includes both fracturing fluid and saline formation water, and leaks from surface storage ponds or other storage facilities.

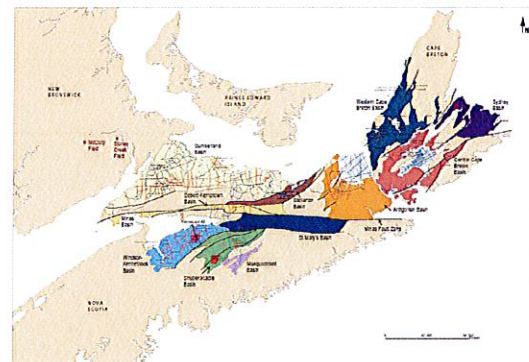
Hydraulic Fracturing Review and Public Consultation Cont.

The Potential Resource in Nova Scotia

- Knowledge of the subsurface, including sedimentary rocks and hydrocarbons, is extremely limited
- It is very difficult to quantify the potential or even rank the various basins in terms of overall prospectively.
- Although our knowledge is limited by scarcity of data, shales and sandstones in New Brunswick, and American plays such as the Marcellus are a fair comparison
- Horton Group reservoirs have the largest assessed gas volumes
- Cumberland, Windsor-Kennetcook and Shubenacadie basins are relatively close to existing production in New Brunswick and have experienced exploratory activity already
 - If hydraulic fracturing moves forward, these basins would likely be the focus of unconventional exploration activity.
 - Most existing pipeline infrastructure is close to these basins

Assembly of Nova Scotia Mi'kmaq Chiefs

The Mi'kmaq are opposed to all activities associated with hydraulic fracturing taking place on their traditional lands, and their priority is to protect the lands and the waters.



Native Council of Nova Scotia

The community of Mi'kmaq/Aboriginal peoples continuing on traditional ancestral homelands organized as the Native Council of Nova Scotia oppose the practice of hydraulic fracturing for oil and gas in Nova Scotia.

Aboriginal, Treaty and Statutory Rights of the Mi'kmaq

- The Mi'kmaq people possess robust Treaty rights as well as Aboriginal rights and title in Nova Scotia.
- These rights have considerable consequences for provincial deliberations over hydraulic fracturing, as the province is constitutionally obliged to honour these rights.
- The term “Aboriginal Rights” refers to the inherent rights of Aboriginal peoples. These rights have been held by Aboriginal people since before European contact and persist to this day. They were not bestowed upon Aboriginal peoples by the British or Canadian government.
- The term “treaty rights: usually refers to historic promises and obligations that Aboriginal peoples and Britain or Canada formally enshrined in treaties prior to 1930.

Hydraulic Fracturing Review and Public Consultation Cont.

Treaty Rights of the Mi'kmaq

- The treaty situation in Nova Scotia is unique. It is marked by a series of Peace and Friendship Treaties that were entered into during the 1700's.
- The enforceability of two of the historic Peace and Friendship Treaties has been litigated: they were found to be enforceable agreements.
- These treaties were motivated by mutual interest in cooperation and the Mi'kmaq continuing to have self-sufficient communities, as well as Britain's interest in securing a military and political alliance.
- They do not give up any Mi'kmaq land rights, and shield and preserve Mi'kmaq Aboriginal rights to hunt, trap and fish.

Reserve Land

- Regardless of [forthcoming] legislation not yet being in place, it seems extremely unlikely that hydraulic fracturing could take place on reserve land without the explicit consent of the affected First Nation.
- Mi'kmaq reserve residents benefit from protections in the face of hydraulic fracturing proposals that are not currently guaranteed to other communities in Nova Scotia, such as a clearly legislated right to an environmental assessment.

The overall consensus of the people present at this presentation was they were opposed to Fracking in the Yarmouth area. A complete report is due in August from Dr. Wheelan and his group of experts.

For more information please refer to this website: www.cbu.ca/hfstudy

Please take the time to review this website: www.dauidsuzuki.org

Gold River Health Centre

Schedule of Events:

September 4th and 18th from 9:00 am to 11:00 am the VON will be available

September 10th at 1:00 pm – Rose Purdy will be holding a workshop on the drug called “Molly”

September 22nd from 10:00 am to 12:00 pm – Parent and Tot group

Andrew Francis will be in the Gold River Health Centre on the following dates:

September 2, 11, 18 and 22nd at 9:00 a.m.. Please note Andrew has changed his email address to ajfrancis07@gmail.com. If you need to contact him, please call (902) 277-1021 or email him at this new email address.

What is Physical Activity?

Physical activity can be defined as any movement of the body that requires energy expenditure. This includes any motion you do through the day excluding sitting still or lying down. For example, walking to class, taking the stairs, mowing the lawn, and even cleaning your house can be considered physical activity. Exercise is a type of physical activity but not every physical activity is exercise. Exercise is a planned, structured, and repetitive activity for the purpose of improving or maintaining physical fitness.

Ten Ways to Get More Active:

1. Exercise first thing in the morning. Get up 20-30 minutes earlier and get your workout in first thing during the day.

2. Start taking the furthest away parking spot and get in a few extra steps between your car and the shopping center.

3. Take a "walk break" whenever you can find the time during the day. Taking short 10 minute walks a few times a day will do wonders for your metabolism!

4. Play with your kids! This is great attention for the kids and great activity for everyone.

5. Choose the stairs over the elevator.

6. Choose a restroom that is the furthest away if you have an option.

7. Try to choose an active activity right after work. A walk or even gardening or housework is better than just sitting on the couch.

8. Walk, jog, or stretch when you are waiting for dinner to cook, the laundry to finish up, or for your child to be finished with an activity.

9. It is perfectly acceptable to break up your intense workouts. You want to have at least 30 minutes of cardio every day -- but if you split that 30 minutes into three ten minute sessions you will find this more manageable.

10. Turn your housework into exercise. When vacuuming try to use your arm, back and abdominal muscles to push the vacuum. When loading the dishwasher, maintain good posture as you are bending and straightening and keep your abs tight. Scrubbing floors, cleaning the bathtub, gardening, and mowing the lawn are great ways to burn some extra calories.



For more tips please contact Anita Howard at (902) 685-2956.

Notice

There will be a bus leaving from the Yarmouth Band Office at 8am on Saturday, September 13th, 2014 and travelling to the Gold River Powwow.

The Bus will be leaving at exactly 8am so please be on time. There will be a couple of stops scheduled along the way to pick up individuals from other areas.

Please contact the Band office at (902) 742-0257 to book your seat on the bus, as space is limited.

The Powwow committee would like to extend an invitation to anyone wishing to volunteer. There are many different positions that still need to be filled. If you are interested in volunteering please contact Brian Dorey at (902) 742-0257.

Annual General Meeting

Saturday, October 18th, 2014

11am – 2pm

Best Western Hotel

Bridgewater, NS

All Acadia First Nation Band Members are welcome to attend. Chief Deborah Robinson and all Council members will be in attendance to provide information and address any questions or concerns.

Should you have any questions or concerns regarding this matter, please contact our office at (902) 742-0257 or toll free 1-866-670-8086.

Acadia First Nation Youth Internship Opportunity

Qualifications:

- Are you between the ages of 17-30 and out of school?
- Have you been unemployed for at least the last six months?
- Are you a band member who ordinarily lives on the reserve?
- Are you interested in a hands-on opportunity to work in a housing-related work experience internship?
- Are you a hard worker with a desire to learn?

If so, we have an opportunity for you. We are looking to hire one youth for a 16-week internship in the housing field. Placements could include administration, property management, maintenance, planning, renovations and construction etc.. If you have a specific area of interest, please mention it in your cover letter.

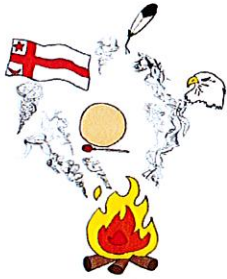
Deadline: September 12, 2014

Please submit Resumé and cover letter by one of the following methods:

Mail: Acadia First Nation, Housing Internship, 10526 Hwy #3, Yarmouth, NS B5A 5J7

Fax: (902) 742-8854

Email: frontdesk@acadiaband.com

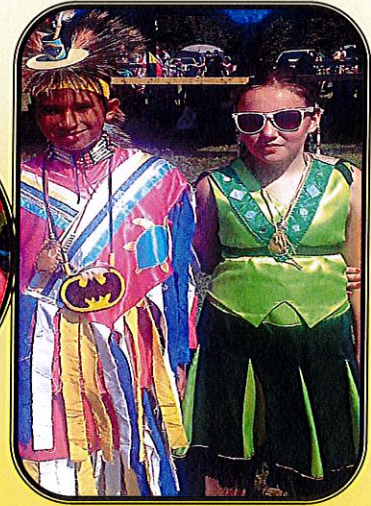
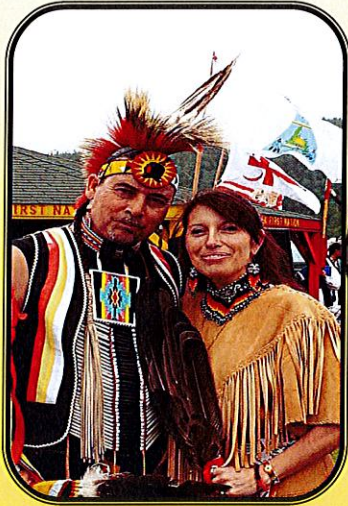


ACADIA FIRST NATION POW WOW

September 12-14, 2014

On Gold River Mawiomi Grounds

"A New Dawn"



EVERYONE WELCOME

HONORARIUMS

Invited Drums Only

PLEASE NOTE: Travel will be given to additional drum groups. We will Honor Dancers.

SACRED FIRE

THURS-SUN

SUNRISE CEREMONY

SAT-SUN

FRI. NIGHT

Sweat/Social/Bonfire

SWEAT LODGE

FRI-SUN

VENDORS WELCOME

No fees; Item for Giveaway

MASTER OF CEREMONIES

Derek Barnaby

ARENA DIRECTOR

Armando Lucio

HOST DRUM

East Boyz

INVITED DRUMS

Wabanaki Confederacy

Lone Cry Singers

HEAD DANCERS

Bert Milberg

Denise John

JR. HEAD DANCERS

Trisha Gore

Sulian Knockwood

AFN CANTEEN

SAT-SUN

HEAD VETERAN

Al Oakley

GRAND ENTRIES

SAT & SUN 1:00 PM

BREAKFAST

SAT-SUN

FEAST

SAT

SAT. NIGHT

2nd Grand Entry

Hand Drum Competition

GIVEAWAY BLANKET

Sunday please bring item

CAMPING/NO SHOWER

BRING CHAIRS

Brian Dorey, Pow Wow Coordinator (902) 742-0257 briandorey@acadiaband.com

FOR VENDING CONTACT: Terri Pennell (902) 453-1293

ALCOHOL AND DRUGS ARE NOT PERMITTED ON THE GROUNDS.

ZERO TOLERANCE

Acadia First Nation accepts no responsibility for lost or stolen property.

WASTE MINIMIZATION POLICY—Staying Clean and Green! Bring Cups