

Acadia First Nation

COMMUNITY NEWSLETTER

January and February 2015



Submit your entry today!

Acadia First Nation is working towards opening a cultural gallery in the Liverpool Town Hall building. This gallery will house a portion of the Mersey River Artifact Collection and will also showcase the artwork and crafts of our Mi'kmaq and other first nation artisans.

We are looking for a **name (preference in Mi'kmaq)** for the gallery and are reaching out to all Community members for their input. Submit your entry today and you may win the cash prize of \$250.00.

All entries must be sent to:
Acadia First Nation (Attn: Avis Johnson)
PO Box 639, Milton, NS B0T 1P0
or by email to avis.johnson1@gmail.com

Deadline to submit your entry is: February 19th, 2015 @ 5pm

Only one entry per person will be accepted. If your name is chosen you will win the \$250.00 prize. Open to all Acadia First Nation Band members.

Office Closures

Please be advised that if the School Board in any of our areas cancels school our office in that area will be closed as well.

Holiday Closure

Due to the new statutory holiday on February 16th (Viola Desmond Holiday) all offices are closed.

Connecting to Life Events

This factsheet helps you connect real life events and transitions to Canada Pension Plan (CPP) and Old Age Security (OAS) programs and related benefits.

Turning 60 years old

When a client turns 60, they may be eligible for:

- A CPP Retirement Pension – a monthly payment for a client who has worked and made valid contributions to the CPP.
- The OAS Allowance – a monthly payment for a client aged 60 to 64, whose spouse or common-law partner is receiving the OAS pension and the Guaranteed Income Supplement (GIS).
- The OAS Allowance for the Survivor – a monthly payment for a client aged 60 to 64, whose spouse or common-law partner is deceased and has not remarried or entered into a new common-law relationship.

Turning 65 years old

When a client is 65 or older they may be eligible for:

- A CPP Retirement Pension – a monthly payment for a client who has worked and made valid contributions to the CPP.
- The OAS Pension – a monthly payment for a client who meets the legal status and residency requirements.
- The OAS Guaranteed Income Supplement – a monthly payment for a client who receives an OAS Pension and has a low income.

Lived and worked in another country

When a client lived or worked in Canada and another country, or they are the survivor of someone who has lived or worked in Canada and in another country, they may be eligible for pensions and benefits from Canada and/or from the other country because of a social security agreement. Visit

www.servicecanada.gc.ca/international.

Becoming disabled

When a client is under the age of 65, they may be eligible for:

- The CPP Disability Benefit – a monthly payment for a client who has worked and contributed to the CPP and is not able to work regularly at any job because of a disability.
- The CPP Children's Benefit – a monthly payment for a natural or adopted child or a child who is in the care and custody of the client receiving a CPP disability benefit. The child(ren) must be under the age of 18, or between 18 and 25 and attending a recognized school or university full time.

Connecting to Life Events Cont.

This factsheet helps you connect real life events and transitions to Canada Pension Plan (CPP) and Old Age Security (OAS) programs and related benefits.

When death occurs

If a parent, spouse, or common-law partner dies, a client may be eligible for:

- The CPP Survivor's Pension – a monthly payment paid to the survivors of a deceased CPP contributor.
- The CPP Death Benefit – a one-time, lump-sum payment made to the state on behalf of a deceased CPP contributor.
- The CPP Children's Benefit – a monthly payment for a natural or adopted child or a child who is in the care and custody of the deceased CPP contributor. The child(ren) must be under the age of 18, or between 18 and 25 and attending a recognized school or university full time.
- The OAS Allowance for the Survivor – a monthly payment for a client aged 60-64, whose spouse or common-law partner is deceased and has not remarried or entered into a new common-law relationship.

If the deceased CPP contributor was receiving a benefit from CPP and/or OAS, Service Canada needs to be notified as soon as possible.

Raising Children

When a client contributed to CPP and stopped working or worked fewer hours because they stayed home to raise their child(ren), they may be able to use the "Child Rearing Provision" to increase their CPP benefit.

Changes to personal situation

- Couple living apart for reasons beyond their control – If a couple is no longer able to live together for reasons beyond their control, for example one of them is in the hospital or living in a nursing home, they should contact Service Canada because they may be able to get a higher monthly OAS benefit payment.
- Divorce or separation – Following a divorce or separation, a client receiving CPP benefits, the Guaranteed Income Supplement and/or the Allowance must contact Service Canada. This may affect the amount of any current or future benefits they are eligible to receive.
- Change of address – Any time a client receiving CPP or OAS benefits moves, including leaving the country for more than 6 months, they must contact Service Canada so their information is up to date and to confirm whether it will affect their OAS payments

Service Canada contact information:

Website: servicecanada.gc.ca/pensions-e

Mersey River Artifact Collection Background



In 2005, Nova Scotia Power as conducting extensive repairs to six of its generating stations it operates on the Mersey River for a four-month period during summer of 2005. As water levels were lowered in the head ponds above the dams, large areas of the riverbed were exposed.

Although some archaeological work had been done in 1985, when the water levels were lowered in Lake Rossignol, it was the first time that some of the area had been exposed since the dams were built, starting in the late 1920s

Archeologists collected more than 10,000 artifacts (some 8,000 years old) for further study and eventually displayed. Embedded in the muddy riverbed were fragments of native pottery, a wide range of flakes and ground stone tools – including spear points, knives, axes, adzes and gouges – as well as stone chips or flakes left behind from tool manufacture. A distinctive feature of this period was large woodworking tools made by grinding hard igneous types of rock.

Cultural Resources Management Ltd. Was able to collect a ton of artifacts from the riverbed, some in pristine condition, along a 20-kilometer stretch. As part of the documentation process, all of the artifacts will be catalogued and their locations plotted on site maps.

Some of the tools found were made of stone not native to the area and may have come from the Fundy shore, carried to the Mersey encampments by Mi'kmaq travelling across the province by canoe.

All artifacts are currently being stored at the Nova Scotia Museum of Natural History.

Shelburne Area

Shelburne Schedule:

- January 20 – Shelburne office opened from 11-2 pm, Recreation meeting 1-2 pm
- January 22 – Shelburne office opened from 11-2pm
- January 24 – Youth cultural day 1-3 pm at the Shelburne office: crafts, story-telling and Mi'kmaq Lanuage
- January 28 – Shelburne office opened from 11 – 2 pm
- January 29 – Shelburne Office opened from 11 – 2 pm

February dates are not yet confirmed. Please contact Darlene Coulton at (902) 740-2077 for more information.

Physical Activity Strategy Program Submitted by Anita Howard

Liverpool:

Chair Yoga is taking place Mondays 1:30 – 2:30 pm and Thursdays 2:30 – 3:30 pm at Southwest Studio in Liverpool. This class is free to Acadia Band members and their families.

Three of our Queens County youth are taking part in the First Nation Snowboard Team this year. They will meet once a week for 8 weeks at Ski Martock. Liam Howard passed his CASI Level 1 (Canadian Association of Snowboard Instructors) course in December so he will be used as an assistant instructor in the program.

Shelburne: The Shelburne recreation department will be doing a skating after school program in January/February for elementary students.

Yarmouth:

Zumba classes are being held at the Bingo Hall at 6:30 pm every Monday and have been extended until June 29th, 2015.

Arcadia School has a youth activity night every Wednesday evening from 6-8 pm and it is free.

There are 3 youth taking part in the 20-week canskate program funded by RBC.

Eight one-month memberships have been given out to members last month to the YMCA.

Swimming lessons have been offered to the youth in Yarmouth.

Gold River:

Seven youth took part in a 10 week learn to skate program at the Chester rink funded by RBC. They have the option of signing up for another 10 weeks for free. The next session starts January 20th.

Twelve memberships to Oak Island Inn were given out last month.

A basic survival course for the junior high and high school students is soon starting. Everette Savory will be taking the lead on this program. The youth will be given their own fully equipped backpack with everything they need to survive in the woods. Call Chrissy at the Health Centre to Register.

Halifax:

Registration for free skating lessons on the oval began December 10th. Email skateHRM@halifax.ca or phone 490-2347. They also have skates and helmets that you can borrow if you do not have your own.

Wildcat:

Mike Jerney will lead a basic survival course in January. The youth will be given their own fully equipped backpack with everything they need to survive in the woods.

Yarmouth Health Centre

Mommy and Me Group at the Health Centre at 10am January 21st, 28th, February 4th, 11th, 18th and 25th.

Dr. Armstrong will be available January 20th and 27th and February 3rd, 10th, 17th and 24th from 8:30 am to 12 pm.

VON will be available January 22nd and February 5th and 19th.

Kelly Bream, Concurrent Disorder Specialist will be available by appointment January 21st and February 4th and 18th.

Mi'kmaq Family and Children Services will be available at the Health Centre in Yarmouth on January 22 from 11 am – 3 pm. Would you like to become a foster parent? What are the details? All your questions will be answered during this session.

Gold River Heath Centre

VON will be available on January 8th and 22nd and February 5th and 19th from 9 am to 11am.

There will be a Recreation meeting on January 26th at 11 am.

Andrew is looking at putting on another Firearms course in Chester for those who are on the waiting list and couldn't attend the last one. If you would like to take part in this course please call Chrissy at 627-1245.

Andrew will be in the office on January 21st and 26th at 9 am. February dates have not been set yet, please contact Chrissy for dates in February.

Beverly Dawn Francis (May 5, 1953 – December 22, 2014)

Beverly Dawn Francis passed away peacefully at home on December 22, 2014. Beverly was a well-respected and proud native woman, and an activist for Native peoples. A former member of the Zone 11 Board of Directors of the Native Council of Nova Scotia, Beverly was the recipient of several awards, including the Stephen Hamilton award. Beverly leaves behind her husband of 42 years, Samuel Underwood; her son, Craig Francis (Tracey Tanner); her daughter, Courtney Francis (Chris Robinson); her granddaughter (and pride and joy), Samantha; her best friend and caregiver and sister, Joanne Stewart (George) and sister Lousie Tanner; and her brothers, John, Jimmy, Sam (Bev), and Robert (Sherilyn). Beverly will also be missed by her many aunts, uncles, nieces and nephews.

Acadia First Nation would like to extend our deepest sympathy and condolences to Beverly's family.

Employment Opportunity

Physical Activity Strategy Coordinator

Terms of Employment: Fixed term subject to funding

Salary: To be negotiated

Anticipated start date: As soon as possible

Location: To be determined, Nova Scotia (1)

Education Requirements: Completion of University/college/CEGEP/vocational or technical training

Credentials (certificates, licenses, memberships, courses, etc.):

First Aid Certificate, CPR Certificate

Experience: Minimum 2 years

Languages: English

Working Setting: Business or industry

Type of Clients: General population (all ages)

Area of Functional Expertise: Accreditation or certification, Athletic safety or standards regulation, event planning and organization, program planning and development, program implementation and delivery.

Specific Skills: Co-ordinate facility sports, fitness and recreation programs and activities, develop program budgets, lobby for funding and support, coordinate special events such as tournaments and banquets.

Additional Skills: Answer request, inquiries and complaints, perform administrative tasks and use computer applications.

Security and Safety: Bondable, basic security clearance, criminal record check, child abuse registry check, child welfare check, and driver's validity license check.

Transportation: Valid driver's license, own vehicle, willing to travel, willing to travel regularly, travel expenses paid by employer as per the employer's travel policy.

Essential Skills: Reading text, document use, writing, communication, working with others, problem solving, decision making, critical thinking, job task planning and organizing, significant use of memory, finding information, computer use.

Other: Responsible to design, develop, implement and continually evaluate a multi-year Mi'kmaw Physical Activity Strategy aimed at improving the overall health and social well-being of our communities.

Employer: Acadia First Nation

How to Apply: By Mail: Box 639, Milton, NS B0T 1P0 Attn: Wanda Westhaver

By Fax: (902) 685-2237

Closing Date: February 2, 2015

E'SE'GET ARCHAEOLOGY PROJECT UNDATE

DR. MATHEW BETTS

**WHAT LABORATORY STUDY IS REVEALING ABOUT THE ANCIENT MI'KMAW OF
PORT JOLI**

THE BEST WESTERN LIVERPOOL

JANUARY 27, 2015

TIME: 2:30 P.M. – 4 P.M.

EVERYONE WELCOME



“A professional adage goes that “90% of archaeology is done in the laboratory”. After four seasons of fieldwork in Port Joli , Nova Scotia, the E’s’e”get Archaeology Project is now focused on analyzing the data recovered from the excavations. In this talk, Dr. Mathew Betts, Curator of Eastern Archaeology at the Canadian Museum of History, will outline how laboratory analysis is changing our understanding of ancient Mi’kmaq life on Nova Scotia’s Southern Shore. He will discuss how the project’s analysis of artifacts, animal bones, clam shells, and other data is revealing that the archaeological record of Port Joli is very distinctive in comparison to other regions of Nova Scotia. In fact, supported by a unique ecosystem, it seems that Port Joli’s ancient inhabitants practiced a way of life somewhat different from those documented in other areas of the Maritime Provinces.”



Mi'kmaw Family Healing Centre

Millbrook First Nation

P.O. Box 665
Truro, Nova Scotia
Canada B2N 5E5

Tel: 902-893-8483
Fax: 902-893-2987
Crisis Support: 1-800-565-4741

Out-reach programming for men

To all First Nations Men, please post and pass on to anyone interested

Dan Walsh is the Men's Outreach worker at the Mi'kmaw Family Healing Centre covering the First Nation communities and serving First Nation Men on the mainland of Nova Scotia.

Services for Men include: **individual and group counselling**. Men's luncheons, single workshops or 4-12 week programs.

Topics include but are not limited to:

"Two Wolves Program" - 12 week culturally relevant program dealing with self and relationship issues

Options to anger - anger management

Goal setting, future planning

Virtue cards and teachings

Mental health support & direction for families

Change & transformation of life

Court support

Assisting with agency referrals: MLSN, Legal Aide, Probation, detox and/or Rehab Centres, Mi'kmaw Family & Children's services etc.

Self esteem

7 sacred teachings

sexual assault support

traumatic incident debriefing

2B Boys - Program

For more information on any of the topics/programs above or Men's Outreach services.

Contact Dan Walsh, Men's Outreach worker at the above number or cell# 890-6828

Men's Group

Topics covered will include:

1. Men's values in relationships
2. Define abuse and ideas that lead to abuse
3. Taking responsibility
4. Minimizing, denying, blaming, quick fixes vs. long term strategies
5. Relapse prevention
6. Healing and repair
7. Demonstrating respect



Native Alcohol & Drug Abuse Counselling Association of Nova Scotia
B1W 1B4
PO Box 7820, Eskasoni, Cape Breton, NS B1W 1B4
Phone# (902) 379-2262-2152
Fax# (902) 379-2412; Email: info@nadaca.ca

EMPLOYMENT OPPORTUNITY

Community Addiction Counsellor/Temporary/Part-time Position

Acadia First Nation

Acadia First Nation, Nova Scotia

"Screening Process In Place"

"Child Abuse Registry & Police Check is 'Mandatory'"

Salary: Based on NADACA Wage Scale and Qualifications

Under the general direction of the Manager of Community Addiction Services (Mainland/Cape Breton) will be responsible for the following duties: initial client contract, documentation and referral; maintaining ongoing contact with client through the treatment and rehabilitation process; will perform regular follow-up on client after treatment; will function as a member of the community health team, responding as necessary in drug emergencies; will participate on relevant community committees and will represent the Association through speaking engagements, seminars, and workshops; will establish working relationships with area resource agencies; will coordinate youth programs; will participate in all offered training and educational improvement courses; will maintain client files and assist as required in the analysis and review of statistical data; will, in conjunction with other community groups and agencies, provide special assistance to recovering alcoholics in their efforts to re-adjust to a substance-free life style.

Qualifications:

- Must have attained at least the equivalent of Grade 12, plus at least one (1) year of relevant post secondary training/education or has worked extensively in the addictions field.
- Must have attained at least four (4) continuous years of complete sobriety.
- Must be able to obtain certification from an affiliated professional body in addictions.
- Will be strongly motivated and have a working knowledge of alcohol and drug abuse education and prevention.
- Must have reliable transportation. Must be free to travel.
- Will be proficient in both oral and written communication skills; will possess strong interpersonal and communication skills & Computer Skills.
- Ability to speak and understand the Mi'kmaq language and culture will be an asset.
- Must have 2 personnel References
- **Must be a registered member of a First Nations Band.**

In accordance with the Human Rights Exemption, **preference** will be given to registered status Indians as defined in the Indian Act. Screening of applicants in effect which includes Police background checks.

Resumes & Applications of Employment will be accepted until closing time (4:00 p.m.)

Deadline: Friday, January 30, 2015~Please provide cover letter

Mail/Fax or email to:

Native Alcohol & Drug Abuse Counselling Association
Attn: Joseph Denny, Executive Director
PO Box 7820, Eskasoni, Cape Breton, NS B1W 1B4
FAX#: (902) 379-2412
Email: rgould@nadaca.ca or info@nadaca.ca

*******Only those who meet the qualifications will be notified*******