



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

YARMOUTH AND SHELBURNE ELDERS TRIP 2018

This September, nineteen Acadia First Nation Elders from Yarmouth and Shelburne attended the 2018 Elders trip to Moncton New Brunswick alongside their guests. Chief Deborah Robinson, Councillors Rachel Falls, Darlene Coulton, Jeff Purdy and Tom Pictou and employees Kolby Mole and Jeanette Nickerson also attended the trip.



Their adventure started by bus to Halifax, where they boarded the train and travelled to Moncton. In Moncton they visited the Resurgo Place museum, Marche Moncton market, Butterfly World, enjoyed a Elvis Rock and Country concert, did some shopping at the Champlain Mall and Bass Pro Shops and ended their weekend with a delicious supper at Jungle Jim's Eatery.

Thank you to all of the Elders and their guests who attended and made this a special weekend to remember.



WINNERS WORLD GRAND OPENING

Several months ago, new construction began in Yarmouth on a new project for the community. The Winner's World store is getting a new location. The Winner's World was one of the first commercial properties for our community and was the template for many of the other commercial properties which have sprang up across Acadia First Nation. The success of Winner's World has allowed our community to grow into a broader commercial sector and now we are

investing time and energy back into the business. The new location will provide Winner's World with a nice contemporary and up-to-date look and feel to match the newly constructed Gold Nugget store and will also feature a restaurant. This is an exciting time for the Yarmouth community and this venture should help to create some much-needed jobs in the area. We are currently planning the Grand Opening of the new location on October 27th, 2018.



HIGHLIGHT – KILTIED CHEF - CHEF ALAIN BOSSÉ

Considered by many as Atlantic Canada's Culinary Ambassador, Chef Alain Bossé aka The Kilted Chef has traveled the world and made a great reputation for creating delicious meals using local ingredients. Acadia First Nation is proud to have him join us as a

culinary consultant as we prepare to open a new restaurant in the Yarmouth community. His expertise will be fundamental in the development of the menu and the look, feel and atmosphere of the new restaurant. We are all anxiously awaiting the menu and the delicious items he will inspire. Bon Appetit!



HARVEST FEAST 2018

The Acadia First Nation annual Harvest Feast was held on September 22nd, 2018. This year was another big success for the community as we saw many members come out to enjoy the food and festivities. This year brought a few changes over the past years. The event was moved to the new field located next to the Rose Purdy Recreation and Community Centre and it was decided



to move the event to September in order to take advantage of the warmer temperatures. The event featured all the classic dishes we have come to expect including fresh steamed lobster, BBQ scallops, salmon cooked by open fire, chili, seafood chowder and all the BBQ classics. For



entertainment we had Yarmouth Big Bounce come and provide some fun distractions for the youth and we had The Dave Burbine Band performing for the adults.

The event was opened with an opening prayer by elder June Coulton which was followed by Welcoming remarks by Chief Deborah Robinson. Her words welcomed the community members and attendees to the day's events with a message of the importance of these events to the

community and the hard work required to pull them off. This was followed by a performance of The Honor Song by the Melgita't Woman's Drumming group. We had community members Courtney and Brittany Pennell performing traditional dance where they performed in traditional dress. These performances were amazing and humbling to all in attendance.



In the big tent we also had several stations set up

where some



traditional items and crafts were on display and available for sale. Peter Pictou was on location with an assortment of hand-woven baskets and an assortment of goods. We also had displays by Mary Bartlett and Laurie Lacey at this year's event.

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After the meal, a game on Bingo was put on for anyone who wanted to participate. Anyone wishing to play could join in at the Rose Purdy Recreation and Community Centre for free and had a chance to win various cash prizes. This is always a popular activity for the community members and the Rose Purdy Centre was full of people enjoying a game of bingo. After everything wrapped up at the Harvest Feast grounds; everyone dispersed and was invited to come back at 8:00 pm for a fireworks display. This year was a phenomenal show that lasted close to 30 minutes. Fireworks were being set off in rapid succession and the sky lite up with vibrant hues of blue, red, purple and orange and all you could hear between the loud concussive blast from the fireworks was the awe-inspired cries of excitement from the youth. It was a great sight to be seen and a real highlight for the event.



HARVEST FEAST MEDICINE WALK

The 2018 Harvest Feast Medicine Walk was a huge success! The event saw a total of 23 participants which all came out to gain the wisdom and knowledge on natural herbs and medicines collected by Laurie Lacey through his experiences. Each participant made shadow boxes containing medicines and herbs gathered during the walk and also received journals to record and take home the information from the event. We gave each participant a pedometer and as a community we walked a total of 36,990 steps! Thanks to everyone that joined us and we hope to see you again next year.





Acadia First Nation

(902) 742-0257 Fax: (902) 742-8854

10526 Highway #3 Yarmouth, N.S. B5A 5J7

Toll Free 1-866-670-8086

ANNUAL GENERAL MEETING

Saturday October 20th, 2018
10:00am

Lion's Club Shelburne, NS
188 Elliott Street

All Acadia First Nation Band Members are welcome to attend.
Chief Deborah Robinson and Council Members will be in attendance to 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.

Thank you

Updates from your Community Health Nurse:

Hi Everyone!

October is a busy month with education updates, influenza vaccinations, and awareness campaigns. Please check out our [Acadia First Nation Community Health](#) Facebook page for updates and important information. If you are already a member, invite others to join!

Chelsea Sawyer BScN, RN, IBCLC
Office: 902-627-1245 / Cell: 902-277-2297
csawyer@acadiaband.ca

Mental Illness Awareness Week – October 1st to October 7th **World Mental Health Day – October 10th**

“Mental Health is about more than mental illness. It’s more than being happy all the time. It’s about feeling good about who you are, having balance in your life, and managing life’s highs and lows. Everyone deserves to feel well, whatever their mental health experience. And we all need a support system to lean on.” Canadian Mental Health Association

If you are struggling with your Mental Health, or have questions about improvement, please reach out! We have Mental Health counselling available in Gold River, Wildcat, and Yarmouth offices. We can also help you find other avenues or self-help practices.

HPV Prevention Week – October 1st to October 7th



Please visit <http://hpvinfo.ca/25-45/> for more information on HPV and the importance of screening and vaccination for women and men.

Flu Prevention Week – October 20th to November 2nd

Flu Shots are expected to arrive mid to late October. I will be visiting each community to provide vaccines. Please watch our Facebook page and/or

- **INFLUENZA IS A SERIOUS DISEASE.** It is estimated that in a given year, influenza causes 12,200 hospital stays and 3,500 deaths in Canada.
- **YOU NEED TO BE IMMUNIZED EVERY YEAR.** Recommendations state immunization for all Canadians 6 months of age and older, and people at high risk, including:
 - all children 6 to 59 months of age
 - adults and children with chronic health conditions
 - people of any age who are residents of nursing homes and other chronic care facilities
 - people 65 years of age and older
 - all pregnant women
 - Indigenous peoples
- **WHO SHOULDN'T GET THE VACCINE:** people who have had a serious allergic reaction to the seasonal influenza vaccine or to any of the components, with the exception of egg, **should NOT receive** the vaccine.
- **WHEN TO GET THE VACCINE:** recommended time to receive the seasonal influenza vaccine is October to December, but influenza immunization can be beneficial when given any time from October to March, even after the start of influenza season.
- **INFLUENZA IS NOT THE STOMACH BUG.** Influenza is a respiratory infection. Many people use the term “stomach flu” to describe illnesses with nausea, vomiting or diarrhea. These symptoms can be caused by many different viruses, bacteria or even parasites. While vomiting, diarrhea, and nausea can sometimes be related to the flu — more commonly in children than adults — these problems are rarely the main symptoms of influenza. The flu is a respiratory disease and not a stomach or intestinal disease.

IS IT A COLD OR		
COLD	SYMPTOM	INFLUENZA
rare	FEVER	usual high fever 102°F/39°C to 104°F/40°C) sudden onset, lasts 3-4 days
rare	HEADACHE	usual - can be severe
sometimes, mild	GENERAL ACHES & PAINS	usual - often severe
sometimes, mild	FATIGUE & WEAKNESS	usual, severe, may last 2-3 weeks or more
unusual	EXTREME FATIGUE	usual, early onset - can be severe
common	RUNNY, STUFFY NOSE	common
common	SNEEZING	sometimes
common	SORE THROAT	common
sometimes, mild to moderate	CHEST DISCOMFORT, COUGHING	usual - can be severe
can lead to sinus congestion or earache	COMPLICATIONS	can lead to pneumonia and respiratory failure; can worsen a chronic condition; can be life-threatening

6th Annual Nova Scotia Aboriginal Youth Skilled Trades Fair



November 4th to 6th 2018

**Nova Scotia Construction Sector Council
Halifax**

Come Explore the Trades

This three day exploration into the Trades will provide a hands-on learning experience with individuals who are experts in the industry. Students will also have the opportunity to attend a Skills Canada event where they can try animation, robotics, and try-a-trades.

The Nova Scotia Aboriginal Youth Skilled Trades Fair is open to aboriginal youth in grades 9 - 12 and students attending Adult Learning Programs across Nova Scotia.

To apply please fill out the registration form which can be found at www.kinu.ca or online at <https://goo.gl/forms/6iXw8Q5ifF8vQa1R2>. All costs (hotel, meals and transportation) will be covered by our sponsors; Mi'kmaw Kina'matnewey, Native Council of Nova Scotia, Skills Canada, and Apprenticeship NS. Please submit your application online, via email to ann@kinu.ca or fax to 902 567 0337 by October 5th, 2018.

Please join us at an Innovation Fête!

The only way you survive is you continuously transform into something else. It's this idea of continuous transformation that makes you an innovation company.
- Ginni Rometty, IBM

**Tuesday, October 23rd • 3 – 6 PM • Nova Scotia Community College -
Burrige Campus • 372 Pleasant Street • Yarmouth, NS**

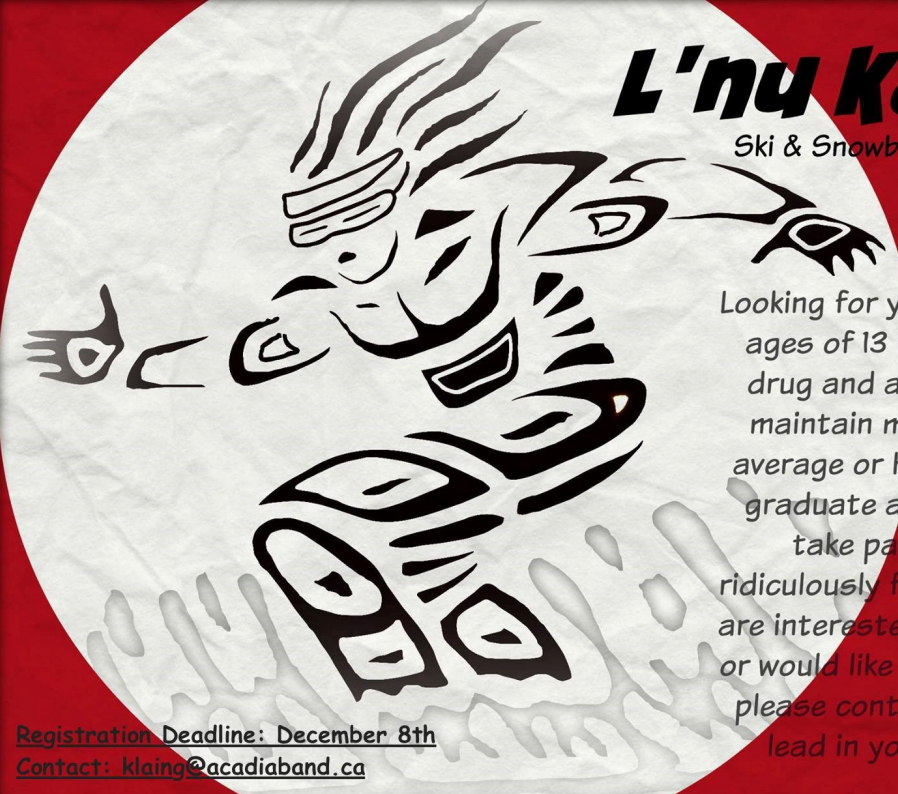
This celebration of Nova Scotia's entrepreneurial and innovation culture will give you new ideas and approaches for increasing your competitive edge.

Come explore how to incorporate innovation into your business:

- Connect with innovators and researchers
- Enjoy guest speakers on the leading edge
- Take part in panel discussions and informative break-out sessions
- Connect through a networking dinner and showcases from innovators and pioneering companies

This is the second in a series of events brought to you by a partnership of organizations, innovation districts, and post-secondary institutions. Check out this [video](#) of the first event earlier this year in Baddeck. More details coming soon.

RSVP Now!



L'ny Kamakn

Ski & Snowboard Program

Looking for youth between the ages of 13 to 24 years old, drug and alcohol free, who maintain minimum of a C+ average or High School/GED graduate and are ready to take part in 8 on hill ridiculously fun lessons. If you are interested in participating or would like more information please contact the program lead in your community.

Registration Deadline: December 8th
Contact: klaing@acadiaband.ca

Mi'Kmaq Mawiomi at White Point *Saturday, October 13th - Sunday, October 14th*

October is Mi'Kmaq History Month in Nova Scotia. We're incredibly proud to celebrate and honour this rich culture of our area. We're teaming up with Acadia First Nation's Sipuke'l Gallery in Liverpool, to present a unique day here at the beach. Please join us as we honour more than 10,000 years of Indigenous Peoples presence, our neighbours and friends.

Hope you'll come along.

While you are here, for the weekend, or anytime, linger in the Lounge to discover a pair of maple carved paddles by **Ed Benham**. Count and marvel at the eagles etched beautifully into the moose antler by **Bucky Moore** by the Front Desk. Pause and take in the meaning that's inspired the paintings hung on our walls by **Melissa Labrador**. Touch the handmade birch bark bowl by canoe builder **Todd Labrador**, and stroll along the pathway to appreciate his legacy within our 90th Anniversary Sculpture Show, Sea'spired, entitled 'Our Spirits Remain' petroglyph. Drop by the Gift Shop and you'll discover works by many local Mi'Kmaq artists too.

Be sure to explore our area's Mi'Kmaq heritage and culture at one of our many sites including:

Sipuke'l Gallery in Liverpool

Kejimikujik National Park and National Historic Site of Canada, don't miss the encampment!

Queens County Museum in Liverpool

Mi'Kmaq Mawiomi Itinerary

(complimentary with your overnight stay experience, please note program subject to change/expand)

Saturday October 13:

1:30 – 4:30pm: Meet our Mi'Kmaq Artists, Crafts and Creators

We're proud to celebrate our areas rich cultural heritage. We invite you to meet and explore the works of a growing list of local Mi'Kmaq artists from our community who will be here to showcase their talents, traditions and creations, including:

Cherry Whynot, leather and bead works along with demonstrating how to make moccasins

Pat Garrison, basket weaver and maker

Jackie Boucher, painter

Crow Eddy, carver and bead crafter, demonstrating how to make a Dream Catcher
More to be confirmed!

4:30 – 5:15pm: 10,000 years Unearthed: Artifacts Speak Volumes

Roger Lewis, Curator of Ethnology and Katie Cottreau-Robbins, Archaeology Curator,
Nova Scotia Museum

For more than ten thousands of years, people of the Mi'kmaw Nation lived sustainably, year-round, within Nova Scotia depending upon the natural world for food, clothing and shelter. We know this from the legends passed down through the generations, but so too from artifacts found within the Acadia First Nation area, in Kespukwitk. Artifacts collected from archaeological digs on the [Mersey River](#) bed, from Shell Middens in [T.H. Raddall Park](#) and findings present in [Kejimkujik National Park and National Historic Site](#) all have provided insights into ancestors who preceded all of us. Our special guests Roger Lewis and Katie Cottreau-Robbins from the [Nova Scotia Museum](#) will connect the dots which provide the clues to the relationship to the natural world and the characteristics of the Mi'kmaq people, here within our community.

7:30-8:30pm: Bonfire Gathering

Come gather by the oceanside bonfire as we roast a traditional 'bread' called Luskinikn that we'll savour with local maple syrup as we listen to legends and learn the Honour Song guided by Crow Eddie.

Sunday October 14:

9:30 – 10:30am: Mi'kmaq Medicine Plant Walk

Join Laurie Lacey, traditional medicine maker, naturalist, writer and painter, of mixed ancestry, including Mi'kmaq and Irish, for an interactive stroll of discovery around White Point. Laurie's knowledge is extensive and sense of humour used in his story telling and sharing of knowledge is always enlightening.

Please note RSVP by [email](#) to confirm your participation, space is limited to 20 people.

About our Presenters from Nova Scotia Museum:

Roger Lewis, Curator of Ethnology

His research interests lie in Mi'kmaw knowledge-practices tied to land and resource use. Roger works closely with Mi'kmaw communities throughout Nova Scotia to gather and record information about their cultural objects. He has a special appreciation of the relationship between Mi'kmaw artisans and the "living objects" they create. "It is important to remember that the maker's soul breathes within them, making them more than a simple craft." He is also excited by the recent resurgence of Mi'kmaw artistic skills – a blending of traditional techniques with a contemporary outlook.

Katie Cottreau-Robins, Archaeology Curator

Dr. Katie Cottreau-Robins is our Curator of Archaeology. She loves the hands-on connection to the past that archaeology provides. “With the physical evidence that is collected and studied, you gain insight into the daily lives of people like you and me.” She enjoys learning things that can’t be found in archives or historical documents. Katie earned her PhD from Dalhousie University in 2012. Her dissertation, “A Loyalist Plantation in Nova Scotia, 1784-1800,” is closely connected to her work at the museum. One of the objects found at the plantation dig site is part of this exhibit. Though Katie’s job has many opportunities to explore the wide range of past cultures and experiences represented in Nova Scotia, she continues to have a special interest in uncovering the daily lives of the enslaved in the loyalist era.



UPCOMING EVENTS

COMMUNITY EVENT		DETAILS/LOCATION	DATES
AFN	Annual General Meeting	All Acadia First Nation Band Members are welcome to attend. Chief Deborah Robinson and council members will be in attendance to 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 1-888-670-8086 Location Lion's Club Shelburne, NS 188 Elliott St.	Oct 20th @ 10:00 am
	Mi'kmaw Language Classes	AFN will be hosting language classes for it's membership across all of our locations. The classes will feature a live instructor and will connect all attendees through video conferencing. This is our second year and anyone interested in attending can come out to the first session. Classes will be held at the Wildcat Community Centre, Gold River Health Centre, Hammonds Plains Office, Shelburne Office and the Rose Purdy Centre in Yarmouth	Monday Nights @ 6:30 pm Starting on Oct 15th
	Mi'Kmaq Mawiomi at White Point	October is Mi'Kmaq History Month in Nova Scotia. We're incredibly proud to celebrate and honour this rich culture of our area. We're teaming up with Acadia First Nation's Sipuke'l Gallery in Liverpool, to present a unique day here at the beach. Please join us as we honour more than 10,000 years of Indigenous Peoples presence, our neighbours and friends.	Oct 13th
Shelburne	APAJI ELMIEY (Returning Home) An Art Installation by Ed Benham	Unveiling of Ed Benham's art project to be held at the Shelburne Park on Dock Street, beside the chamber of commerce building, This art installation titled APAJI ELMIEY (returning home), sponsored by Acadia First Nation (AFN) and the AFN Ponhook Trust Committee, dedicated to the Town of Shelburne and it's residents on October 13, 2018 @ 2:00 pm located at the Shelburne Secret Park	Oct 13th @ 2:00 pm

Yarmouth and Shelburne Elders

If you are an Acadia First Nation band member residing in Yarmouth or Shelburne and are turning 65 in the 2018-2019 year please advise your local office to ensure you are included in all Elder's events and notices.

Yarmouth office: 902-742-0257

Shelburne office: 902- 875-2812