

on the

H O R I Z O N

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Welcome...

Well, better late than never, I always say. And on that note, **Happy 2011, Happy Spring**, and we hope you enjoy the first edition of *On the Horizon* for 2011.

Horizons greeted 2011 with a slew of activity, and as many of you know, we haven't taken a breath until we jumped the March 31st hurdle. There is much to update you on – projects we have been working on, as well as upcoming ones that you may like to get involved with; parties and mid-winter planning trips; upcoming events and activities that we want you to know about. So, without further delay, let's get started! And once again, thanks to everyone who contributed to this newsletter – we love to hear from you.

Cari Patterson Jean Robinson-Dust Ulmwell

Reflection

When I look outside I see manifested what I feel inside: the crocuses are popping their little heads up and standing on their tippy toes to reach the sun; the days are getting longer and I am feeling drawn to the light; the snow is melting (yes, as I write this we still have snow on the North Mountain!); and there is the promise of life, and new things to come.

After a personally challenging winter and a very busy workload these past few months, it is good to be reminded that this is all part of the cycle – the light does return; we have more free time in our days; our families have been waiting for us to get through this time and are ready to take our hands and lead us outside to play... We will be **Springing Into Action** soon enough; there will be gardens to plant; BBQs to fire up, swims to enjoy, long lazy summer afternoons with hammocks and books to inhabit; visits and vacations to savour.....

It's lovely to be reminded that when we get through dark times there is hope and promise. I know it's around the corner, and while the last little bit of snow finishes melting and the rest of the plants get ready to poke their heads up, I am going to enjoy that last little bit of sleepy resting, take some easy days, not work too hard, and get ready for what unfolds next in this riotously beautiful thing we call life.

Cari



Introducing Some of Our Team...

Shannon MacLean ADMINISTRATIVE ASSISTANT



Name: Shannon MacLean

Place of Birth: Port Hood, Nova Scotia.

Current Residence: Kentville, Nova Scotia.

Occupation (besides Horizons, if any): Coordinator for *BALLE Nova Scotia*.

Activities with Horizons: None currently, but I have been involved helping with data entry, dictation and word processing assignments.

Volunteer activities you participate in, in your community:

I am currently on the *Wolfville Community Fund* board and we have issued grants to programs that center around child poverty as well as started an endowment fund for the future of the Wolfville community.

Hobbies/things you do for fun: Exploring local food and dinner with friends, and playing guitar poorly but eagerly. I love home renovation projects when I have the time and I am a lifelong learner.

An accomplishment you are most proud of: I am very proud of the work I have done with *BALLE* in its first year. As a grassroots

organization there are lots of challenges, but I have had the opportunity to meet a lot of great people, and I am excited about the future and what we can accomplish.

A goal you have set for the future: Well, like most people I set a personal New Year's resolution to lose weight and exercise. Professionally I would like to expand my skills in web design.

Anything interesting you would like to share with the rest of the team?: As Coordinator of *BALLE*, I encourage people to start to shift their thinking and join the *10% Shift Initiative* with *BALLE Nova Scotia*. For more information check out www.ballens.ca.

Susanna Steinitz Research Assistant



Name: Susanna Steinitz

Place of Birth: Evanston, Illinois – a suburb of Chicago (although since I moved to Toronto at age 3 months and grew up primarily in Antigonish, Nova Scotia, where we moved when I was 3 years old, I tend to claim to be from Nova Scotia...).

Current Residence: Smith's Cove – on the beautiful Bear River.

Occupation (besides Horizons, if any): I have a social work degree (BSW) and an MA in Criminology. I currently teach part time at NSCC, Kingstec Campus, in the school of Health and Human Services, Addictions Counseling program. I also make and sell pottery in the store, *Bluefin Pottery* that I run together with my partner, Hans, in Digby. We sell a variety of local art and crafts there – there is a lot of talent in rural Nova Scotia! My specialty is painted children's pottery – I do a variety of animal-inspired scenes (zoo trains, Noah's Ark, woodland scenes, farm animals, etc.). Most of my professional life has, however, been as a social worker and in program development, as well as work-ing on research projects with various people and organizations.

Activities with Horizons: I have done a bit of everything, primarily writing literature reviews and data analysis. I really enjoy all aspects of the research process, especially writing about it.

Anything you would like to include about the important people in your life:

I live in a lovely part of the world, with my husband, Hans, my 4 year old, David (who attended his first research meeting with *Horizons* at age 6 months!) as well as a variety of rescue animals – 3 cats and 2 dogs right now.

Hobbies/things you do for fun: Cooking and eating good food with friends, traveling, reading, hiking, canoeing, swimming, snow-shoeing, cross country skiing, camping, horseback riding and anything that I can do with animals and my son David. One thing I love about where I live is that we have trails by our house and can enjoy walking in the woods without leaving our property. I also like to be creative – my latest hobby is rug hooking. Actually, I have tried to ensure that my professional life also involves things that I enjoy – I love working with people, writing, analyzing data and making pottery!

(Cont'd next page)

Some of Our Team... (Cont'd.)

An accomplishment you are most proud of:

I am not sure that you can call him an "accomplishment" but right now I am most proud of my son David – he's at a really delightful age – so much imagination and fun! Professionally, I think I am most proud of a research project that I did a few years ago that resulted in a grant for long term housing for *Alice Housing* clients. Housing and homelessness issues are important areas of interest for me.

A goal you have set for the future:

Since my current position at NSCC is over at the end of April, I guess finding a new job is next on the agenda! I would like to get back into program development and/or find a project that satisfies my interest in social justice issues. I would also like to get a horse...

Nicole Priddle

Circle of Associates



Name: Nicole Priddle

Place of Birth: Corner Brook, NL (my family roots are on the Island although I've made a life in NS for many years).

Current Residence: Enfield, NS.

Occupation (besides Horizons, if any): Advisor *Lia Sophia*.

Activities with Horizons: Department of Tourism, Culture and Heritage and Aboriginal Health Transition Fund projects.

Anything you would like to include about the important people in your life:

I am thankful to share my life with my husband and life partner Marc and our three amazing boys: Josh, Alec and Jonah. And as much as I love them, they have also given me an appreciation for the need for *mommy's spa time*.

Volunteer activities you participate in, in your community:

I recently became Treasurer of the *Nine Mile Playground Committee*, which was recently established to raise money to build a playground in our community. Being new to Enfield, I am happy to meet other parents and for my boys to meet children in our neighborhood.

Hobbies/things you do for fun: I love spending time near the ocean, especially when it is warm! I also like baking, gardening, yoga, snowshoeing, knitting, and harp (just learning). I gained an appreciation for sushi a few years ago and always enjoy a special dinner and night out to the movies with Marc.

An accomplishment you are most proud of:

Having the courage to evaluate my situation the past year and follow through with important decisions to leave an incompatible work situation, move to the country and explore the future with an open mind. I am especially happy to find a better balance for my family and to discover where new paths will lead.

A goal you have set for the future: I would like to strengthen and expand relationships with the Horizons team and also in my community. I am focusing on developing coaching skills, earning a trip to Los Cabos (seriously) and becoming a *Lia Sophia* leader. I would also like to make yoga a part of my exercise routine.

Anything interesting you would like to share with the rest of the team?:

A quote from an inspirational book that led me to reflect on my own life, dreams and where I want to spend my time: "If we try to resolve terrorism with military might and nothing else, then we will be no safer than we were before 9/11. If we truly want a legacy of peace for our children, we need to understand that this is a war that will ultimately be won with books, not with bombs." **Greg Mortenson**, *Three Cups of Tea: One Man's Mission to Promote Peace... One School at a Time*.

SNAPSHOT



TOP: Cari and Jean presenting a thank you gift (made by **Loraine Etter**) to **Kirstin Nucklaus** (DHW) at the end of the MHPF and CSP work in March. **BELOW:** Cari, Berta, Charlotte, and Margaret Ann, with thank you gifts (made by Loraine Etter) at the end of the MHPF and CSP work in March. The First Nations RAs, Charlotte and Margaret Ann, learned about evaluation work through their involvement with the Mi'kmaq Health Policy Framework project and the Cultural Safety Project work. Cari and Jean learned about good ways to do evaluation work with Mi'kmaq communities.

What's Happening...

Ongoing Contracts

Aboriginal Health Transition Fund (AHTF) Adaptation Plan, Mi'kmaq Health Policy Framework, and Cultural Safety Project Evaluations (2009 - 2011)

Nova Scotia Department of Health and Wellness (DHW)

(Cari, Jean, Berta, Charlotte, Margaret Ann, Camille, Ashley, Sunshine, Rose Julian)

We recently completed these three evaluations related to the DHW's work with the national AHTF. The findings are being used to inform ongoing work between government and Aboriginal partners. A large component of these evaluations included building evaluation capacity among First Nations community members.

Aboriginal Health Transition Fund (AHTF) Integration Projects Comprehensive Process and Outcomes Evaluation (2010-2011)

Health Canada – First Nations & Inuit Health

(Cari, Jean, Charlotte, Nicole)

We recently completed an Atlantic regional evaluation of AHTF integration projects. The evaluation was primarily focused on the process of implementing the AHTF Integration envelope, but was also able to assess early outcomes of the project work. This contract also included a capacity building component with a First Nation community member (Charlotte).

Maternal & Child Health (MCH) Program Evaluation (2011)

Health Canada – First Nations & Inuit Health

(Cari, Sharon Augustine, Stephanie Francis)

We are in the early stages of conducting an evaluation of Health Canada's Maternal and Child Health Program in Atlantic Canada. We will be working closely with MCH Coordinators to determine the existing strengths of the program, and strategies for improving its effectiveness. This evaluation incorporates a capacity building approach with First Nations Research Assistants. We are pleased to welcome **Sharon Augustine** and **Stephanie Francis** to the *Horizons* family.

IWK CHOICES Program – Supporting Treatment Services for At-Risk Youth in Capital Health & Aboriginal Youth Provincially Project Interim Evaluation (2011)

IWK Health Centre

(Jean, Cari, Susanna, Berta, and Helen)

We have just finished conducting an interim evaluation of the **CHOICES*** initiative with at-risk youth in the Capital Health area and Aboriginal Youth throughout the province. The evaluation findings will inform the ongoing work of the program.

**CHOICES is a voluntary assessment and treatment program that assists adolescents aged 13-19 with challenges around substance abuse, mental health issues and/or gambling.*

Continuing Care Branch- Challenging Behaviour Program (CBP) Evaluation (2011)

Nova Scotia Department of Health and Wellness (DHW)

(Jean, Cari, Penni Burrell, Berta, Charlotte, Shauna, Helen, Cynthia, Susanna)

We have just started work on evaluating the effectiveness of the DHW's CBP, a program that focuses on building system capacity for responding effectively to challenging behaviours of older people with dementia and/or mental illness. This evaluation is mainly process-focused, and results will inform the ongoing implementation of the program. We're pleased to welcome Penni Burrell to the *Horizons* family.

(Cont'd. on page 5)

What's Happening...

(Cont'd. from page 4)

Recently Completed Contracts

Influencing Policy and Practice Around Gambling (2011)

Annapolis Valley Health
(Jean, Cari)

We recently completed this contract to help a group of concerned citizens come together to form an organization and plan for taking action on gambling in Kings County, NS. Watch for the Kings Community action Group on Gambling. There two main areas of focus are raising awareness about harms associated with gambling, and increasing community say about gambling.

Conducting an Evaluation of the Atlantic Aboriginal Economic Development Integrated Research Program (AAEDIRP) (2011)

Atlantic Policy Congress of First Nations Chiefs Secretariat (APCFNC)
(Cari, John)

We have just started work on an evaluation to determine the value, significance and strengths of the AAEDIRP from 2001-2011, as well as to identify the challenges encountered, and offer recommendations to ensure the program's continued success. It will be a mixed process and outcome evaluation, participatory in nature, and will be primarily qualitative.

PLEASE NOTE:

Horizons Goes on Vacation...

Our offices will be closed from July 1st to July 31st, reopening Tuesday August 2nd. We're looking forward to a big chunk of time for rest and recreation!



Calendar of Events 1



Spring Into Action Challenge 2011!!!



It is rapidly approaching that time of the year when the birds will be singing, crocuses will be exploding through the earth, and everyone else will be *Springing Into Action!* That's right, the *Horizons* challenge is back again for another year.

For those of you who are not aware, *Spring Into Action* is an annual six-week challenge *Horizons* issues to our colleagues, friends and families worldwide. This year it takes place from April 25th to June 5th. The purpose of the campaign is for all of us to get physically active, and fit for summer!

The goal is for members of each team to accumulate at least 30 minutes of physical activity a day for five days each week. There are weekly prize draws for everyone who meets the weekly goal, as well as grand prize draws at the end of the Challenge!

So get your household and/or co-workers together to make a team (because you are going to be out and about more, we are suggesting a maximum of 10-15 people per team), grab your sneakers, get outside, enjoy the fresh air, have fun, and of course... *SPRING Into Action!*

For more details about the Challenge, or to register, go to www.spring.horizonscda.ca and complete the registration form posted on our website. Please contact Josephine at sia@horizonscda.ca if you have any questions regarding the *Spring Into Action Challenge*. We hope to hear from you soon!

Mark Your Calendars for KFROGS!



As you may know, **KFROGS** is an annual 5 & 10 km Run/Walk held at the Look-Off on the North Mountain outside of Canning, Nova Scotia to honour the memory of **Kaleigh French** and to raise funds for the Kaleigh's *Kindred Spirit Award*, to help local young people participate in volunteer work overseas, and help continue Kaleigh's legacy. Horizons has been a strong supporter of **KFROGS** since it began in 2008.

This year's event will take place on Sunday June 5th, 2011 at 9:00 am at the Look-Off near Canning.

We encourage people to get involved with this worthy cause. You can help by registering to participate in the Run/Walk; as a participant by collecting pledges, or by supporting a participant through pledges; or by volunteering to help with some of the other activities in this day-long event (e.g., beer tent, silent auctions, pony poo lottery, music tent).

The individual registration fee for both the 5 km & 10 km events is \$35 until May 6th, and \$45 from May 7th to June 4th. Team registration (up to 5 people) is \$125 until May 6th, and \$150 until June 4th. Registration the day of the event (June 5th) is \$50 for individuals and \$160 for teams. T-shirts are guaranteed for those who register by May 6th.

You can register by:

- Going online to <http://www.events.runningroom.com/hm>, and select *Nova Scotia*, then select *June '11*, then follow the instructions. Online registration closes May 28th.
- You can register in person during race kit pick-up at the Look-Off Friday June 3rd from 6:00 – 8:30 pm, and Saturday June 4th from 1:00 – 4:00 pm.
- You can register in person at the Look-Off the day of the event (*note increased registration fee*) from 7:00 am – 8:00 am.

For more information, please visit www.kfrog.ca or contact Cari at Horizons.

UPCOMING

FIRST NATIONS GET FIT CHALLENGE

The **First Nations Get Fit Challenge** is a fitness and nutrition program designed to encourage First Nations, Inuit, Metis – living on or off reserve – throughout Canada to become physically active, eat healthy, and improve their personal wellbeing.

By providing challenges within your community to challenge each other and by providing incentives, and partnering with your existing support systems, and recreation/fitness facilities this goal can be achieved. The *First Nations Get Fit Challenge* will promote and encourage First Nation people to actively improve their personal health and wellness.

The *First Nations Get Fit Challenge* is a two-step personal wellness program that advocates regular physical activity and a healthy diet. Program participants are guided through a 12-week program that provides the basic steps toward improving health and wellness. Participants are provided instructions on how to exercise regularly and daily meal plans to help maintain weight. They are also provided with encouragement and incentives that are intended to motivate them to complete the program.

For more information about the First Nations Get Fit Challenge, please visit <http://www.firstnationsgetfitchallenge.com/>.

*Submitted by Josephine McDonald
Admin Pool*



Calendar of Events 2



IACD Conference



The **Sociedade Portuguesa de Psicologia Comunitária** is pleased to be hosting the *2011 IACD Conference* at Fun-dação Calouste Gulbenkian, Lisbon from 6th to 8th July 2011.

The chosen theme for 2011 IACD Conference is transformative leadership and empowering communities. The core goal of community development is to work in genuine partnership, in building socially and economically inclusive, diverse, environmentally sustainable, gender responsive and just societies. That empowering and transformative approaches boost a more active participation of community leaderships in decision making processes, and to enable the transformative capacity of citizens to act as agents of change.

Transformational leadership of this kind creates pathways for civil society and community groups to become empowered, through more active participation in community decision making processes to engage with, and influence public and corporate policies at the local, regional, national and international levels.

The premises include a large auditorium, a space for temporary exhibitions, a congress area with auditoriums and other rooms, as well as a large building that houses the Calouste Gulbenkian Museum and the Art Library. The entire complex is set in the Gulbenkian Park.

Anyone interested in community development should attend the conference, including community development practitioners; academics, researchers and students; community development networks and associations; local and national government; charitable foundations and trusts; private sector; and media.

For more information about the upcoming conference, please visit the conference website: <http://www.cdconference.com/>.

SNAPSHOT

Horizon's Holiday Party

*Thanks to everyone who came out and helped to make the annual Horizons holiday party a rousing good time! As a lot of you know, we gathered together on December 12th in the Garden Room at the K.C. Irving Environmental Science Centre in Wolfville to enjoy some food and drink. We listened to a wonderful mix of holiday and jazz music performed by the Jazz Mannequins, and enjoyed an impromptu singing performance by an Acadia music student; and we made some great natural holiday crafts to take home with direction from our friend **Ina Snipp**. To cap the day, we were lucky enough to have another friend, **Doretta Groenendyk**, drop by to read from her new children's book 'Snow for Christmas'. Everyone brought donations for our local food banks as well. A wonderful time was had by all and we thank those of you who could come for joining us in our holiday celebration, and hope to see those that couldn't next year!*



Connor, Joe, Josephine, Dave and Sophie (with Jean watching the production) create pomander balls with direction from Ina Snipp.

In the Know...

Did You know? The First Nations People of Nova Scotia are known as the Mi'kmaq. The Mi'kmaq called themselves L'nu'k, meaning "the people". The term Mi'kmaq comes from their word nikkmaq, meaning "my kin-friends".

The Mi'kmaq language, one of the Algonkian family of languages, is rich and descriptive. Their name for the month of May is *Tqoljewiku's*, "frog croaking moon". February is *Apiknajit*, the "snow-blinder". Some place names Shubenacadie, Whycomomagh, Malagash, Pugwash, Merigomish, Musquodoboit come from the Mi'kmaq. The language is still spoken today.

At the time of first contact with European explorers in the 16th and 17th centuries the Mi'kmaq lived in the region now known as the Maritime provinces and the Gaspé peninsula. Later they also settled in New England and Newfoundland.



This area was divided into seven smaller territories across what was known as *Mi'kma'ki*. Today, the Mi'kmaq live throughout the province. Nova Scotia has 13 Mi'kmaq First Nations with community populations ranging from 240 in the Annapolis Valley First Nation to 3,988 in the Eskasoni First Nation. In total, there are 13,518 registered Indians in Nova Scotia and of these, 4,752 live off-reserve. The Registered Indian population in Nova Scotia is represented through 13 band councils and two tribal councils (the Confederacy of Mainland Mi'kmaq and the Union of Nova Scotia Indians) and the Native council of Nova Scotia. The Union of Nova Scotia Indians tribal council represents the five First Nation communities in Un'imaki (Cape Breton): (We'koqma'q, Wagmatcook, Membertou, Eskasoni, and Potloteks) along with two First Nations located in mainland Nova Scotia (Indian Brook and Acadia). The remaining six communities are represented by the Confederacy of Mainland Mi'kmaq (Bear River, Annapolis Valley, Glooscap, Millbrook, Paq'tnekek, and Pictou Landing First Nations).

Quick Facts:

- There are 24,175 people of Aboriginal identity in Nova Scotia – an increase of 42% since 2001. This population makes up 2.7% of the total population of Nova Scotia.
- There are 13 First Nation communities in Nova Scotia – the largest are Eskasoni and Indian Brook;
- There are 34 reserve locations across Nova Scotia;
- Responsibility for on-reserve education has been delegated to the Mi'kmaq through a self-government agreement.

This information is from the Office of Aboriginal Affairs website at <http://www.gov.ns.ca/abor/>.

Government Announcement:

On January 11th, **Premier Darrell Dexter** announced departmental and ministerial changes that include the merging of the Department of Health and the Department of Health Promotion and Protection; the Department of Tourism has moved to the Department of Economic and Rural Development; and the development of a new Communities, Culture and Heritage Department that includes the Offices of Aboriginal, Acadian and African Nova Scotian Affairs.

According to Premier Dexter, these changes to cabinet and restructured government departments will "...better distribute the workloads of ministers, ensure more effective service delivery to meet the needs of Nova Scotians and to help deliver on government's key commitments."

Premier's Office, January 11, 2011 4:16 PM

<http://gov.ns.ca/news/details.asp?id=20110111007>



Nibbles of Pleasure

A Poem by **Wendell Berry**

The pasture, bleached and cold two weeks ago,

Begins to grow in the spring light and rain;

The new grass trembles under the wind's flow.

The flock, barn-weary, comes to it again,

New to the lambs, a place their mothers know,

Welcoming, bright, and savoury in its green,

So fully does the time recover it.

Nibbles of pleasure go all over it.



Bulletin Board...

Nine Mile River Community Playground Fundraiser

The *Nine Mile River Committee* held its first fundraiser to raise money to build a new community playground January 24th at the Nine Mile River Community Hall. All profits from the sale of Lia Sophia jewelry, a draw on a mosaic donated by local artist Regina Coupar, and 50/50 tickets were donated for the development of the playground. Since this initial fundraiser, the Nine Mile River Playground Committee has received a municipal grant over \$10,000 for new playground equipment and are currently planning a couple of new fundraisers for this Spring. If you would like more information about this cause, please contact **Nicole** at nicole_priddle@live.ca. You can also join the facebook group "*Nine Mile River Playground Committee*" - all are welcome!

Submitted by Nicole Priddle, Associate

VALLEY WOMEN'S BUSINESS NETWORK

I have recently joined the *Valley Women's Business Network* which is an organization for women business owners in the Valley with a mission to support, educate and promote women in business.

At the monthly meetings a speaker gives a presentation on a business related topic and there is also an opportunity to network with the other members. If anyone is interested, there is more information available at <http://www.vwbn.ca/>.

Submitted by Helen Woodward, Admin Pool



HORIZONS

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www.horizonscda.ca

We welcome your comments and suggestions.

E-mail us at: info@horizonscda.ca



Snapshot

Work hard, play hard...

Cari and Jean working hard during a planning session in February on the Mayan Riviera.