

on the

# HORIZON

NO. 5, VOL 1 SPRING 2013

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## Welcome...

Welcome to our spring 2013 newsletter! It has been a busy winter here at Horizons, with many different projects keeping us occupied as the snow blanketed the ground. We now look forward to the bright sunshine of spring and new, interesting projects to fill our days. We have much to share with you, so please read on. **We hope you enjoy!**

*Cari Patterson    Jean Robinson-Duest    Ulmwell*

## Horizons Holiday Party

Horizons hosted our annual holiday party on December 9, 2012. Friends and colleagues joined us in the Community Room at the Wolfville Farmers Market for some good food, music, crafts, and fun. It was wonderful to see great friends and celebrate the season together.



## Boston Memorial Run

About 120 runners met in Wolfville, NS on April 22 to honour the people directly affected by the Boston Marathon bombings. **Cari** and her friend **Janet Mooney**, who had the idea for the group run, wanted people to have a chance to show their support for those directly affected, and for runners to show their strength and courage in continuing to do what they love to do. Runners in cities across Canada held events to show solidarity with the people of Boston, so they won't feel defeated by the bombers.

*Above: Boston Memorial Run participants beginning their run from the Acadia Athletic Complex*





# Introducing Some of Our Team...

## RESEARCH ASSISTANTS

- Alan Howell
- Alice De la Durantaye
- Barbara Lipp
- Berta Klooster
- Brenda MacKinnon
- Camille Dumond
- Charlotte Lafford
- Erica de Sousa
- Heather Holm
- Marie-Claire MacPhee
- Penni Burrell
- Shauna Glidden
- Susanna Steinitz
- **Trudy Watts**



### Trudy Watts

Research Assistant

**Name:** Trudy Watts

**Place of Birth:** Willowdale, Ontario

**Current Residence:** Caribou Island, Nova Scotia

**Occupation (besides Horizons, if any):** Adult educator and facilitator, and herbalist.

**Activities with Horizons:** Research assistance with literature searches and interviews.

**Hobbies/things you do for fun:** Growing and gathering medicinal plants and making herbal preparations.

**An accomplishment you are most proud of:** I am co-founder and namer of an affordable housing community for women called Women's Housing Matrix.

**A goal you have set for the future:** To participate in the David Suzuki Foundation's 30x30 Challenge – being in nature for 30 minutes every day in the month of May.

## CIRCLE OF ASSOCIATES

- **Angela Day**
- Bob Kanygin
- Barbara Kaiser
- Claire LeBlanc Northcott
- Darcy Santor
- John Colton
- Joanne Hussey
- Joanne Linzey
- Nicole Priddle
- Rolene Pryor

### Angela Day

Circle of Associates

**Name:** Angela Day

**Place of Birth:** Halifax, Nova Scotia

**Current Residence:** Halifax, Nova Scotia (via many other places!)

**Occupation (besides Horizons, if any):** Program Manager, Global Health Office, Dalhousie University

**Activities with Horizons:** As a new associate, I've been involved in a few projects



with Horizons. I have a diverse skill-set in the areas of program development, research, and evaluation, with a particular interest in applying these skills to public health and community-led development. My capacity to work in French has allowed me to contribute to contracts with Horizons that are national in scope.

**Hobbies/things you do for fun:** In an ideal week, I'd dance every day, ride my red bike, swim in the ocean, garden, cook delicious meals, build giant puppets, play the ukulele, practice yoga, spend time with loved ones, and engage in meaningful work.

**An accomplishment you are most proud of:** Several years ago, I had returned to Nova Scotia after working with communities in Guatemala and Honduras on community-led food sovereignty projects and was deeply inspired by the women leading these initiatives. I decided to apply some of this knowledge to my inner-city neighbourhood, in the North End of Halifax, and worked with a local youth organization, *Saint George's YouthNet*, to develop a youth-based urban gardening program that sought to build food security from the ground up. We had valuable discussions about food systems and health, all while planting kale, making pizza, throwing tomatoes, and learning how to compost. Many of these youth have continued to work on an urban gardening program and vibrant small business in Halifax (*Hope Blooms*), and are leaders in the fight for

*(Cont'd next page)*



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



**Angela Day**  
Circle of Associates  
Cont'd.

for community-based food systems in Halifax. I like to think that I contributed in some small way to the beginning of this exciting movement for change.

**A goal you have set for the future:** In September 2013, I will be taking a sojourn from Nova Scotia to pursue a PhD in Geography and Planning at the University of Toronto. My research will focus on a dynamic sub-discipline called health geography, which looks at the spatial dimensions of health, encompassing environmental health, epidemiology, and healthcare delivery. My research will focus on the health impacts of social and environmental change in rural, land-based communities. ■

News from Our Team

- **John Colton** (Circle of Associates) just released a Community and Business Tidal Energy Toolkit to support both small and large scale tidal energy development. John was a co-lead on the project with **Dr. Shelley MacDougall** from Acadia University.
- John is also travelling to Iceland for three weeks in May and June of this year to teach a course on marine renewable energy. He is very excited about the trip and the opportunity.



Reflection

By Cari Patterson

The sun is finally starting to shine and the days are getting warmer – nature’s reminder that there is always new life, new hope, new beginnings. It is a timely message as we come out of a week of big loss and big sadness in our part of the world. First it was the Boston Marathon bombings, then Rita MacNeil passed away, then there was the fertilizer plant explosion in Texas, then some beloved local community members died. It was a lot for one week, and a lot of people were carrying feelings of sadness and shock. As my friend Janet and I invited runners to run together in Wolfville to honour the people hurt and scared at the Boston Marathon, someone asked ‘Where are the memorial runs for the people who die every day in Syria’?

That question has stayed with me since it was asked. Where indeed? There are so many difficult things that happen in the world, and in some parts of the world people are dealing with this kind of shock and loss almost daily. How do we decide which causes to rise up for? And how do we deal with the fact that there are some we can’t rise up for – because of course none of us can fight for everything. How do we live in the world, try to make it the best possible place we can, live fully and feel deeply, and not become overwhelmed or immobilized?

I started asking these questions and got many answers: speak up when you feel connected to an issue (e.g., as a runner with other runners);

you can’t do everything so do what you can and trust that others will take on some of the issues; stay informed; pray; vote wisely; encourage your representatives to do the right thing as a municipality, province, country. Maybe it is all of these things... and maybe it is building connections across cultures and differences, and maybe it is working for a higher good like love and peace, and maybe it is bringing your best self to the world. And maybe it is not forgetting how important it is to do all of these things, even when the bombings and the building collapses and the sadness and grief and loss are in faraway places. These are difficult issues and I continue to struggle with them, and to pray for our sisters and brothers around the world.

And today the sun is shining and the birds are singing and a 70-year old Kentucky woman was ordained a Roman Catholic priest. The hope and the beauty and the strength are always there – if we can just continue to work together to grow them so they shine the biggest and brightest light of all. **Mary Oliver** offers this advice:

*Instructions for living a life.*  
*Pay attention.*  
*Be astonished.*  
*Tell about it.*

Blessings, love, and peace,

*Cari*



## Current Contracts

**Developing a Children/Family Grief Support Program** • Colchester East Hants Hospice Foundation  
*(Cari, Jean, Marie-Claire, Susanna and Sue Smiley)*

The Colchester East Hants Hospice Foundation has contracted us to complete a best practice literature review and program scan to inform them in developing a program for supporting children who are grieving. We are examining best/promising practices and programs in Nova Scotia, Canada and internationally.

**Enhancement of a Health Career Website for Atlantic First Nation Youth** • Atlantic Policy Congress of First Nation Chiefs Secretariat (APC)  
*(Jean, Berta, Trudy, Dave Klein & Beth George of Infinitives)*

Horizons has been contracted by the APC to redevelop, update, and enhance the existing Native Health Careers website to make it more dynamic, and more responsive to the needs of Atlantic First Nations youth. The enhancements will include updating existing information regarding scholarships, health career opportunities, and educational options and courses offered at various post-secondary institutions. We will also develop an online tool to generate matching career profiles to personal information inputted by users. These enhancements will help to educate and inform Aboriginal peoples in Atlantic Canada about job and career opportunities in the healthcare industry.

**Evaluation of Mi'kmaq Legal Services Network (MLSN)** • Nova Scotia Department of Justice  
*(Cari, Jean)*

We have recently begun work with MLSN, the Nova Scotia Department of Justice, and Justice Canada to evaluate MLSN's work. In February and March, we developed a logic model and evaluation framework for the work, and we recently developed the data collection tools (which include document and database reviews, key informant interviews, focus groups, a web survey and case studies). We will start collecting data in May.

## Recently Completed Contracts



**Supporting Treatment Services for At-Risk Youth Final Outcome Evaluation** • IWK Mental Health and Addictions  
*(Cari, Jean)*

We recently completed the final outcome evaluation for this national pilot project run by CHOICES at the IWK. The project falls under the umbrella of the Health Canada Drug Treatment Funding Program (DTFP), and was completed in partnership with the Nova Scotia Department of Health and Wellness, Phoenix Youth Programs, HomeBridge Youth Society, and Nova Scotia First Nations. We conducted interviews with key stakeholders, focus groups with service providers, and document and database reviews. CHOICES has already begun the process of implementing most recommendations emerging from the evaluation, and the work will continue beyond the end of the pilot project timeline.

**Core Components of Standards and Guidelines for the FNIHB FASD Mentoring Program** • Health Canada First Nations and Inuit Health Branch (FNIHB)  
*(Jean, Berta)*

We conducted a literature review and consulted with FNIHB regional staff to identify common competencies for FNIHB's FASD mentoring program. The regions will use the information in our report (which includes standards and guidelines for each competency area) to ensure that FASD projects across the country are culturally competent, safe, suitable, and effective for the range of First Nations and Aboriginal communities in Canada.

**National Native Alcohol and Drug Abuse Program (NNADAP) Community Outcome Study Methodology** • Health Canada First Nations and Inuit Health Branch (FNIHB)  
*(Cari, Joanne H.)*

Earlier this year we were contracted to develop a methodology for an upcoming outcome study of NNADAP prevention programs across the country. We reviewed program documents, developed a high level process map of 550 programs, and conducted interviews with FNIHB staff and community representatives across Canada to inform the methodology for the study. The study will be implemented as a pilot project in 2013-14, involving a selection of First Nations communities that offer NNADAP community-based addictions programming.

*(Cont'd on page 6)*



## What's Happening At Horizons

### Spring Into Action Challenge 2013



Our annual **Spring Into Action** challenge is well underway for this year. The challenge began on April 15th and runs until May 26th. This year, we have 45 teams registered for the challenge, with a total of 458 participants. People from all over Nova Scotia – from Sydney to Yarmouth, from Prince Edward Island, Newfoundland, Ontario and Saskatchewan are reaching for the goal of 30 minutes of physical activity a day, five times a week. So far, the results have been fabulous! Prizes this year have been donated by the Nova Scotia Department of Health and Wellness, Physical Activity, Sport and Recreation (Valley Region), and the Heart & Stroke Foundation's Walk-about program.

### Nova Scotia Business Inc. (NSBI)

On April 24, **Jean** participated in a celebration of five years of NSBI's work. Its role has been to help companies enhance their competitiveness through trade development, financing and venture capital. NSBI is also responsible for attracting new direct investment to the province, and driving the growth of Nova Scotia's economy. The video linked below was launched at the event. <http://www.novascotiabusiness.com/en/home/results.aspx>

### Kings County Warden Receives Queen Elizabeth II Diamond Jubilee Medal



Cari with Warden Diana Brothers at the presentation

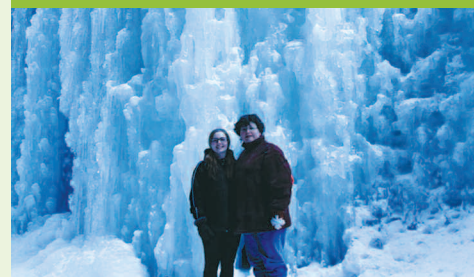
On April 18 **Cari** attended a ceremony in Kentville where Kings County Warden **Diana Brothers** was honoured with the Queen Elizabeth II Diamond Jubilee medal. Warden Brothers was nominated for the medal in honour of the many contributions she has made to the community; the *Action Plan for Ending Racism and Discrimination* (which Horizons worked closely with Warden Brothers and the County to develop) was highlighted as an important part of her work. Warden Brothers will present the *Action Plan for Ending Racism & Discrimination* at this year's Federation of Canadian Municipalities' annual conference in Vancouver in June.

### Nova Scotia Business Inc. (NSBI) Standing Offer



Horizons has been approved for the NSBI standing offer list effective April 1, 2013 to March 31, 2016 for services in research and evaluation. NSBI is the province's private-sector led business development agency.

### Society for Educational Visits and Exchanges in Canada (SEVEC) Exchange



Jean and Kate at Maligne Canyon, Jasper

**Jean** and her daughter **Kate** participated in an exchange between the *Queens County Girls' Choir* and the *Edmonton Children's Choir (ECC)*, March 7-11. As a member of the Choir executive, Jean traveled to Edmonton with the 24 voice choir as one of the chaperones. From April 11-15, the ECC came to Queens County and enjoyed South Shore hospitality, including a trip to Frenchy's, and South Shore Language and Food Challenges.

### Liverpool International Theatre Festival (LITF)



**Jean** was recently named chairperson of the LITF, which is an amateur theatre competition hosted every two years in Liverpool over the May long weekend. It brings 10-12 theatre troupes from around the globe to the historic Astor Theatre and Queens County. The festival's mission is to present, by way of a variety of performances and subsequent critical analyses, colloquies, and workshops, a global picture of the diverse trends in amateur theatre, and to encourage networking between theatre groups. The next festival takes place in 2014.

(Cont'd on page 6)



## Recently Completed Contracts

(Cont'd)

### A Literature Review on Standards and Best Practices of Case Management in Home Visitation Programs in the Context of Maternal Child Health

• Health Canada First Nations and Inuit Health Branch (FNIHB)

(Cari, Jean, Angela, Marie-Claire, Penni, Susanna, Trudy)

We conducted a literature review to identify standards and best practices in case management in home visitation programs in Aboriginal communities, all in the context of maternal child health. We also identified culturally relevant tools and resources for case managers to use in their work.

### The Impact of Community Health Board Planning and Activities in the Guysborough Antigonish Strait Health Authority (GASHA) • GASHA

(Cari, Jean)

We completed an evaluation of the activities and impacts of the three local Community Health Boards (CHBs) in GASHA to determine whether the CHBs and GASHA are meeting their legislated responsibilities toward each other. GASHA and its CHBs are looked to by other Districts as a model for effective collaboration, and the evaluation strongly supported this reputation.

### Examining Municipal Recreation in Nova Scotia • Recreation Nova Scotia (RNS)

(Jean, Cari, Bob, Charlotte, Cynthia, Allan, Berta, Penni, Susanna, Trudy)

Last summer we were contracted by RNS, on behalf of the Examining Municipal Recreation (EMR) Provincial Working Group, to gather and examine comprehensive data on municipal and Mi'kmaq recreation services in Nova Scotia. We presented the preliminary findings at the Recreation Nova Scotia annual conference in Truro in October and worked with stakeholders there to develop emerging recommendations. The findings and recommendations are currently being used to inform recreation policy, planning and decision making across the delivery system, including provincial government, provincial association and post-secondary curricula.

### Looking Ahead/Planning Process • Wolfville Farmers Market Cooperative

(Cari)

The Wolfville Farmers' Market Cooperative contracted us to design and facilitate a process with Market members and vendors; the purpose was to gather input to inform decision making in several key future Market areas. We conducted interviews, focus groups, a web survey, and a session with Market vendors. The information we collected is also being used to inform the Market's business planning process.



## What's Happening...

### Trip to Kettering Foundation



Research exchange participants, Feb. 2013

Cari travelled to the **Kettering Foundation** (<http://kettering.org>) in Dayton, Ohio in February this year to participate in a follow-up research exchange exploring the relationship between community development and democratic theory. The group is exploring the possibility of editing a special issue of the *Community Development Society Journal* as one option for exploring these links more deeply. A fun highlight of the trip was having ice cream with IACD colleagues. Cari and IACD board member/ice cream lover **James Calvin** have now had ice cream together in Scotland, Hong Kong, Canada, Australia, Portugal, and the USA. After the Kettering meetings Cari travelled to Kentucky to explore community development initiatives there, and met with IACD colleagues to explore potential collaborations.

### Idle No More

In February Cari participated in the *We Share Common Ground* gathering at the Tata-magouche Centre (**Trudy Watts** and **Camille Dumond** were involved through their work at the Tata-magouche Centre). Participants included First Nations peoples active with the *Idle No More* movement, and non-Natives who support the movement. The purpose of the gathering was to identify common understandings toward working together as the *Idle No More* movement evolves. The day included an overview of the movement by local organizers **Molly Peters**, **Shelly Young**, and **Marina Young**; a discussion of what is next for *Idle No More*, a discussion of how allies are currently supporting the movement, and an exploration of possible future shared actions. An interesting takeaway was a resource called *Ally Bill of Responsibilities*, which was developed by **Lynn Gehl**, Algonquin Anishinaabekwe from the Ottawa River Valley: <http://www.lynngehl.com/my-ally-bill-of-responsibilities.html>.

'A society grows great when old people plant trees  
in whose shade they know they will never sit.'

• Greek Proverb



**BUILDING PROSPEROUS CARING COMMUNITIES**  
An Open Forum Facilitated by the Housing First Association of Kings County

Louis Millett Centre, New Minas  
May 14 and 15, 2013

Day 1: Tuesday 5:30 - 8:30 pm  
Day 2: Wednesday 9:00 am - 4:00 pm

**You're Invited**

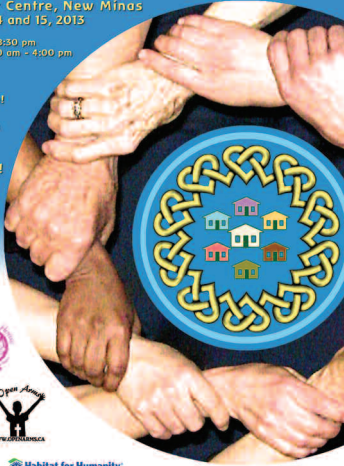
Register Now For Free!

Learn more here:

[www.housingfirstkc.ca](http://www.housingfirstkc.ca)

or call 300-5266

Join our Network!



# Mark Your Calendars

## May 8 – Nova Scotia Walk Day

The *Heart & Stroke Foundation's Walkabout* program has been walking for five years and wants to celebrate! All Nova Scotians are invited to join them on May 8th, either virtually or in person, at one of their walks across the province. Walking celebrations are taking place in all regions across the province including Yarmouth, Sydney and Halifax.

For more information, visit <http://walkaboutns.ca/2013/03/nova-scotia-walk-day-save-the-date/>.

## May 14 - 15 – Housing First Open Forum

*Housing First*, in collaboration with community partners including The Kids Action Program, Chrysalis House, The Refuge and Portal, Open Arms, members of Annapolis Valley Health, Kings County People First, PeopleWorx, and Shelter Me (Canadian Mental Health Association), are holding an open forum on May 14 and 15 at the Louis Millett Community Centre in New Minas, Nova Scotia. Anyone interested in housing and homelessness can attend the forum to learn more about the current state of housing; help to identify common challenges or opportunities; and help to create a county-wide action plan to address inadequate living conditions.

For more information please call (902) 300-5266, or go to [www.housingfirstkc.ca](http://www.housingfirstkc.ca) for more information or to register.

## May 17 – International Day Against Transphobia and Homophobia

May 17 was the day that homosexuality was removed from the International Classification of Diseases of the World Health Organization in 1990. It is now the International Day Against Homophobia, Biphobia and Transphobia, celebrated around the world, and brings people together in the common quest for a better world.

This year on May 17 beginning at 5:00 pm at the Wolfville Harbourside Park, there will be a local celebration, which will include a pride flag-raising. Guests include **MP Scott Brison, MLA Ramona Jennex, County Warden Diana Brothers**, and representatives of the Valley Youth Project. The event is being hosted by **Wolfville Mayor Jeff Cantwell**. Come show your support!

## June 9 – KFROGS Day for Global Change Legacy Run/Walk

The annual *KFROGS Day for Global Change Legacy Run/Walk* will take place June 9, 2013 at the Look-Off near Canning. This special community event is held 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.

To register, visit <http://www.kfrogs.ca/runwalk.php> – take advantage of early bird discounts until May 9!

## July 1 – Summer Vacation

Horizons will be closed for annual vacation for the month of July, reopening on August 6.

Kaleigh French Reaching Out Globally Society's Annual

# KFROGS

## Day For Global Change

June 9th, 2013 - 9-12

At the Look-Off, Hwy 358, near Canning

[www.kfrogs.ca](http://www.kfrogs.ca)

# HORIZONS

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