

# Spirits of Health

**Taking The Next Steps:  
Sustainability Planning, Policy and Participation  
for Rural Canadian Communities**

21-23 October 2010

University of Alberta – Augustana Campus  
Camrose, Alberta

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# Spirits of Health

= considerations for  
planning – policy – participation  
for healthy, vibrant, sustainable communities

Cheryl Bartlett<sup>1</sup>, Murdena Marshall<sup>2</sup> and Albert Marshall<sup>2</sup>

# Spirits of Health

## 1. Introduction

- who – where – what
- some “big picture” considerations

## 2. Two-Eyed Seeing

## 3. Stories of Interconnectiveness

- in the language: Healing Tense
- from the forest: Puppets and  
Upside Down Canoe
- under the stars: Muin and Seven Hunters

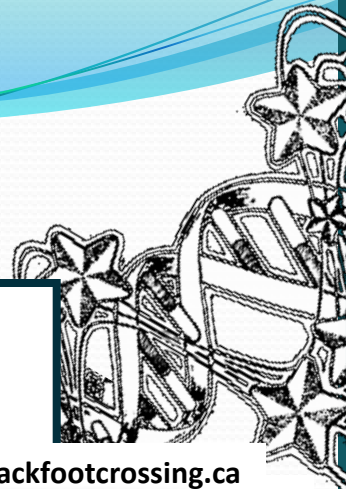
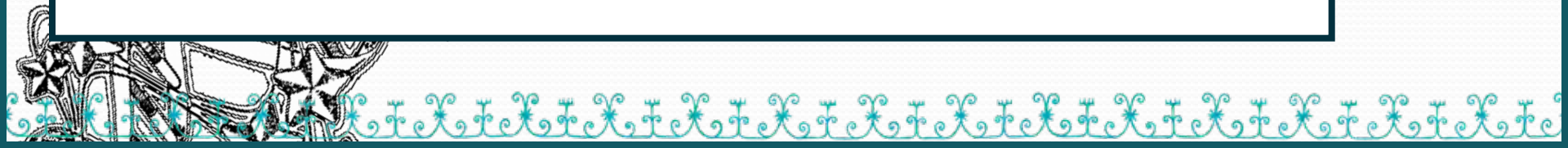


image: [www.blackfootcrossing.ca](http://www.blackfootcrossing.ca)





**ABSTRACT: “Spirits of Health” by Cheryl Bartlett, Murdena Marshall, and Albert Marshall.** We discuss the interconnectiveness of individual and community health, using a "Two-Eyed Seeing" approach in which the strengths of mainstream and Aboriginal knowledges are brought together for the benefit of all. Traditional Mi'kmaq understanding holds that health is not just physical (although attending to that is our greatest task). From a wholistic perspective, it also involves the other three domains of being human (cognitional, emotional, and spiritual) plus considerations of where you are coming from and where you are going within the present moment. Our presentation explores the nurturing web for this understanding. We provide examples from participatory research done by Integrative Science personnel (researchers, students, artist, graphic designer, and others) at Cape Breton University in conjunction with Elders and educators in Mi'kmaq communities in Cape Breton, Nova Scotia. We choose to view as "Spirits of Health", the language, the forests, and the stars ... i.e. all those potential nurturers of an individual's and a culture's sense of interconnectiveness ... which in turn give us the wholistic stories that we are, that we have been, and that we might become. Within the traditional Mi'kmaq understanding that we present, it is understood that the exchange of stories forms the foundational basis for all relationships.

# Wela'lioq / Thank you



with permission of Tuma Young, photographer



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Social Sciences and Humanities  
Research Council of Canada

Conseil de recherches en  
sciences humaines du Canada

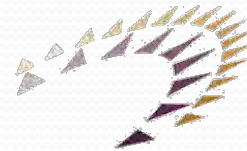
Canada  
Canada

# Thank you / Wela'liog

IAPH



CAPE BRETON  
UNIVERSITY



Canada Foundation  
for Innovation

Fondation canadienne  
pour l'innovation



Membertou  
Elementary

CIHR IRSC

Canadian Institutes of  
Health Research

Instituts de recherche  
en santé du Canada



NSERC  
CRSNG



Mi'kma'wey Debert



IWK Health Centre  
Foundation



Eskasoni First Nation Detachment  
Royal Canadian Mounted Police  
Gendarmerie royale  
du Canada



Mi'kmaq College Institute  
Mi'kmaq Espi Kina'matno'kuom

The support of various  
partners and funding agencies  
is gratefully acknowledged.





**WHO: Mi'kmaw Elders, Students, Research Team, Earth Mother**





Native Council of Nova Scotia  
Mi'kmaq Language Program  
Artist: Michael J. Martin







**Island of  
Cape Breton - Unama'ki**

**Cape Breton University**

**Eskasoni First Nation**

**Halifax**

**MI'KMA'KI**







Indigenous

Western

“bringing our stories together”

Artist: Basma Kavanagh



# Toqwa'tu'kl Kijitaqnn Integrative Science

Indigenous

our stories

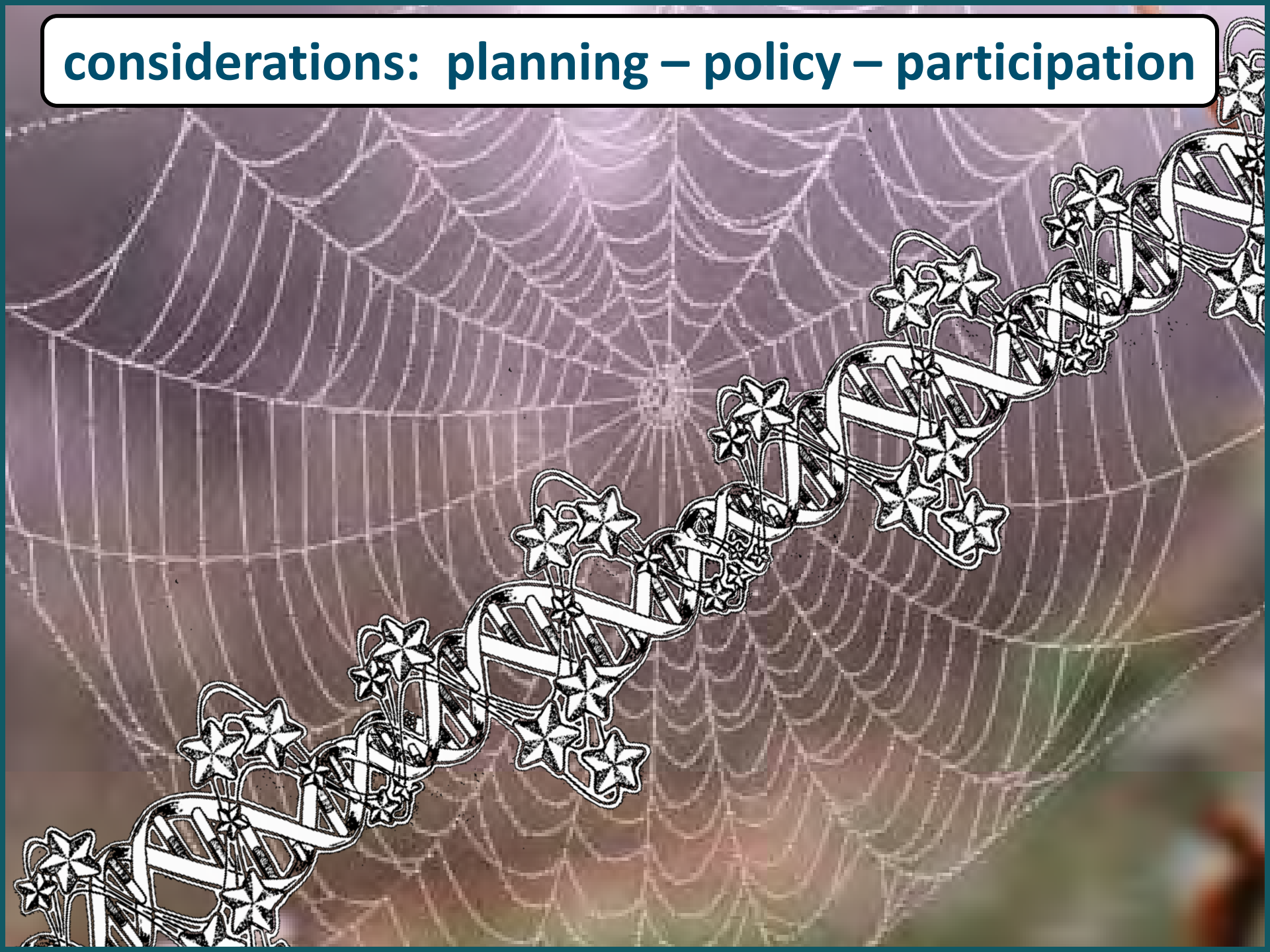
Western

our sciences

“bringing our knowledges together”

our worldviews

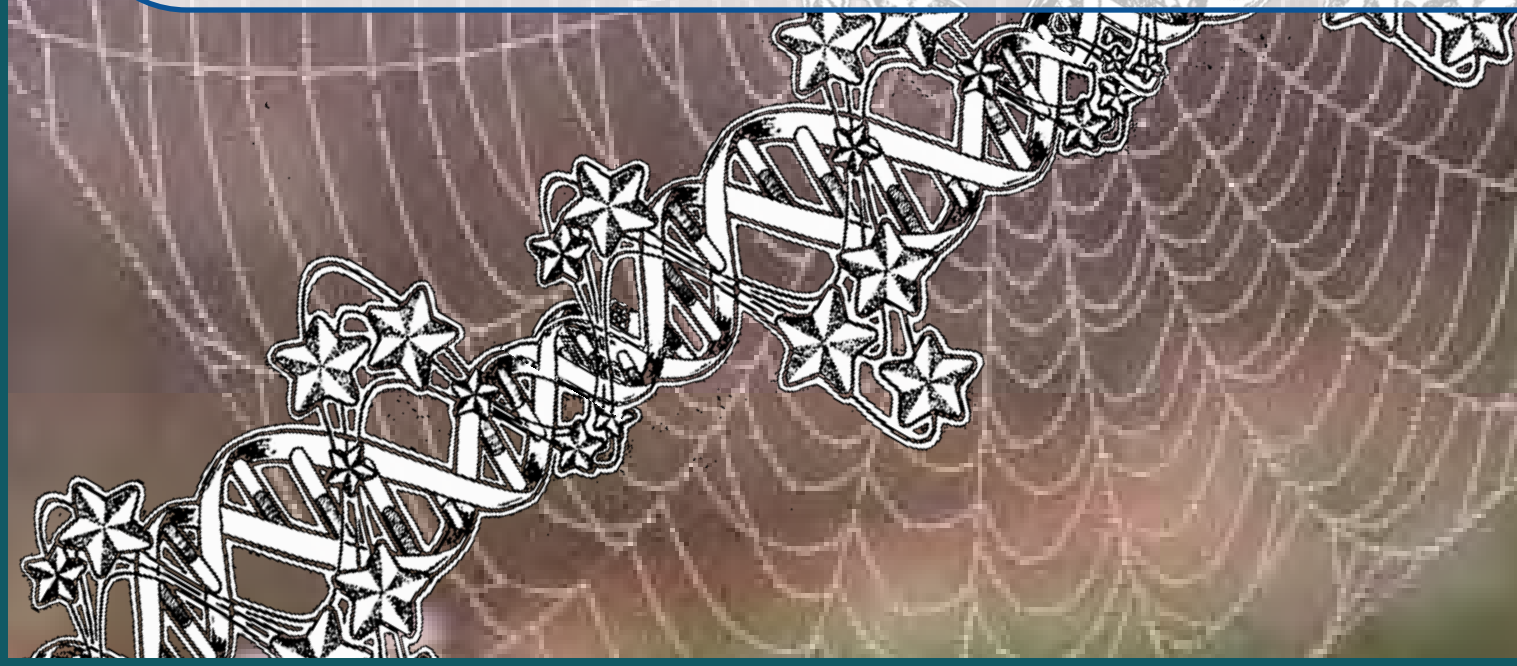
**considerations: planning – policy – participation**





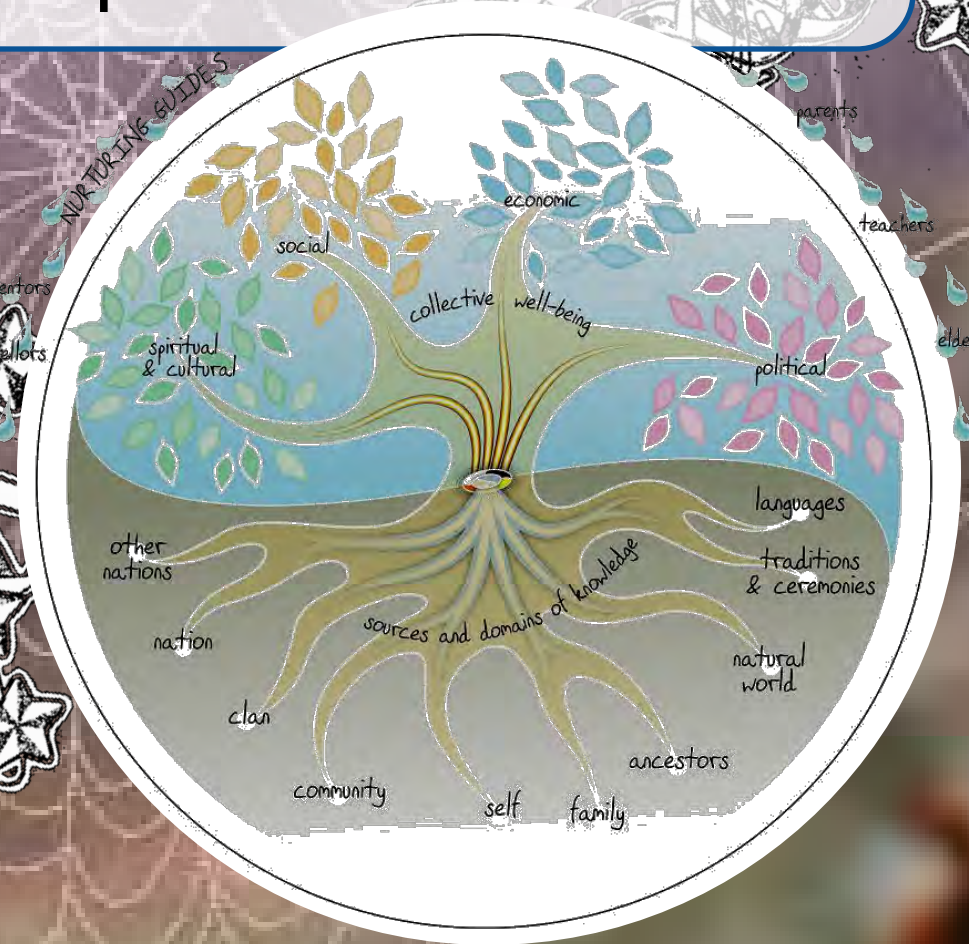
**considerations: planning – policy – participation**

INTERCONNECTIVENESS  
with each other and  
the natural world  
... the nurturing web



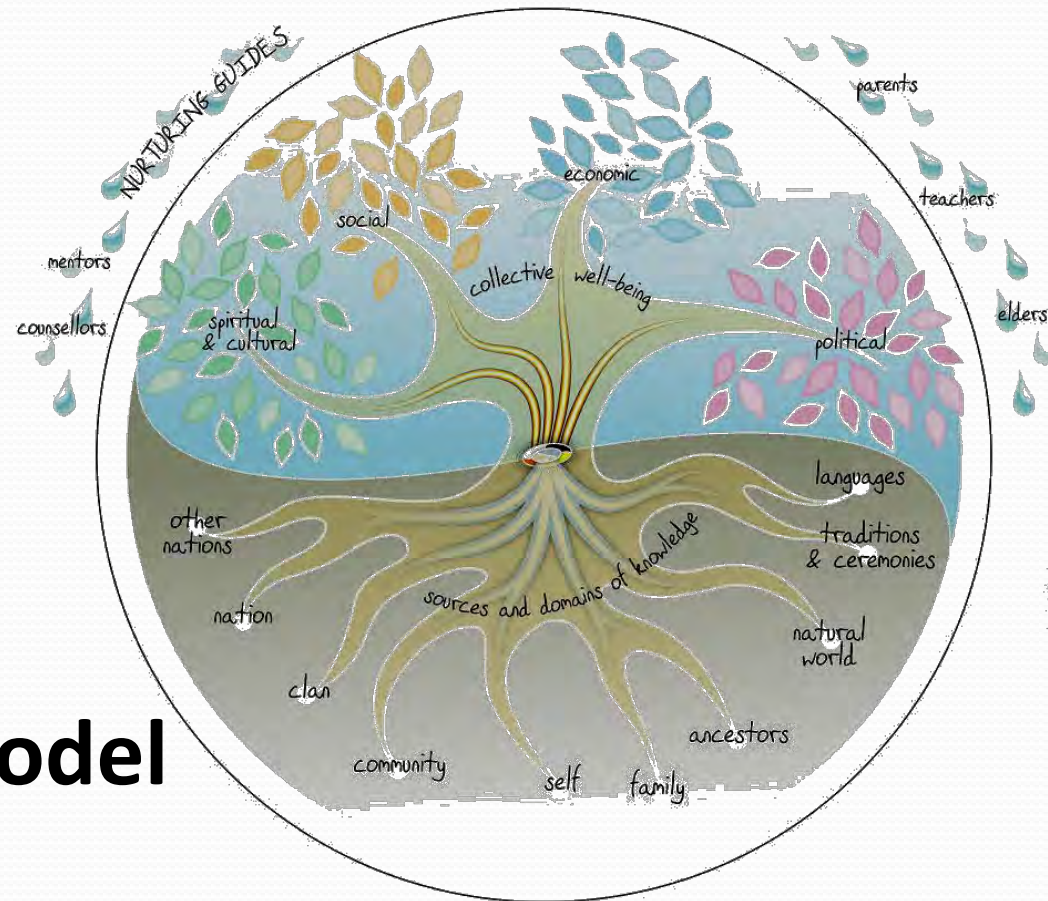
# INTERCONNECTIVENESS

... an example model





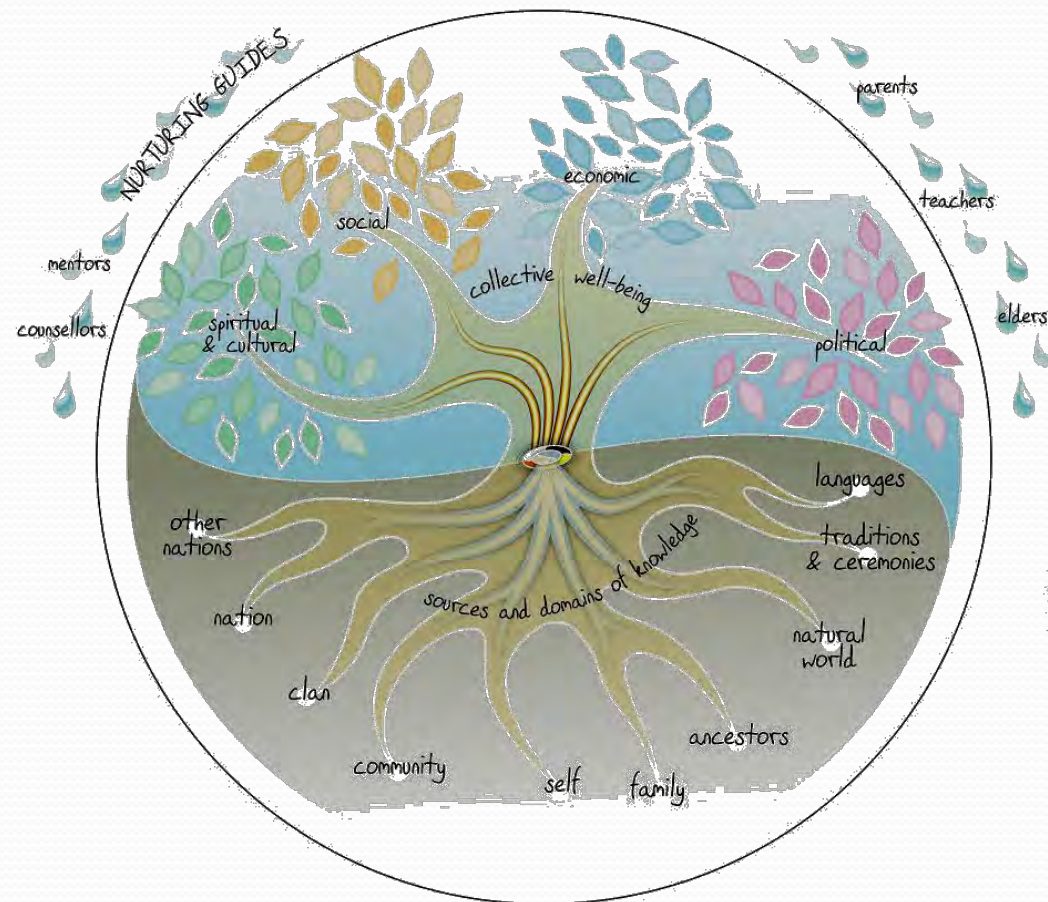
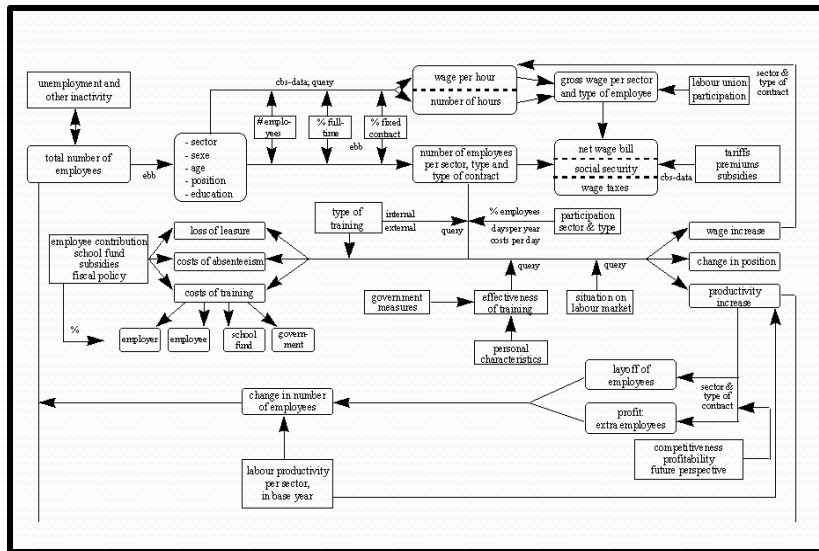
# INTERCONNECTIVENESS



## First Nations lifelong learning model

(by AbLKC – CCL)

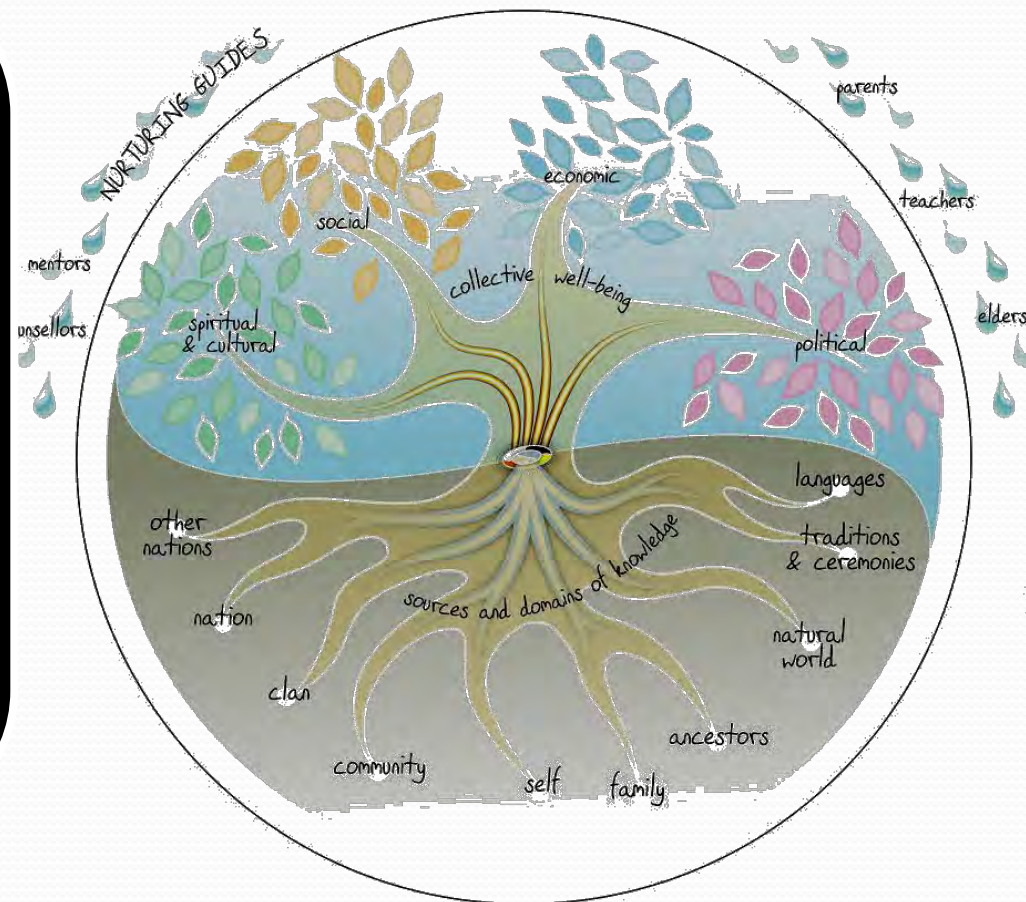
# Lifelong Learning Models





# INTERCONNECTIVENESS

- respect
- relationship
- reverence
- reciprocity
- ritual (ceremony)
- repetition
- responsibility



J. Archibald, 2001, Can. J. Native Ed. 25(1):1-5

([www.ccl-cca.ca/CCL](http://www.ccl-cca.ca/CCL))



strengths together:  
different knowledges,  
values, approaches

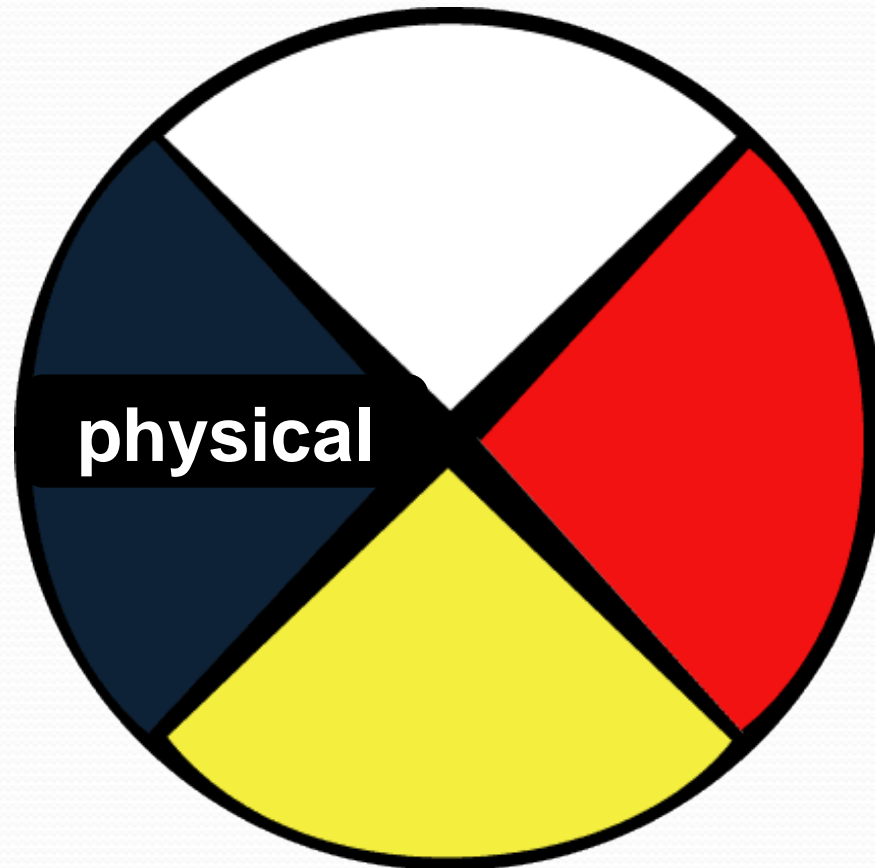
- **respect**
- **relationship**
- **reverence**
- **reciprocity**
- **ritual (ceremony)**
- **repetition**
- **responsibility**

- **question**
- **hypothesis**  
(making & testing)
- **data collection**
- **data analysis**
- **model & theory  
construction**



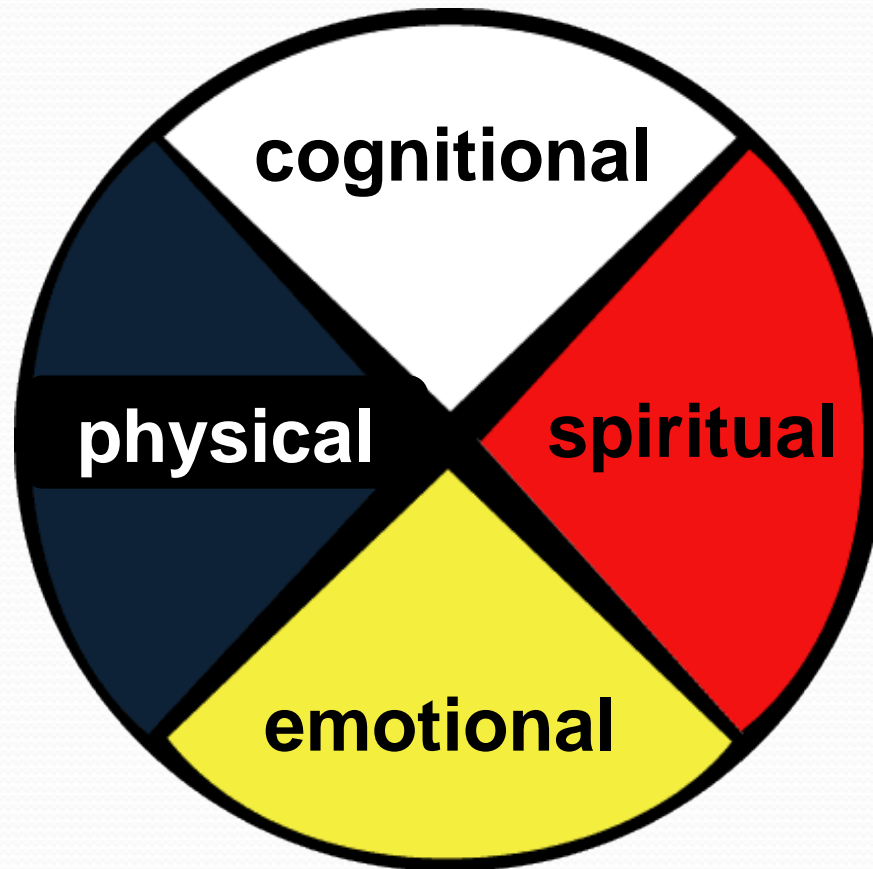
# Mi'kmaw Traditional Knowledge

Health is more than just the physical ...



# Mi'kmaw Traditional Knowledge

Health is more than just the physical ...  
it is all four domains of being human.





# Mi'kmaw Traditional Knowledge



**Health includes considerations of  
where you are coming from and  
where you are going  
in the present moment.**

*posters for:*  
Mi'kmaq  
History  
Month  
2000 & 2001

# Mi'kmaw Traditional Knowledge

???

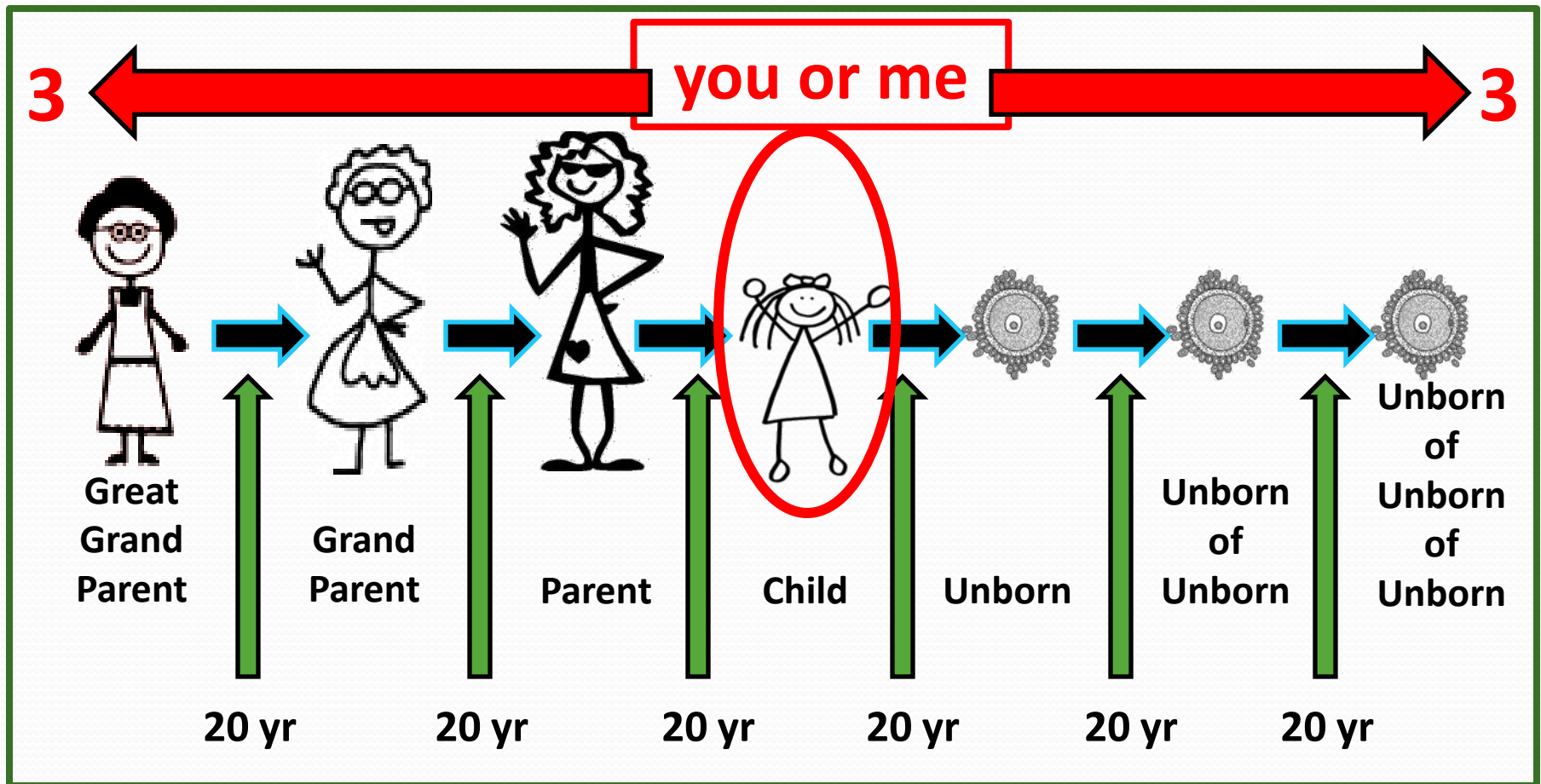
years

**“TIME”**  
in terms of  
**SEVEN GENERATIONS**



# Mi'kmaw Traditional Knowledge

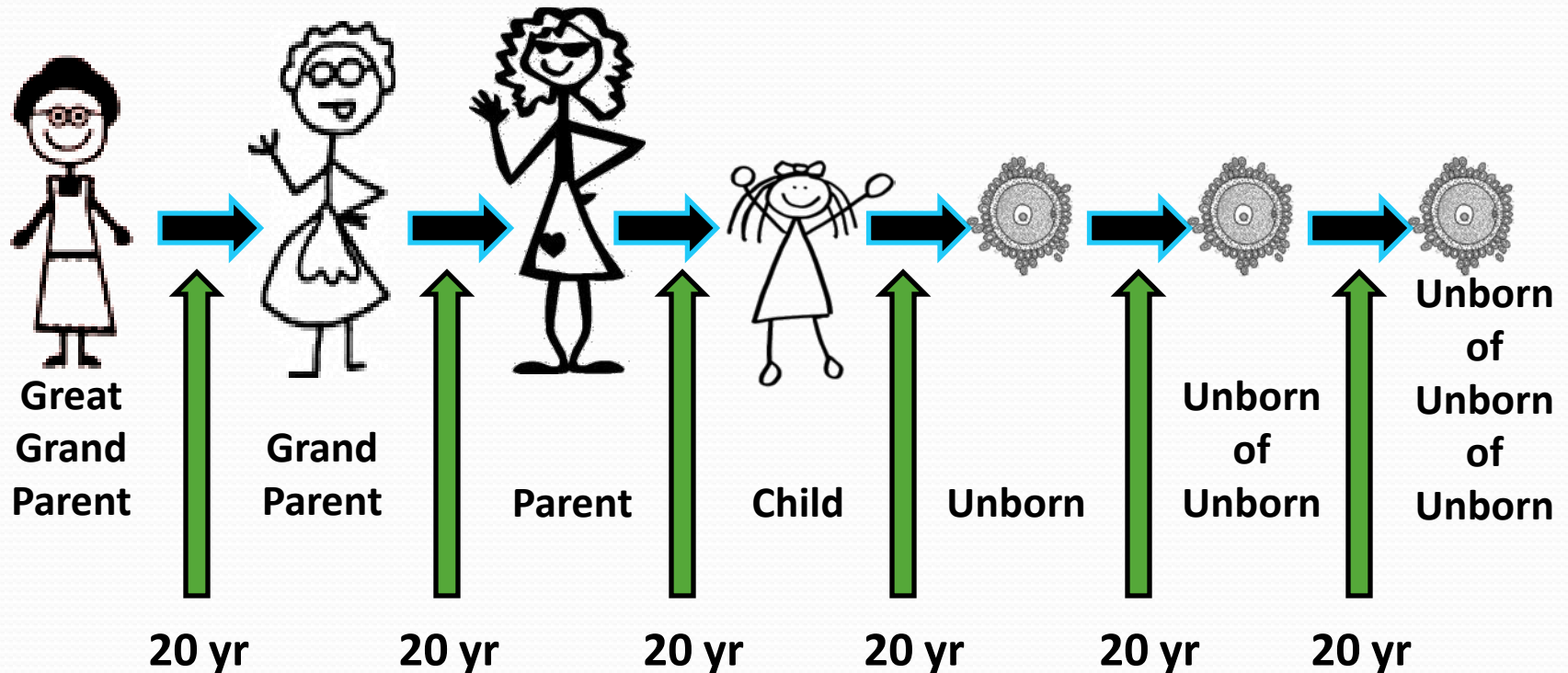
**ONE GENERATION  $\approx$  120 years**



# Mi'kmaw Traditional Knowledge

**SEVEN GENERATIONS  $\approx$  840 years**

**ONE GENERATION  $\approx$  120 years**





# Mi'kmaw Traditional Knowledge

*image from:*  
Mi'kmaq Family  
& Children's  
Services



**Family  
and  
community  
are more than just  
the humans.**

**All My Relations**

# Mi'kmaw Traditional Knowledge



**Love is the main ingredient  
of wellness.**

*Murdena Marshall*



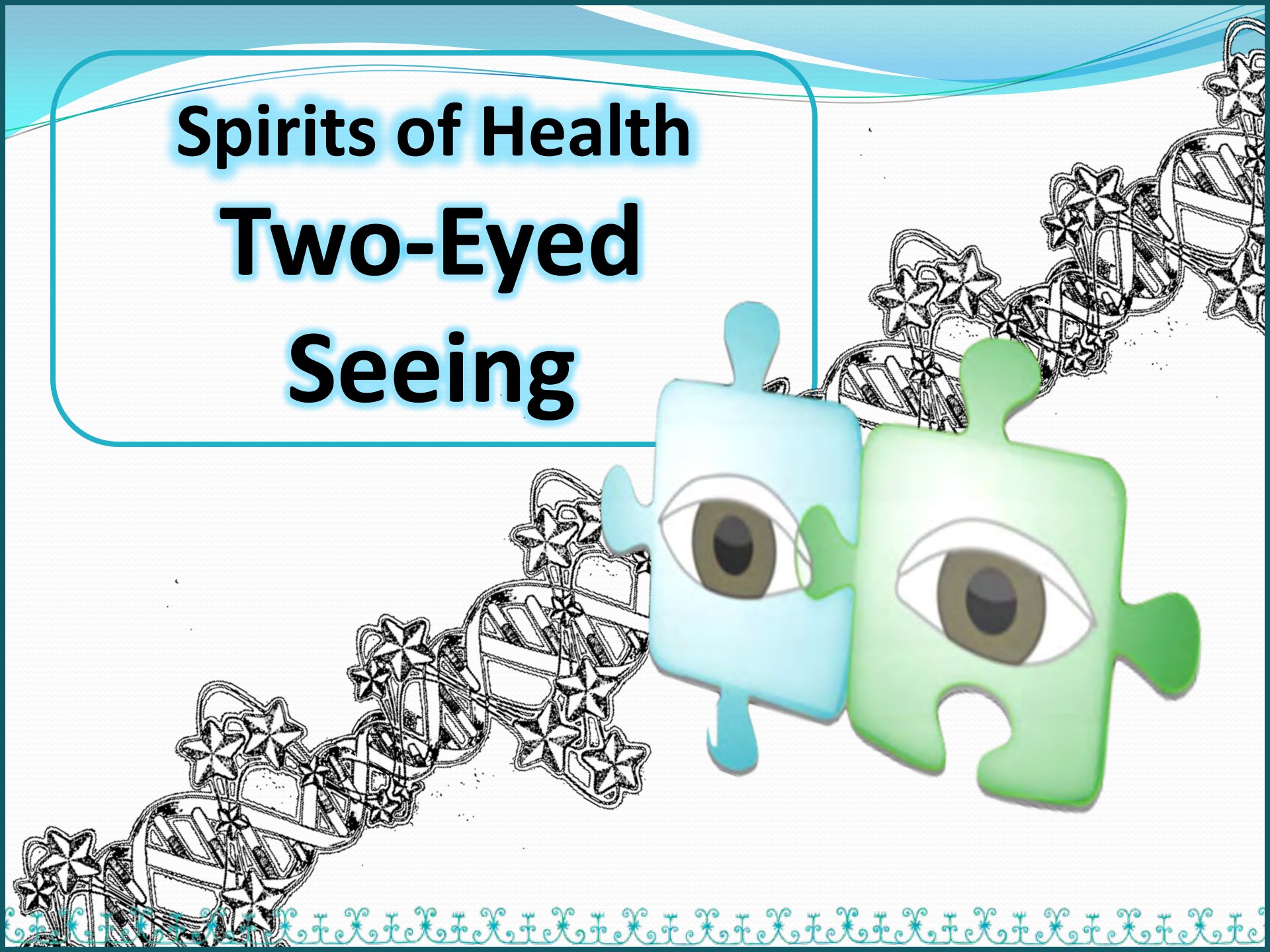
**The voice of  
wellness is  
in the land.**

*Albert Marshall*

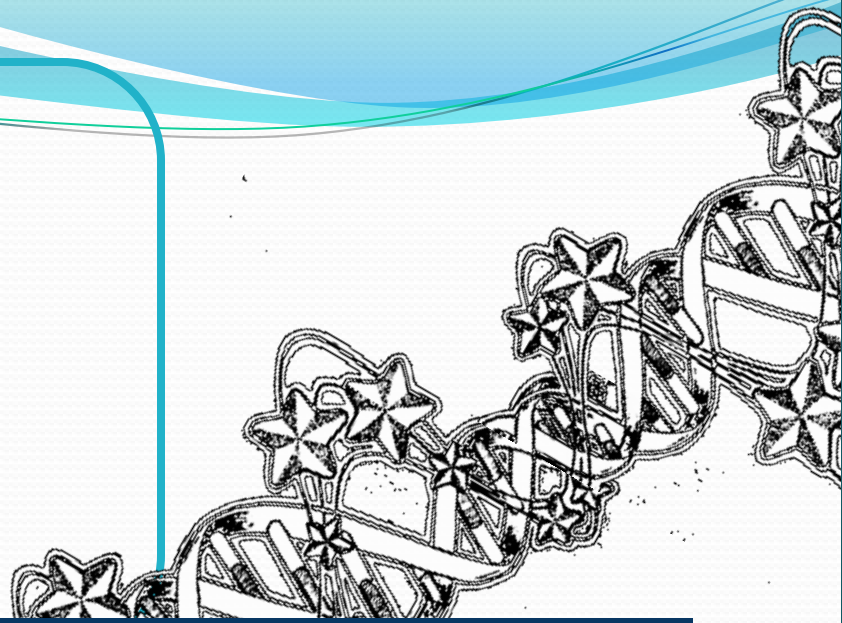




# Spirits of Health Two-Eyed Seeing

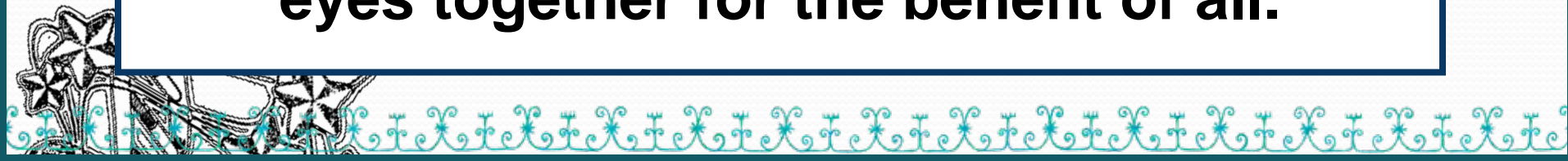


# **Spirits of Health Two-Eyed Seeing**



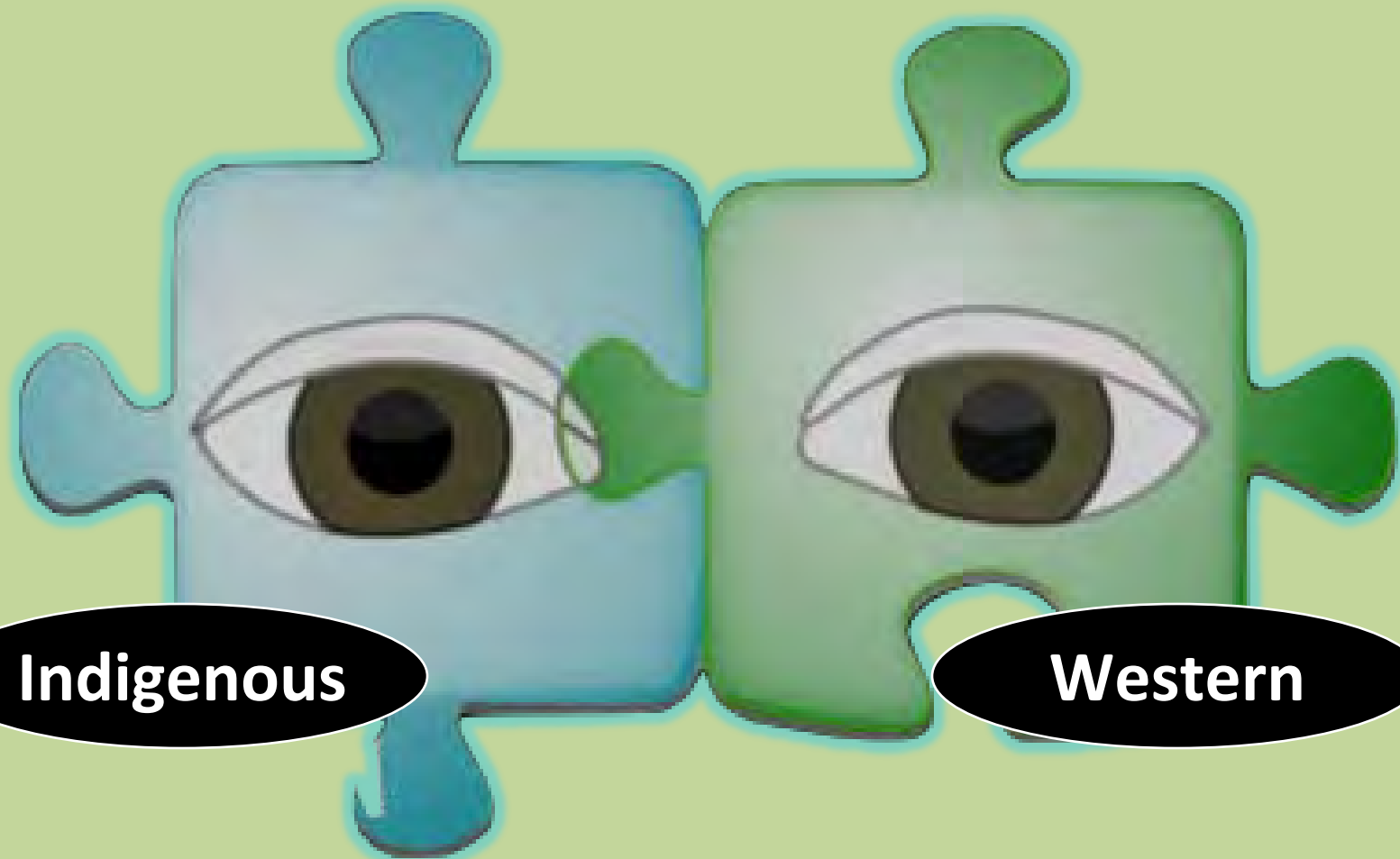
**LEARN ... to see from one eye with the best in the Indigenous ways of knowing, and from the other eye with the best in the Western (or mainstream) ways of knowing**

**... and LEARN to use both these eyes together for the benefit of all.**





# **Etuaptmumk – Two-Eyed Seeing**



**Indigenous**

**Western**

# As Elders in Our Time

We seek to be a conduit for wisdom of our Ancestors.

We seek to see with "TWO EYES" ... to take the accomplishments of the white man's ways further by blending it with the wisdom of our Ancestors.





**Everything that we  
do to our natural world  
... we also  
do to ourselves.**



Artist Basma Kavanagh

**If pollution exceeds  
the natural cleansing capacity of  
our ecosystems ...**



Artist Basma Kavanagh



**If consumption of resources exceeds the carrying capacity of our ecosystems ...**





**If species become extinct,  
some of our relations are  
gone forever ...**

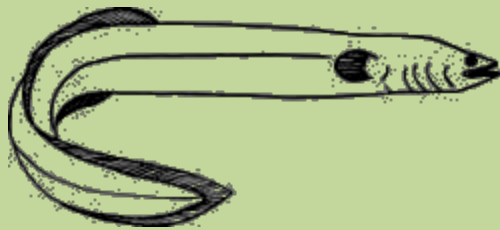


**Ples  
(Passenger Pigeon)**

[http://www.pollsb.com/photos/o/31479-last\\_passenger\\_pigeon\\_dies\\_cincinnati\\_zoo.jpg](http://www.pollsb.com/photos/o/31479-last_passenger_pigeon_dies_cincinnati_zoo.jpg)

<http://www.wunderland.com/WTS/Andy/ProjectEBAY/pics/Death.icon.jpg>

If species become extinct,  
some of our relations are  
gone forever ...



Eels (Kataq)  
are now a  
*Species  
of Concern.*



Artist Basma Kavanagh

**If people are starving,  
they will not care about  
environmental sustainability ...**





**Our language teaches us  
that everything alive is  
both physical and spiritual.**

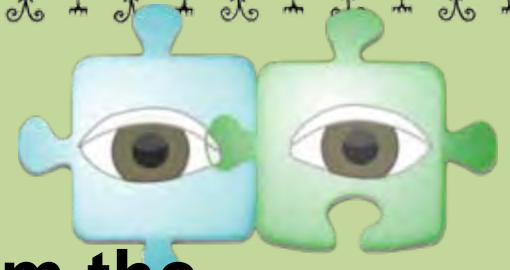


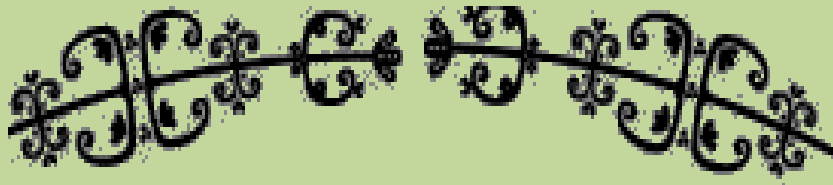
**The onus is on the person  
to look at our natural  
world with two  
perspectives.**

**Modern science sees  
objects, but our language  
teaches us to see subjects.**



**We have to  
dissociate  
ourselves from the  
“*Myth of False Security*”  
that the industrial  
revolution has  
instilled in our minds.**





**We need to  
come together  
as one where all these  
things can be taken in.**



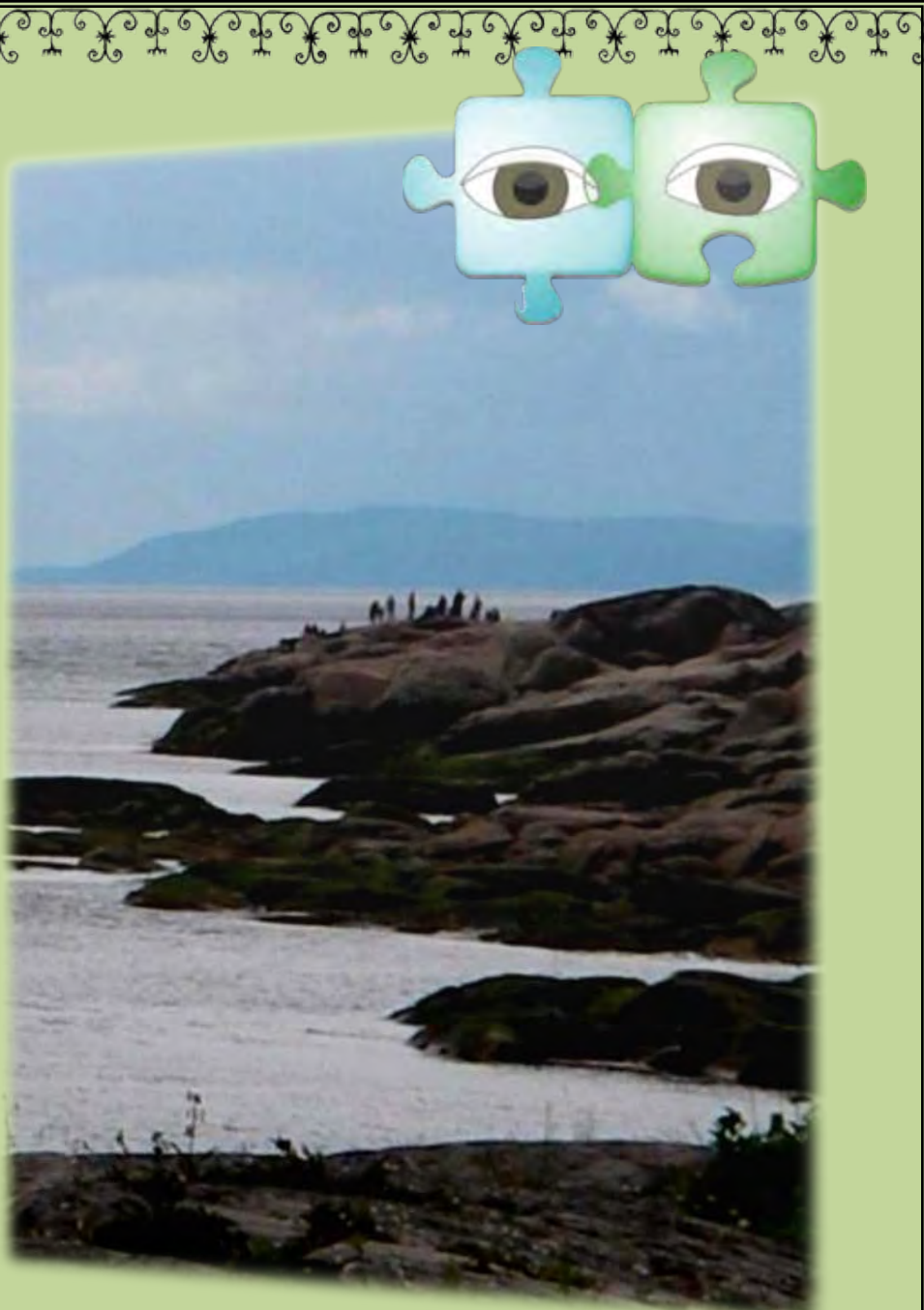
Our Mi'kmaw culture is  
still very much alive ...  
and we can extract  
those principles of how  
one can sustain  
oneself without  
compromising abilities  
for the future.

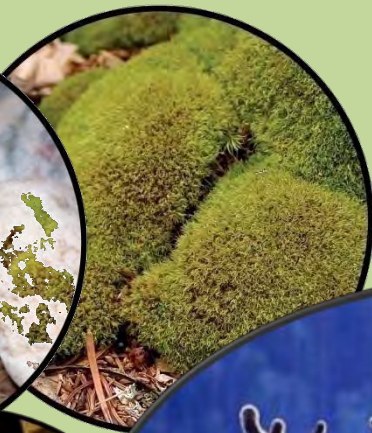




**Through utilization of the Gifts from Creator we can become whole. We can take care of our needs: living, dwelling, physical, and spiritual.**

**All these things that Creator has given us are sustenance in both the physical and spiritual sense.**





**Humans possess responsibilities.**

**Other species possess rights.**





# Consciousness of Knowing



artist Basma Kavanagh

*Co-existence*

*Interrelativeness*

*Interconnectiveness*

*Community Spirit*

*... with each other and  
with Mother Earth*

---

**All people must learn**

**Two-Eyed Seeing**

**so that knowledge of the  
physical is not separated  
from wisdom of the spiritual.**



# SPIRITS of HEALTH

- stories of interconnectiveness •



image from:  
[www.blackfootcrossing.ca](http://www.blackfootcrossing.ca)

# SPIRITS of HEALTH

- stories of interconnectiveness •

## *In the Language*



Social Sciences and Humanities  
Research Council of Canada

Conseil de recherches en  
sciences humaines du Canada

Canada

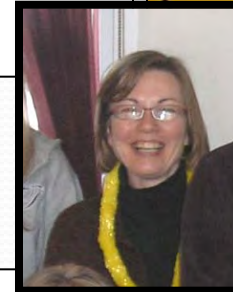


**Murdena Marshall, Elder, Mi'kmaw Nation**



**Dr. Ivar Mendez, Director,  
Brain Repair Centre,  
Dalhousie University**

**Marilyn Iwama, PhD  
Poet**



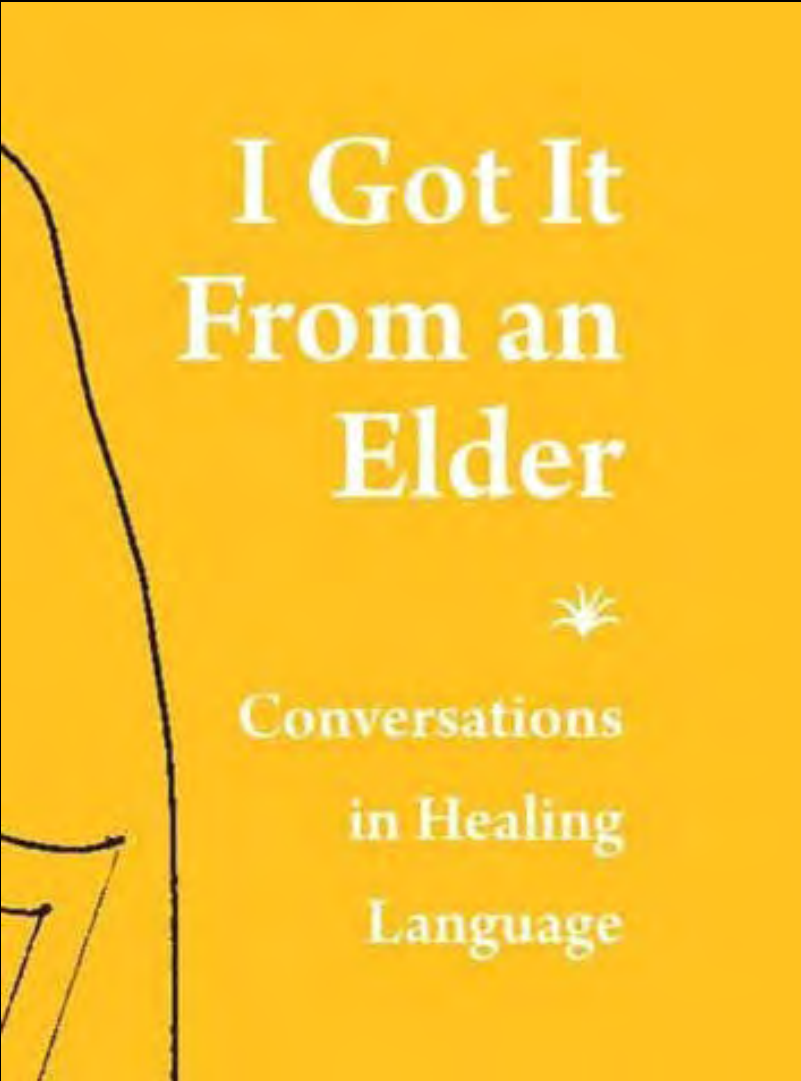
There's something  
called the  
*healing tense.*

I Got It  
From an  
Elder



Conversations  
in Healing  
Language

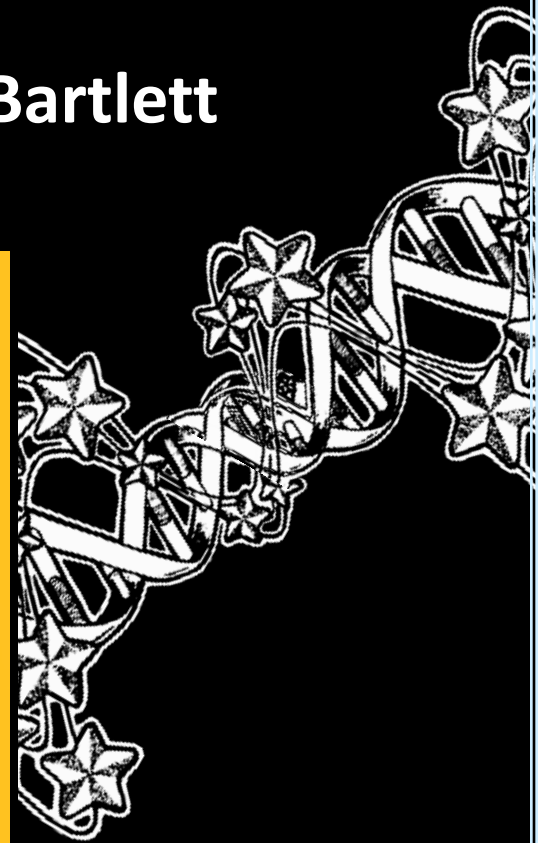
Iwama, Marshall, Marshall, Mendez, and Bartlett  
Gaspereau Press, Kentville, NS  
2007



I Got It  
From an  
Elder



Conversations  
in Healing  
Language







# the **HEALING TENSE**

... an example: *“to be drunk”*

## Mi'kmaw verb conjugation

“to be drunk”

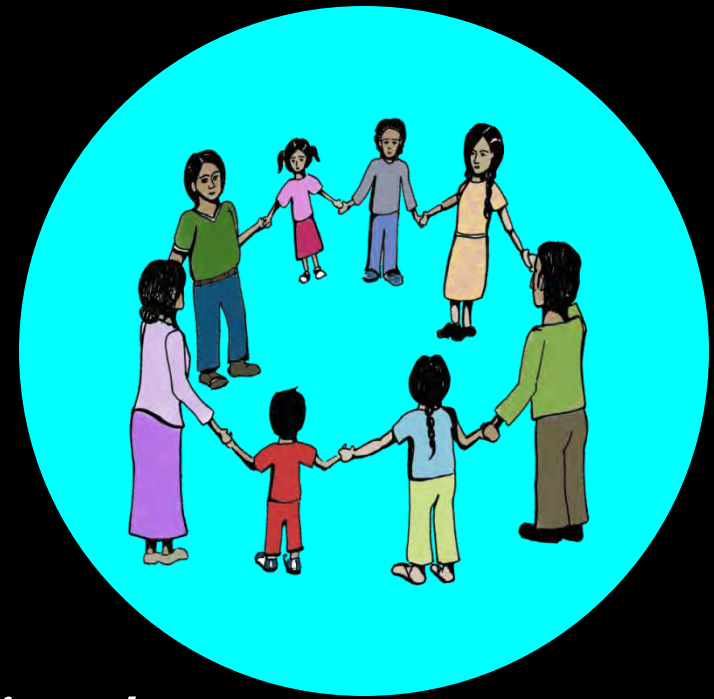
- ketkiya (present)
- ketkiyayop (simple past)
- ketkiyayas nek (healing)

# the HEALING TENSE

## WE HEAL TOGETHER

*... when he goes into this healing tense, then my attitude has to change ... everybody in the household ... everybody ... has to abide with him.*

Murdena Marshall



# SPIRITS of HEALTH

- stories of interconnectiveness •



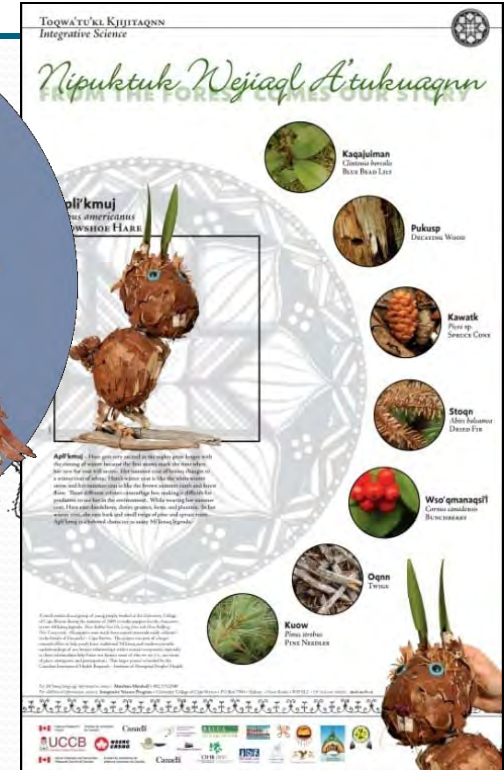
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[www.blackfootcrossing.ca](http://www.blackfootcrossing.ca)



# SPIRITS of HEALTH

- stories of interconnectiveness •

*From the Forest  
... Comes Our Story*



**Institute for  
Aboriginal  
Peoples' Health**



**puppets made by students and children from twigs, cones, bark, fungi, leaves, etc. for characters in Mi'kmaw legends**













# How Bullfrog Learns His Lesson





# How Bullfrog Learns His Lesson



## The Healing Tense Heals

**[Bullfrog] has taken his misdeeds and placed them in front of him and walked around them, and said: “yes, I was there”.**

*Murdena Marshall, in conversation with Ivar Mendez*

# SPIRITS of HEALTH

• stories of interconnectiveness •



image from:  
[www.blackfootcrossing.ca](http://www.blackfootcrossing.ca)



# SPIRITS of HEALTH

- stories of interconnectiveness •

## *From the Forest:*

### Upside Down Canoe













# SPIRITS of HEALTH

- stories of interconnectiveness •

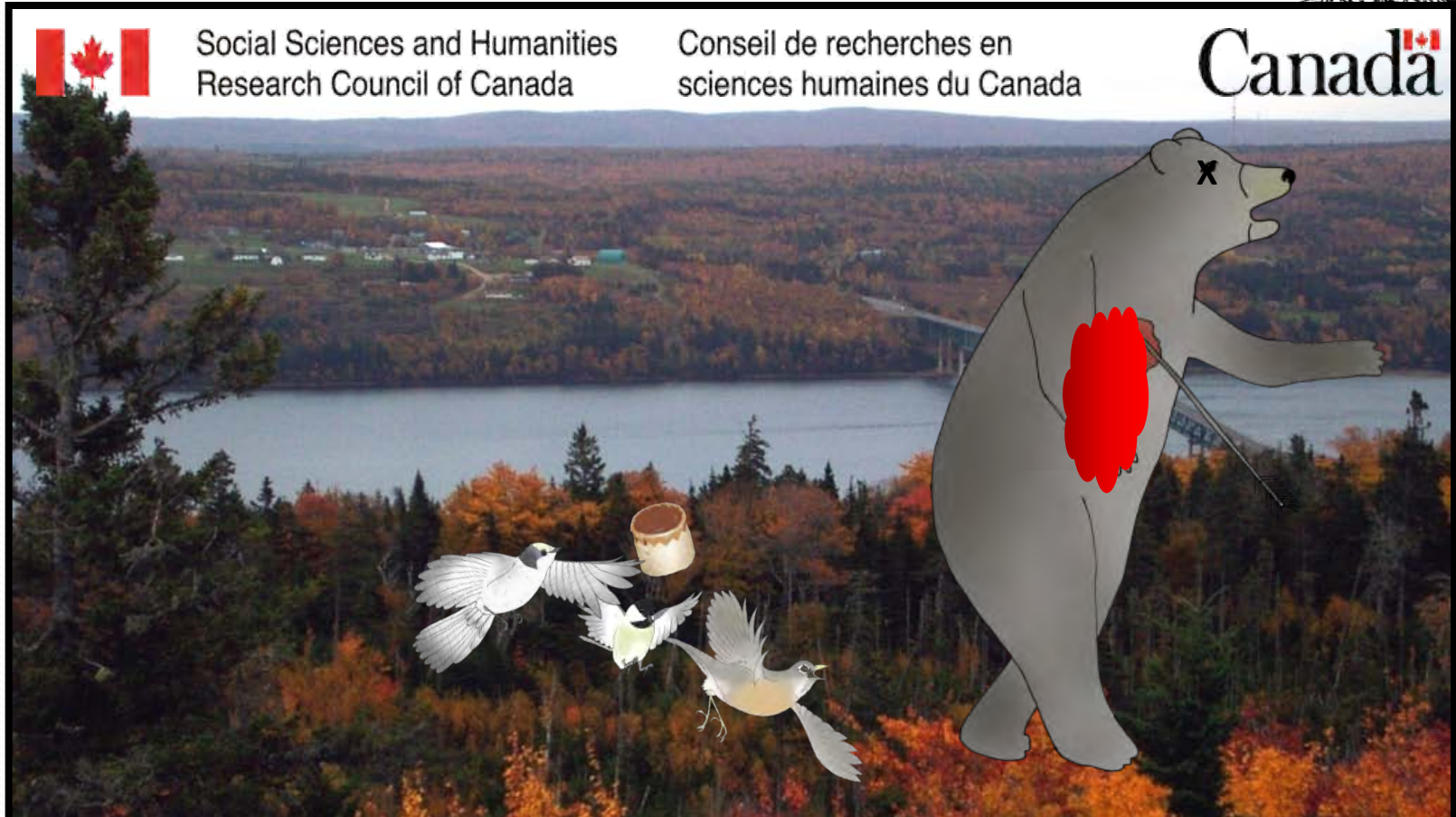


image from:  
[www.blackfootcrossing.ca](http://www.blackfootcrossing.ca)



# SPIRITS of HEALTH

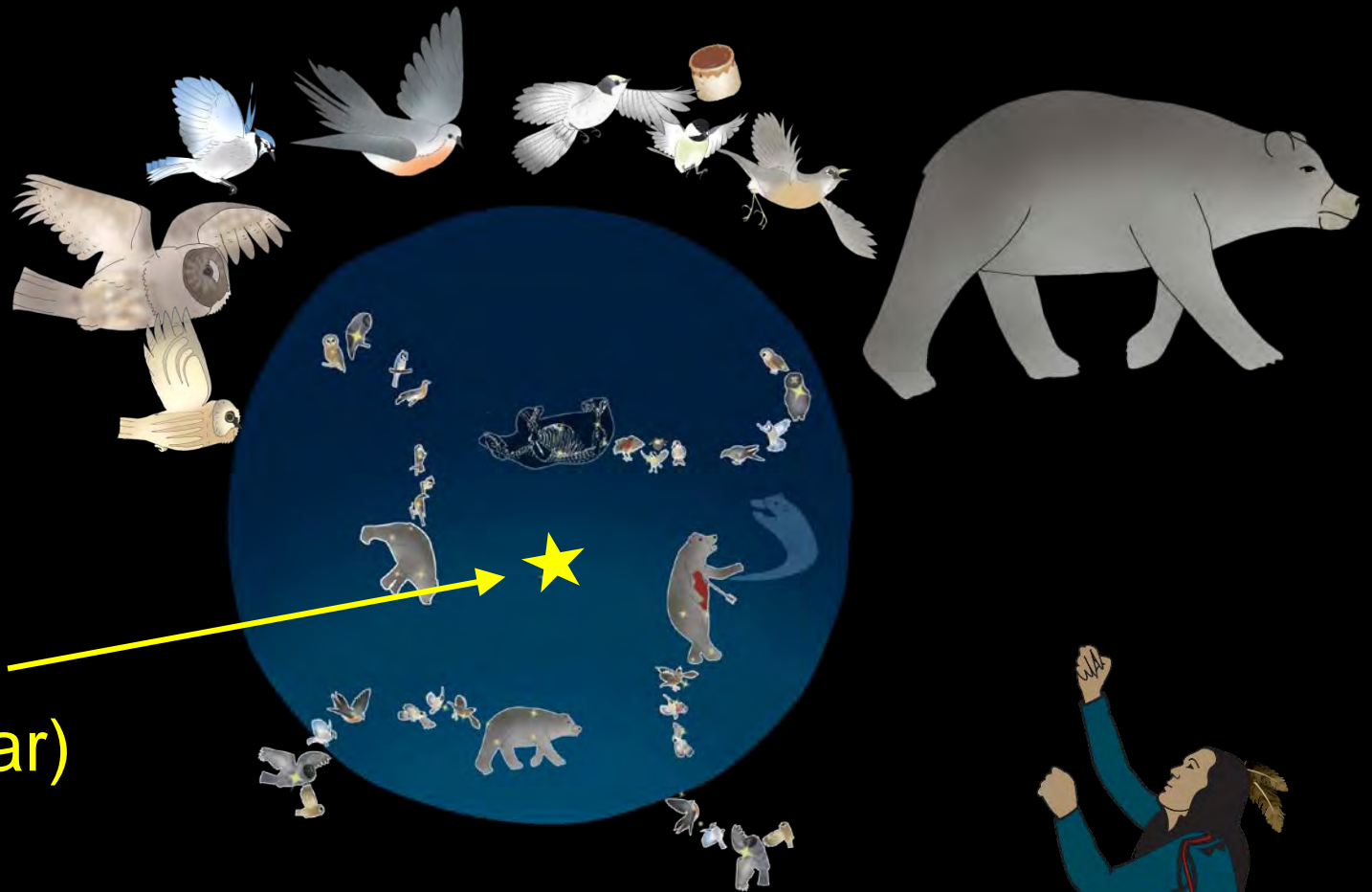
- stories of interconnectiveness •



*Under the Stars:* Muin & Seven Bird Hunters

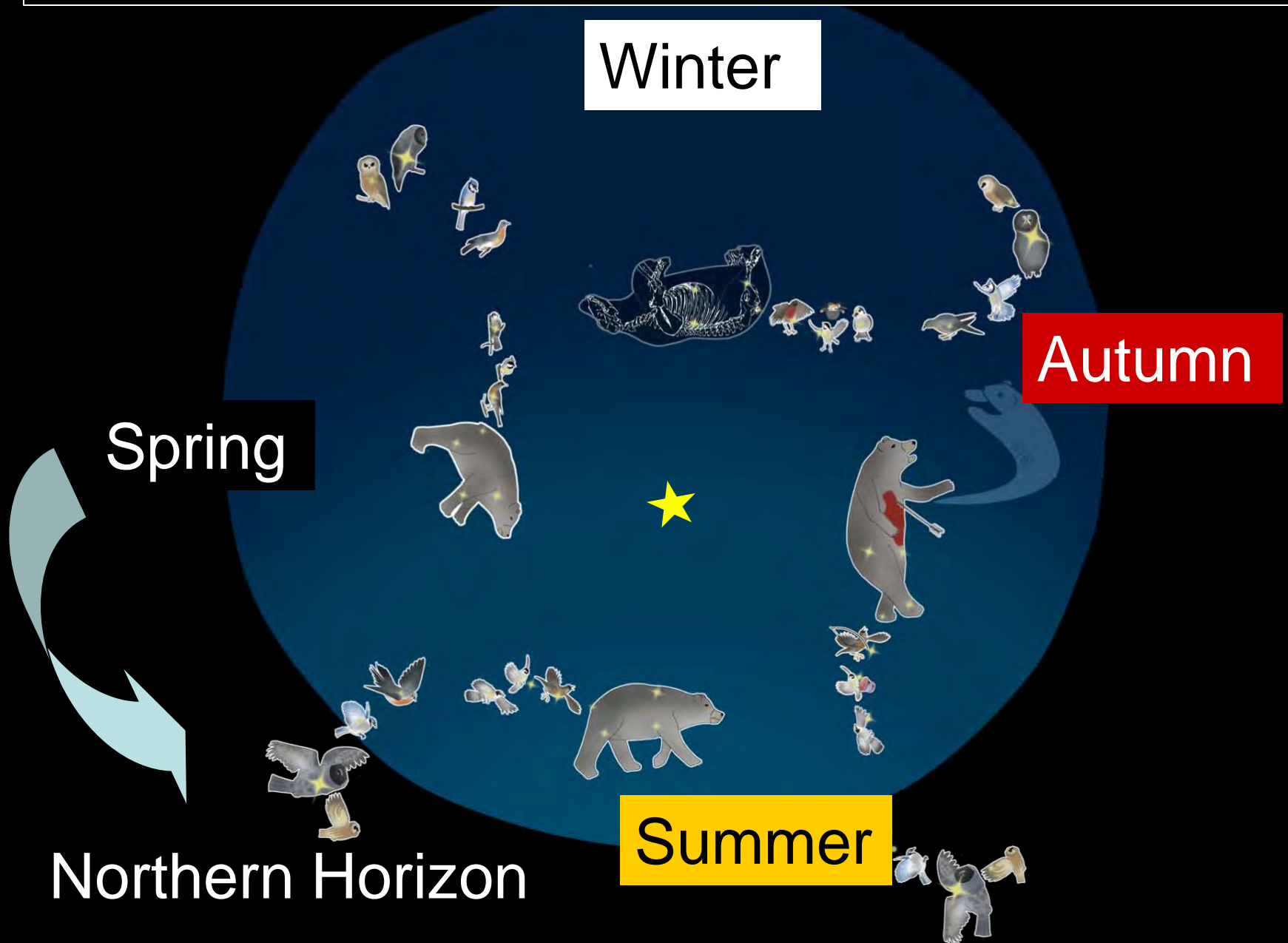
Tatapn  
(North Star)

**Muin and the Seven Bird Hunters:  
a Mi'kmaw Night Sky Story  
... interconnectiveness of  
space-time-life-knowledge-spirit**





# meta pattern of the story over one full year



# Pemi Pungek Mi'kma'ki

Winter

Autumn

Spring

Summer

*This poster is dedicated to all Mi'kmaq Elders.*

*This poster is one in a series made by the Institute for Integrative Science and Health at Cape Breton University and Mi'kmaq First Nations' Elders of Cape Breton. Integrative Science brings together Indigenous and Western scientific knowledge and ways of knowing for science education.*

*This poster is called Pemi Pungek Mi'kma'ki, which means one continuous year in the Mi'kmaq traditional territory. On the outside, it shows the four seasons and the 12 months of the year. On the inside, it shows the land, water, and sky over a full year. The pictures of plants, animals, and weather show the cycles of changing events in nature. The pictures of people show when to do traditional and modern activities. Read this poster in a circle to see the cycle of the seasons. Spring is on the left, summer is on the bottom, fall is on the right, and winter is at the top.*





# MU PESIPKA'SINUK THERE IS NO END

The story is *always happening*.  
It is told in the present tense.



# Wela'lioq / Thank you



with permission of Tuma Young, photographer





**TAKING THE NEXT STEPS:  
SUSTAINABILITY PLANNING, POLICY AND PARTICIPATION FOR RURAL  
CANADIAN COMMUNITIES' CONFERENCE**  
OCTOBER 21-23, 2010  
UNIVERSITY OF ALBERTA - AUGUSTANA CAMPUS  
CAMROSE, ALBERTA





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## 2010 CONFERENCE

- Partners
- Registration
- Accommodation & Location
- Organizing Committee
- Presenters & Presentation Titles

## Taking the Next Steps: Sustainability Planning, Policy and Participation for Rural Canadian Communities

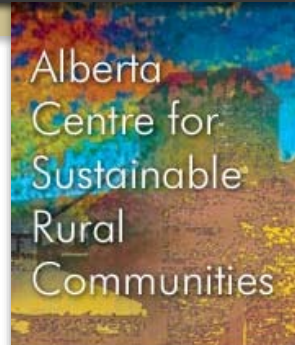
**October 21-23, 2010**  
**University of Alberta Augustana Campus**  
**4901 - 46 Avenue**  
**Camrose, Alberta**

### Overview

'Taking the Next Steps: Sustainability Planning, Policy and Participation for Rural Canadian Communities' conference will bring together approximately 70 academic researchers and community organizations from across Canada to explore the practices, implications, lessons and issues emerging from both the steps taken toward developing Integrated Community Sustainability Plans, as well as the implication for implementation, policy development and analysis, evaluation and long-term policy, social and political action in rural Canadian communities.

This conference will provide multiple venues and opportunities for knowledge synthesis, translation and exchange through a combination of key-note presentations, round tables, plenary sessions with academic/community panels, and break-out panels.

*This conference is taking place with the financial support of the Social Sciences and Humanities Research Council, File No. 605-2009-0014*





# TAKING THE NEXT STEPS: SUSTAINABILITY PLANNING, POLICY AND PARTICIPATION FOR RURAL CANADIAN COMMUNITIES

## ● Conference Program

<b>Thursday, October 21</b>			
<b>Time</b>	<b>Location</b>	<b>Presentation/Event</b>	<b>Presenter(s)</b>
19:00 - 21:00	F&L Lounge/Forum	Stand-up Reception and Opening Ceremonies	
<b>Friday, October 22</b>			
6:30 - 8:00	Cafeteria	<b>Breakfast</b>	
8:00 - 9:00	Chapel	<b>Plenary Panel</b>	
		Knowledge and Action in Support of Small Town Economic Transition	<i>Halseth, Ryser &amp; von der Gonna</i>
		Turn Your Radio On: Engaging Rural Citizens Using Community Radio	<i>Emke &amp; Campbell</i>
9:00 - 9:15		<b>Coffee Break</b>	
9:15 - 10:30		<b>Concurrent Panels</b>	
	F103	Mobilizing Community Support for Wildlife and Greenspace Stewardship in Camrose, Alberta: Challenges, Lessons Learned, and Future Opportunities	<i>Hvenegaard &amp; Barr</i>
		Collaborative Decision-Making for Rural Sustainability: Complexity Tools for Scenario Analysis in the Lake Simcoe Watershed	<i>Bunch &amp; Longstaff</i>
	F104	Seniors as a Resource to Rural Communities	<i>Keating, Eales &amp; Bergeron</i>
		Towards Justice in Rural Community Sustainability: Access and Policy Imperatives	<i>McGibbon &amp; McDonald</i>
	G202	Corridors and Cartography: the Role of the Geoweb in Ecosystem Governance of the Okanagan	<i>Corbett &amp; Allen</i>
		Exploring New Forms of Regionalism in Rural Newfoundland: Case Study of the Burin Peninsula	<i>Gibson &amp; Dominaux</i>
10:30 - 10:45		<b>Coffee Break</b>	
10:45 - noon		<b>Concurrent Panels</b>	
	G203	Re-envisioning Non-Governmental Organizations in Governance for Sustainability	<i>Parkins &amp; Sears</i>
		Integrated Community Sustainability Planning in Cumberland County, NS: Lessons from a Low Population Density Rural Community	<i>Bruce &amp; Ferguson</i>
	F103	Communication Processes in Municipal Sustainability Planning: Experiences of Two Alberta Communities	<i>Beckie, Calder &amp; Hicks</i>
		Taking the Steps Toward Environmental Sustainability: Implementing the Official Plan on Pelee Island	<i>Sumner &amp; Tiessen</i>
	G202	New Opportunities to Link Watersheds, Sustainability and Wellbeing in Northern BC Communities	<i>Parkes, Kerr &amp; Litke</i>
		Systems Science and Participatory Governance: Developing Integrated Community Sustainability Plans	<i>Hansen-Ketchum &amp; Malhotra</i>



# TAKING THE NEXT STEPS: SUSTAINABILITY PLANNING, POLICY AND PARTICIPATION FOR RURAL CANADIAN COMMUNITIES

● Conference Program Cont.

<u>Time</u>	<u>Location</u>	<u>Friday, October 22</u> <u>Presentation/Event</u>	<u>Presenter(s)</u>
12:00 - 13:00	Forum	<b>Lunch</b>	
13:00 - 14:30	Chapel	<b>Plenary Panel</b> Seeking Netukulimk: The Mi'kmaq Moose Management Initiative Assessment of Sustainability of the Kennebecasis Watershed Using the Performance of Fish Populations	McMillan & Prosper Munkittrick, Whalen & Neville
14:30 - 14:45		<b>Break</b>	
14:45 - 16:15		<b>Concurrent Panels</b>	
	F103	The Creative Economy in Eastern Ontario: A Model for Rural Sustainability Development and Sustainability of A Comprehensive Cancer Control Program in a semi-rural area - The Cape Breton Experience 1983-2009	Chan, Taylor & Desjardins MacCormick & MacCormick
	G202	Building Rural Sustainability through Land Trust Conservation in Alberta The Landscape, it is a Changin': Perception of Rural Landscape Changes in Northwestern Ontario	Hanson & Murphy Rosenthal & Wilson
	G203	Re-Thinking 'OIKOS' in Northwestern Ontario: Is it Possible to Steward/Revive/Construct a Local, Sustainable, Coopertive Regional Economy in a The "Lenses" of Place	West Alexander & Jones
16:15 - 16:45		<b>Coffee Break</b>	
16:45 - 18:15		<b>Concurrent Panels</b>	
	G202	AUMA's Municipal Sustainability Planning (MSP) Initiative Incorporating Climate Change into Rural Planning in Newfoundland and Labrador	Welke & McGill Vodden & Keenan
	G203	Rural First Nations Tourism: Examining the Relationship Between Sustainable Tourism and Capacity Sustainable Rural Community Development in Canada: Lessons from Craik, SK	Baccar & Koster Connolly
	F104	A Once and Future Prosperity: Agrarian Politics and a "Red-Green" Alliance in Canada Roots, Regions, Radical Practice and the Role for Rural Communities in Societal Transformation	Wilson & Rosenthal Douglas & Masse
	F103	Reflections on an Internship Program: Building Capacity in Rural Alberta	Holte, Gauthier, Barker, Parkin, Loesch, & Charlton





# TAKING THE NEXT STEPS: SUSTAINABILITY PLANNING, POLICY AND PARTICIPATION FOR RURAL CANADIAN COMMUNITIES

● Conference Program Cont.

<b>Saturday, October 23</b>			
<u>Time</u>	<u>Location</u>	<u>Presentation/Event</u>	<u>Presenter(s)</u>
7:30 - 9:00	Cafeteria	<b>Breakfast</b>	
9:00 - 10:15		<b>Concurrent Panels</b>	
	F103	Community-University Partnerships to Foster Rural Engagement in Planning and Sustainability	<i>Mundel &amp; Hamblin</i>
		Sustainability Issues in the World's 'Most Livable' Small Community	<i>Matthews &amp; Janyk</i>
	G202	Sustaining Life of Earth: Thinking Globally and Acting Locally Spirits of Health	<i>Soskolne Bartlett, Marshall &amp; Marshall</i>
	G203	An Ecohealth Approach to Watershed Governance in the Otonabee River Basin Seeking Sustainability through Self-assessment and Regional Cooperation in Newfoundland and Labrador	<i>Morrison &amp; Carter Vodden &amp; Pollett</i>
	F104	Building a Biosphere Reserve: The Role of The Redberry Lake Biosphere Reserve in Promoting Rural Sustainability Planning and Reflection	<i>Reed, Fenning &amp; Swystun</i>
		Yes in my Back Yard - Developing Policies to Conserve Nature on Private Lands in the Beaver Hills/Cooking Lake Moraine	<i>Weber &amp; Wispinski</i>
10:15 - 10:30	Chapel	<b>Coffee Break</b>	
10:30 - 12:00	Chapel	<b>Plenary Discussion to be moderated by Dr. Roger Epp, Dean of the Augustana Campus</b> <i>What have we learned? What do we need to know? What don't we need to know? What should we do? How should we do it?</i>	

