

CIHR - IAPH

Aboriginal Community-Based Participatory Action Research

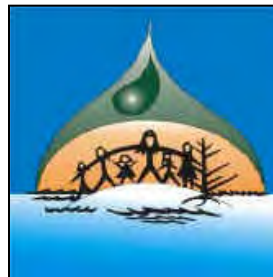


themes and activities within
Integrative Health & Healing:
co-learning our way to expanding
wholeness through restoration of
relationships with the land

**Winter Workshop for
Mi'kmaw Elders and Educators:**
updates & consultation
7 March 2006

A photograph of a sunset over a body of water. The sun is a bright orange-yellow orb on the horizon, with a long, thin horizontal streak of light extending across the sky. The sun's reflection is visible in the water below. The foreground is a dark, silhouetted landmass. The sky is a deep, dark blue-grey.

**The voices of our ancestors
are in the land.**



**The voices of our
ancestors
are in the land.**





**We need to
stay connected
to the Earth.**

**We are all
interconnective.**

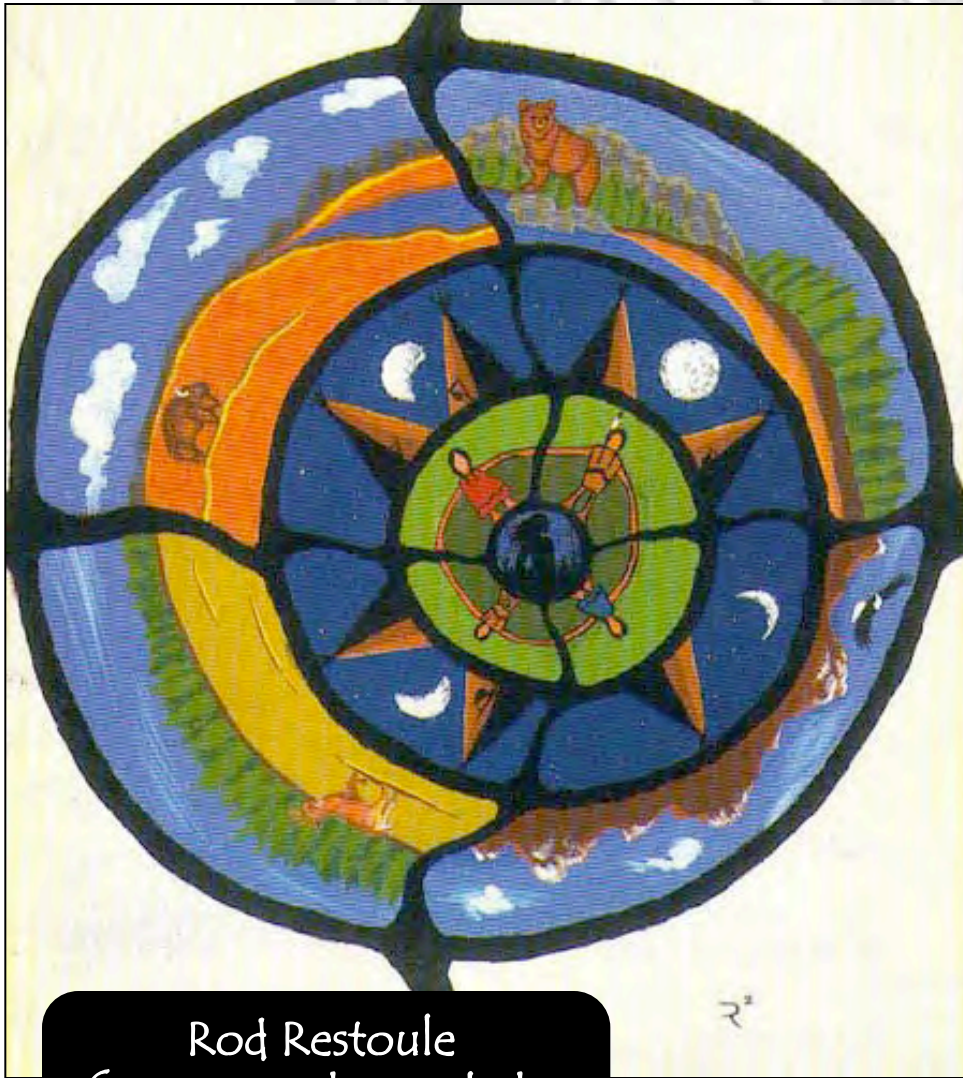
*from: Mi'kmaq Family
and Children Services*



**We need to
stay connected
to the Earth.**

**Everything
we want
is here.**

from: "Winds of Change"
Roy Thomas, Ahnisnabae-born
Ojibwa artist; 1949-2004

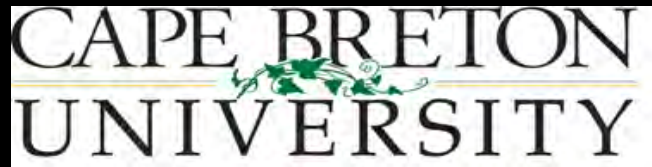


Rod Restoule
from: Into the Daylight;
C. Morriveau, 1998

**We need to
stay connected
to the Earth.**

**We need to
be able to work
with Nature ...**

**... not be a
“master over”.**



If we really want our children to remain connected to this world, we have to walk the healing path with them. (Morrisseau 1999)

Elders



Sharing



Co-Doing



Co-Learning



Co-Seeing

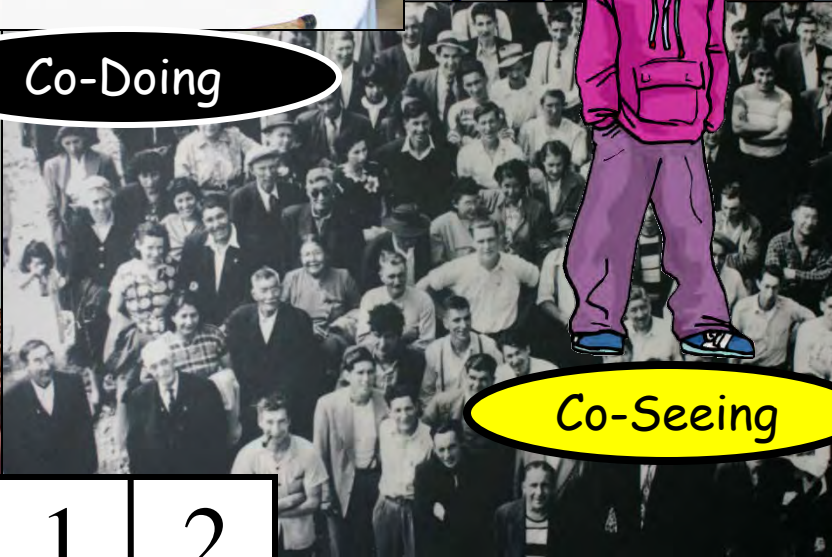
Elders



Sharing



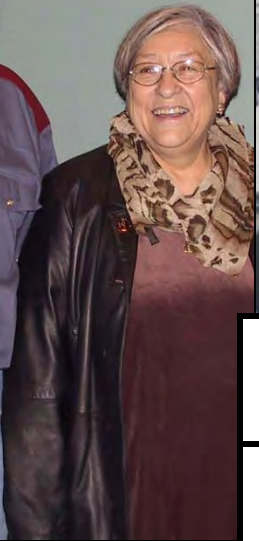
Co-Doing



Co-Seeing



Co-Learning



1	2
3	4



Co-Learning

**Go into a forest, you see the birch, maple, pine.
Look underground and all those trees are
holding hands. We as people must do the same.**

(late Mi'kmaq Chief, Spiritual Elder, and Healer Charlie Labrador)



Co-Learning

Co-Learning

to create a new path of
mutual trust and respect



Learn together.

Learn from each other.

Learn our common.

Learn our differences.

Co-Learning

Co-Learning Themes



1. Key phrases and words

2. Biodiversity literacy



4. Mi'kmaq biocultural expression

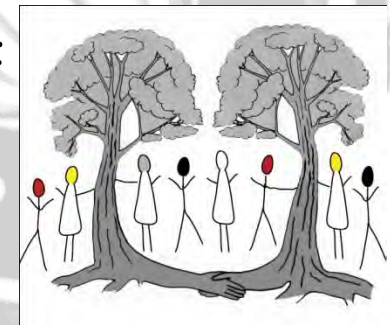


5. Spiritual connectedness with the land

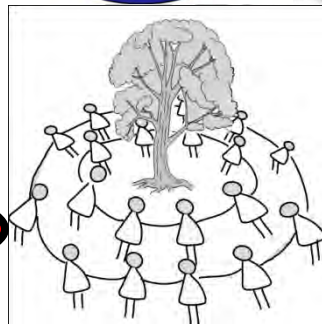
3. Ecosystem health literacy



6. Integration of co-learnings into health care delivery systems



Co-Learning



7. Extension of co-learnings into sustainable ventures

“two-eyed seeing”



Indigenous



Western



Albert Marshall, Mi'kmaq Elder
Eskasoni First Nation

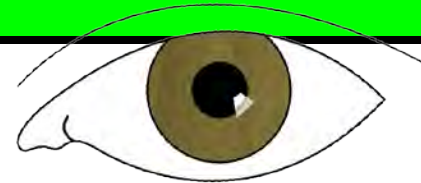
Co-Seeing

“two-eyed seeing”

our key concepts & actions



- respect
- relationship
- reverence
- reciprocity
- ritual
- repetition
- responsibility



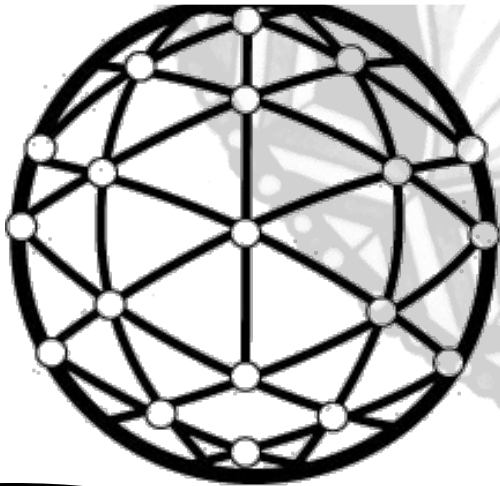
- hypothesis
(making & testing)
- data collection
- data analysis
- model & theory
construction

Co-Seeing

**“two-eyed seeing”
how our world is**



interconnected



parts & wholes



Co-Seeing

“two-eyed seeing” our overall knowledge objectives



towards resonance
of understanding
within environment

Co-Seeing



towards construction
of understanding
of environment

**“two-eyed seeing”
our language & methodology**



vigour

WEAVING



rigour

UN-WEAVING

Co-Seeing

“two-eyed seeing”



Co-Doing



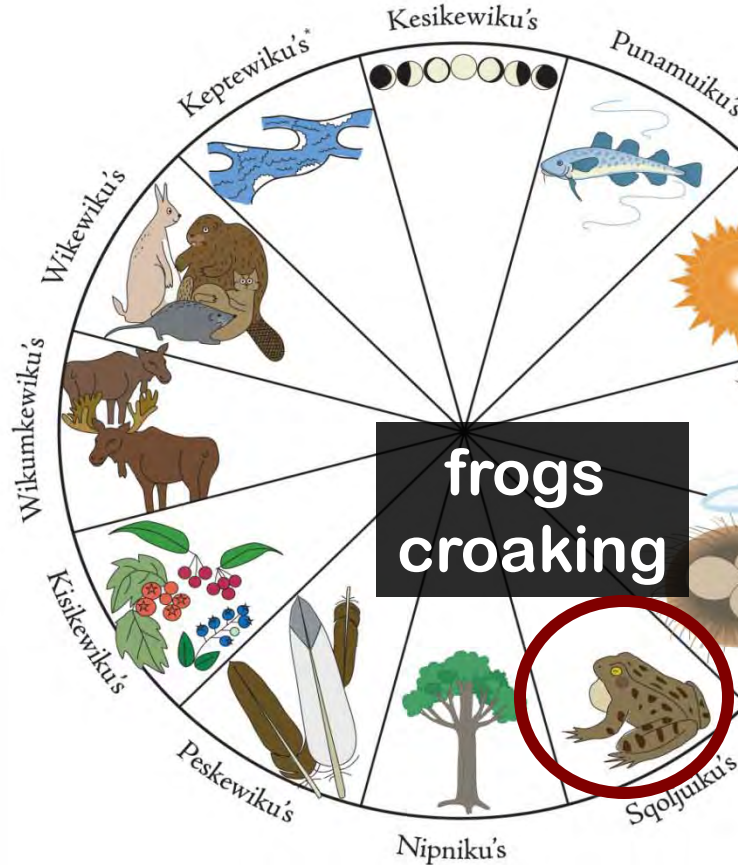
healing tense & puppetry



Co-Doing



Mi'kmawe'k Tepknusetk



Sharing



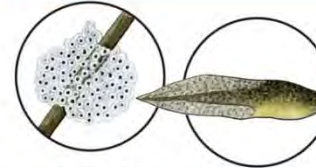
Earth speaks: health indicators

ECOSYSTEM HEALTH CONSCIOUSNESS Difference, Pattern, Variation

TOQWA'TU'KL KJIJITAQNN • INTEGRATIVE SCIENCE

Frogs of Unama'ki

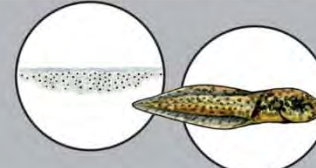
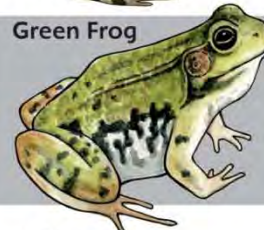
Mink Frog



Mink Frog • *Rana septentrionalis*
 Mink Frog is green with many dark markings and is 4 – 7 cm long. He gets his common name from his musky odour; he smells like a mink. Mink Frog's song sounds like pieces of wood being tapped together... TAB TAP! While other frogs live on both land and water, Mink Frog spends most of his life in the water. He prefers permanent bodies of water like ponds and lakes. Female Mink Frog lays 2000 to 4000 eggs in a round jelly mass. This jelly mass is attached to an underwater plant stem or submerged twig. Mink Frog eats dragonflies, damselflies, water beetles, aphids, minnows, leeches, snails, millipedes, and spiders.

MINK FROG

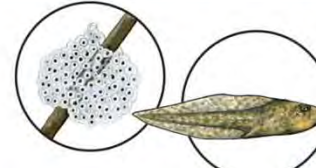
Green Frog



Green Frog • *Rana clamitans*
 Green Frog is green with gray or brown markings on her back and legs and has a pale belly marked with dark streaks. Male Green Frog has a bright yellow throat and is 6 – 10 cm long. Green Frog's song sounds like a loose banjo string being plucked, or like a small pebble dropped into water... LINGKI! Green Frog prefers to be close to water, and tends to live at the edge of rivers, ponds, lakes or streams. Female Green Frog lays 1800 to 4000 eggs in a loose jelly mass that floats on the surface of the water like a raft. Green Frog eats beetles, flies, caterpillars, grasshoppers, spiders, snails, algae, waterbugs, butterflies and moths, and sometimes other small frogs.

GREEN FROG

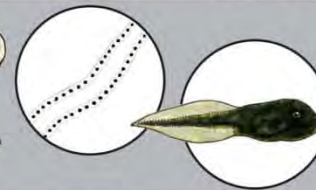
Pickereel Frog



Pickereel Frog • *Rana palustris*
 Pickereel Frog is light brown with many dark blotches on his back and legs. He is 4 – 7 cm long. Pickereel Frog's song sounds like somebody snoring, or like the sound of someone slowly pushing open a creaky door... ARREP ARREP! Pickereel Frog lives on the shores of ponds or lakes, or on the banks of streams, often staying near permanent bodies of water at breeding time. However, he will also live in moist fields, bogs, or damp woods. Female Pickereel Frog lays her eggs in a round jelly mass attached to a plant or stick below the surface of the water. She can lay as many as 800 to 1800 eggs at a time. Pickereel Frog eats beetles, ants, spiders, caterpillars, saw bugs, mites, snails, true bugs, and many small water creatures.

PICKEREEL FROG

Eastern American Toad



Eastern American Toad • *Bufo americanus*
 Toad is a plump creature with stubby toes and rough warty skin. He is usually brownish, with darker brown or black markings. Toad has a pale belly with dark spots that become more distinct at night. Toad can grow to be 5 – 11 cm long. Toad lives in many different places, for example, in the woods, near a swamp or lake, in a field, or even in your backyard! His song sounds like a long, high trilling sound... THRRR! Female Toad prefers temporary pools for breeding. She lays 8000 to 80000 eggs at a time in two long strings near the bottom of the pool or puddle. Toad eats many kinds of insects like caterpillars, earwigs, saw bugs, as well as slugs, earthworms, and millipedes.

AMERICAN TOAD

Northern Spring Peeper

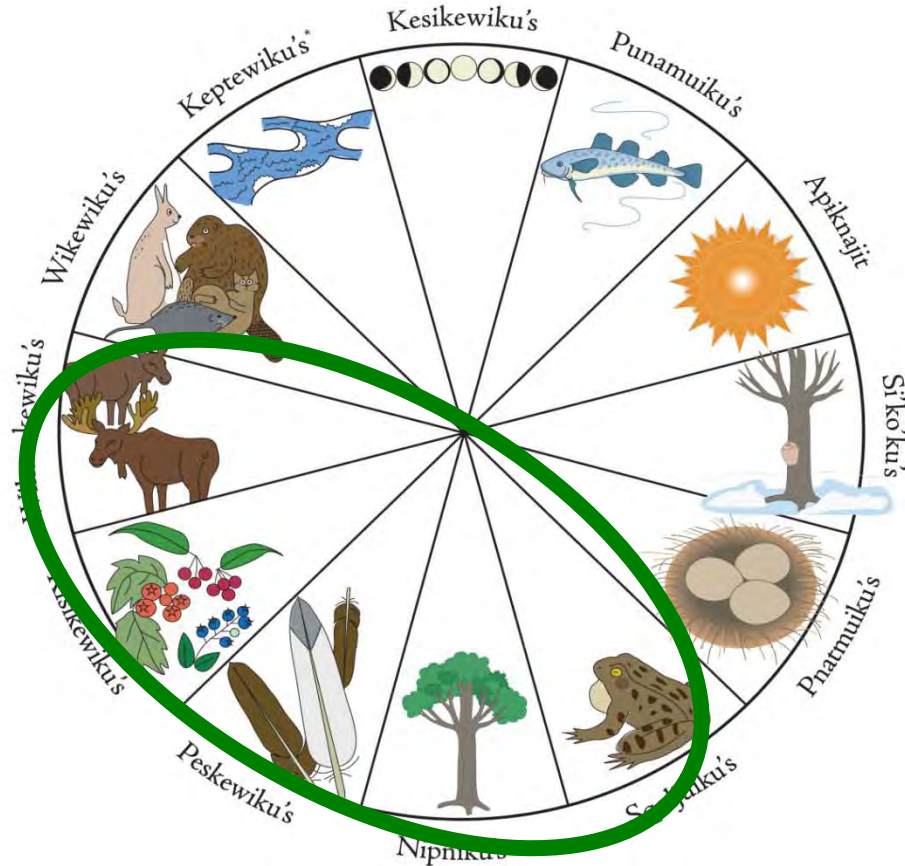


Northern Spring Peeper • *Pseudacris crucifer*
 Spring Peeper is our smallest frog; he grows to 2 – 4 cm long. We know that spring has arrived when we hear Spring Peeper singing at night. His song sounds like a high PEEEP! Spring Peeper lives in the woods near ponds, marshes or swamps. He is our only tree

SPRING PEOPER



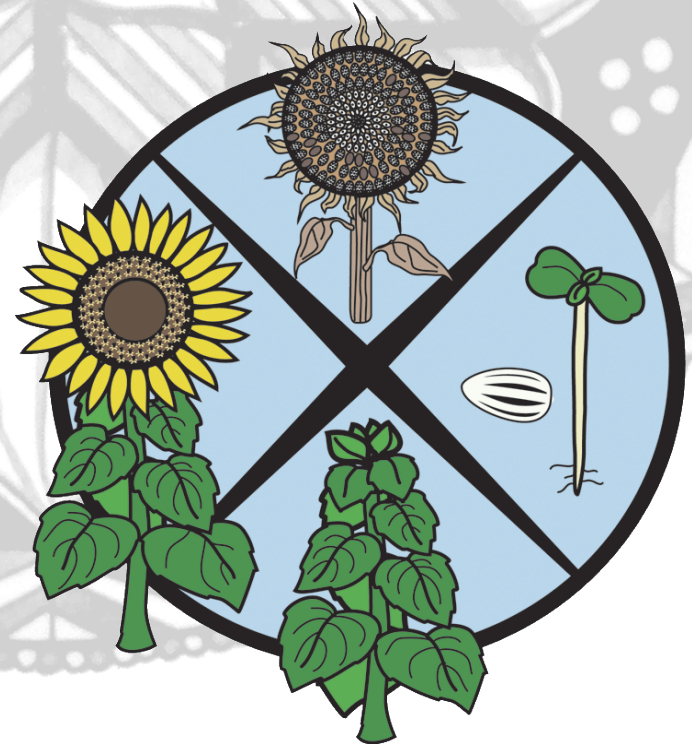
Mi'kmawe'k Tepknusetk



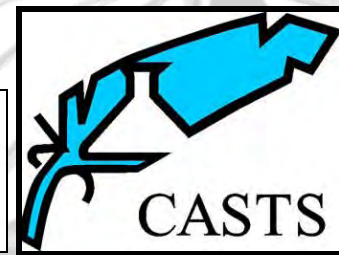
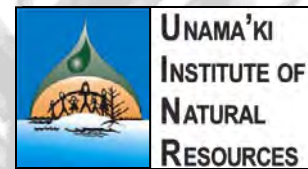
Sharing



Earth speaks:
voices
of the land
... of health



Wjipenuk Etek Lnuimlkikno'ti Spirit of the East

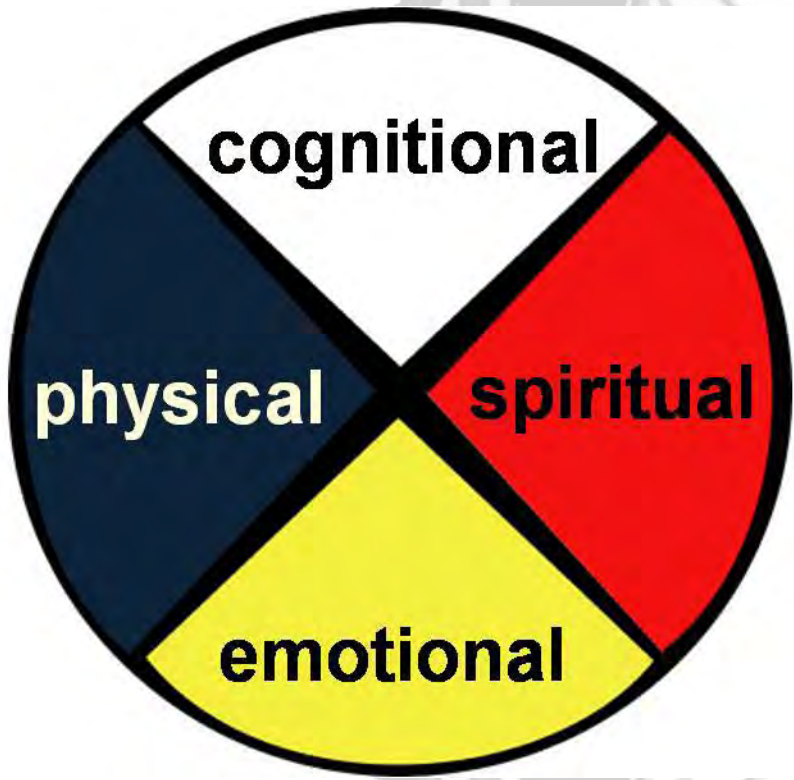


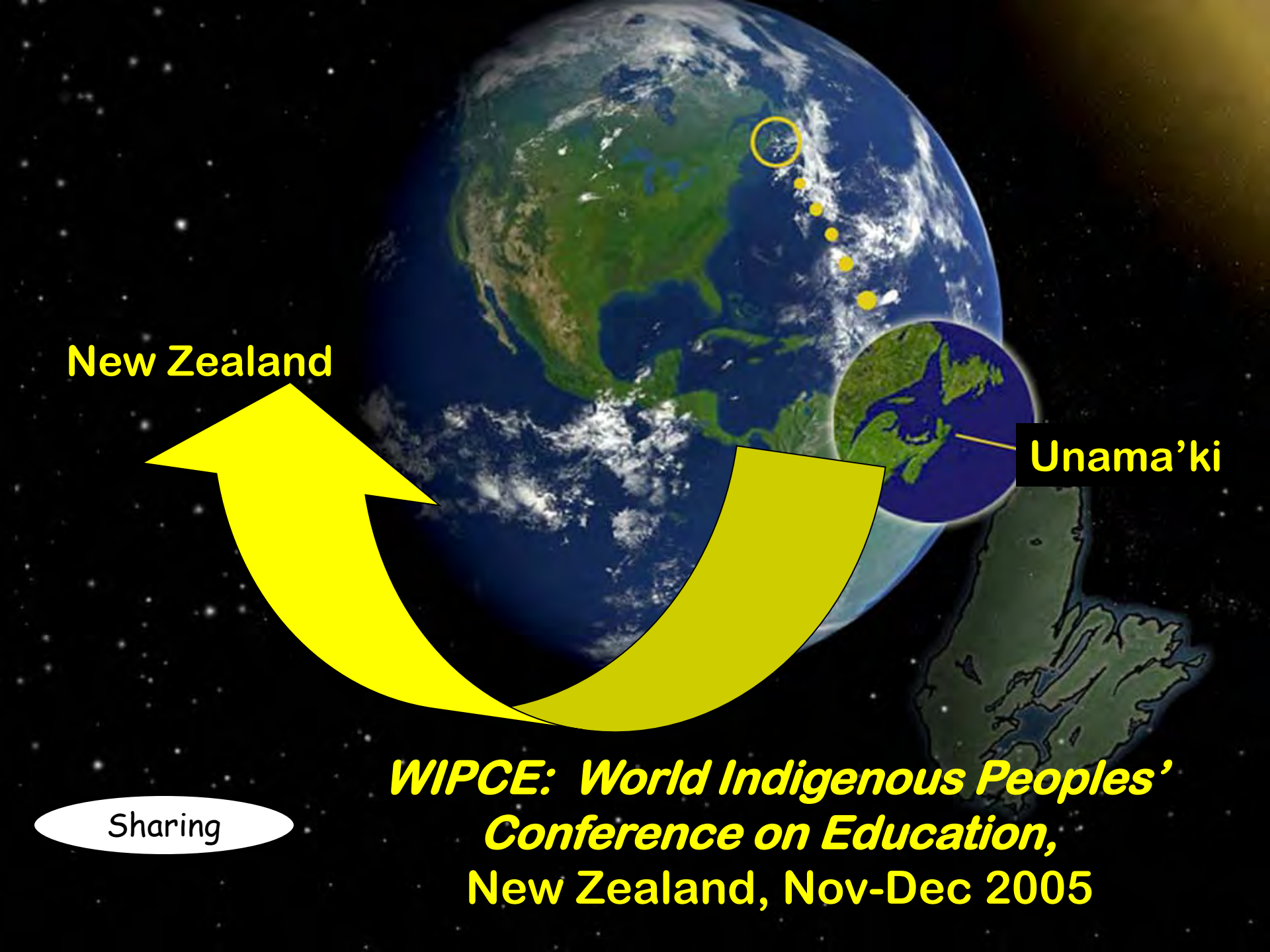
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Sharing

**East (sunrise)
... a place of
beginnings and
enlightenment
... where new
knowledge can be
created or received
to bring about
harmony or
right relations.**





New Zealand

Unama'ki

Sharing

WIPCE: World Indigenous Peoples' Conference on Education, New Zealand, Nov-Dec 2005



On Tribal Consciousness

THE TREES THAT HOLD HANDS

Murdena Marshall, MEd

CANADA

Elder, Spiritual Leader, Eskasoni Mi'kmaq First Nation

Associate Professor, Mi'kmaq Studies (retired, Cape Breton Univ.)

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Sharing



**Bringing Together
Western & Aboriginal
Scientific Knowledges**

THE SCIENCE OF HUMILITY

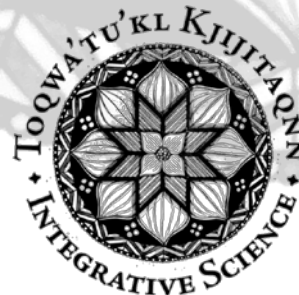
Albert Marshall

Elder, Eskasoni Mi'kmaq First Nation

- Eskasoni Fish and Wildlife Commission
- Unama'ki Institute of Natural Resources
- Eskasoni School Board

Canada

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Bringing Together
Western & Aboriginal
Scientific Knowledges

Sharing



Elders' Suggestions

Sharing

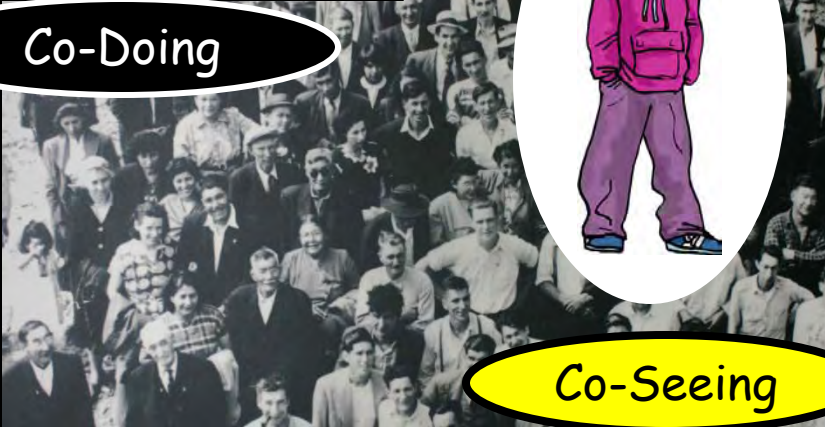


Co-Doing



Co-Learning

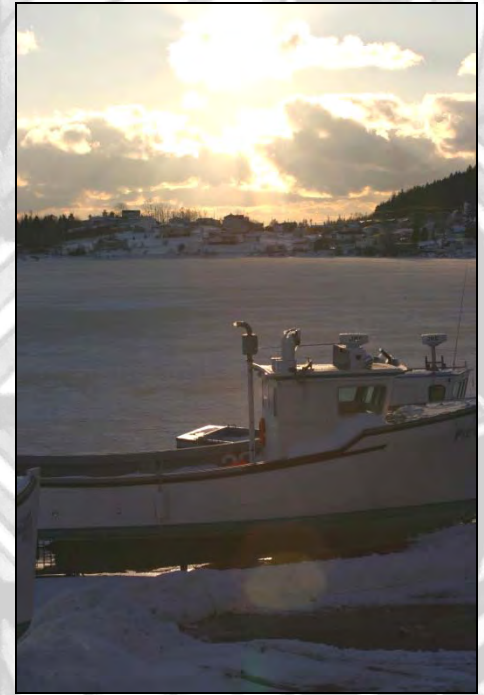
Co-Seeing



Sense of Self within Family



Co-Doing



Sense of Place

Co-Doing





Science Wtisi

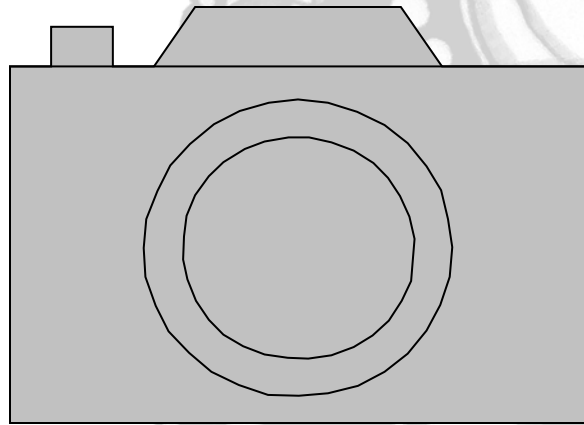
FIRST NATION CENTRE
for
Science Nourishment and Growth

Co-Doing

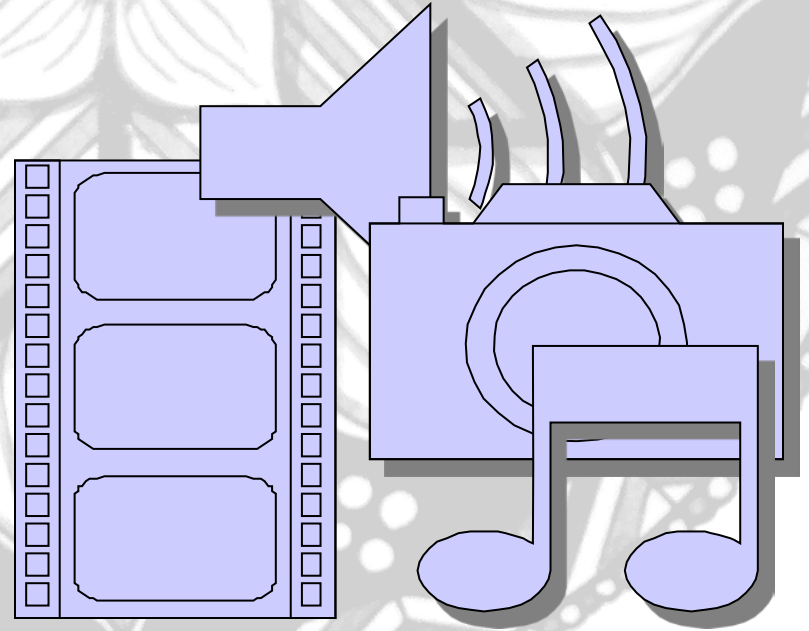
NEMI'SIMK



Co-Doing



Video Story: Our Co-Learning Journey to Two-Eyed Seeing



Sharing

INSTITUTE for INTEGRATIVE SCIENCE & HEALTH



Co-Doing



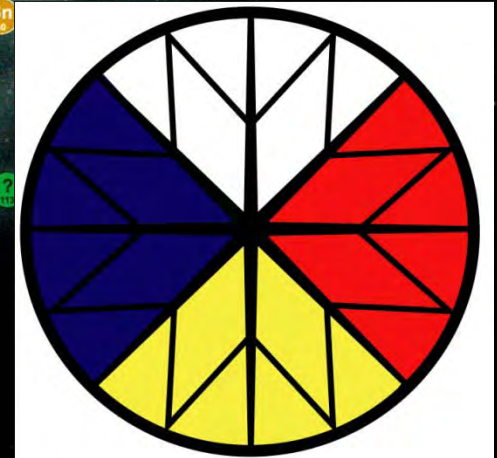
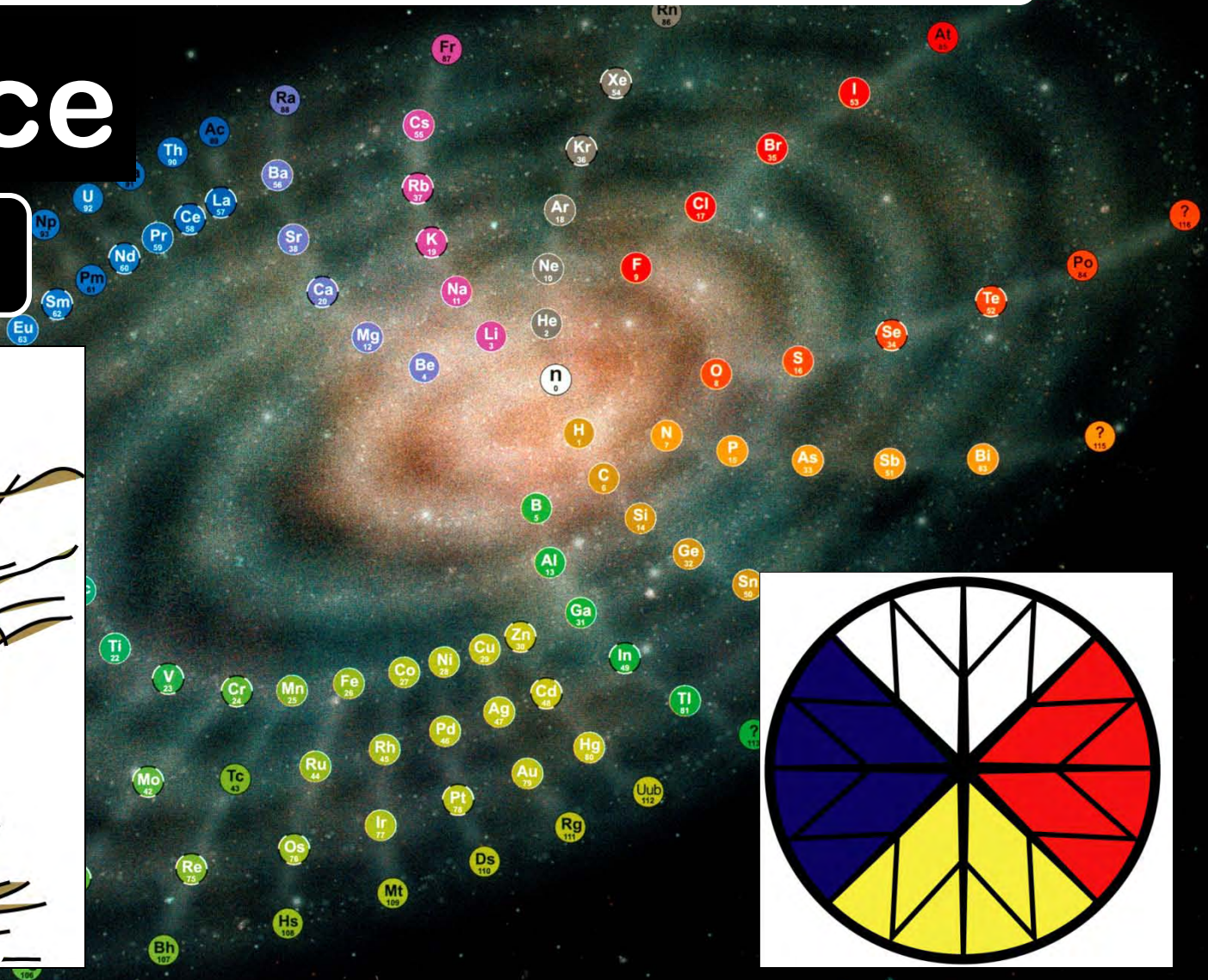
stories of our interactions with and within nature

Science

PATTERN



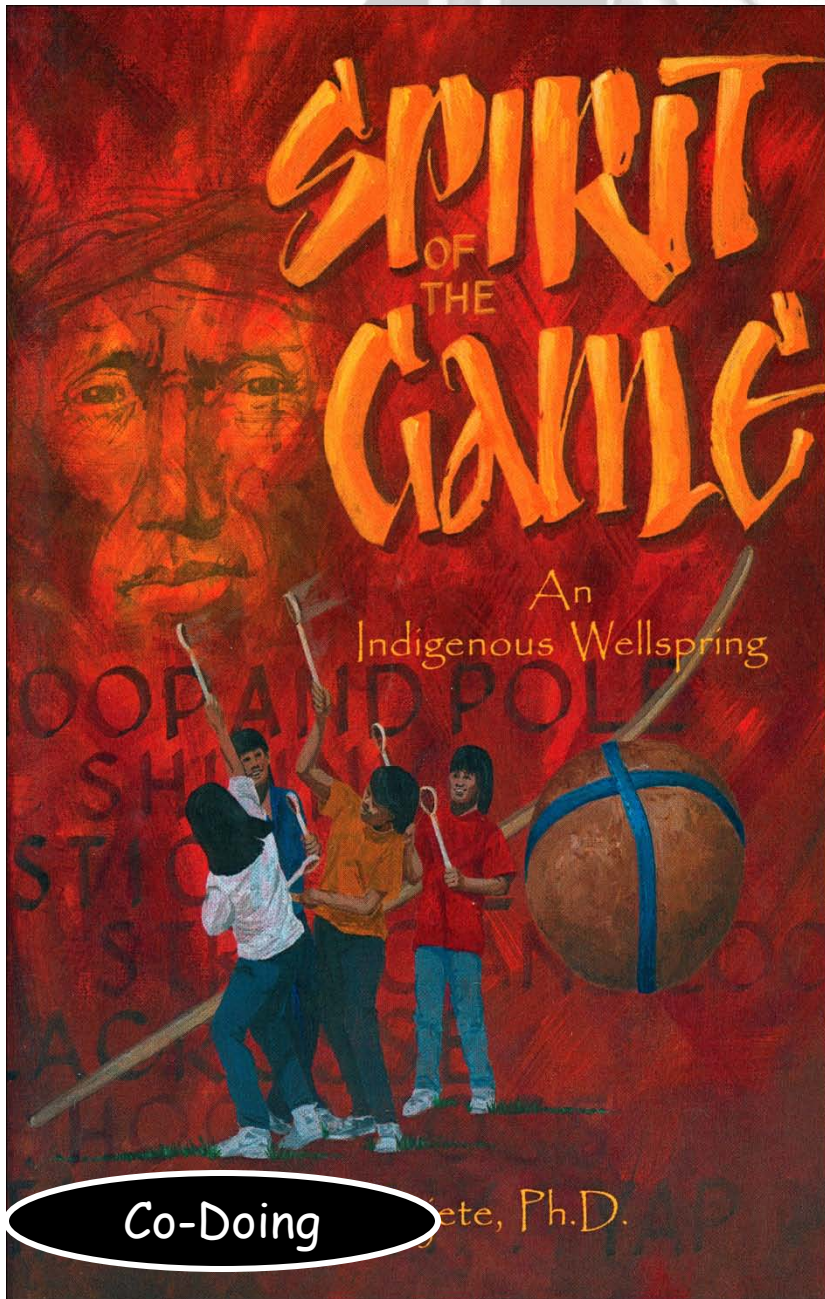
Co-Doing



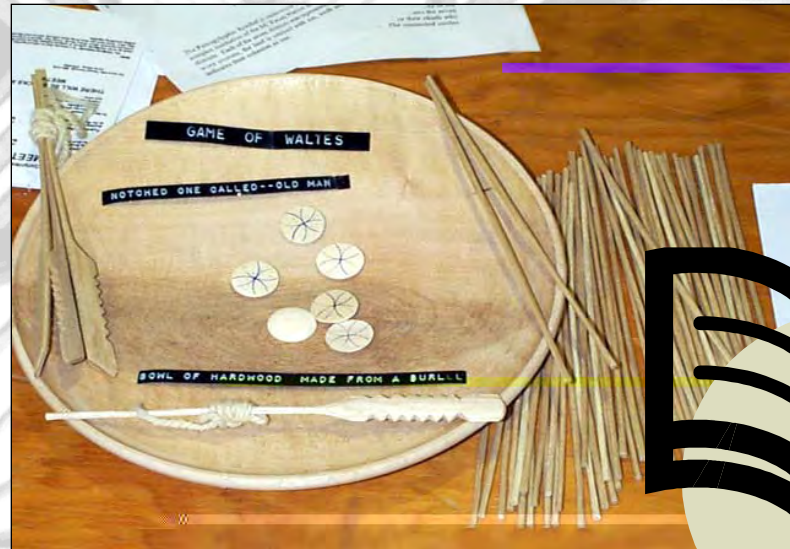


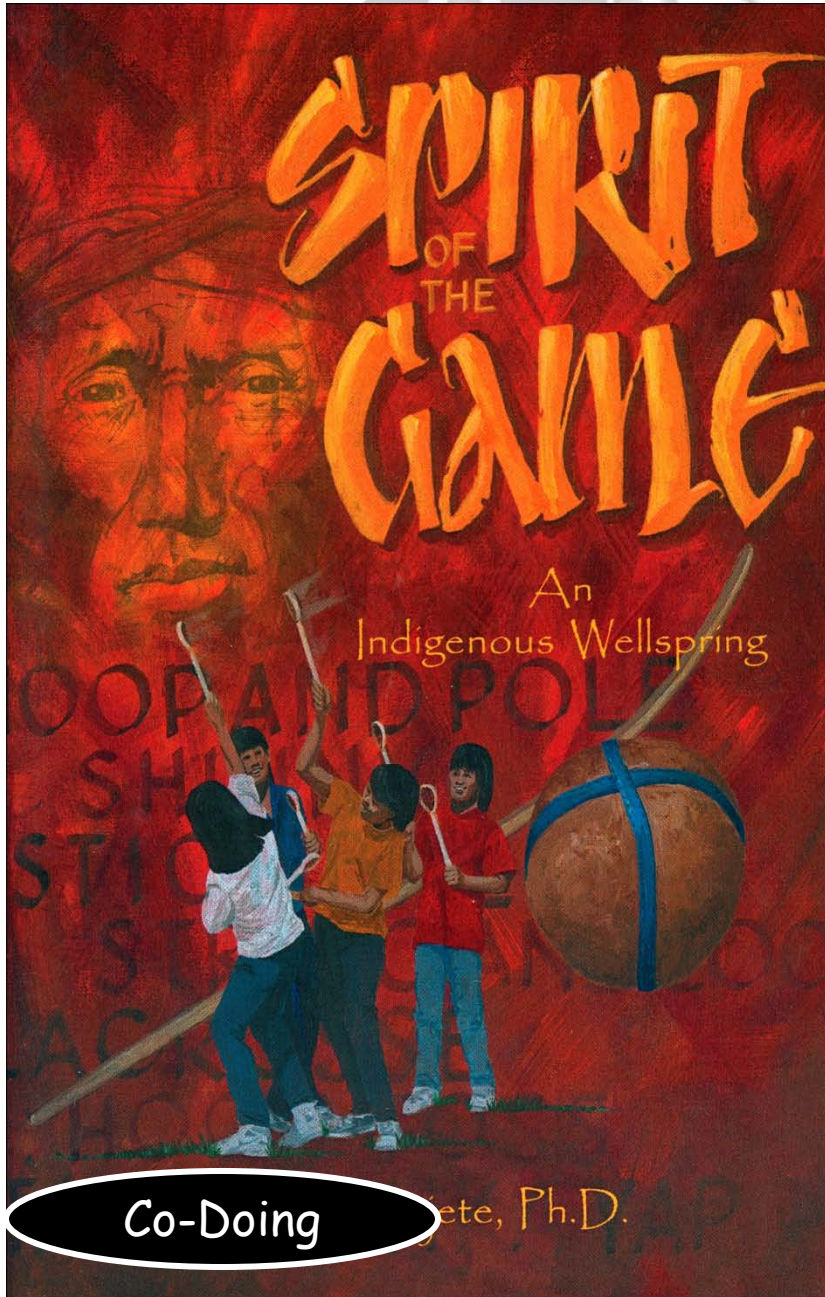
Co-Doing

Philosophy Discussion Sessions



Mathematics Workshop for Waltes

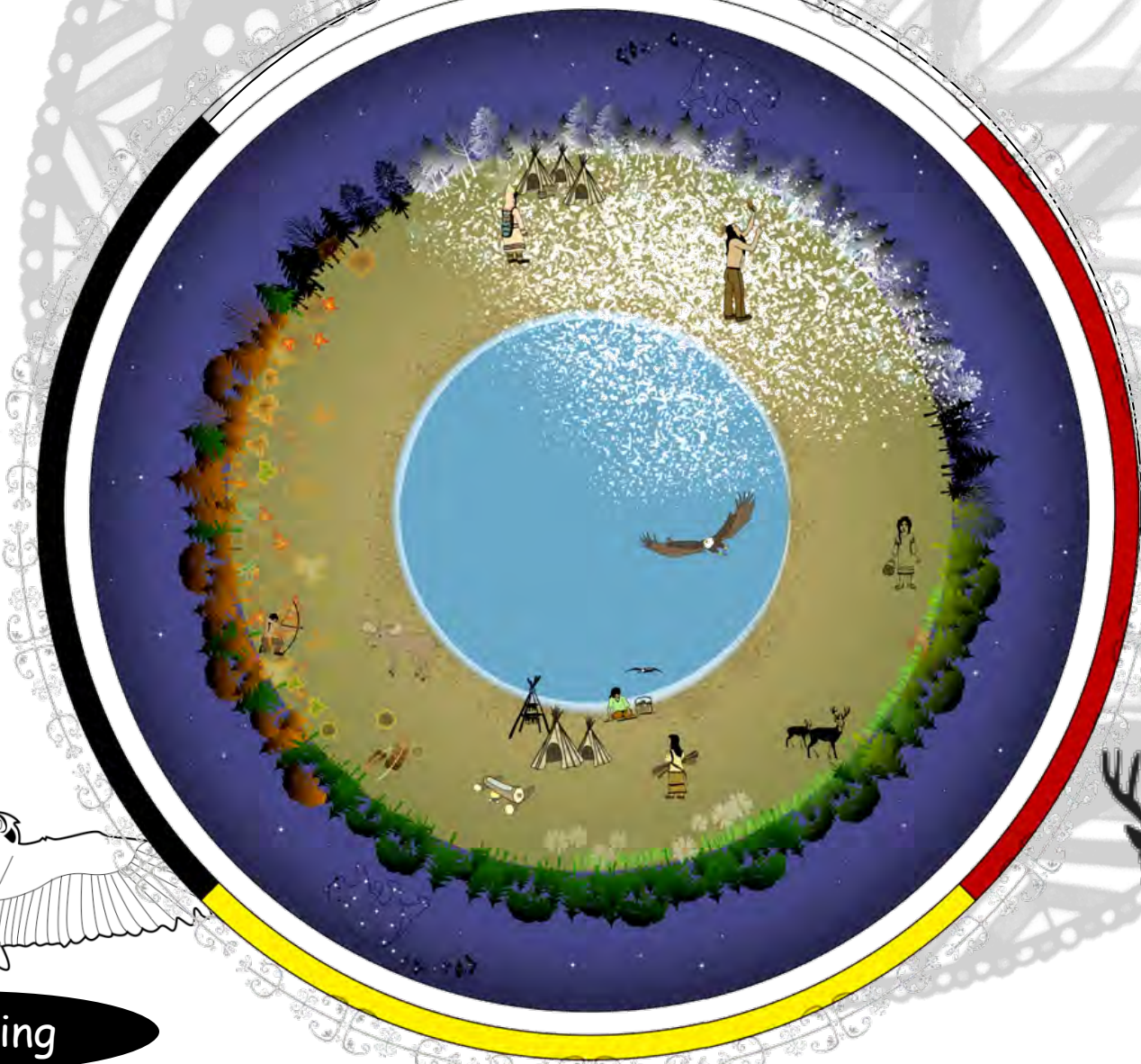




Traditional Knowledge via computer games



ECO-CALENDAR



Co-Doing



?? Mi'kmaq Food Guide

Nunavut Food Guide

Enjoy a variety of foods from each food group everyday. Enjoy traditional foods.



For a healthy body, it is important to drink water everyday.



For Strong Muscles

For Strong Bones & Teeth

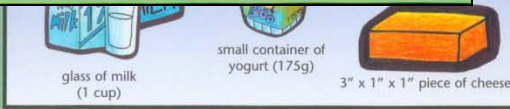
For Good Eyes, Skin & Less Infection

For Energy



Sometimes Food: High fat, high sugar. (1 or less servings per day)

- That is why this guide gives you a lower and a higher number of servings for most food groups.
- For example, young children can choose the lower number of servings, while male teenagers can choose the higher number. Most other people can choose somewhere in between.



For good health, choose low-fat foods and cooking methods.



For good health, enjoy activity as part of your everyday life.

For people age four years and older, food group everyday. Enjoy traditional foods.

Pasta

be:

Berries, Fruit & Vegetables
Aim for 5 or more servings per day
 Choose dark green and orange vegetables and orange fruit often

1 Serving could be any one of these:

- medium size fruit or vegetable
- handful of berries
- half glass of juice (half cup)
- mountain sorrel

Like orange fruit and vegetables, blubber and organ meats are sources of vitamin A.

Meat, Fish, Birds, Eggs & Beans
2-4 servings per day
 Choose lean meat, fish, birds & beans often

1 Serving could be any one of these:

- large spoonful of peanut butter (2 Tbsp)
- piece of liver or kidney
- 3" x 1" piece of meat, fish or muktuk
- 2 eggs
- small bowl of beans (1 cup)

Co-Doing

puppetry



Co-Doing



TOQIKUTIMK

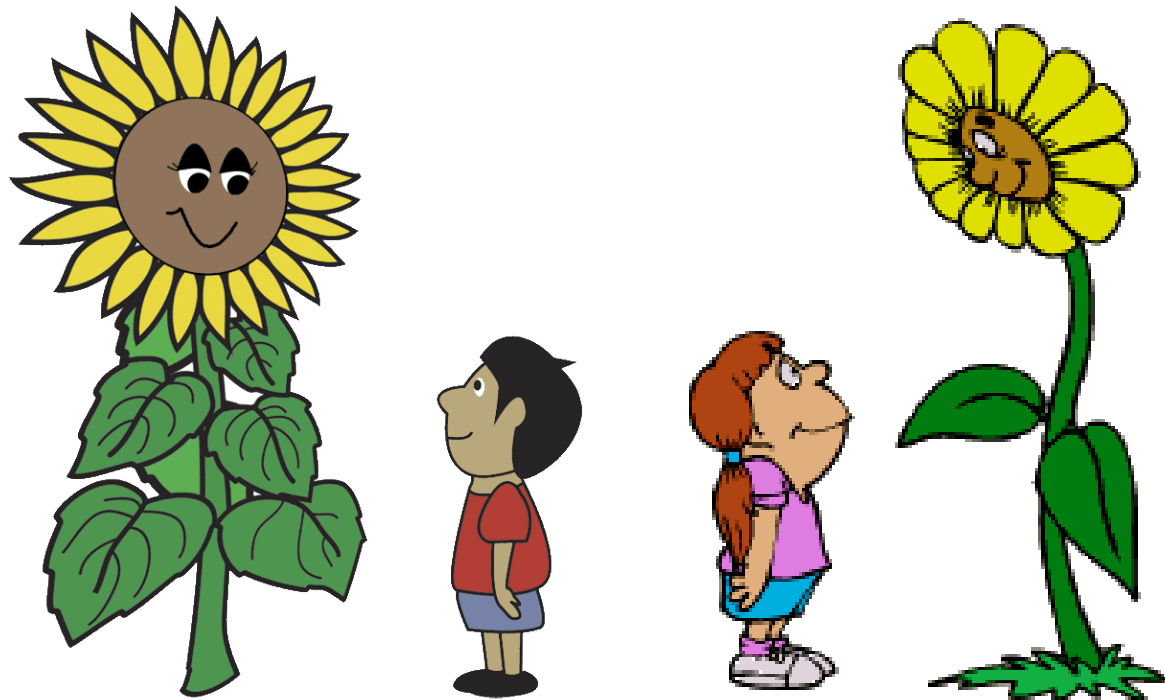


Co-Doing

Toqikutimk "Growing Together" Our Children - Our Sunflowers

Andrew Sark- IWK Mi'kmaq Youth Activities Coordinator

Cape Breton University - Integrative Science Program
Integrative Health and Healing Research Project



MPF



IWK Health Centre
Foundation



CIHR IRSC

<http://oursunflowers.ca>



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IKĀTAQUTE'N SKINMIN

[planting my seeds]

mkne'n ta'n tet
na'ku'setewik



jila'te'n
maqamikew



ikātaqawte'n
skinmin



anqute'mn



wtaqapatu



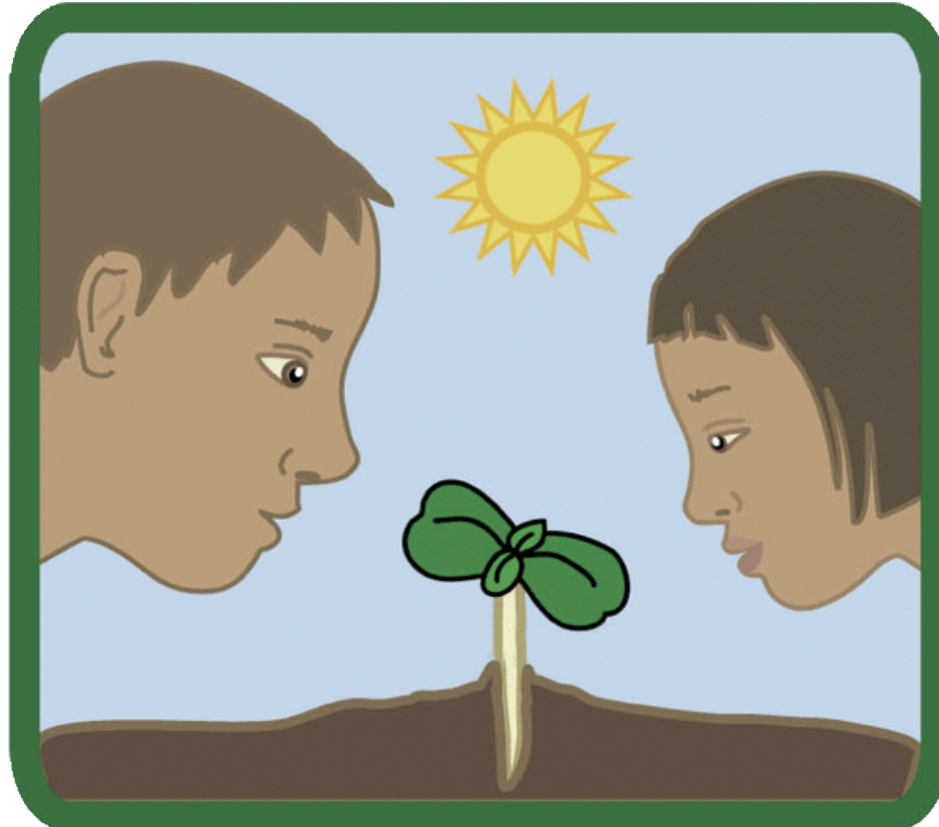
jikapte'n sqalian



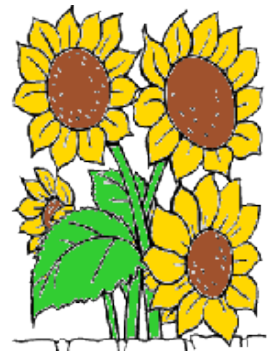
a new relationship

elementary school children
and their sunflowers

Njiknam Nkwe'ji'j
New little brother, new little sister.



I watch, I learn, I care, I love, I grow





MALIAPTEN' TA'N KISI IKA'TU'NL
(caring for my sunflower)

wula ketusamqwaki

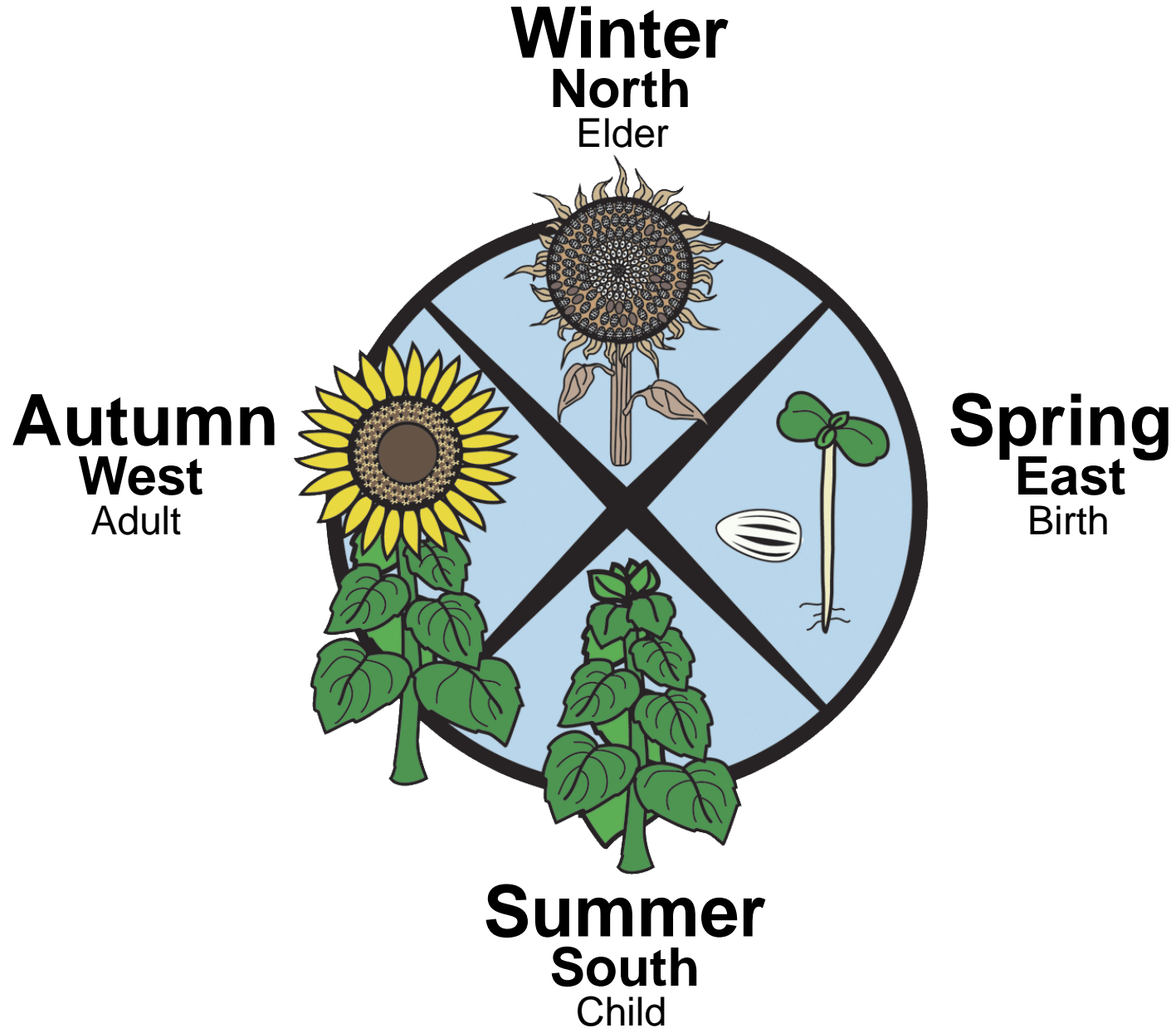


wula welikwek mita meski'k wtupn



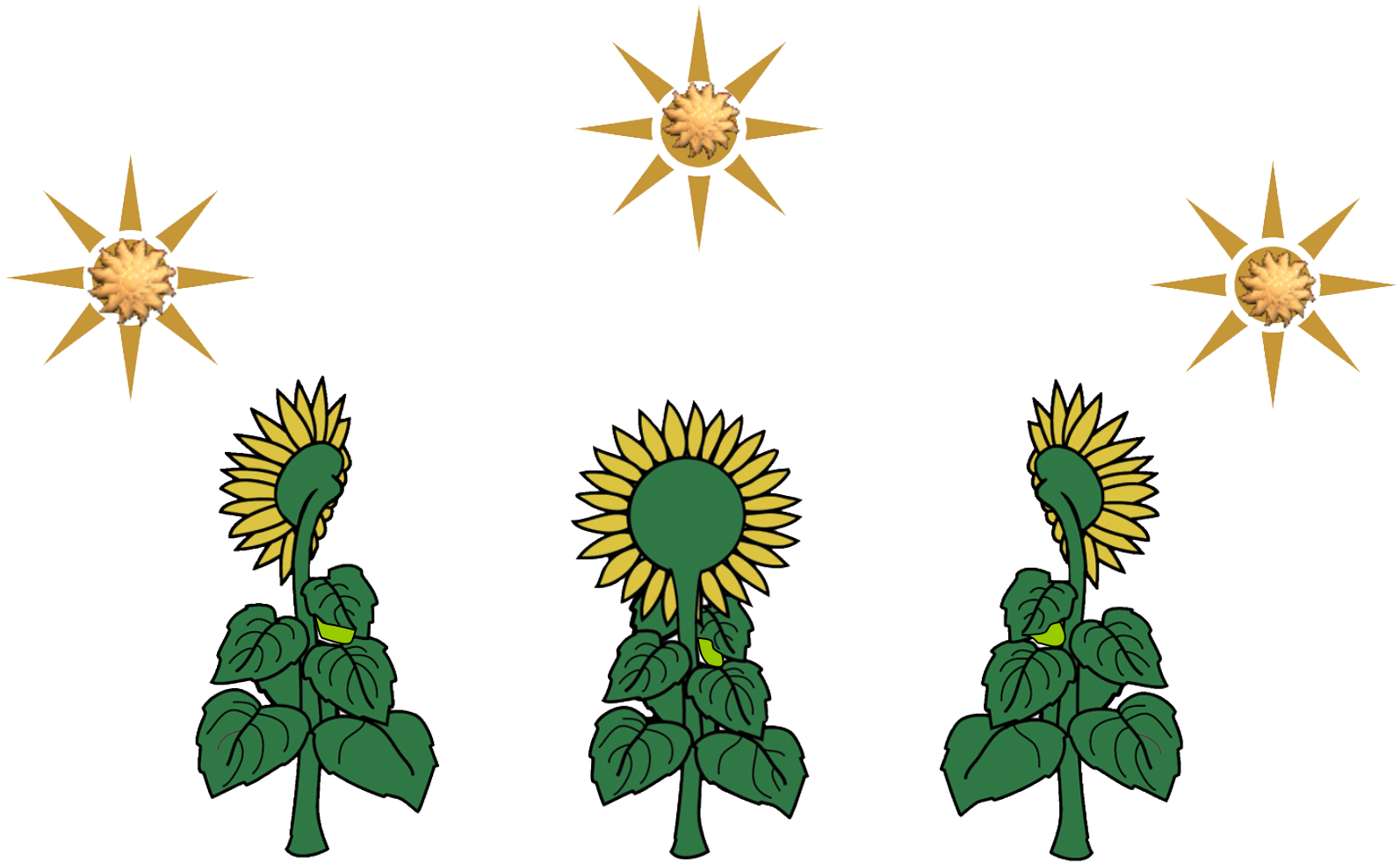


Learn and grow with the natural process of the sunflower's life cycle









follow the sun, stand proud, grow strong

preventative medicine for the spirit



Canada Research Chairs / Chaires de recherche du Canada / Canada

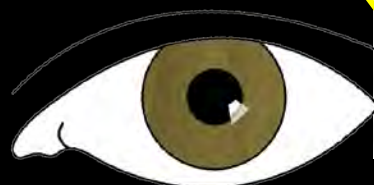
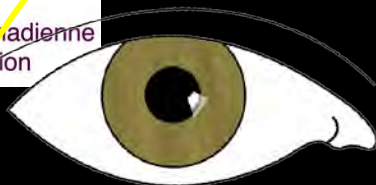


Social Sciences and Humanities Research Council of Canada

Conseil de recherches en sciences humaines du Canada



Canada Foundation for Innovation / Fondation canadienne pour l'innovation



Mermaid Theatre of Nova Scotia

Thank you



CIHR IRSC / Canadian Institutes of Health Research / Instituts de recherche en santé du Canada



IWK Health Centre Foundation



IAPH



UNAMA'KI INSTITUTE OF NATURAL RESOURCES



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NOVA SCOTIA Health Research FOUNDATION



SABLE OFFSHORE ENERGY INCORPORATED

Mi'kmaq Elders



NSERC CRSNG



Mi'kmawey Debort



Mounted Police Foundation

Royal Canadian Mounted Police

Gendarmerie royale du Canada



Spirit of the East
Thank you

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