

SPIRITS of HEALTH

- co-learning stories of interconnectiveness •

Albert Marshall

& Murdena Marshall

Elders and HonDLitts

Eskasoni community, Mi'kmaq Nation



Prune Harris

Research Associate



with

Cheryl

Bartlett

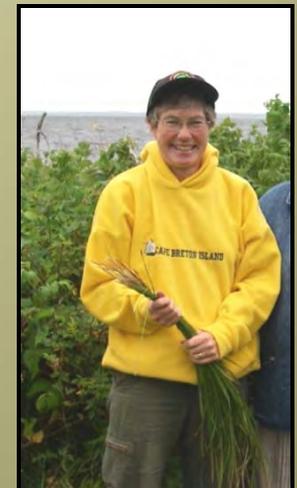
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Integrative

Science



OCAD, Toronto, 23-25 November 2009

SPIRITS of HEALTH

- co-learning stories of interconnectiveness •

1. Introduction

- where & who
- Integrative Science
- Two-Eyed Seeing



2. Health: Mi'kmaq perspectives



3. Stories of Interconnectiveness

- under the stars: Muin
- in the language: Healing Tense
- from the forest: Puppets
- within the walls: Upside Down Canoe



ABSTRACT

Spirits of Health; co-learning stories of interconnectiveness

Albert Marshall

Elder and Doctor of Letters (honoris causa), Eskasoni community, Mi'kmaq Nation

Prune Harris¹ & Cheryl Bartlett²

¹ Research Associate *with*

² Canada Research Chair in Integrative Science, Cape Breton University, Sydney, NS

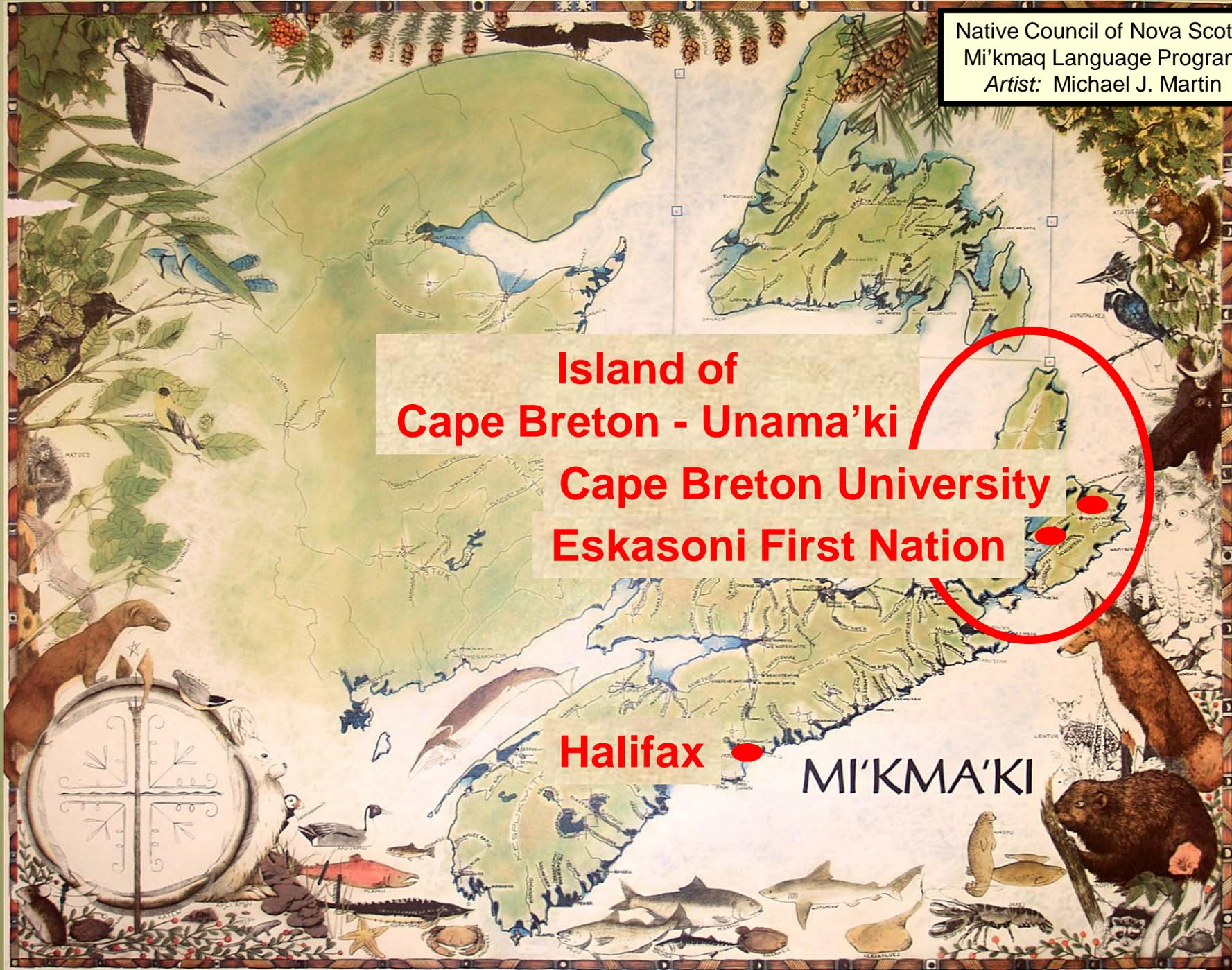
Traditional Mi'kmaq understanding holds that health is not just physical (although attending to that is our greatest task). From a wholistic perspective, it also involves the other three domains of being human (cognitional, emotional, and spiritual) plus considerations of where you are coming from and where you are going within the present moment. Our presentation will explore the nurturing web for this understanding. We will 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, forests, stars, and architecture ... i.e. all 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 will present, it is understood that the exchange of stories forms the foundational basis for all relationships.

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

**Cape Breton University
Eskasoni First Nation**

Halifax

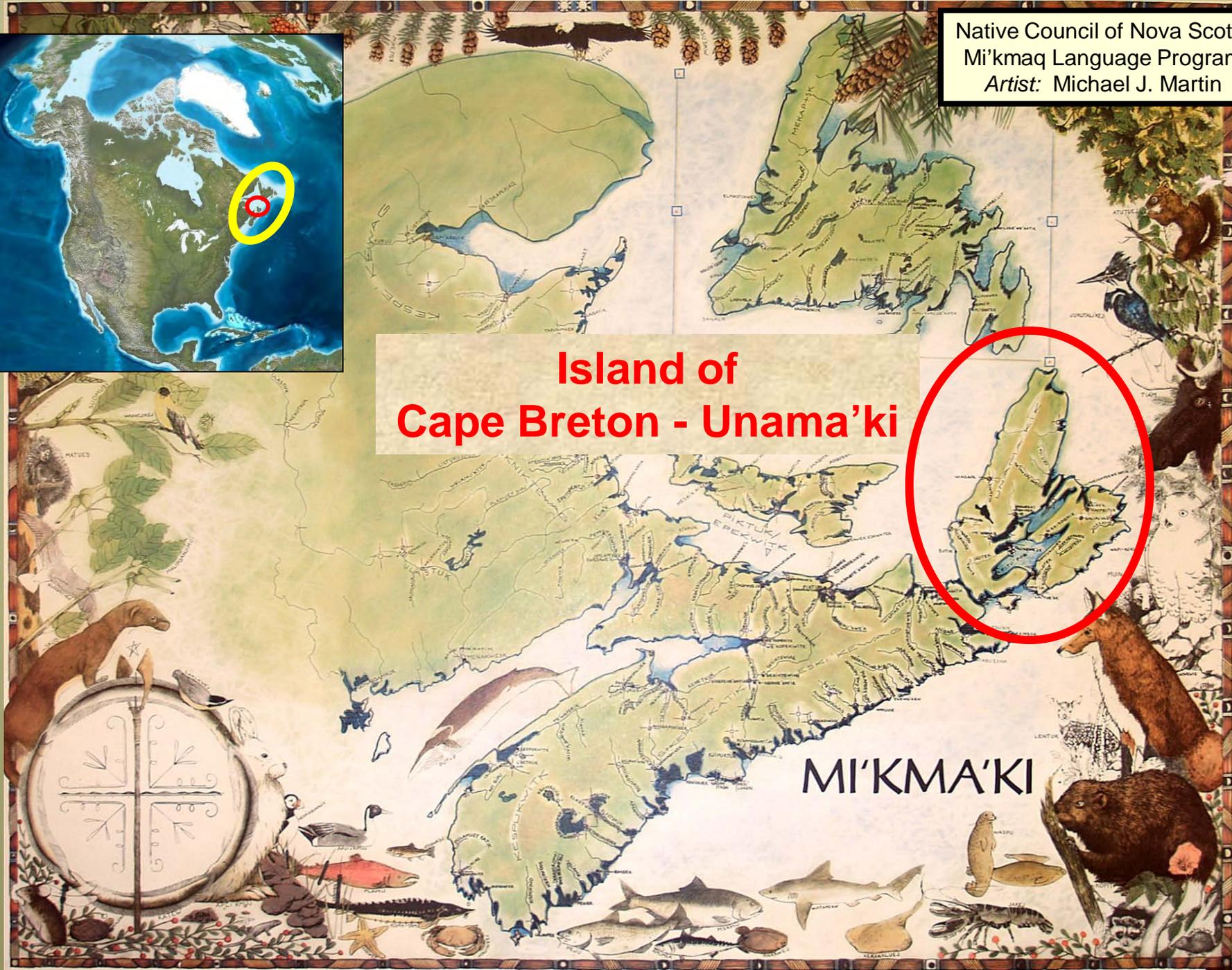
MI'KMA'KI



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



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



**for 15+ years we have been on a
Co-Learning Journey**
(wherein we have been our own experimental rats)



our THANKS to many Elders & many others



**Mi'kmaq Elders
&
Students**

our THANKS to CBU's Integrative Science Team



**Research Team
with
Artist & Graphic Designer**



**Artist
Basma Kavanagh**



**Graphic Design
Kristy Read**



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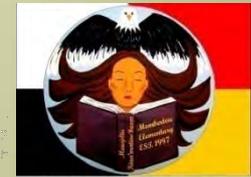
Thank you / Wela'liog

IAPH



Canada Foundation
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Membertou
Elementary

CIHR IRSC
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Health Research Instituts de recherche
en santé du Canada



Mi'kmawey Debert



Eskasoni First Nation Detachment
Royal Canadian Mounted Police Gendarmerie royale
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The support of various
partners and funding agencies
is gratefully acknowledged.



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

Co-Learning Journey

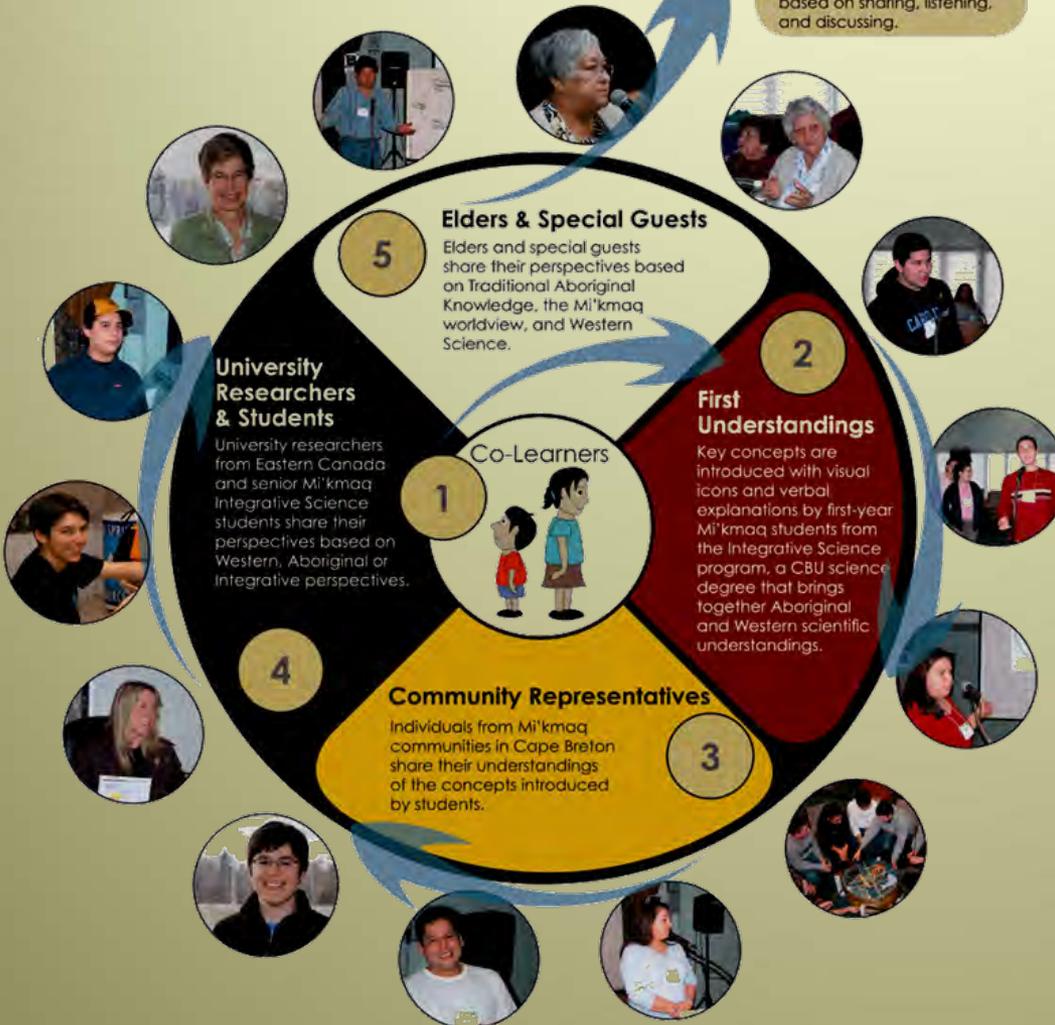
Co-Learning Journey

A shared understanding of how to talk together

This visual is based on the Medicine Wheel (or Circle of Learning) which is a commonly used Aboriginal teaching tool. The visual shows that within the discussion, all have a role to play. Each person has an opportunity to speak, to share, to teach, and to learn.

6

Each participant gains some new understandings of Mother Earth and her lessons for humans about health, healing and wholeness based on sharing, listening, and discussing.



praxis-based RESEARCH

- *integrative*
- *community-based*
- *participatory*
- *action*

methodologies



The foundational basis for any relationship is an exchange of stories.

(Mi'kmaq Elder Albert Marshall)

illustration by: Basma Kavanagh

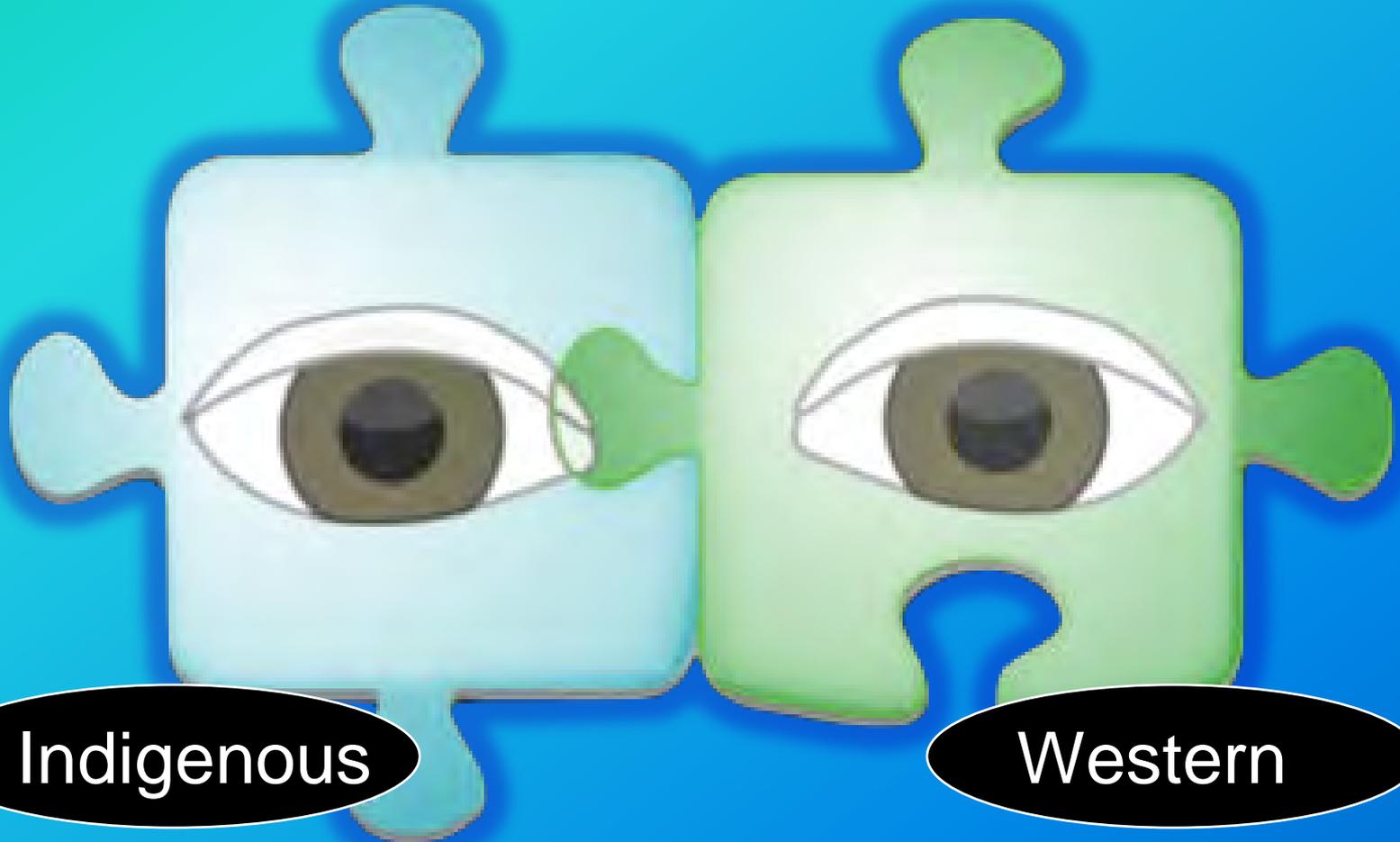
Toqwa'tu'kl Kijitaqnn Integrative Science

Indigenous

Western

“bringing our stories together”

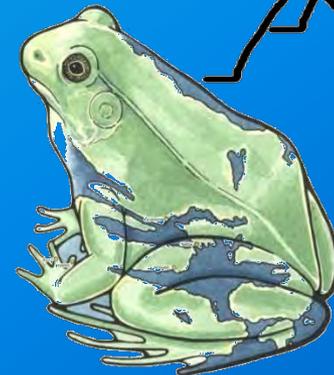
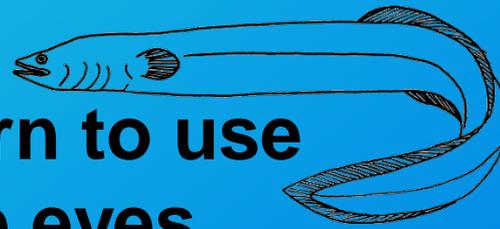
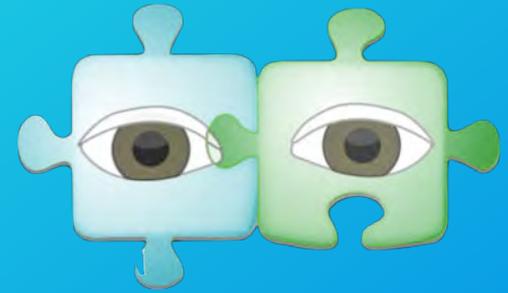
Etuaptmumk - Two-Eyed Seeing

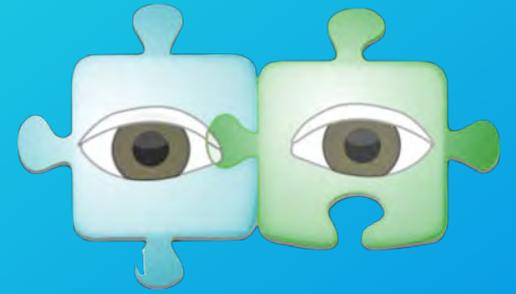


Two-Eyed Seeing

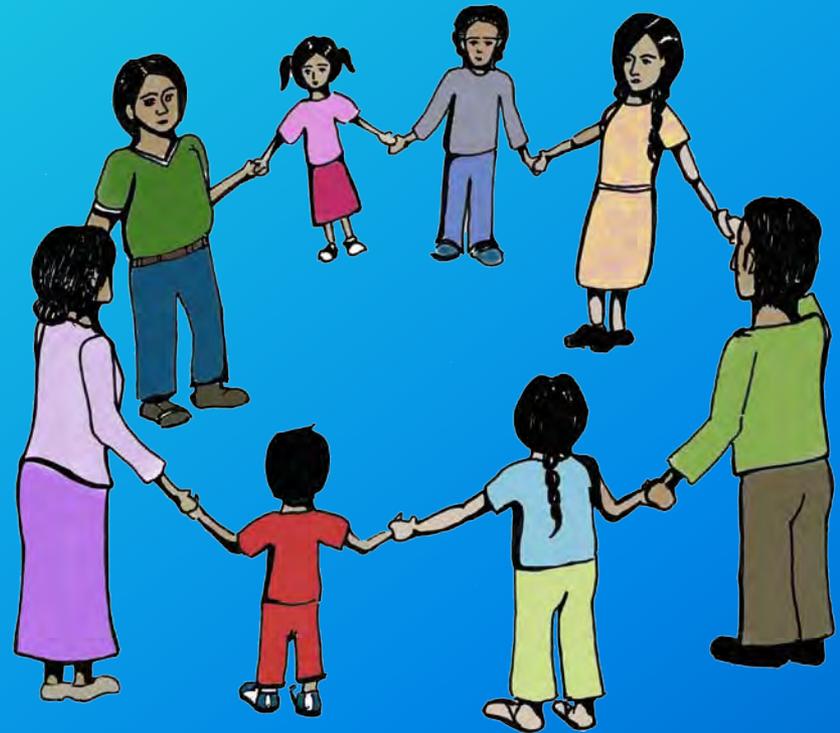
LEARN ... to see from one eye with the best in our Indigenous ways of knowing, and from the other eye with the best in the Western (or mainstream) ways of knowing ...

... and learn to use both these eyes together, for the benefit of all.

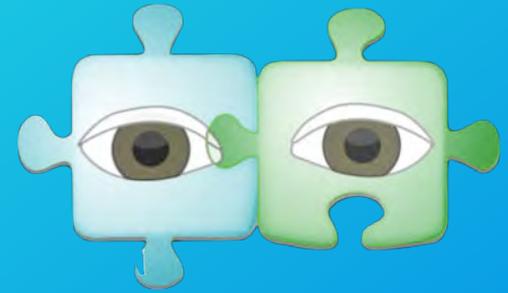




**It is not
enough to go
through life
with one
perspective;
we must
embrace
all the tools
we have ...**



Consciousness of Knowing

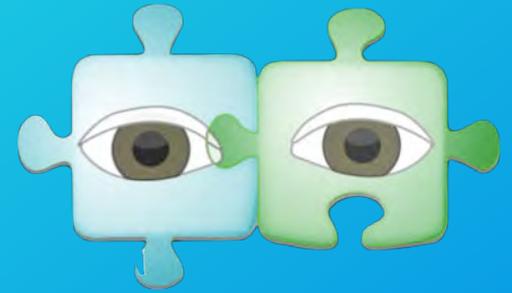


artist Basma Kavanagh

*... our interdependence
on each other and
on Mother Earth*

All people must learn
“Two-Eyed Seeing”
so that knowledge of the
physical is not separated
from wisdom
of the spiritual.

**Two-Eyed Seeing
teaches you to awaken
the spirit within you.**

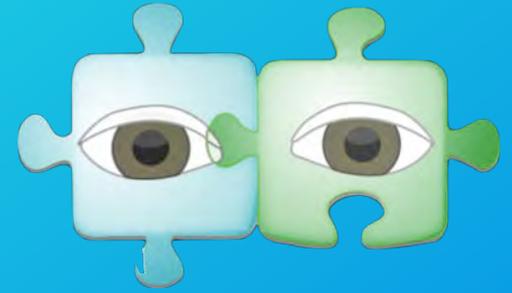


**You become
a student of life ...
and you become
observant of the
natural world ...
and realize we
humans are part
and parcel of the
whole.**





artist Basma Kavanagh



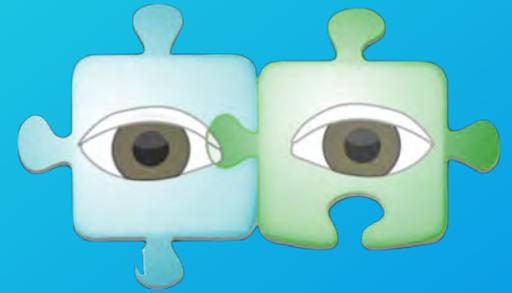
**Everything
that we do
to our natural
world ...**

**... we also do
to ourselves**

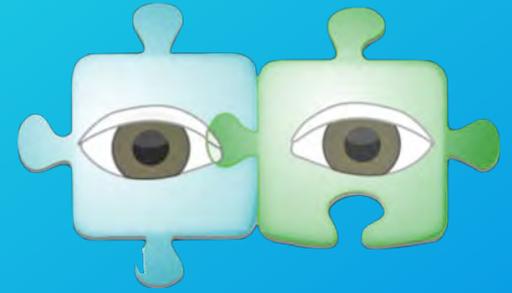
**Our language teaches us
about interdependence.**

Nature has rights.

Humans have responsibilities.



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

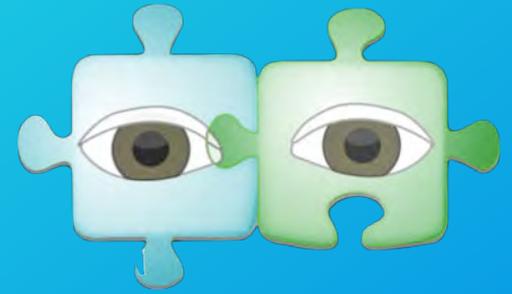


**The onus is on the
person to look at our
natural world with
two perspectives.**

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



artist Basma Kavanagh



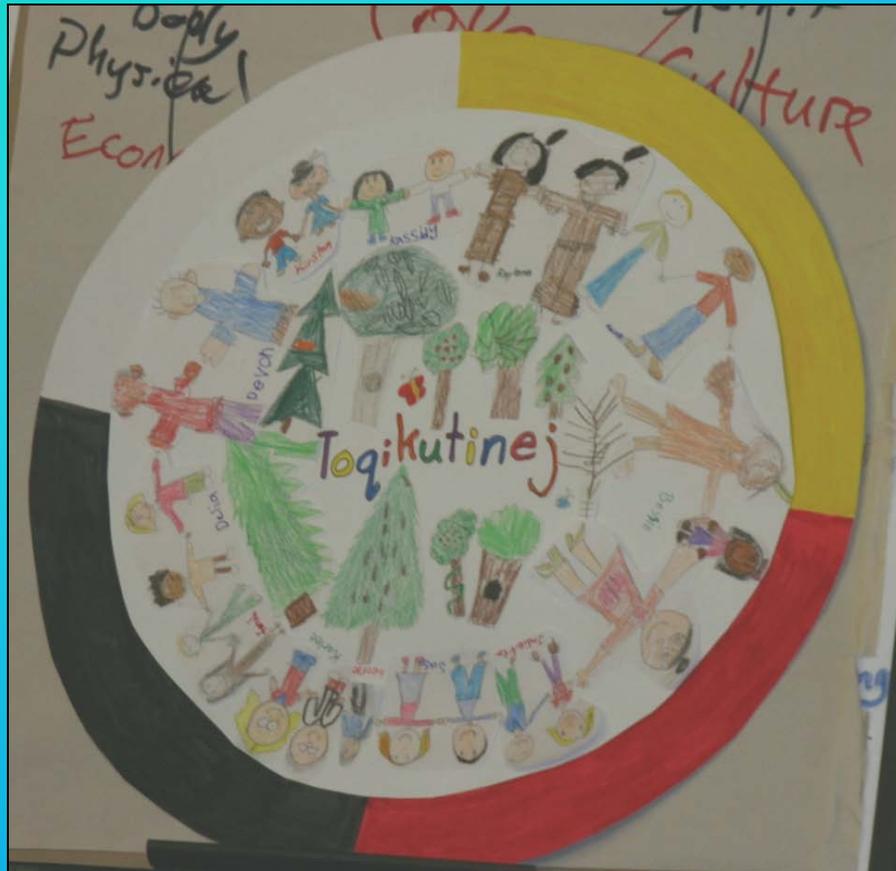
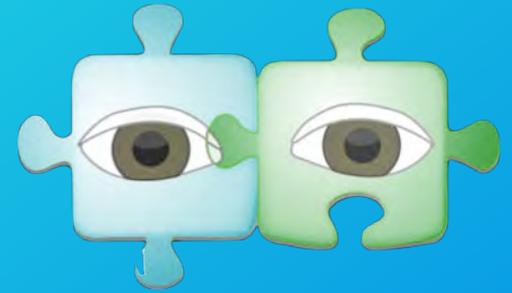
**Humans are a
very small part of
the whole.**

**Our natural world
provides for us,
shelters us,
nourishes us.**

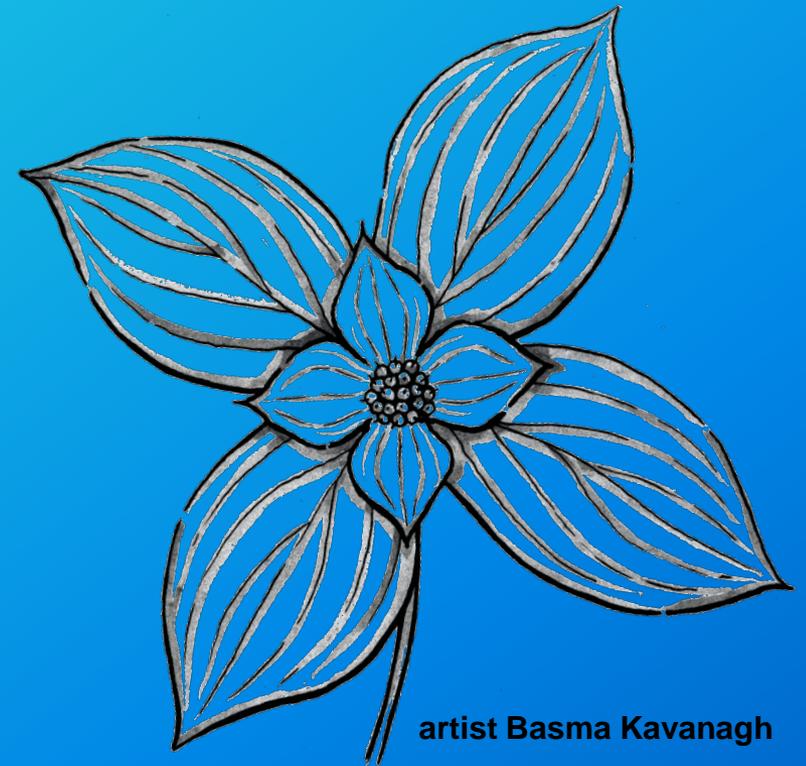


artist Basma Kavanagh

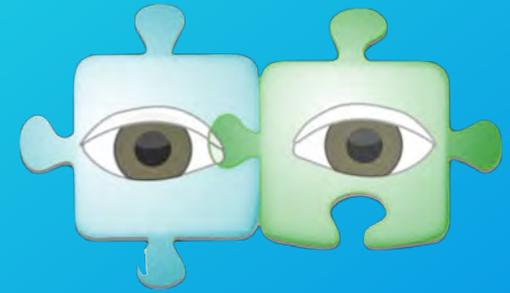
Our language takes us into a Life Long Journey.



artwork: Eskasoni Elementary School Children



artist Basma Kavanagh



**Knowledge is not a tool
but rather it is a spirit.**

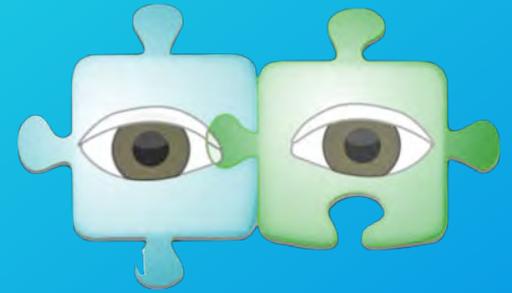
**It transforms the
holder. It also
reminds us that we
have responsibilities
to the spirit of that
knowledge.**

We must pass it on.



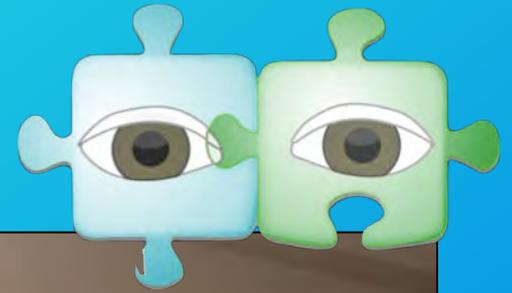
artist Basma Kavanagh

Our seasons follow the
cycles of **Mother Earth** ...

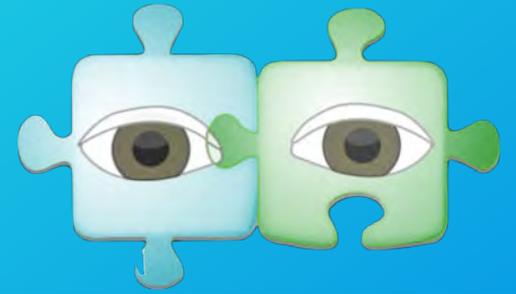


... so that our
children will
always be
reminded of the
beauty of
creation, and of
our dependence
on her.

Like nature, we must always have a nurturing component.



Life, Land, Language, Love

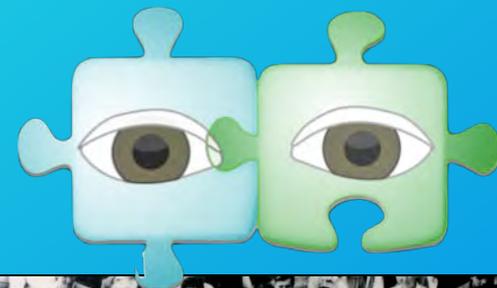


artist Basma Kavanagh



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 Western Science further by blending it with the wisdom of our Ancestors.



HEALTH: Mi'kmaq perspectives

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

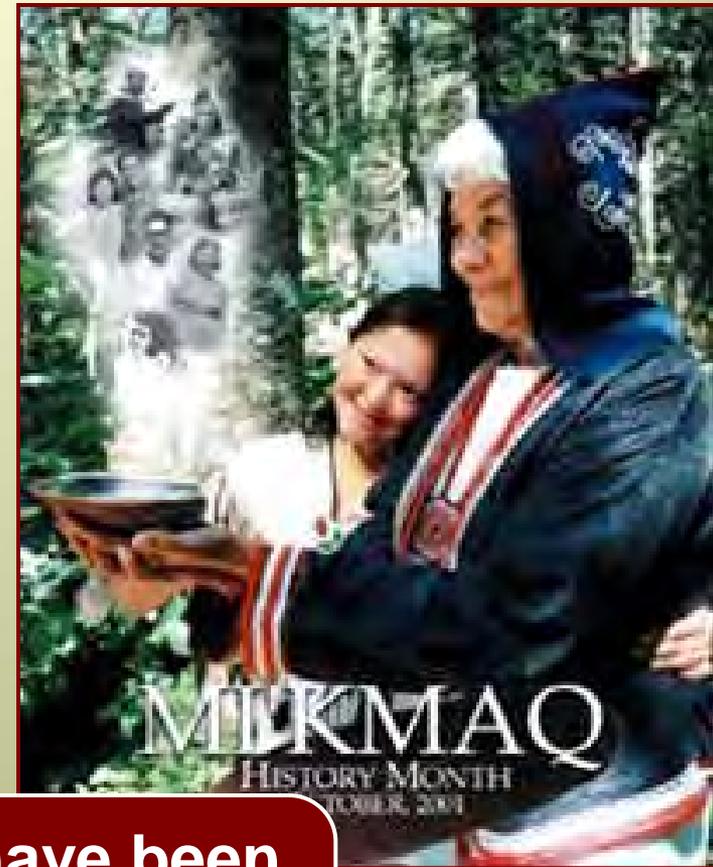
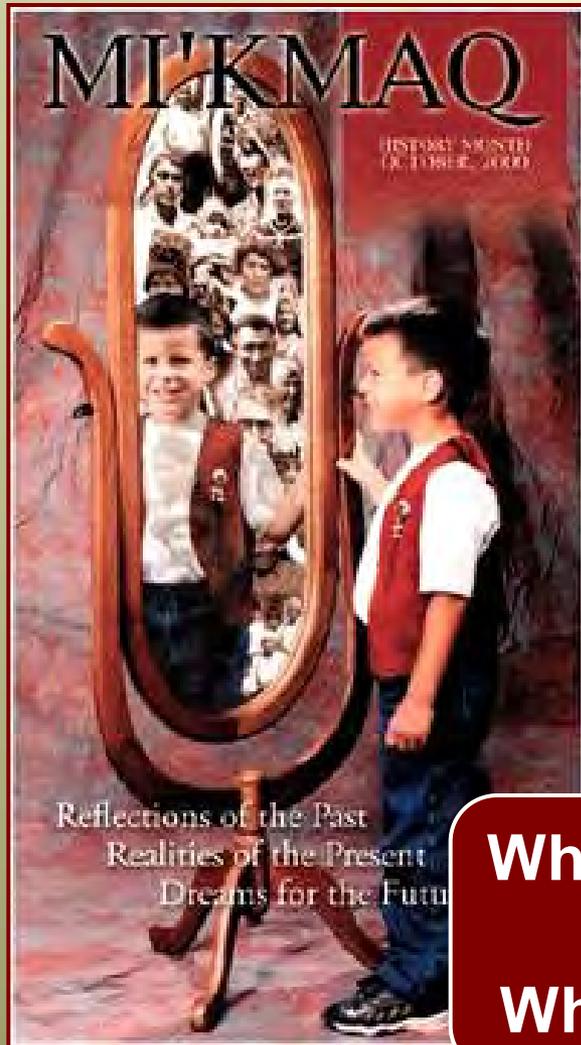


All Our Relations



All Our Domains

HEALTH: Mi'kmaq perspectives



**Where we have been.
Where we are.
Where we are going.**

posters for:
Mi'kmaq History Month
2000 & 2001

HEALTH: nurturing interconnectiveness



The foundational basis for any relationship is an exchange of stories.

(Mi'kmaq Elder Albert Marshall)



HEALTH: nurturing interconnectiveness



artist Basma Kavanagh



HEALTH: nurturing interconnectiveness

towards the dynamic of inner valuation which effects a transformative vision of self in relation to the world ...

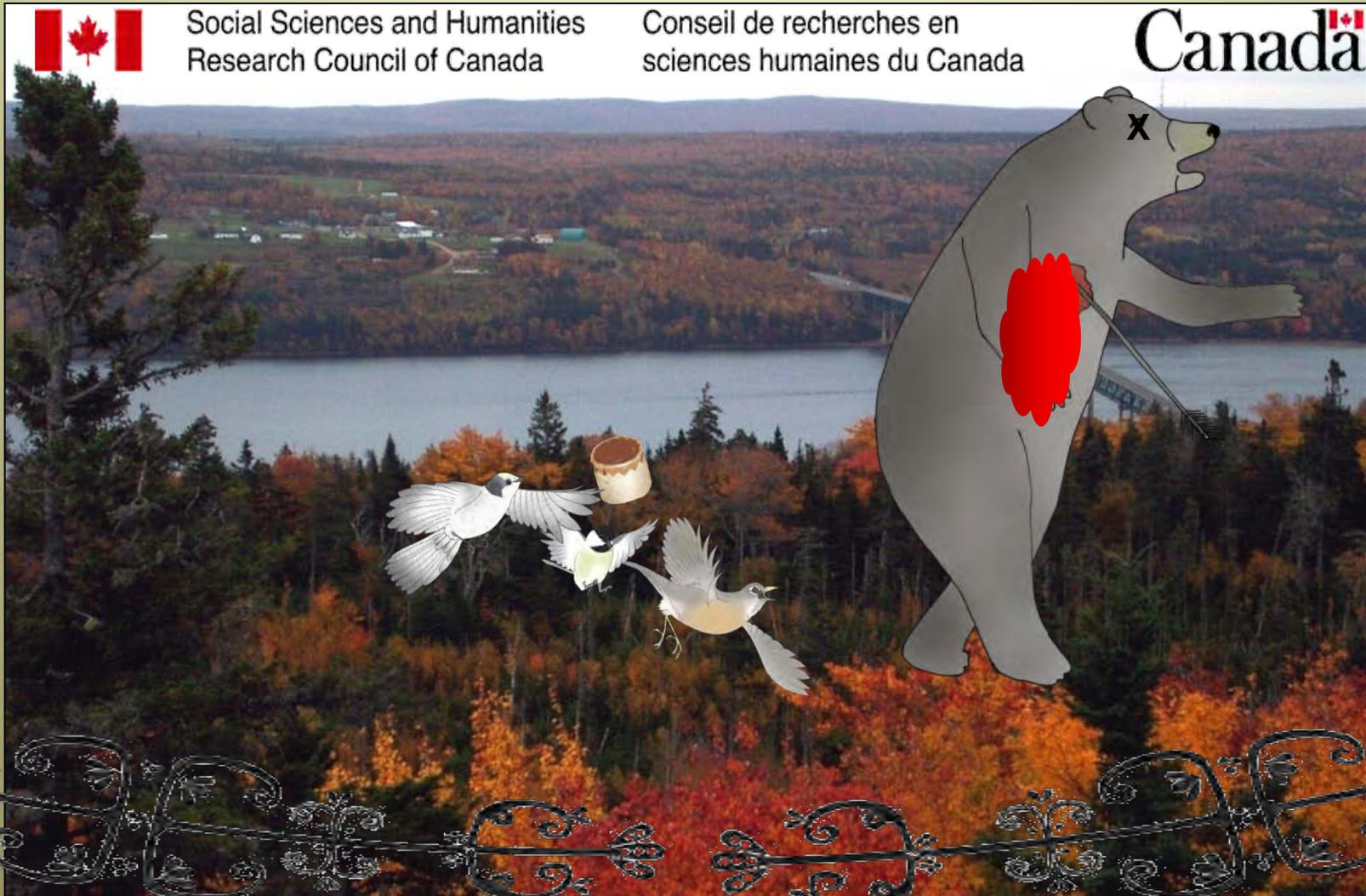
STORIES that connect: SPIRITS OF HEALTH

- under the stars: Muin & Seven Bird Hunters
- in the language: Healing Tense
- from the forest: Puppets
- within the walls: Upside Down Canoe



HEALTH: nurturing interconnectiveness

Under the Stars: Muin & Seven Bird Hunters



Tatapn
(North Star)



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



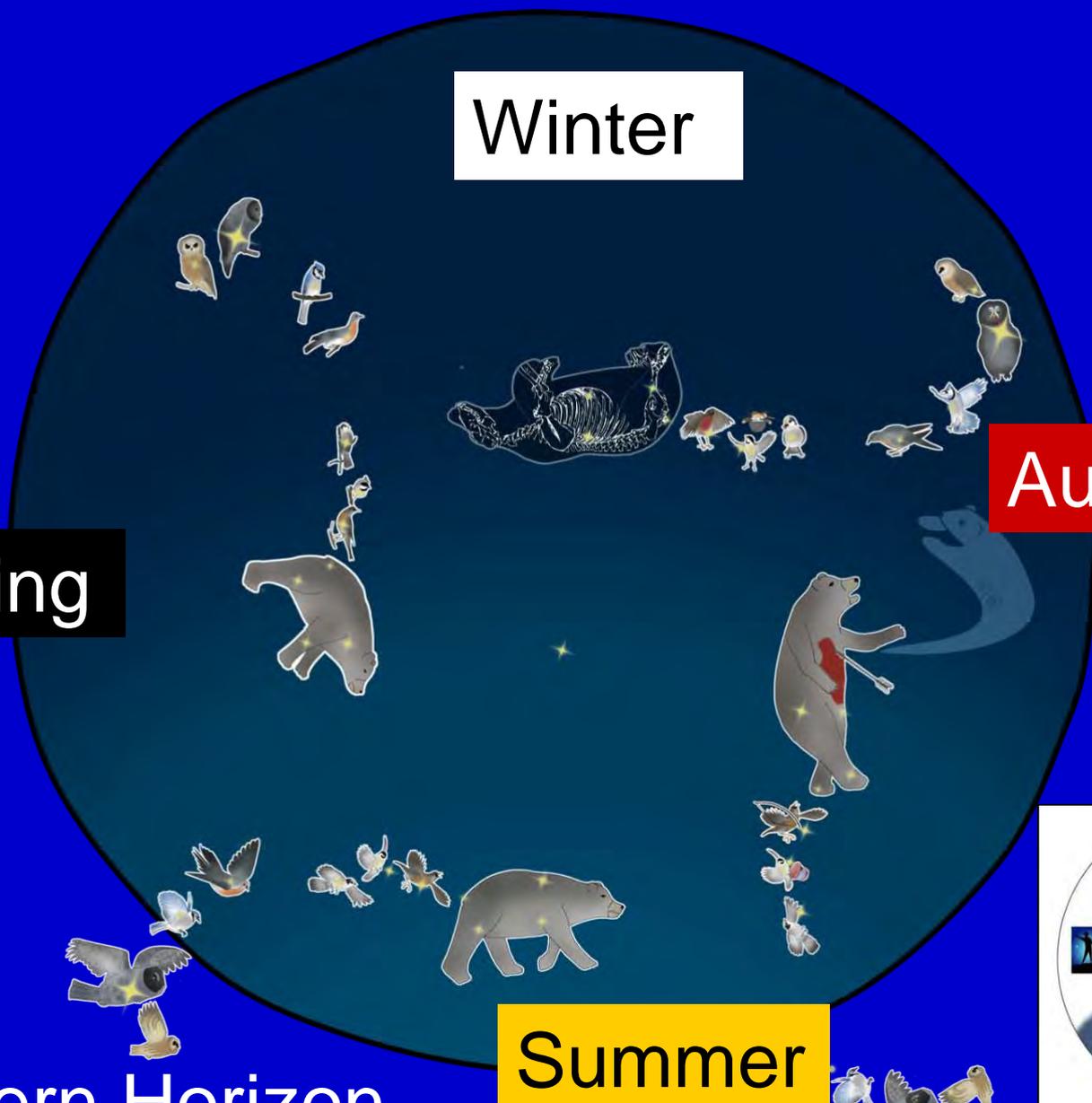
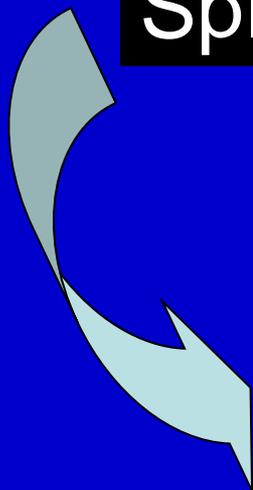
Winter

Autumn

Spring

Summer

Northern Horizon



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.



Pemi Pungek Mi'kma'ki

Elders



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**Knowledge
is spirit.**

**It is a gift,
passed on
through
many people.**

**As
Elders,
we must
pass it on.**



Muin and the Seven Bird Hunters

a Mi'kmaq Night Sky Story

VERSIONS: MI'KMAQ & ENGLISH, ENGLISH, FRENCH



THE UNIVERSE
YOURS TO DISCOVER

INTERNATIONAL YEAR OF
ASTRONOMY
2009



CAPE BRETON
UNIVERSITY



©2009 MI'KMAW ELDERS



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DVD



“Reflections”

artist Gerald Gloade
Millbrook First Nation



THE UNIVERSE
YOURS TO DISCOVER



INTERNATIONAL YEAR OF
ASTRONOMY
2009

GERALD GLOADE

Patterns in Stars

“Reflections”

artist Gerald Gloade
Millbrook First Nation

Patterns on Earth

HEALTH: nurturing interconnectiveness

In the Language



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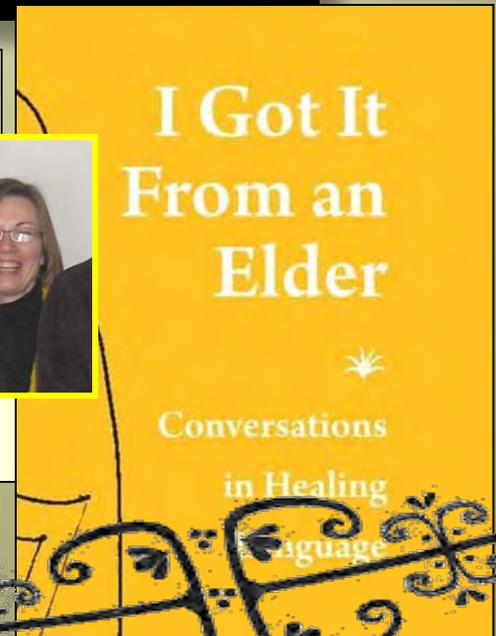
Marilyn Iwama, PhD
Poet

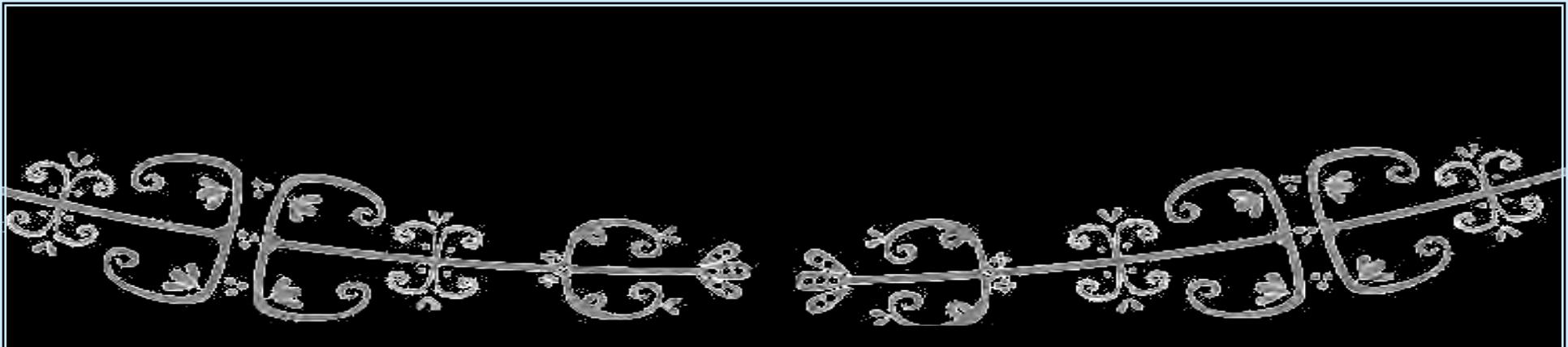
Dr. Ivar Mendez, Director
Brain Repair Centre
Dalhousie University



Murdena Marshall, Elder, Mi'kmaq Nation

There's something
called the
healing tense.

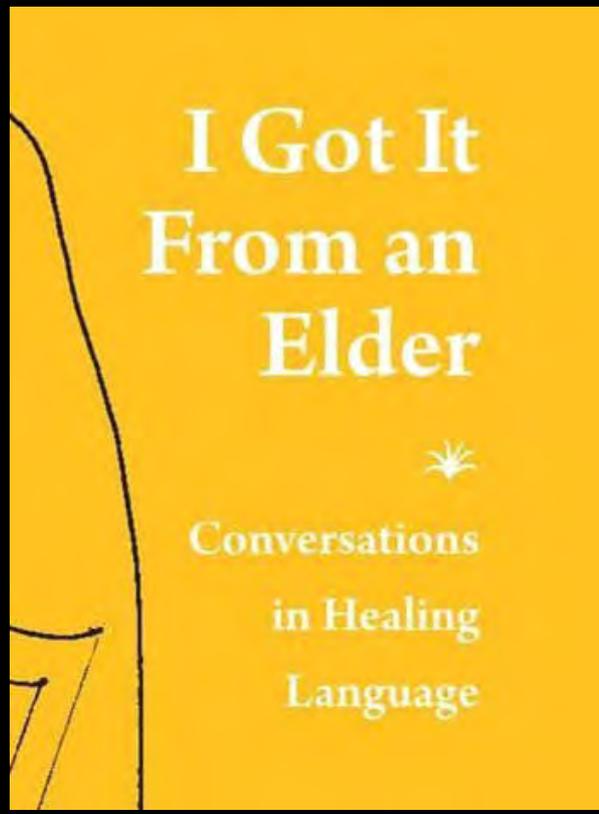




I Got It
From an
Elder

✧
Conversations
in Healing
Language

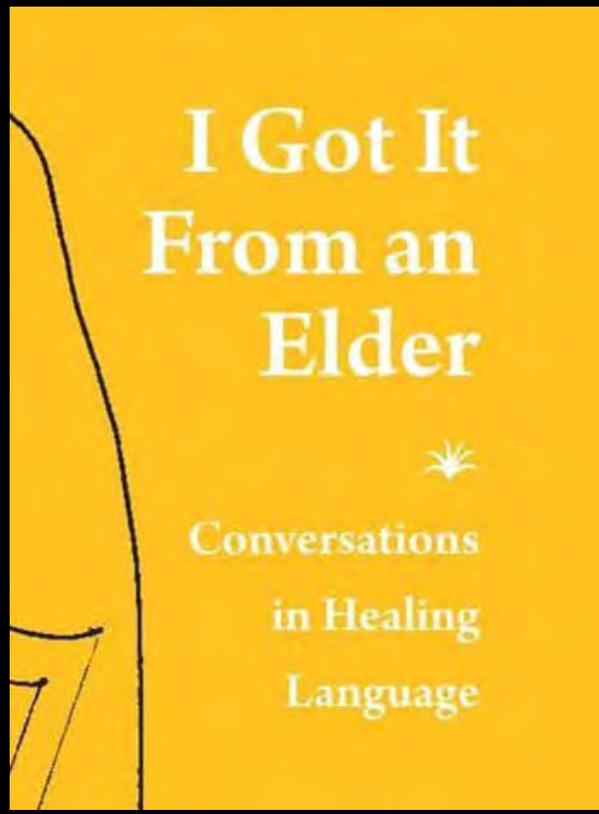
“Murdena’s been trying to talk about healing language for a long time. You’d think a fluent Mi’kmaq with graduate training in linguistics from Harvard shouldn’t have much trouble finding an audience.”



I Got It
From an
Elder

✧
Conversations
in Healing
Language

“She remembers the naysayers that would ‘jump down my throat, especially the linguists.’ Like the time she said to her Linguist friend, ‘This is the tense that helps you heal, or the signal that you’re on the mend.’ ”



I Got It
From an
Elder

✧
Conversations
in Healing
Language

“And the Linguist said oh
Murdena that’s not *healing*
that’s the *long past*.”

“... *talking about
healing language
mad as hell ...*”



the **HEALING TENSE**

... an example: *“to be drunk”*

“And so I used the worst word with that Linguist that I could possibly use. And the worst verb in the non-native world, when you talk about Indians, is being drunk. This is how they see us all the time, being drunk. So I took that being drunk and called it *ketkiya*, which means *I am drunk*.

And I used this verb also because I deal a lot with recovering alcoholics and recovering addicts. And you can use this same verb for sniffing, any mind-altering substance that made you do crazy things and say crazy things.”



the **HEALING TENSE**

... an example: *“to be drunk”*

Mi’kmaq verb conjugation

“to be drunk”

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



the **HEALING TENSE**

... an example: *“to be drunk”*

Mi'kmaq

ketkiyayop

ketkiyayas **nek**

English

I was drunk

I was drunk

the HEALING TENSE

... generalize



kesnukwiap – I was sick

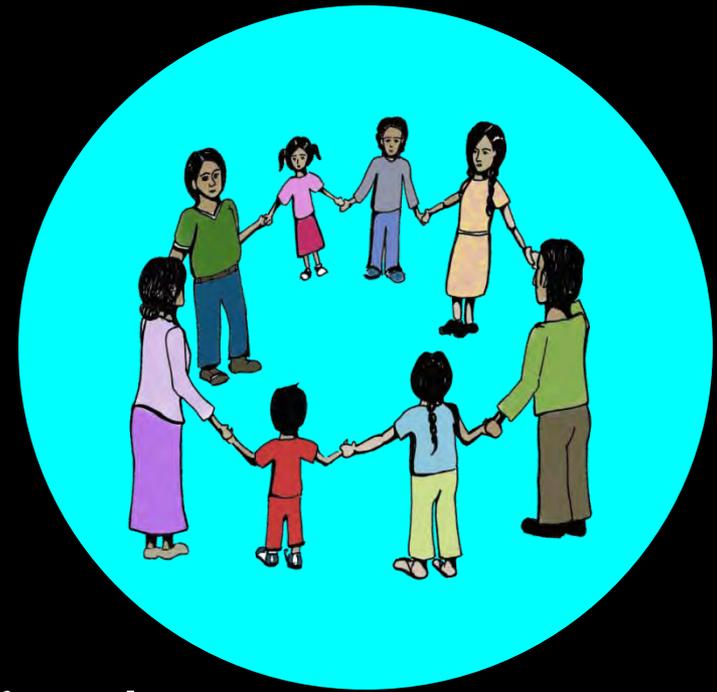
kesnukwias*nek* – I was sick

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



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

Murdena Marshall



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



HEALTH: nurturing 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'kmaq 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

HEALTH: nurturing interconnectiveness

Within the Walls: Upside Down Canoe









SPIRITS of HEALTH

- co-learning stories of interconnectiveness •

**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)



SPIRITS of HEALTH

- co-learning stories of interconnectiveness •



Wela'lioq
Thank you





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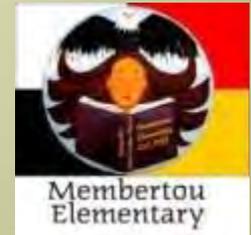
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Mi'kmawey Debert



IAPH



Thank you / Wela'liog

CIHR IRSC

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



IWK Health Centre
Foundation



Eskasoni First Nation Detachment
Royal Canadian Mounted Police
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Mi'kmaq College Institute
Mi'kmaq Espi Kina'matno'kuom

**The support of various
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is gratefully acknowledged.**

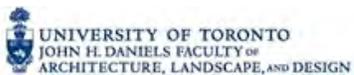


**Cultural Knowledge
and the Healthy Society:**
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CULTURAL KNOWLEDGE AND THE HEALTHY SOCIETY
A RESEARCH & INNOVATION SUMMIT
November 23 - 25, 2009
Ontario College of Art & Design
www.ocad.ca/healthsummit

PROGRAM





Cultural Knowledge and the Healthy Society:

A RESEARCH & INNOVATION SUMMIT



Cultural Knowledge and the Healthy Society: A Research & Innovation Summit was born of the belief that adding the knowledge and insights from design, cultural industries and creative/artistic research to health research will lead to a more effective system of health care and prevention as well as foster technological innovation.

This summit brings together leading thinkers in Canada and internationally in the areas of design, art/creative research, cultural industries, health, humanities, social science, science and engineering to explore the possibilities of this interdisciplinary collaboration.

Wireless Access

username: health
password: h34!7h!

Twitter

@ocadhealthevent
#ocadhealth

Google Wave

Want a chance to play with Google Wave? Take the opportunity to see how it works as a conference log and discussion forum. Post text summaries, photos, movies, and engage in live chat through a simple email-like interface. Let's invite all who are interested, even those who are unable to attend the health summit. All you need is a Google account.

To start the invite tree, please contact Greg (drfleet@gmail.com) or on twitter (zorg), or look for Greg at health summit.

This summit is part of OCAD's Digital Futures Initiative and is generously supported by the Social Sciences and Humanities Research Council of Canada.





PROGRAM

Monday, November 23



7:30pm - 9:30pm
Auditorium

Keynote Presentation: Café Scientifique #1 / HospiTALK #1
Design, Art and the Healthcare Environment: Better Outcomes

7:30pm - 7:40pm

Welcome by **Sara Diamond**

7:40pm - 7:55pm

Remarks by **Ian Graham**, Vice President Knowledge Transfer and Public Outreach, CIHR

7:55pm - 8:10pm

Remarks and Introduction to Keynote by **Chad Gaffield**, President, SSHRC

8:10pm - 8:55pm

Keynote presentation by **Roger Ulrich**, Beale Professor of Health Facilities Design, Professor of Architecture & Landscape Architecture & Faculty Fellow, Center for Health Systems + Design, Texas A&M University

8:55pm - 9:10pm

Response by **Michael Gardam**, Director of Infectious Disease Control, OAHPP

9:10pm - 9:15pm

Remarks by **Richard Sommer**, Dean, John H. Daniels Faculty of Architecture, Landscape & Design, UofT

9:15pm - 9:30pm

Discussion led by **Sara Diamond**, President, OCAD

This evening is sponsored by:





Tuesday, November 24 - Daytime

8:30am - 9:00am Registration and Light Refreshments
Room 230

9:00am - 9:15am Opening Remarks, Sara Diamond

9:15am - 9:30am **Margaret McCuaig-Johnston**, Executive Vice-President, NSERC

9:30am - 10:25am **Plenary Session #1**

Shadow Play: Exploring the Relationships Between Body & Space in Physical Rehabilitation & Public Health

- **Geoffrey Edwards**, CRC in Cognitive Geomatics, Université Laval
- **Marie Louise Bourbeau**, Bourbeau Voice Dynamics

10:25am - 10:40am NETWORKING BREAK

10:40am - 11:50am **Plenary Session #2**

Integrating Art, Science and Health: Medical Visualization

- **Diane Gromala**, CRC in Multidisciplinary & Multimedia Arts;
- **Lincoln Stein**, Platform Leader, Informatics and Bio-computing, OICR;
- **Nicholas Woolridge**, Program Director, Biomedical Communications, UofT

Moderator: **Christopher Paige**, VP, Research University Health Network, Professor, Department of Immunology & Medical Biophysics, UofT

Sponsored by



11:50am - 12:15pm LUNCH AND NETWORKING BREAK

12:15pm - 1:30pm

Café Scientifique #2



DESIGNing Health 2.0: Changing the Way We Manage Our Health

Dr. Michael Evans, Director, Health Media Lab, Scientist, Keenan Research Centre, Li Ka Shing Knowledge Institute, St. Michael's Hospital

Moderator: **Robert Luke**, Assistant VP, Research & Innovation, George Brown College

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1:30pm - 2:00pm

NETWORKING BREAK

4

Cont'd



Tuesday, November 24 Daytime, Cont'd

**2:00pm - 3:30pm
Break-out Sessions**

**Session #1
Room 230**

Design Methodologies

- **Ron Wakkary**, Professor, School of Interactive Arts & Technology, SFU
- **Robert Luke**, AVP, Research & Innovation, George Brown College
- **Bill Leeming**, Associate Professor, Faculty of Liberal Studies, OCAD

Moderator: **Jutta Treviranus**, Director, Adaptive Technology Resource Centre, Faculty of Information, UofT

**Session #2
sLab, Room 600**

Art, Performance and Knowledge Translation (or Ways of Interpreting)

- **Christian Burks**, President & CEO, OGI
- **Julia Gray**, Artistic Director, Possible Arts
- **Elaine Biddiss**, Scientist, Innovation & Development, Bloorview

Moderator: **Johanna Householder**, Chair, Criticism & Curatorial Practice, OCAD

3:30pm - 3:45pm

NETWORKING BREAK

**3:45pm - 4:40pm
Room 230**

Strategy Session #1

- **Jutta Treviranus**, Director, Adaptive Technology Resource Centre, Faculty of Information, UofT
- **Johanna Householder**, Chair, Criticism & Curatorial Practice, OCAD
- **Roger Ulrich**, Beale Professor of Health Facilities Design Professor of Architecture and Landscape Architecture Faculty Fellow, Center for Health Systems + Design, Texas A&M University

Moderator: **Sara Diamond**, President, OCAD

4:40pm - 5:00pm

**Closing Remarks
Sara Diamond, President, OCAD**



Tuesday, November 24 - Evening

7: 00pm - 9:30pm Keynote Presentation: Café Scientifique #3 / HospiTALK #2
Auditorium Art & Health: Healthy People, Healthy Communities



7:00pm - 7:10pm Welcome by **Sara Diamond**, President, OCAD

7:10pm - 7:20pm **Remarks by Reza Moridi**, Parliamentary Assistant to the Minister of Research & Innovation (invited)

7:20pm - 8:20pm **Spirits of Health**

- **Prune Harris**, Research Associate, Integrative Science, Cape Breton University (REPLACING **Cheryl M. Bartlett**, CRC, Integrative Science, Cape Breton University)
- **Albert D. Marshall**, Elder and Doctor of Letters (honoris causa), Eskasoni community, Mi'kmaq Nation

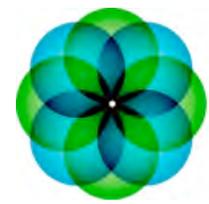
8:20pm - 9:20pm **Technological Innovations for People Living with Disability**

- **Lizbeth Goodman**, Director, SMARTlab Digital Media Institute, London, UK
- **Mick Donegan**, Principal Research Fellow in Multimodal Interfaces, SMARTlab Digital Media Institute, London, UK

9:20pm - 9:30pm **Closing Remarks by Sara Diamond, President, OCAD**

This evening is sponsored by:





Wednesday, November 25

8:30am - 9:00am **Registration and Light Refreshments**
Room 284

9:00am - 9:20am **Opening Remarks, Sara Diamond, President, OCAD**

9:20am - 11:00am
Break-out Sessions

Session #3 **Inclusive Design for Health and Wellness**
Room 284

- **Jutta Treviranus**, Director, Adaptive Technology Resource Centre, Faculty of Information, UofT
- **Patricia McKeever**, Senior Scientist & Bloorview Kids Foundation Chair in Childhood Disabilities, Bloorview
- **Geoff Fernie**, PhD, PEng, VP Research, Toronto Rehabilitation Institute and Professor, UofT

Moderator: Susan Roth , Dean, Faculty of Design, OCAD

Session #4 **Art, Rehabilitation and Mental Health**
Lambert Lounge
Room 187

- **Guy Proulx**, Professor of Psychology, Glendon College, York University, and former Director of Psychology at Baycrest
- **Naomi Kates**, Art Therapist
- **Nadia Ferrara**, Senior Policy Manager, Sustainable Development Division, Indian and Northern Affairs Canada

Moderator: Katherine Boydell, Scientific Director Qualitative Inquiry Child Health Evaluative Sciences Research Institute, The Hospital for Sick Children

Session #5 **Art, Design and New Product Development**
sLab
Room 600 Facilitated workshop by **Jules Goss**, Industrial Design, OCAD

11:00am - 11:15am **NETWORKING BREAK - REFRESHMENTS IN 284**

11:15am - 12:30pm **Strategy Session #2**
Room 284

- **Susan Roth**, Dean, Faculty of Design, OCAD
- **Katherine Boydell**, Scientific Director Qualitative Inquiry Child Health Evaluative Sciences Research Institute, The Hospital for Sick Children
- **Jules Goss**, Industrial Design, OCAD
- **Peter Jones**, Senior Fellow, Strategic Innovation Lab, OCAD

Moderator: Sara Diamond, President, OCAD

12:30pm - 12:45pm **Closing Remarks, Sara Diamond**

12:45pm - 2:00pm
Lambert Lounge **Networking Lunch**