

**KLUSKAP**  
aq wikma etl-mui'waluj



**GLOOSCAP**  
Heritage Centre

## May 2010 NEWSLETTER

### Welcome to the Glooscap Heritage Centre

The Glooscap Heritage Centre opened to the public May 1<sup>st</sup>, 2006 and is located on the outskirts of Truro at the Millbrook First Nation, Exit 13A at the Truro Power Centre. The Glooscap Heritage Centre is comprised of the Glooscap Statue, complete with interpretive panels; a number of mobile, climate and light controlled display cases to house Mi'kmaq artifacts; a series of wall displays; and a major multimedia display in the 75 seat theatre that will be the highlight of the visitor experience at the Glooscap Heritage Centre.

### In May, at a glance....

We at Glooscap Heritage Centre would like to advise that our summer hours will begin on May 17<sup>th</sup>, Monday to Sunday, from 8:30 to 4:30. **Teresa Marshall** returns again this month to teach anyone who wants to learn to make and paint a hand-drum beginning Thursday, May 6<sup>th</sup> and 13<sup>th</sup> from 6-9pm. Also in May, we are hosting another language course with **Patsy Paul Martin**, starting on May 11<sup>th</sup>. **Dorene Bernard** will be teaching a five week Traditional Medicine course starting on May 16<sup>th</sup> which promises to be highly informative as well as entertaining. Our Youth Drumming group, **The High Tide Society** will be playing their first gig at Sheet Harbour High School on May 26<sup>th</sup>. Good Luck ! Finally, on May 28<sup>th</sup>, we will be welcoming back our **Mi'kmaq Vets** for the second roundtable meeting to establish a permanent *Wall of Honour Exhibit*. Should you have any enquiries, please contact Gordie Pictou at (903) 843 3493 or by email at [gordon@glooscapheritagecentre.com](mailto:gordon@glooscapheritagecentre.com)

GHC also continues to support  
*A Tribe Called Mi'kmaq*  
for their continued participation at Powwow Idol.  
Vote for them at [www.powwowidol.com](http://www.powwowidol.com)

### EARTH DAY MESSAGE TREE



### April Highlights .....

Glooscap Heritage Centre hosted our first Annual **Earth Day**, in which participants were asked to write "green" messages on our tree. Congratulations to the **Graduates of the Chronic Disease Prevention Programme** on April 1<sup>st</sup>. Senior Heritage Interpreters, **Gord and Joe** took part in the Central Kings Cultural Connections as part of our Outreach Programme. And special thanks goes to **Mike Cheney and Friends** who entertained and taught music lovers the art of the Native American flute. See more info on inside pages.....

Also, our **NEWLY REVAMPED WEBSITE** is now launched. There are many exciting and creative links to be found, including our **"TEACHER'S RESOURCES"** in which informative links, sites, articles, tours and much much more is available to enhance the learning experience

Want to have a meeting in a unique, central and affordable location? Glooscap Heritage Centre may be the ideal solution for your event needs. Call us or email for further details, or visit our website [www.glooscapheritagecentre.com](http://www.glooscapheritagecentre.com)

Check it out at our official website.....

[www.glooscapheritagecentre.com](http://www.glooscapheritagecentre.com)



## **Millbrook receives funding and voting rights in regional development agency, by Monique Chaisson, Truro Daily News**

MILLBROOK – Millbrook has become the only First Nation community in Nova Scotia to become a full participating member of a regional development agency..

“ It’s a historic day and long overdue ”, said Millbrook Chief Lawrence Paul. “ We must work together for the good of our people...and I’m very proud to be a member .”

A special signing ceremony between Millbrook First Nation and the Colchester Regional Development Agency took place at the **Glooscap Heritage Centre** in Millbrook Wednesday, effectively bringing Millbrook into CoRDA’s Board of Directors as a funding and voting partner. The initiative will unite Truro, Stewiacke, Colchester County, Millbrook and provincial and federal representatives with the local business community.

“We can’t spin our tires anymore. I have often said as we go forward in free enterprise and economic development, we need co-operation from different levels of government ,” Paul said.

An example of priority involving Millbrook is the design and building of a new interchange, providing road connection from the highway to the Truro Power Centre and Truro Industrial Park.

Jon Stanfield, CoRDA’s chairman, described the merger as “another great day” in Colchester County.

“We need everyone to move forward...perseverance and acceptance will lead to future growth,” Stanfield said.

Colchester County Mayor Bob Taylor said the unity is needed, especially with contributions from Millbrook on projects such as the new civic centre, industrial parks and regional hospital being built.

“Millbrook is an important part of the community, both economically and socially.”

Truro Mayor Bill Mills reminded those gathered for the announcement there’s been significant partnership between the region and Millbrook for many years.

Mills said when the 102 Highway was constructed in the late 1960s, “Millbrook’s Band Council, Chief and Elders had an opportunity to raise opposition because the highway goes through the Reserve, but they had the wisdom to see opportunities in the future,” Mills said.

“The growth and development potential is (great)...I’m proud of this process and welcome aboard,” added Stewiacke Mayor Dereck Rhoddy.

**Story reproduced with permission from Truro Daily News, Wela’lin**

**Chief Lawrence Paul and CoRDA Chair Jon Stanfield sign the historic agreement.**



**All three mayors were in attendance...Bill Mills, Bob Taylor and Dereck Rhoddy**



Don't let our Veterans and their memories be lost in time.



**KLUSKAP**  
aq wikma etl-mui'waluj



**GLOOSCAP**  
Heritage Centre



The Glooscap Heritage Centre & Mi'kmaq Museum is building a permanent exhibit to honor all Mi'kmaq War and RCMP Veterans. We need your help to ensure that every single Veteran is remembered. Please submit any names, stories, memorabilia or artifacts that you wish to be included in this exhibit. Please contact Rhonda at 1-800-895-1177 or at [rhonda@glooscapheritagecentre.com](mailto:rhonda@glooscapheritagecentre.com)

On May 28<sup>th</sup>, 2010, Veterans from all Reserves in Nova Scotia will be attending the second Roundtable discussion to decide on the content of their permanent exhibit.

Should anyone wish to add stories of their family members, please contact the Roundtable Representatives in your community.

**Membertou** – Stephen Christmas  
**Pictou Landing** – Albert Denny, Frank Denny Sr.  
**Wagmatcook** – Felix Smith (RCMP)  
**Indian Brook** – Louie Morris, Vinnie Toney  
**Millbrook** – Bennett Martin, Michael Stephens, William Googoo (**Wagmatcook**)  
**Paq'tnkek** – Kerry Prosper, Robert Pictou  
**Waycobah** – Cecil Condo, Raymond Knockwood  
**Chapel Island** – James Marshall

**Eskasoni** – Abraham Doucette  
**Cambridge** – Lawrence Toney  
**RCMP** – Ron Knockwood



Carol Ann Paul, Margaret Milliea, Lana Lennon (hidden), Jane Simon, Leslie Knockwood, Catherine Sanipass, Clara Griffiths, Delores Ginnish, Annie Denny, Angela Cotton, Della Bernard, Darlene Bachiri, and elder Josie Augustine. Missing from the picture is Natalie Googoo.

## **Graduation Ceremonies held at GHC**

The Glooscap Heritage Centre was the home of the first Chronic Disease Prevention program offered in partnership with Yellowquill College and First Nations and Inuit Health, Maritimes Region. Yellowquill College is a First Nation college out of Winnipeg, Manitoba. Students were all graduates of the Yellowquill Community Diabetes Prevention Program and represented First Nation communities from New Brunswick, Prince Edward Island and Nova Scotia. Participants attended 6 one-week courses and completed practicums in their home communities between each of the sessions. The program began September 27, 2009 and was completed on March 31, 2010. Fourteen students participated in the graduation ceremony held on April 1<sup>st</sup>.

The focus of the Chronic Disease Prevention Program is prevention and all courses have been developed with the goal of providing students with skills and knowledge that will improve the overall future health of First Nation and Inuit communities through a prevention program that motivates and mobilizes community members to make healthier lifestyle choices that will either prevent or delay the onset of chronic diseases currently plaguing many Canadians. This program takes a unique approach to the training and implementation of the knowledge gained by the participants on the various chronic diseases. Participants receive a greater understanding of the impact an unhealthy lifestyle and/or chronic disease has on both the individual, their family and the health of the community as a whole. There are a pre-arranged set of practicum activities that will enable the participant to put into practice, the skills and knowledge that they have learned in the session. The aim of these practicums is to promote greater collaboration and networking with the key community resource people both within their community and external to their community.

## Heartfelt Thanks to All Who Participated in Earth Day

The staff at the Glooscap Heritage Centre would like to thank all the presenters who gave their time, expertise, and inspirational words at our first Earth Day event. We would also like to thank schools for their participation. Together we learned about the power our choices have in shaping and changing the world. Our choice to turn down the thermostat saves energy, our choice to bike or walk reduces CO2 emissions, our decision to purchase fair trade products makes a better life for farmers and their communities, our choice to buy local saves energy and protects our food supply. We make hundreds of choices a day and each one can be a choice to reduce the strain we are putting on the Earth's capacity to provide for nature. We also learned how Nova Scotian's are working together to protect our environment, understand the consequences of our current lifestyle and collectively create lasting change.







## Upcoming Events at the GHC

**Drum Workshop with Teresa Marshall**

**May 6<sup>th</sup> and 13<sup>th</sup>, from 6 -9 pm**

**Make and paint a hand held drum. Cost is only \$125.00**



## Glooscap Heritage Centre News



### Mike Cheney and Friends

GHC wishes to extend our heartfelt thanks to Mike Cheney and friends for providing an opportunity to learn to play Native loveflutes. Everyone had a great time and learned something new!!!

### Youth Drumming Group Every Wednesday from 4-5pm

Last September, Todd Labrador came and made a large drum for the Glooscap Heritage Centre. Joe Sylliboy was asked to be the drum keeper and has started a Youth Drumming Group for anyone aged 12-19 to participate in. Although he has a full group now, he is still taking names for another group to start in the fall. No registration required. Call Joe for more information 843-3493.

### Regalia Drop-in Group every Friday at 3:00 - 4:30pm

We're almost in Powwow Season now, so the Regalia Drop in Group is temporarily suspended until September. However, if anyone requires some advice on their projects, just give us a call and we'll do our best to give you a hand!

**OUR REVAMPED WEBSITE....**The Glooscap Heritage Centre is pleased to announce a new effective strategic communication website and on-line cultural and skills development learning campus. The web address is still [www.glooscapheritagecentre.com](http://www.glooscapheritagecentre.com)

This initiative will further the centre's goals and objectives which include becoming the pre-eminent Aboriginal tourism counseling and orientation facility in Atlantic Canada. To explore, seek opportunities and work in partnership with other organizations that expand the educations and learning opportunities for people of aboriginal cultures in Canada.

### Workshop Instructors Still Needed.....

Workshop instructors still needed for 4-8 week courses for basketmaking, leatherworking, drum making, beading, quillwork, Traditional Medicines and Guided Interpretive Hikes. GHC is also still interested in hosting a Drop In Conversational Mi'kmaw language group (open to all who would like to practice their Mi'kmaw or help others to learn) and a Summer Storytelling Night (community members take turns telling legends or other tales) If you would like to be an instructor or if you would like to participate in one of the groups, please contact Gordie Pictou: Phone:(902) 843-3493 Email [gordon@glooscapheritagecentre.co](mailto:gordon@glooscapheritagecentre.co)

**KLUSKAP**  
aq wikma etl-mui'waluj



**GLOOSCAP**  
Heritage Centre

## **Glooscap Heritage Centre Introduces On-Line Campus Institute**

Glooscap Heritage Society's Dream is in the process of realizing an On-line Institute of Learning. Focused on education, the institute would help promote Cultural sensitivity and awareness of the value in cultural differences. Recent steps have been made through GHC's development of e-Learning courses promoting cultural sensitivity. The addition of the content library from Equi-pass will also mean that while GHS clients and First Nation communities learn about the importance of the Mi'kmaq Nation, they will have access to everything from Microsoft Office Skills Training to Soft Skills Courses!

Now that the institute is becoming a reality, many other programs will be offered to our communities and Nova Scotians in general including Professional development seminars; Computer literacy initiatives; Administrative and service skills training; and Leadership and Governance guidance. These programs will ensure that the GHC supports the development of strong, vibrant communities in our region. As well, this content will be offered as a best practice model to First Nations communities throughout Atlantic Canada and beyond.

A future goal of the GHC is on Language Preservation. Language is central to culture and heritage for all First Nation communities, including the Mi'kmaq. A great deal of our language was lost when our children were forced into the Residential Schools; now, the situation is worsening because Mi'kmaq communities are losing their Elders. Elders possess the traditional knowledge & language that bind a nation together; without them, there is a danger that language will not be preserved. Elders also have knowledge of significant customs and traditions including Spiritual teachings, traditional medicines, Traditional customs, music and dance.

GHC is already working to conserve the knowledge of the Elders by actively promoting language programs in the community. With the addition of this online learning portal, other tools have become available to the program. We are hopeful that we can leverage the digital literacy courseware in such a way that modern technology can be employed to help capture the knowledge of the Elders and communities; this will include language preservation strategies.



**KLUSKAP**  
aq wikma etl-mui'waluj



**GLOOSCAP**  
Heritage Centre

## SCHOOL OUTREACH PROGRAMME

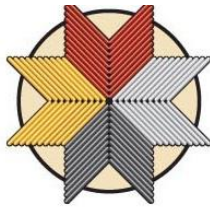
### **Glooscap Staff invited to take part in Central Kings Cultural Connections Day**

Three hundred Junior High students at Central Kings Rural High School spent Wednesday, April 28<sup>th</sup> listening to a host of presenters talk about different aspects of culture. Students heard about finding their voice to stand up for others, they made dream catchers, listened to Gerald Gloade speak about Mi'kmaq culture and Mi'kmawey Debert, and had a full day of cultural learning. Gordon Pictou from the Glooscap Heritage Centre presented to grade 7 and 8's on Residential School and to grade 9's on understanding the history of Treaty and Aboriginal Rights. The day closed with a gathering in the gym to hear Glooscap Heritage Centre's Joe Syliboy take questions about Mi'kmaq drums and powwow culture. Joe brought David Meuse, Garrett Gloade, and Kyle MacDonald from "A Tribe Called Mi'kmaq" singers to perform to a very enthusiastic crowd.

Students enjoyed the opportunity to hear so many great presentations and have a whole day focused on thinking about important social issues. Gord and Joe were thrilled to see the school organize an event like this. "Students don't always realize how much work goes into creating an opportunity like Cultural Connections Day but the staff and students did a wonderful job of organizing the event and making presenters feel welcome and appreciated" Gordon Pictou. "Ms.Sewell and Ms. Burrell did an excellent job; I hope they have us back again next year!"



**KLUSKAP**  
aq wikma etl-mui'waluj



**GLOOSCAP**  
Heritage Centre

**Glooscap Heritage Centre Traditional Medicines Course  
With Dorene Bernard, Mi'kmaq Herbalist  
At the Glooscap Heritage Centre and Mi'kmaq Museum  
May 16, 23, 29, 30 and June 13, 2010**

*May 16, 2010 - 10:00 am to noon*  
Introduction to herbal medicines and Sacred Medicines

*May 23, 2010 - 10:00 am to 1:00pm*  
Medicine Walk and Plant Identification

*May 29, 2010 - 10:00 am to noon*  
Ethical Wildcrafting and Plant Meditation

*May 30, 2010 - 10:00 am to 1:00pm*  
Harvesting, storing and preparing plants  
Making an Infused Oil

*June 13, 2010 - 10:00 am to noon*  
Review and Thanksgiving  
Closing

**\$150.00 for five week course**



## traditional medicines course

The GHC is excited to offer this opportunity to learn about traditional medicines. Dorene Bernard is a Mi'kmaq herbalist from Indian Brook First Nation near Shubenacadie and she will be instructing the course. Dorene has been working with communities in traditional healing for a long time now and has been asked by people all over Mi'kma'ki to share her knowledge with them. Dorene does not charge for medicine, the medicine workshop fee is to cover the cost of instruction.

The course will have both a classroom and field component. May 16<sup>th</sup>, 29<sup>th</sup>, and June 13<sup>th</sup> the class will be at the GHC from 10-12pm and on May 23<sup>rd</sup> and May 30<sup>th</sup> the class will meet in areas close to Truro to identify plants from 10am to 1pm. Each class will have a different theme. The course will start with a general introduction to herbal medicines and how to use and treat medicinal plants. The next week, everyone will be outside to learn to identify different plants. Class 3 focuses on "ethical wildcrafting." The last outdoor class will teach about making infused oils. The very last day will be review and closing discussions.

Mi'kmaq people have passed down through the generations extensive knowledge about plants and their healing properties but medicine alone is not enough to ensure health. A person is not just a physical body. Our health depends on a healthy mind, emotional self and spiritual presence as well. You can cure a sick body with herbs but if you don't change what is causing the sickness you will never be healthy. Dorene will provide an introductory level course to understanding traditional medicine and healing. If you would like to join her please register for the course by calling Gord at 843-3493 or email [Gordon@glooscapheritagecentre.com](mailto:Gordon@glooscapheritagecentre.com) The cost for the 5 week course is \$150.



**SUMMER JOB POSITIONS AVAILABLE**

**LOCATION:** Truro Power Centre  
**DEADLINE:** May 21<sup>st</sup>, 2010

The Glooscap Heritage Centre & Mi'kmaq Museum located in the Truro Power Centre is looking for creative individuals with excellent communication skills to work as Heritage Interpreter/Visitor Information Counselors. Individuals may also be required to work in the Gift Shop Must be willing to work evenings and weekend shifts.

**Position Scope:** The candidates will provide current, high quality information for the traveling public. Interpreters will promote aboriginal tourism products and the members of the Central Nova Tourist Association. Candidates for this position must have strong customer services skills to "sell", utilizing technology and available literature and information to make an economic impact on the tourism industry in the Central Nova region. We are looking for creative individuals who are skilled at communicating their knowledge of Nova Scotia Aboriginal history to a variety of audiences using a diversity of techniques and who have high standards of customer service in dealing with the public. Your resume must reflect your practical skills and abilities in these areas.

**Typical duties include:**

- Interpreters are responsible for frontline customer service and the development & presentation of high quality, entertaining, and informative interpretive demonstrations, programs, and tours
- Provide visitor information services
- Welcome and assist visitors, exemplify service excellence and provide accurate, authentic and timely information to them as required
- Act as a liaison with the Central Nova Tourist Association and its members
- Literature inventory
- Focus on aspects of the rich Nova Scotia Aboriginal heritage of this region and rely on a wide variety of presentation methods which may include interpretive demonstrations, storytelling, and/or music and theatre.
- Cash handling duties
- Assisting in events, programming, catering services.
- Maintain visitor statistics
- Other duties as assigned

**Qualifications:**

Strong assets include a sound knowledge of the Central Nova Scotia's attractions, history, geography and culture; excellent communication and interpersonal skills, and experience in a customer service environment. Computer proficiency, problem solving skills, and experience in a team atmosphere. Flexibility, enthusiasm and an outgoing personality are required. Previous experience and visitor certification and/or heritage interpreter certification is a definite asset.

To send resume **Fax (902) 893-2269** or **EMAIL: [info@glooscapheritagecentre.com](mailto:info@glooscapheritagecentre.com)** along with a dated **covering letter** stating how you meet the qualifications and why you want to work at the Glooscap Heritage Centre.

**Hourly rate depends upon experience.** Millbrook Band Members will be given preference.

## How Chipmunk got his stripes

the most important of the animals. As this bear went along turning over big logs with his paws to look for food to eat, he felt very sure of himself. "There is nothing I cannot do," said this bear.

"Is that so?" said a small voice. Bear looked down. There was a little chipmunk looking up at Bear from its hole in the ground. "Yes," Bear said, "that is true indeed." He reached out one huge paw and rolled over a big log. "Look at how easily I can do this. I am the strongest of all the animals. I can do anything. All the other animals fear me." "Can you stop the sun from rising in the morning?" said the Chipmunk. Bear thought for a moment. "I have never tried that," he said. "Yes, I am sure I could stop the sun from rising." "You are sure?" said Chipmunk. "I am sure," said Bear. "Tomorrow morning the sun will not rise. I, Bear, have said so." Bear shat down facing the east to wait. Behind him the sun set for the night and still he shat there. The chipmunk went into its hole and curled up in its snug little nest, chuckling about how foolish Bear was. All through the night Bear sat. Finally the first birds started their songs and the east glowed with the light which comes before the sun. "The sun will not rise today," said Bear. He stared hard at the glowing light. "The sun will not rise today."

However, the sun rose, just as it always had. Bear was very upset, but Chipmunk was delighted. He laughed and laughed. "Sun is stronger than Bear," said the chipmunk, twittering with laughter. Chipmunk was so amused that he came out of his hole and began running around in circles, singing this song: "The sun came up, The sun came up. Bear is angry, But the sun came up." While Bear shat there looking very unhappy, Chipmunk ran around and around, singing and laughing until he was so weak that he rolled over on his back. Then, quicker than the leap of a fish from a stream, Bear shot out one big paw and pinned him to the ground. "Perhaps I cannot stop the sun from rising," said Bear, "but you will never see another sunrise." "Oh, Bear," said the chipmunk. "oh, oh, oh, you are the strongest, you are the quickest, you are the best of all of the animals. I was only joking." But Bear did not move his paw. "Oh, Bear," Chipmunk said, "you are right to kill me, I deserve to die. Just please let me say one last prayer to Creator before you eat me." "Say your prayer quickly," said Bear. "Your time to walk the Sky Road has come!" "Oh, Bear," said Chipmunk, "I would like to die. But you are pressing down on me so hard I cannot breathe. I can hardly squeak. I do not have enough breath to say a prayer. If you would just lift your paw a little, just a little bit, then I could breathe. And I could say my last prayer to the Maker of all, to the one who made great, wise, powerful Bear and the foolish, weak, little Chipmunk. "Bear lifted up his paw. He lifted it just a little bit. That little bit, though, was enough. Chipmunk squirmed free and ran for his hole as quickly as the blinking of an eye. Bear swung his paw at the little chipmunk as it darted away. He was not quick enough to catch him, but the very tips of his long claws scraped along Chipmunk's back leaving three pale scars.

To this day, all chipmunks wear those scars as a reminder to them of what happens when one animal makes fun of another

**Calendar of Monthly Tours and Theatre Bookings**  
**Glooscap Heritage Centre**  
**MAY 2010**

					30 Saltscapes Ex	1 Saltscapes Ex
2 Salt Scapes Ex	3	4	5	6 Youth Drumming Group 4:00- 5:00  Drum Making with Teresa Marshall 6-9	7	8 Tour 1:45 Offsite Presentation Health and Wellness Expo 10-5 in Lantz
9 Tour 1:30 – 3:30	10	11 Theatre 8:00-4:00  Mi'kmaq Language Course 6:30 – 8:30pm	12 Theatre 8:00-4:00	13 Theatre 8:00-4:00  Youth Drumming Group 4:00- 5:00 Drum Making with Teresa Marshall 6-9	14	15 Tour 10:30
16 Traditional Medicine Workshop 10-12	17 Start of Summer Hours 8:30- 4:30 seven days a week	18 Theatre 9:00-4:00  Mi'kmaq Language Course 6:30 – 8:30pm	19 Theatre 9:00-4:00	20 Tour 1:30 – 2:45  Youth Drumming Group 4:00- 5:00	21	22 Guided walk (TBA)
23 Traditional Medicine Workshop 10-12	24 Victoria Day Centre is OPEN	25	26	27 Youth Drumming Group 4:00- 5:00	28 Theatre 9-4 Veteran's Wall of Honour Roundtable	29 Traditional Medicine Workshop 10-12
30 Traditional Medicine Workshop 10-12	31					

**Please Contact the Glooscap Heritage Centre for more information**

65 Treaty Trail, Millbrook, Nova Scotia B6L 1W3 Phone: (902) 843-3493 Fax: (902) 893-2269  
[info@glooscapheritagecentre.com](mailto:info@glooscapheritagecentre.com) Website: [www.glooscapheritagecentre.com](http://www.glooscapheritagecentre.com)

Want to have a meeting in a unique, central and affordable location? Glooscap Heritage Centre may be the ideal solution for your event needs. Call us or email for further details, or visit our website [www.glooscapheritagecentre.com](http://www.glooscapheritagecentre.com)