

A publication from the NunatuKavut office

# NunatuKavut news

Issue One | Season One

*This Special Edition of the NunatuKavut News is published by the Health & Social Sector NunatuKavut.*

NunatuKavut has many departments within its organization and their Health & Social Sector department is an active and vibrant force promoting healthy living amongst our NunatuKavut people. The Health and Social Sector has kept very busy and we are very

excited about our new drug prevention project, "Full Circle ~ Breaking The Cycle of Drug Abuse". In this special edition of the NunatuKavut Messenger, we will share with you what's been happening within the Health and Social Sector of NunatuKavut.



Story on page 4



"Full Circle, Breaking the cycle of drug use"



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*A workshop for women, by women, with the goal of developing self defense and personal empowerment.*



370 Hamilton River Road • Goose Bay, NL  
P.O. Box 460, Stn. C • A0P 1C0  
Tel: 1-877-896-0592 • Fax: 1-709-896-0594  
[www.labradormetis.ca](http://www.labradormetis.ca)



# 544

Number of Calories Burned  
during One Hour of  
Snow Shoeing

# 6h 43min

Time it would take you to  
burn off one full pound of  
body fat Snow Shoeing

No matter what your choice of winter sport, just getting out there and becoming active is a huge step in the right direction of a healthy life style. You probably already know, with all the health and fitness trends today, that regular physical activity can help with weight loss. But do you know why?

Physical activity, like snowshoeing or walking, burns calories, and calories are the energy we get from food. If our body does not need to burn all the energy we consume that day then it will store it as fat. If we do not want the extra calories stored as fat we have to burn them with physical activity!

In many of our NunatuKavut communities joining a health club simply isn't an option. The facilities are not there, the building is too far away, or the fee is just too high. But if we look around we find kilometers of trails, acres of pristine forest, and some of the most beautiful scenery in the world. So why not explore it?

Grab your snowshoes, skis, or just a warm pair of winter boots and get active. Take a walk, ski, or snowshoe your way to healthier you.

## Violence Prevention Initiative Retreat

### *Birch Brook Chalet, Happy Valley-Goose Bay*

On March 26-28th, 2010, NunatuKavut hosted a fun-filled informative workshop in Happy-Valley Goose Bay through the Provincial Violence Prevention Initiative. During those two days, 23 women of all ages from all over Labrador gathered to partake in what was anticipated to be a time to meet new people and learn new information, as well as new skills.

The workshops took place at the breath taking Birch Brook Chalet. Upon arriving at the lodge for the first morning the women were wondering what those two days had in store for them. We began the event with a beautiful opening prayer by one of our elders followed an ice- breaker

so partakers could meet everyone and learn small details of their life.

The main facilitator for the event was Denise Cole. Denise did a wonderful job preparing the presentations and creating ice-breakers and different events for us to do throughout the two days. The presentations were empowering and new skills was thought on how we could reach the goals that we had set for ourselves.

The ladies had the opportunity to head outside to go for a hike on snowshoes, try out the freshly groomed ski trails or stay inside and learn to crochet and/or knit.



*Above: Susie Penney, Holly Greenleaves and Nancy Burt showing off what the mild weather did to their skis!*

*Below: Laverne Campbell teaching Kirsten Hamel how to knit a dishcloth.*



*“The talking stick is a very spiritual piece of wood which is primarily used as a ceremonial piece of meetings.”*



Above: Barbra Wood painting the traditional “Talking Stick”

Painting is an amazingly easy way to relieve stress and get pent-up emotions out. Even those who “can’t paint,” can paint their feelings.  
-Robin Montanye

During the event we had “pampering” sessions in which the ladies got to enjoy some real royal treatment! Nina Pye of Mary’s Harbour and June Fowler of Happy Valley-Goose Bay did two different Mary Kay sessions and the ladies loved them!

On day two of the event we did a presentation on getting to know ourselves and learning about the different types of wellness. As it is very important to understand our own feelings, we have to accept the limitations that we have, how to achieve our emotional stability and become more comfortable with our emotions.

Elder, Barb Wood did a session teaching us about “Talking Sticks” and then we got to create one of our own. The ladies painted the sticks to resemble parts of their lives that are important to them, and things that meant a lot personally. The talking stick is a very spiritual piece of wood which is primarily used as a ceremonial piece of meetings.

Alicia Elson and her daughter, Hailie, taught the women traditional jewelry making. They made necklaces with pieces of caribou antlers and added

different color beads to suit partakers personality. Alicia was a great instructor and we want to commend her for teaching such a large group.

Unfortunately the retreat had to come to an end. The women that attended the workshop learned great information and walked away feeling reenergized and refreshed. Lesson learned: “it’s okay to put themselves first sometimes”!



Some of the “Talking Sticks” created by the women.

# Drug Awareness and Prevention

"Full Circle, Breaking the Cycle of Drug Use."

April 1st NunatuKavut launched its new Drug Awareness and Prevention project, titled, "Full Circle Breaking the cycle of drug use" which is funded by Health Canada.

This is a three year project and will be carried out by Darlene Wall and Melita Paul along with a team of youth and an advisory committee made up of community resource people.

The goal is to have youth help build the project and be instrumental in the implementation of the activities over the next three years.

We hope to educate youth and parents on the types of drugs available in our communities and also how we can work together to prevent drug use among our youth!

We are seeking your feedback on what type of activities we can be carrying out in our communities. If you have any suggestions please get in contact with Darlene or Melita at the address listed on the back cover.

For more information on this project or anything in the health & sector, please contact Darlene Wall at 1-877-896-0592, Ext. 238 or [dwall@labradormetis.ca](mailto:dwall@labradormetis.ca).



*Pictured to the right are most of the women that attended the Violence Prevention Initiative workshop wearing their Violence Prevention t-shirts that NunatuKavut gave them as one*

## Community Consultations

*Promoting the new Full Circle project on the South Coast*

Through out the Summer, Melita Paul, along with Holly Greenleaves, Kimberly Russell & Jessica Connors travelled to several communities on the South East Coast.

It was a time to promote the new "Full Circle" project to community members; as well as seek community support in working with the youth in our community around illicit drug prevention and education.

Free lunches and snacks were provided for the parents that came and they also did prize draws at the end of the event.

Overall, the turnout for these sessions were a bit lower than we had hoped. We look forward to the communities in South East Labrador to get involved in this new project. We want to assure that we are meeting the needs of youth and parents in those communities.

We were very fortunate to have Shane Bridle with Labrador Grenfell and Jason Learning from RCMP assist us in most of our community sessions.

In addition to the community sessions we held a Youth Workshop in Charlottetown where youth learned new skills around facilitation and presentations.

They listened to presentations from the Jason Learning of the RCMP, Shane Bridle from Labrador Grenfell, and Susie Penney from Southern Labrador Family Centers.

The nine youth that attended were very much interested in playing a role in the "Full Circle" project over the coming months.

# Bike RODEO

*Promoting bicycle safety on the South Coast*



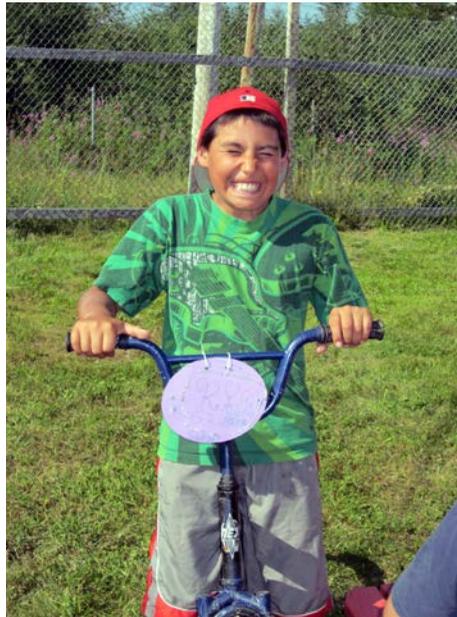
On August 3rd & 4th, Melita Paul, Holly Greenleaves, Kimberly Russell and Jessica Connors travelled to Cartwright and Port Hope Simpson and hosted bike rodeos.

During the bike rodeos, RCMP officer Shane Bride taught the children & parents who partook about bike safety. Decorations and supplies were laid out so the children could decorate their bikes for the parade.

The children went for a short bike ride and came back to a healthy snack and prize draws. The prizes were bicycle helmets!

Overall, this event was a great success and we think it is something that will definitely work again in the future to get the word out about our project!

We also sent supplies to Black Tickle and Mary's Harbour to hold Bike



*Above: Ryan Green of Cartwright showing off his decorated bike!*

Rodeos in their communities hosted by the Southern Labrador Family Centres. Black Tickle did hold their bike rodeo with great success and Mary's Harbour plan to host one next Spring.



*Above: Parents and children of Port Hope Simpson during the bike rodeo parade!*

## Facts About Drugs: Marijuana

**Q:** My friend said marijuana isn't bad for your health because it's completely natural. Is this true?

**A:** Marijuana enters the body by inhaling the smoke of the burning marijuana plant. Any type of smoke you inhale, no matter if it is from, is considered bad for the health of your lungs.

We have to realize that just because something is natural does not mean that it is safe. Take for example: zinc, it's a completely natural mineral that is needed by everyone, but if too much is consumed a person will suffer extreme sickness or even die. Here are some things to consider about marijuana:

**Tar Content:** We have all heard how bad cigarette smoke is for your health but did you know marijuana smoke is considered even more dangerous. Want to know why? One marijuana cigarette has the tar equivalent of five tobacco cigarettes.

**Drug Tampering:** Marijuana is an illegal drug and the only way to possess this drug is to purchase it from an illegal drug dealer. It is no secret that the people who sell drugs are not the most honorable people, I mean, they are cheating the law. So what makes you think they won't be cheating you? Drug dealers are known to mix random substances into their marijuana to act as types of fillers. So when you think you are taking in one thing it could be something else. More importantly, drug dealers have recently developed a very dangerous technique to help boost their sales. What is it? Dealers mix different types of more addictive drugs in with the marijuana drug to get the person "hooked". The customer smoking the marijuana drug also unknowingly smokes the additive drug and develops an almost instant addiction to the tampered marijuana. The most common drug used in this mix: Crystal Meth.



# Family Fun Day In Pinsent's Arm



## Fun, Games, & Great Food

### Community Freezer Project

Helping NunatuKavut Elders



Above: NunatuKavut President, Chris Montague presenting a salmon from the community freezer project to elder Viola Height of Happy Valley-Goose Bay.

On Thursday, August 5th, we travelled to the community of Pinsent's Arm and hosted a "Family Fun Day", we had games, face painting, crafts, and prizes for the children, as well as a BBQ for the children and parents. Also, we had prize draws of NunatuKavut incentives at the end of the day.

We partnered with the RCMP and the SLFC for this event. Overall, we believe that this event was a great success and everyone of all ages enjoyed themselves.



Above: Pamela Turnbull (Summer Student with Charlottetown's FRC about to paint Kendal Clarke's face during the face painting!



Left: Kids from Charlottetown, Pinsent's Arm and Port Hope Simpson doing crafts out of popsicle sticks!



Below: Both young and old participating in the crafts during the family fun day!

# Suicide Prevention Training

*“A workshop that included several learning sessions around suicide intervention and self-esteem building.”*



The Health & Social Sector of NunatuKavut hosted a workshop in Happy Valley Goose Bay on November 4th & 5th that included several learning sessions around suicide intervention and self-esteem building.

The funding to host this event was made possible by the Gov of NL Department of Labrador & Aboriginal Affairs Suicide & Detrimental Lifestyles Grant. There were 20 participants that took part in those training sessions from various communities on the South coast and in the central region of Labrador.

A facilitator from an organization called, “Living Works” came to Happy Valley, Goose Bay and facilitated three different training workshops. The C. R. A. P. P. workshop was a full day, The Laughter workshop & Safe Talk workshop were half day each.

CRAPP standing for: Choices, Respect, Acceptance, Personal Power. This workshop gave the participants information on how to build their self-esteem by being in control of

their feelings and the decisions they make. The Laughter workshop gave us insight into how laughter can enhance our health, both mentally and physically. Safe Talk is a workshop that’s designed for age 15+ to give them skills to recognise the signs of suicide and how to connect them with resources. For more information

on the organization please visit [www.livingworks.net](http://www.livingworks.net).

It was a great workshop and we hope that the participants left with a renewed confidence in their own ability to make a difference in the lives of someone who maybe contemplating suicide.

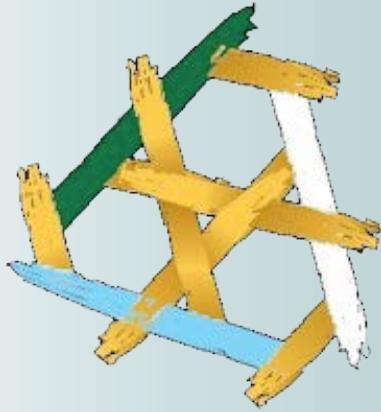


## Things Happening

### *In the Health & Social Sector*

Labrador Youth Leadership Hawaiian Night held in January 2011. The evening was sponsored by the Community Youth Network, Labrador Friendship Centre, Nunatsiavut – Department of Health & Social Development, Charles J. Treatment Centre and NunatuKavut. Kristy Normore, work term student with the Social Sector of NunatuKavut helped with this event.





## Trappers' Running Club

**Thursday, April 14/11**  
from 7 - 9 pm the Trappers' Running Club will be hosting an OPEN HOUSE at the E J Broomfield Memorial Arena (upstairs conference room).

There will be opportunities to sign up as a member for 2011, register for our 2011 Learn To Run Program (starting on Saturday, April 30), sign up for volunteer opportunities, and meet other runners from all experience levels. If you have any questions feel free to email Pam at [trc@traplinemarathon.ca](mailto:trc@traplinemarathon.ca).

Hope to see you there!

# The NunatuKavut Women's Empowerment Retreat

*A workshop for women, by women, with the goal of developing self defense and personal empowerment.*

The NunatuKavut Women's Empowerment Retreat was a huge success as over 25 women from all over Labrador came together for a weekend of self defense and personal empowerment experiences.

Denise Cole, wellness facilitator, worked with Petrina Beals, Wenlido facilitator, to combine both personal exploration activities along with women's self defense that allowed the women to, not just fill their "tool boxes" with skills to protect themselves, but also the ability to calm their minds, be more aware, feel their own personal power, and bond with other women in the region.

Much discussion and information was shared as women pulled together their resources, experiences, and strengths as they practiced body weapons, deflection moves, and how to avoid being caught in dangerous situations.

Feedback from the weekend was very positive and all the women felt empowered and more connected to return to their home communities with supports and new found skills in confidence as well as defending themselves.

Wenlido is a self-defense class designed by women, for women and girls.



Above: Row 1: (front - from left to right) Denise Cole, Petrina Beals - Row 2: Ricki Dawn Webber, Patsy Webber, Jackie Dyson, Rebecca Notley - Row 3: Charlotte Dyson, Darlene Wall, Cynthia Cooke, Laverne Campbell, Ivy Learning, Glenda Buckle - Row 4: Megan Hudson, Christine Normore, Paddy Jo Campbell, Mandy Pardy-MacKay, Denise Roberts, Daphne Campbell, Trish Golesic, Daisy Glover - Row 5: Sherry Turnbull, Linda Cull, Samantha Anthony, Bonnie Kippenhuck, Mary Penney, Michelle Russell, Melita Paul, Irene Parr

*Our main goal for the Women's Empowerment Project was to help women empower themselves.*



'Wen' is the contraction of the English word women, 'Li' means strength in Chinese, and 'Do' means the way or the method in most oriental languages. So Wenlido means 'the way of women's strength'.

women with different techniques and tools so that they can find what works best for them. It's like filling your personal toolbox; the more tools you have the more options you'll have.

Funding for this workshop was made available through the Women's Policy Office's Violence Prevention Initiative, Gov of NL, and hosted by the Health & Social Sector (Darlene Wall & Melita Paul) of NunatuKavut.

Our main goal for the Women's Empowerment Project was to help women empower themselves. This project builds self-esteem and self-confidence for women and young girls. We providing information to women that may help them if ever they find themselves in a dangerous situation. Every move that is taught in Wenlido is a move that a woman used to get away from a real attack situation.

The training is not just about physical techniques; we spent a lot of time talking about violence against women and the crime of sexual assault. We want to provide



*Above: Elder Ivy Learning teaching crocheting to workshop participants*

Staff from the NunatuKavut Social Sector attended the 6th Atlantic Summer Institute on Healthy and Safe Communities



University of Prince Edward Island,  
Charlottetown, PEI  
August 17-20, 2010

The theme for ASI 2010 was Innovation and Collaboration: Building Resilient Communities. We learned from the fields of:

- social and economic development
- crime prevention and community safety
- health and safety promotion
- environmental sustainability

# Repairing Our NunatuKavut Communities

Our Aboriginal Off-Reserve Housing Program is winding down. Over the past two years we have helped over 200 families repair their homes. This has been a tremendous help to our people and we wish we could continue with more help; however, there is no additional funding at this time. We would like to sincerely thank Diane Brown, Shirley Oliver and Trent Acreman for all their work on this project over the past couple of years.

Over the past several months we continue to hear over and over again how thankful our members have been with this project. Here is a story and some pictures of one thankful family in Port Hope Simpson:

## Chamberlain and Gladys Penney

On April 09, 2010, Chamberlain and Gladys Penney left their house to go to the store. While at the store their house caught fire and by the time they arrived home the interior of the house was ablaze. The fire department arrived on the scene within minutes but the interior of the house was destroyed. The fire, smoke and water damage was extensive. The fundraising efforts began and it was decided to contact NunatuKavut for assistance. We contacted Darlene Wall and were very excited when NunatuKavut came through with the housing grant of \$9,500.00 which was used to replace windows, doors, flooring, walls and so on.

The house is almost fully restored, with the exception of completing the cupboards. Chamberlain and Gladys would like to take this opportunity to thank NunatuKavut so much for providing them the grant, they are very grateful and appreciative of the assistance. They would also like to take this time to thank everyone for contributing to the various fundraisers which took place during that time. Your kindness was greatly appreciated and we thank you sincerely!

*Submitted by Susie Penney on behalf of Chamberlain and Gladys Penney*



Safe Alliance is a volunteer group committed to providing support & resources to individuals regarding Lesbian, Gay, Bisexual, Transgendered, and Questioning (LGBTQ) issues, while raising awareness throughout Labrador on issues relating to homophobia & heterosexism.

If you would like to become a member, volunteer, or have any questions you can e-mail [safealliance.pride@gmail.com](mailto:safealliance.pride@gmail.com).



The collection of samples for the Human Papilloma Virus (HPV) Study is now complete.

# Thank You!

**We appreciate the women of Labrador who provided a sample from their Pap Test for research.**

Samples are being analyzed and results will be known at a later date.

*Remember*  
**A Pap Test**  
could save *YOUR* life!

Every woman should make it a priority to get a Pap Test.  
It's the best defence against cervical cancer.



**Want to know more? Contact the nurse in your community or the Regional Co-ordinator for Cervical Screening at 709-897-3109**



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

## Stay Tuned to Hear About Results

We've heard your stories. Now it is time for us to share what we have learned from you.

Over the next couple of months, we will bring you select findings from the Community Health Needs Assessment.

These findings will be based upon discussions with key people in your community, a comprehensive survey that included 340 people who live along the south-eastern coast, as well as focus group sessions that included people from Mary's Harbour, St. Lewis, Port Hope Simpson, Charlottetown and Cartwright.

Our next steps will be to share the findings of this study with community members, Labrador-Grenfell Health and other relevant groups who may be able to use the findings to

## We are Working Towards Better Health

The purpose of the NunatuKavut Community Health Needs Assessment is to obtain information from people who live in south-east Labrador about their health-care needs, services and resources. This project was funded by the Aboriginal Health Transition Fund (Department of Health & Community Services, Government of Newfoundland & Labrador)

You may have met members of the research team last April as we travelled along the coast to present some of our initial findings. We had a fabulous time visiting the communities and enjoying local hospitality and great food. We even

got a chance to make some of our own pottery, thanks to the kind folks at Moulder of Dreams in Port Hope Simpson.

*"We've heard your stories. Now it is time for us to share what we have learned from you."*

During our visit in April we had the opportunity to speak to some of you about our initial results. Using your feedback and comments, we presented at the NunatuKavut Community Council meeting in September 2010.

We also presented at the NunatuKavut Annual General Assembly, held in November 2010. We are very grateful to have had the opportunity to speak at both of these venues, as your feedback has been very helpful as we continue to complete our final report.



Contact us today for any questions or comments!



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