

**5th Gathering of Healing Our Spirits Worldwide;
Edmonton, Alberta, 6-11 August 2006**

Toqikutimk

**Growing Together:
Our Children, Our Sunflowers**

CAPE BRETON
UNIVERSITY

ANDREW SARK

**Mi'kmaq Youth Activities Coordinator,
Integrative Science Program**

*Integrative Health and Healing Research Project
outreach enabled by funding from
CIHR-IAPH, IWK, NSHRF, MPF, SSHRC and CRC*





Canada Research
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Toqikutimk

Growing Together – Our Children, Our Sunflowers



MPF



UNAMA'KI
INSTITUTE OF
NATURAL
RESOURCES



CIHR IRSC

CAPE BRETON UNIVERSITY



IWK Health Centre
Foundation

P'jilasi Welcome

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



Canada Research
Chairs

Chaires de recherche
du Canada

Canada



Presentation Outline

1. Mi'kma'ki - Home of the Mi'kmaq People

2. Integrative Science,
Cape Breton University

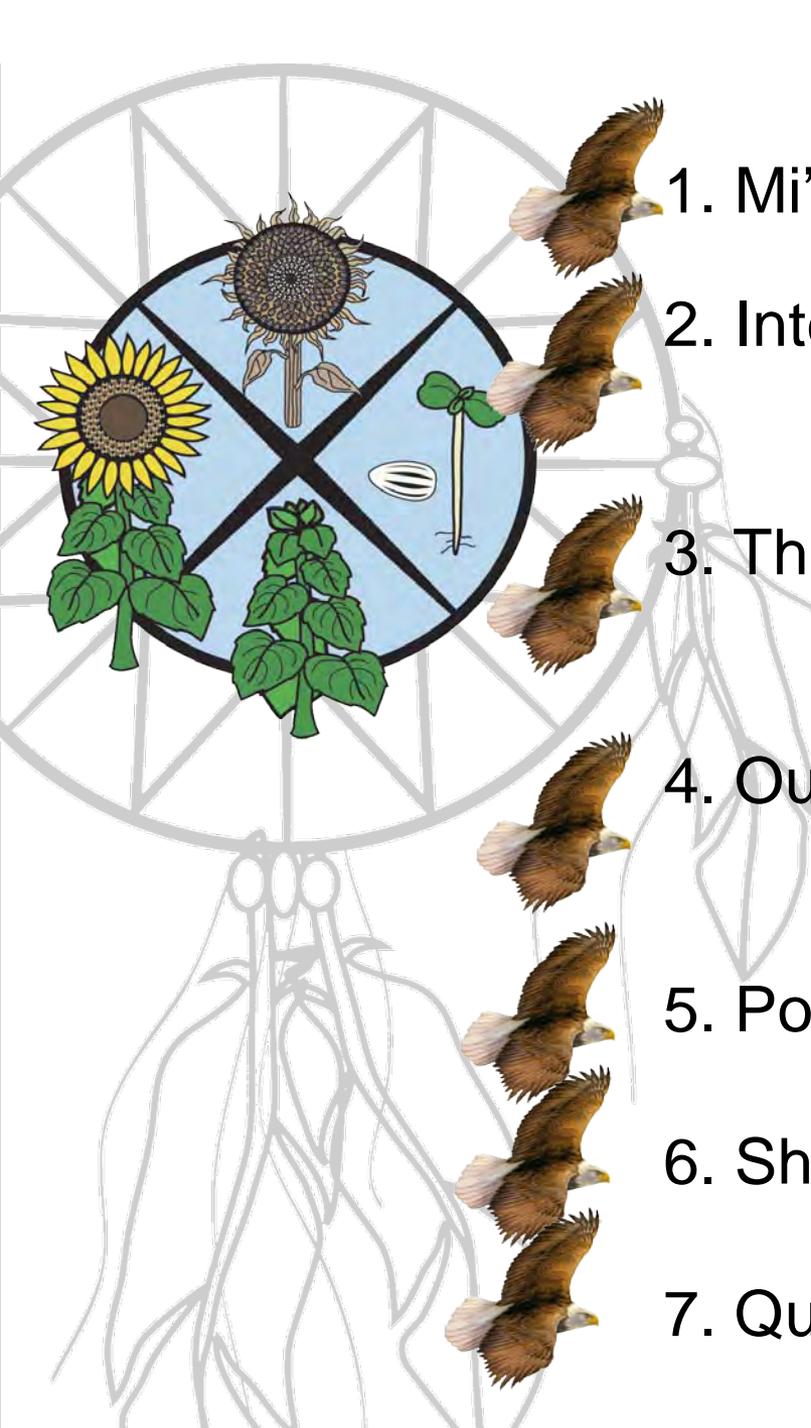
3. The Toqikutimk Project:
“Growing Together With Our Children”

4. Our Journey Through Life and
“The Basket of Hope” (a theory)

5. Positive Growing Experiences

6. Sharing What We Have Learned

7. Questions and Answers





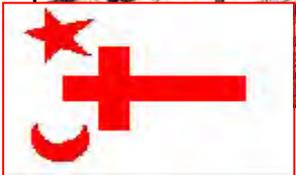
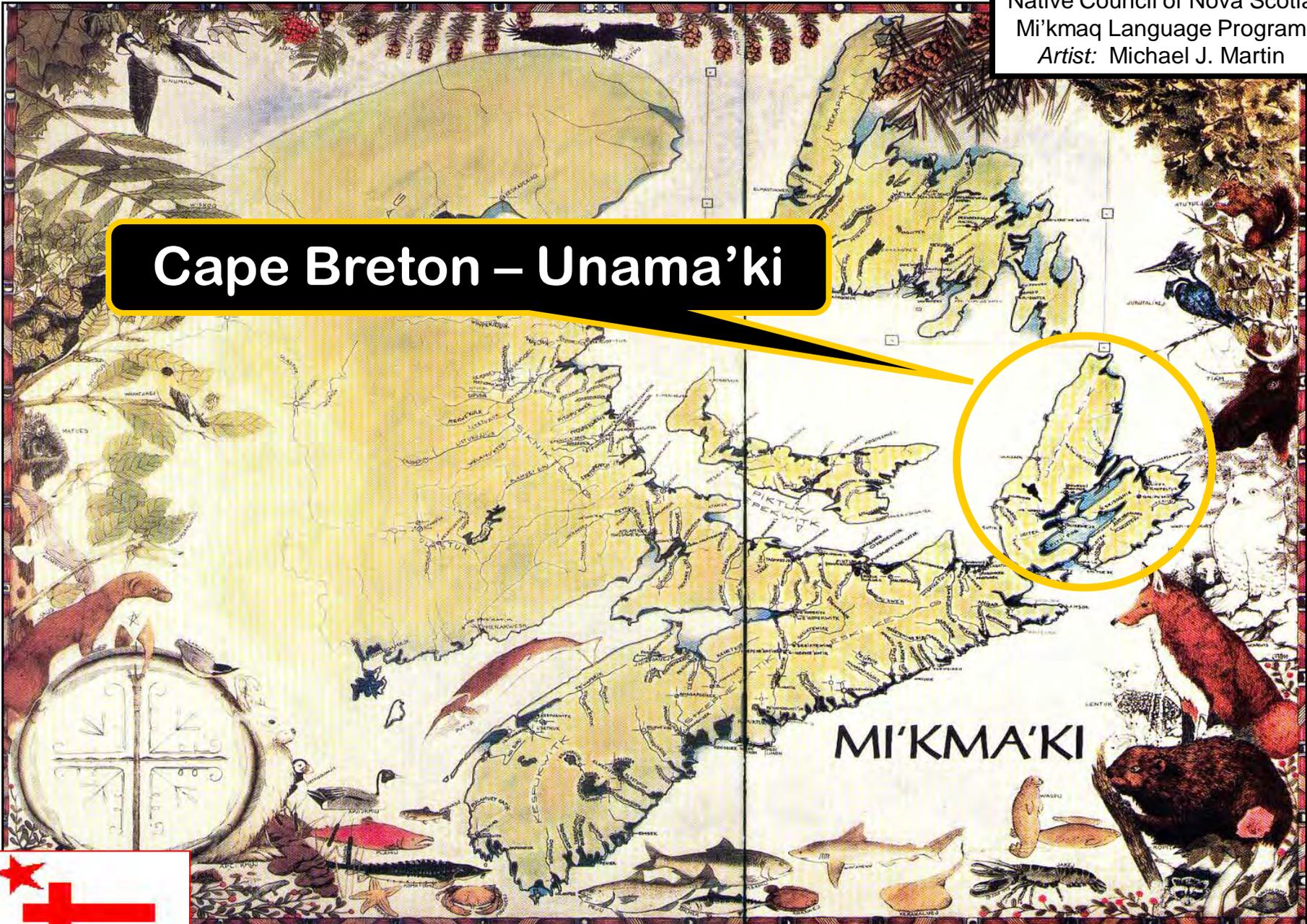
Mi'kma'ki

Unama'ki – Cape Breton, Nova Scotia, Canada



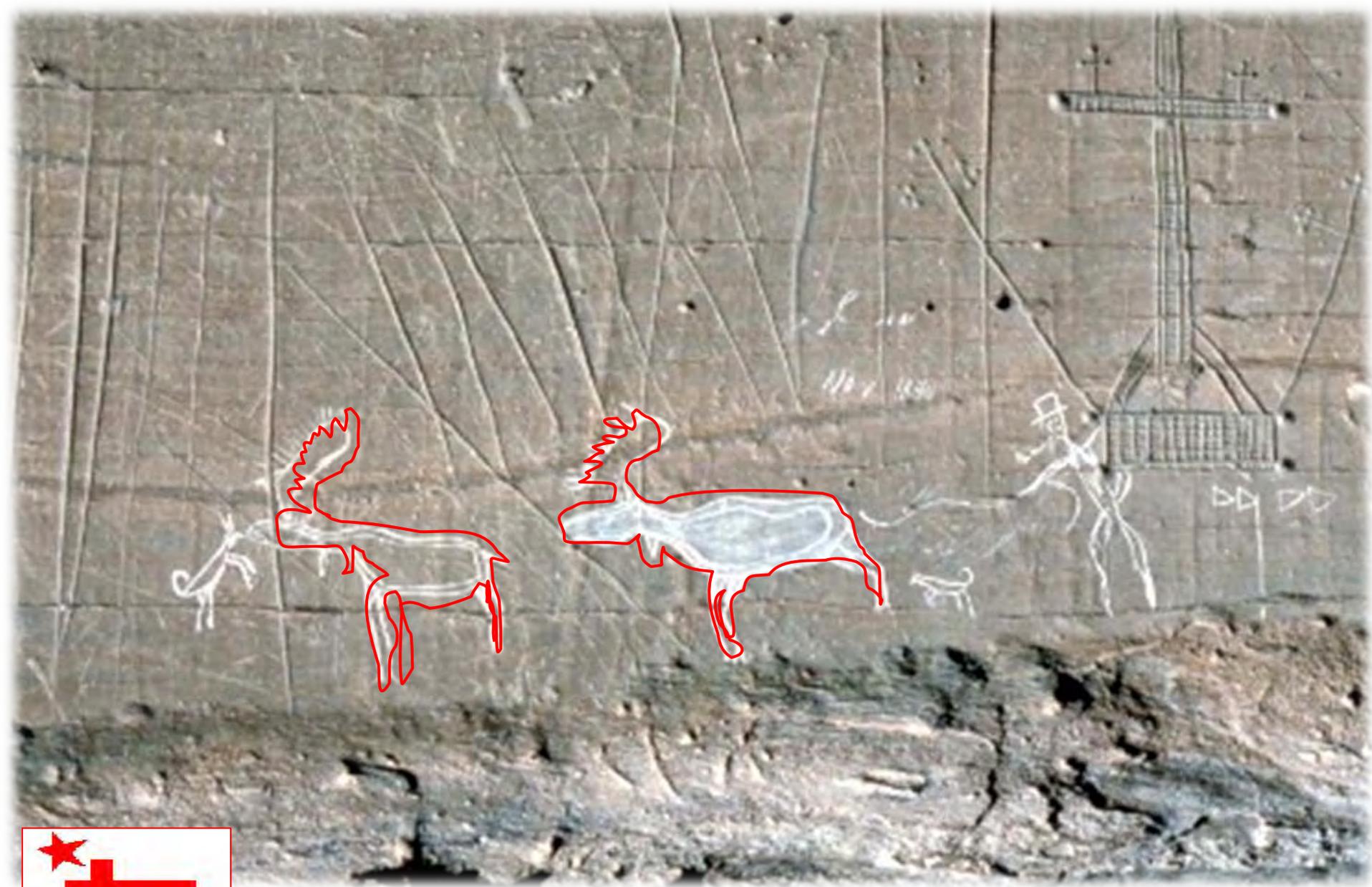
Native Council of Nova Scotia
Mi'kmaq Language Program
Artist: Michael J. Martin

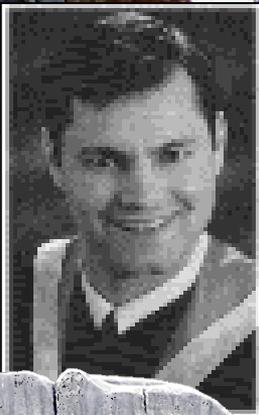
Cape Breton – Unama'ki



Mi'kmaq people, in Mi'kma'ki since time immemorial





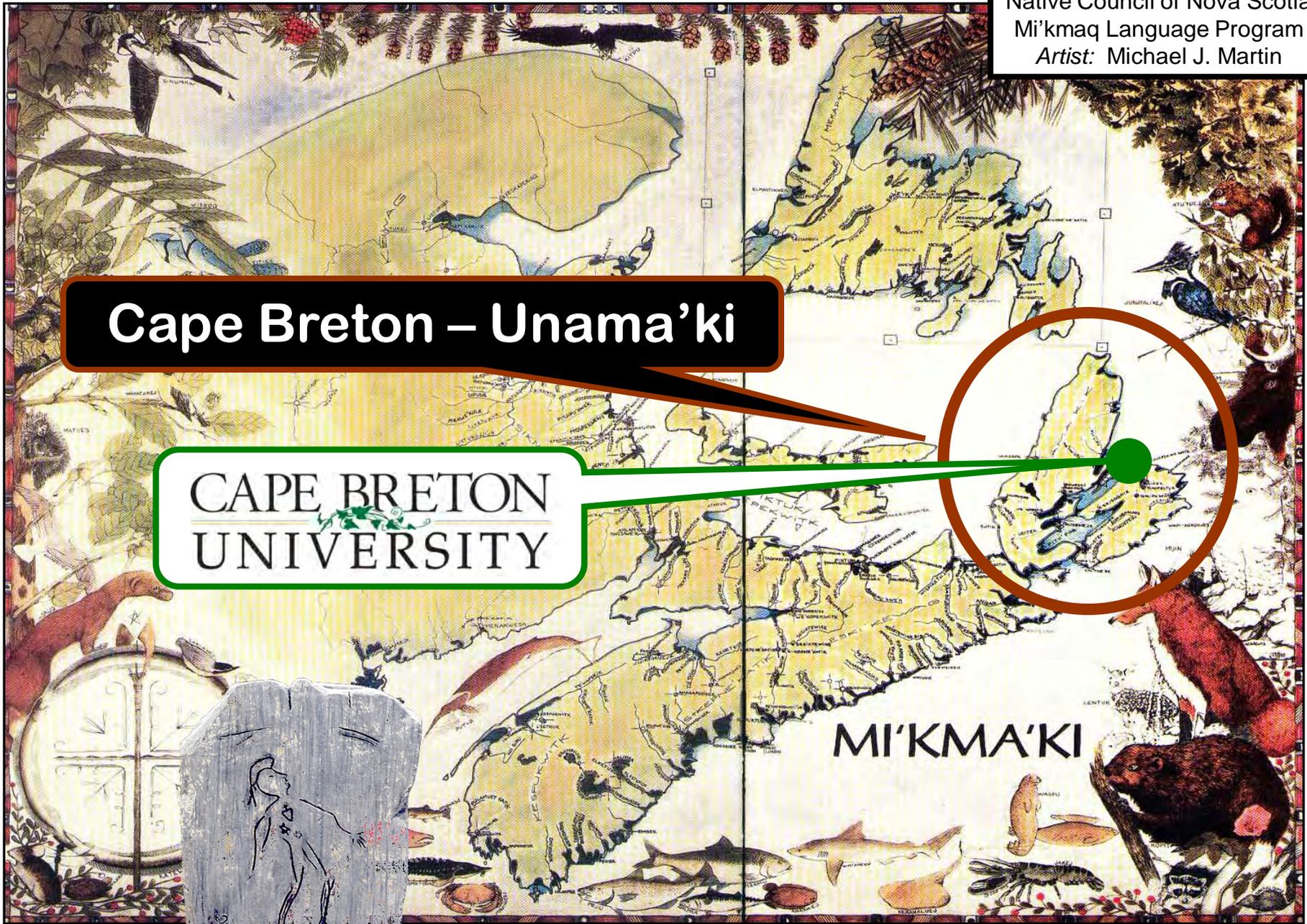


Standing Tall

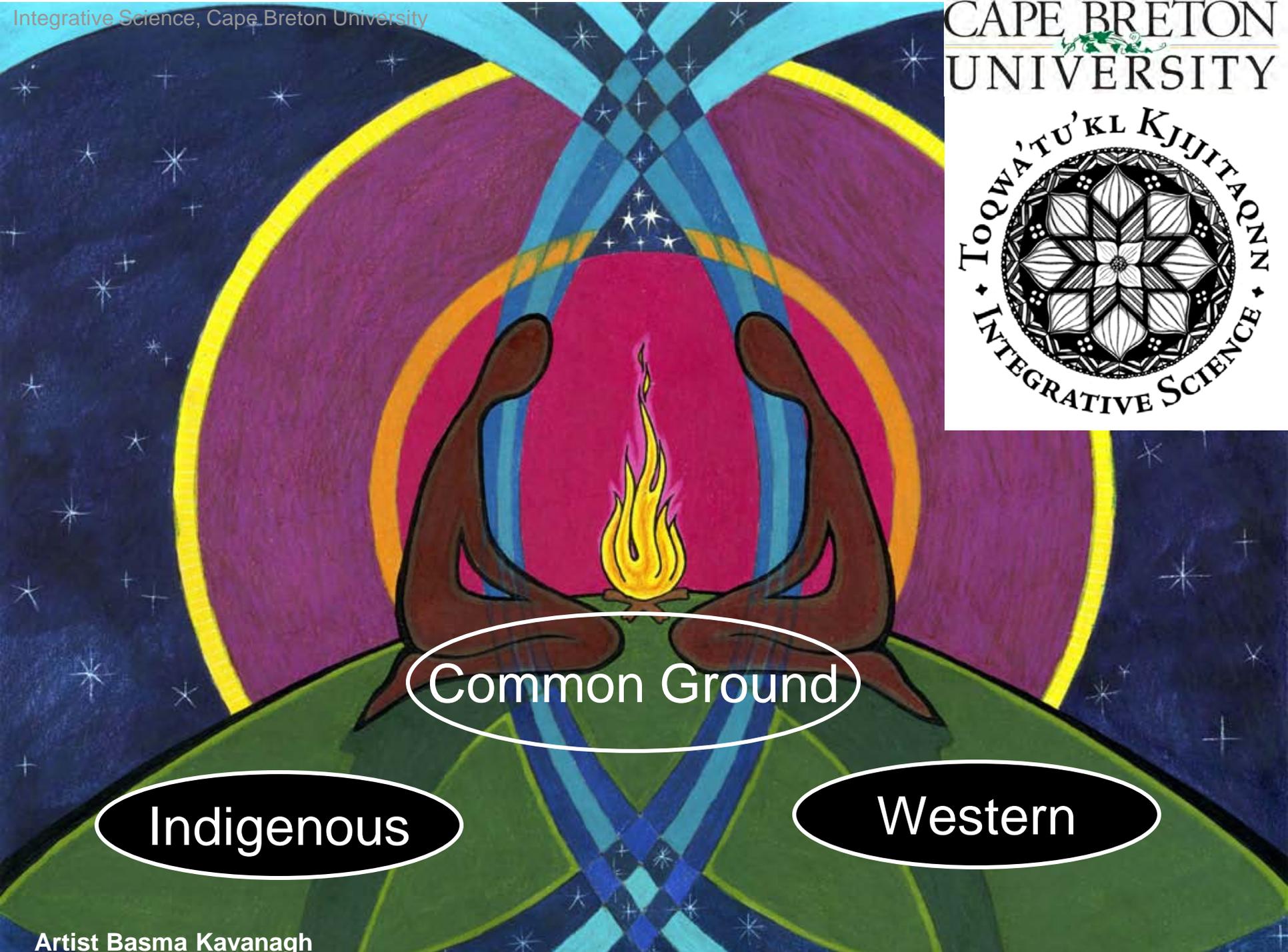
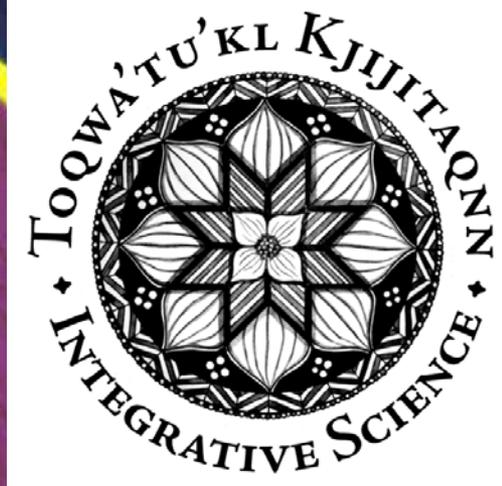
Native Council of Nova Scotia
Mi'kmaq Language Program
Artist: Michael J. Martin

Cape Breton – Unama'ki

CAPE BRETON
UNIVERSITY



MI'KMA'KI

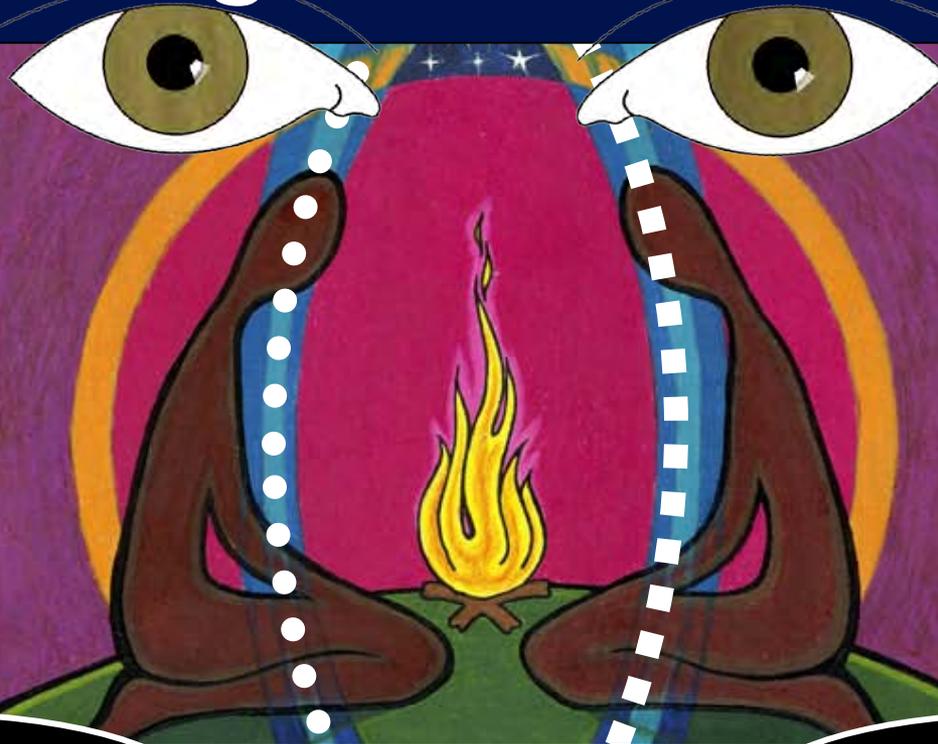


Common Ground

Indigenous

Western

Toqwa'tu'kl Kijitaqnn Integrative Science



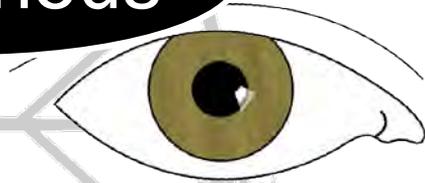
Indigenous our knowledges Western
our world views

“bringing our stories together”

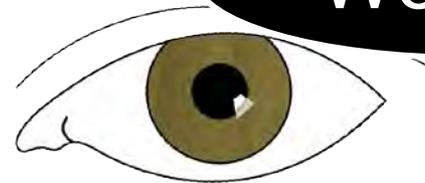
“Two-Eyed Seeing”

learning to see with the strengths of each

Indigenous

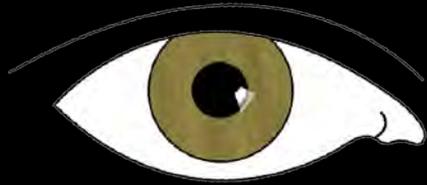


Western

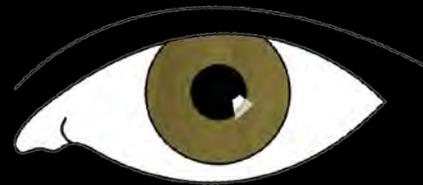


**Mr. Albert Marshall, Mi'kmaq Elder
Eskasoni First Nation**

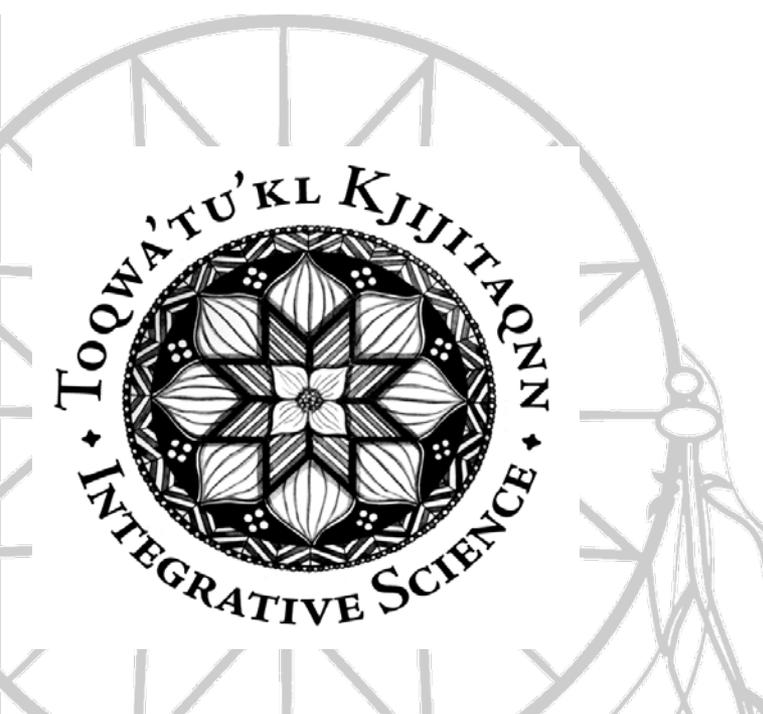
“Two-Eyed Seeing” our key concepts & actions



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



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

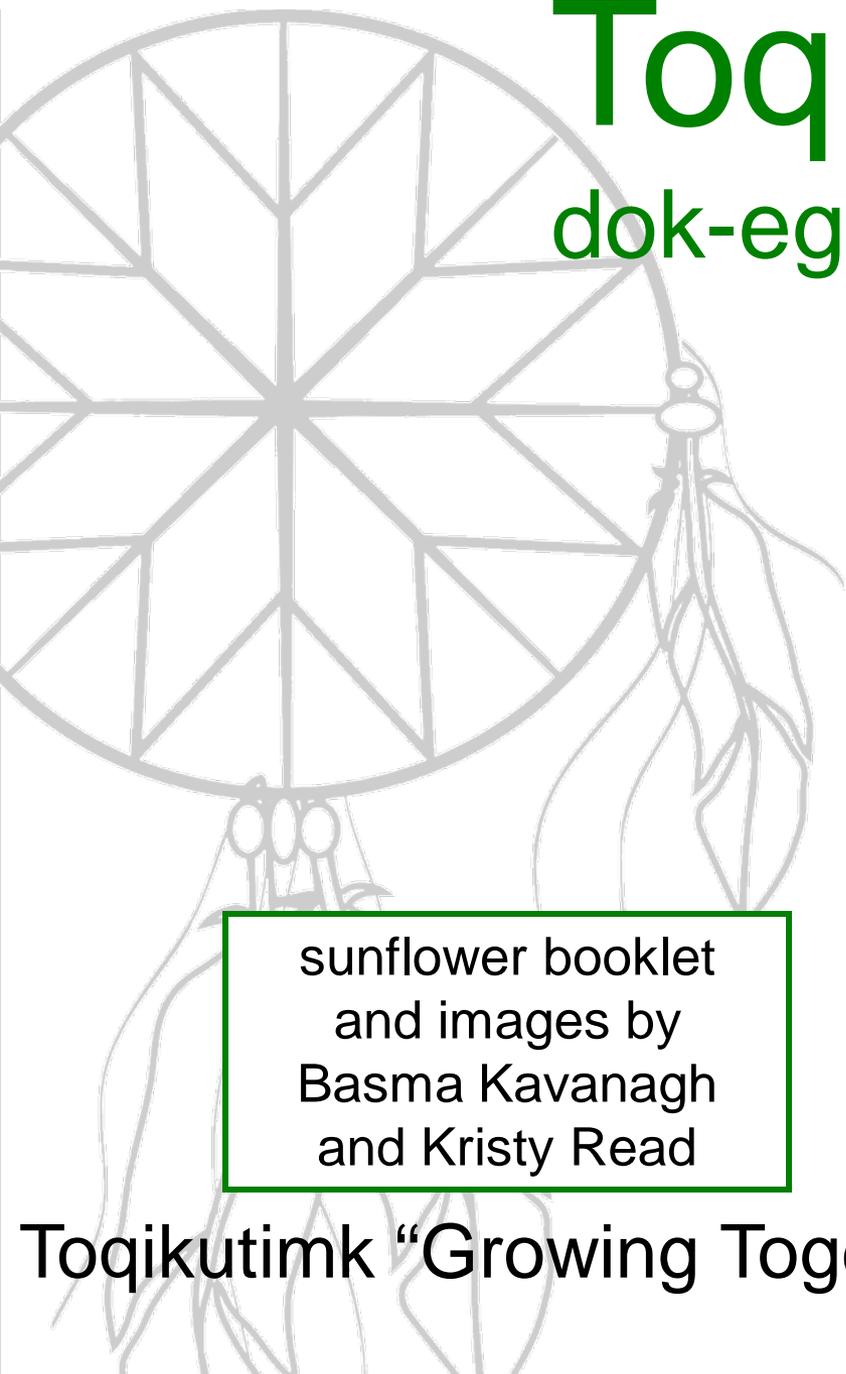


Integrative Health and Healing

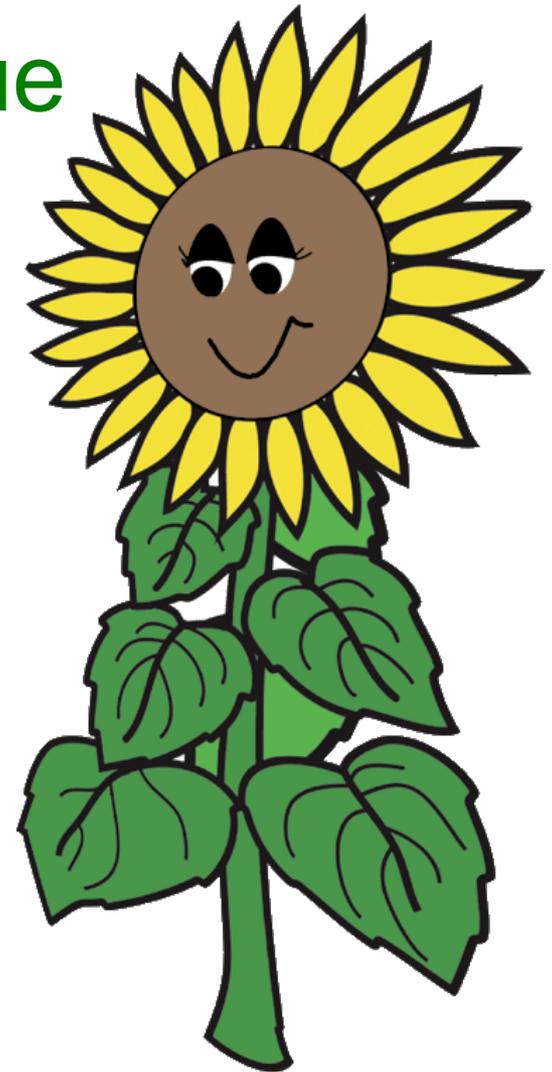
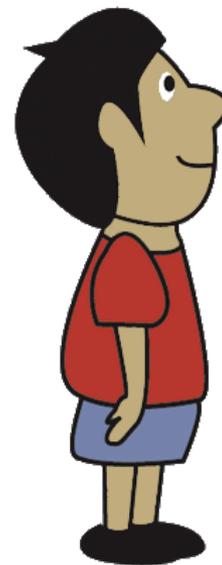
Co-learning our way to expanding wholeness through restoration of relationships with the land

Toqikutimk

dok-egh-ew-dimque

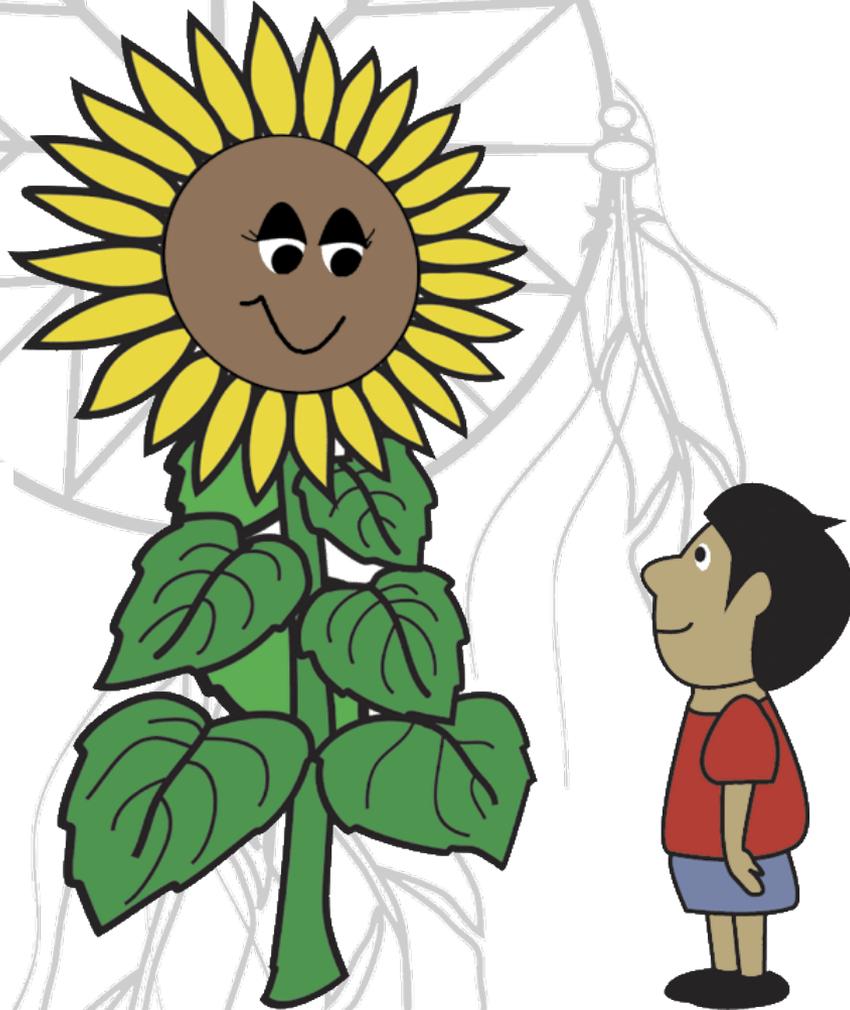


sunflower booklet
and images by
Basma Kavanagh
and Kristy Read



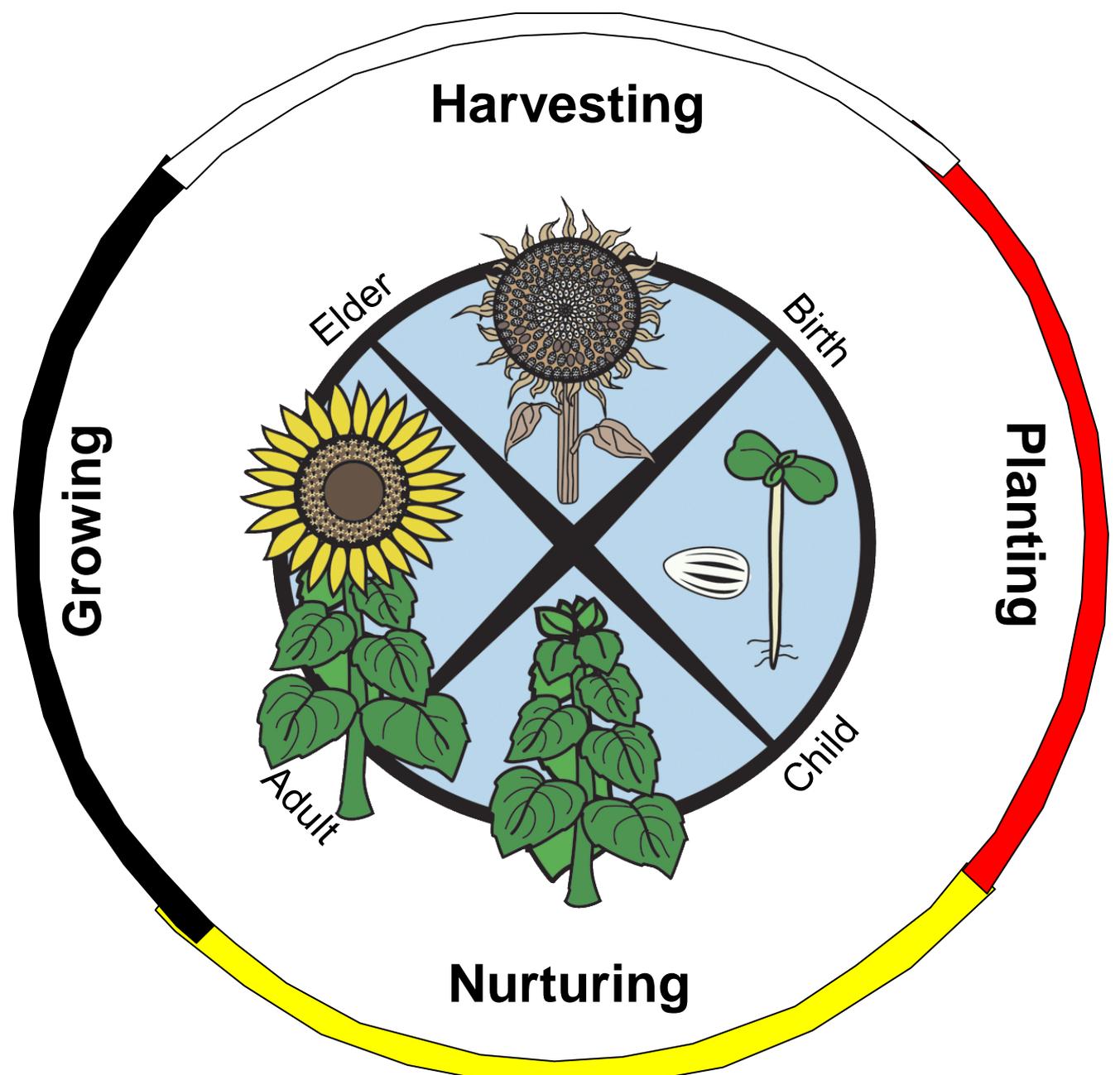
Toqikutimk “Growing Together” Our Children - Our Sunflowers

WHY DID WE CHOOSE SUNFLOWERS ?



- Robust and resilient
- Beautiful visualization of an abstract concept
- Seasonal harvest
- Visual example of growth
- Relationship awareness and sharing

The Toqikutimk Life Cycle Model

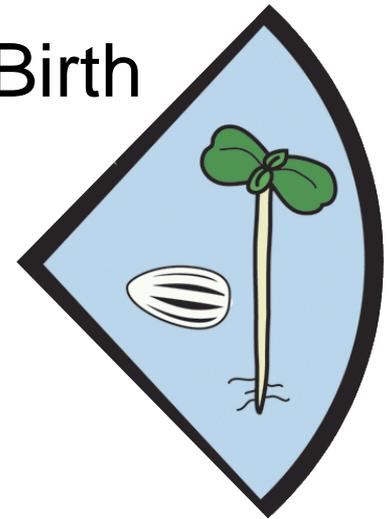


How we came to be... seeds planted in fertile soil.

- Close consultation with respected Mi'kmaq Elders
- Emergence of an educational initiative: Integrative Science
- Work with students in community settings (workshops)
- Development of community relationships



Birth

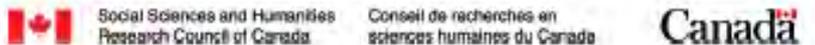
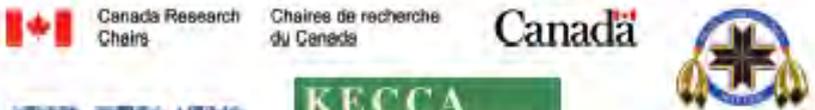


Elders Murdena and Albert Marshall



TOQIKUTIMK

This Booklet Belongs To:

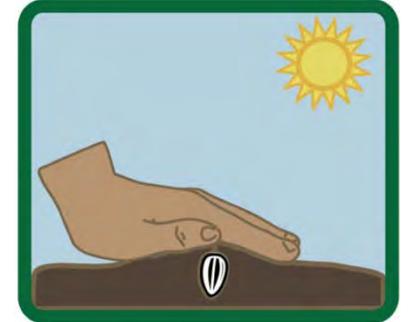
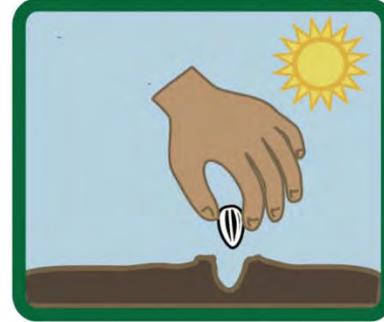
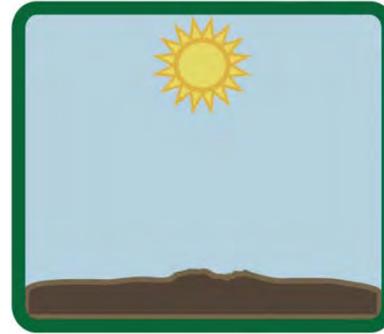
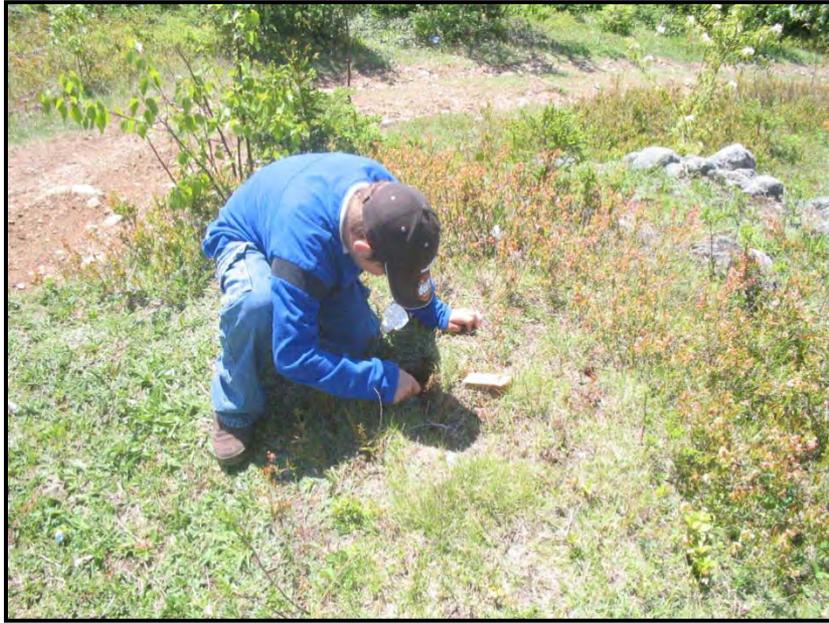


sunflower booklet
and images by
Basma Kavanagh
and Kristy Read



Planting the seeds and growing together

The Toqikutimk Project





Baddeck Academy - Cape Breton, Nova Scotia



Nyanzia - Unama'ki - Cape Breton, Nova Scotia



The Toqikutimk Project
IKÁ'TAQUTE'N SKINMIN
[planting my seeds]

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



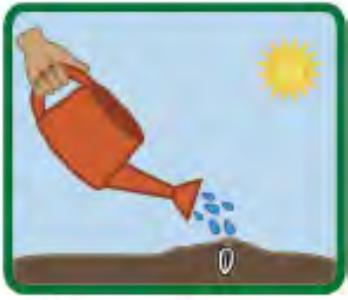
jila'te'n
maqamikew



ikàtaqawte'n
skinmin



anqute'mn



wtaqapatu



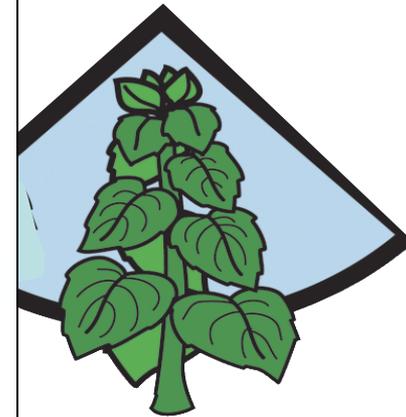
jikapte'n sqalian



a new relationship

Elementary School Children
and their Sunflowers

The Toqikutimk Project in Action - Growing



**co-learning our way to expanding wholeness
through restoration of relationships with the land**



Community



Field Trip



Classroom



The Toqikutimk project is everywhere!



MALIAPTEN' TAN KISI IKA'TU'NL
(caring for my Sunflower)

wula ketusamqwaki

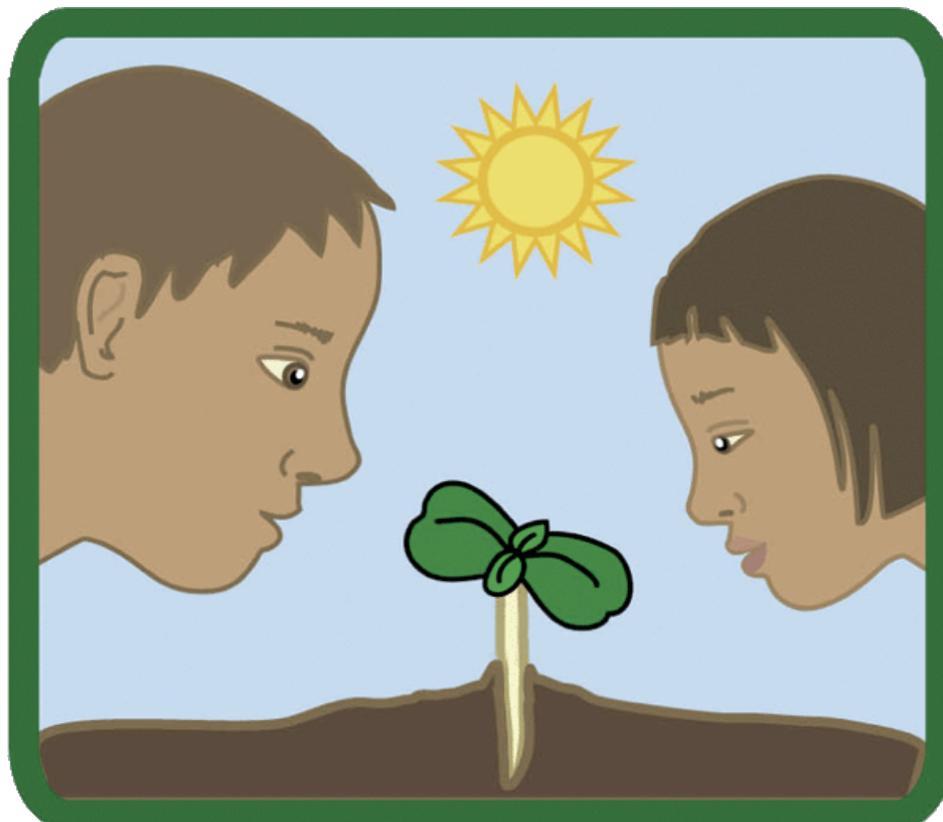


wula welikwek mita meski'k wtupn



New Little Brother, New Little Sister

Njiknam



Nkwe'ji'j

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



Community Involvement

Grow

Share

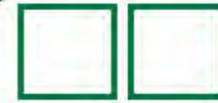
Revisit



TA'NIK KESATMI'TI'J IKA'TAQN
[sunflower visitors]



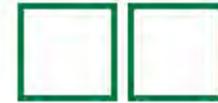
tities



atu'tuej



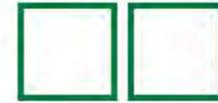
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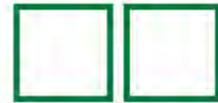
jaki'kes



iptoqnke'wj



temoqji'pilasit



amu



enkejit





NTASUEKML AQ WTANM
[my sunflower and my community]
draw inside your sunflowers

Nuji
Kina'mua'tijik
[school teachers]



Jiksu'k
[family]



Ta'nik
Ajipjutu'tij
Wantaqo'ti Ten
[RCMP Officers]



Nitapk
[friends]



Toqi Kejik
[neighbours]



Ta'nik
Nusaptmi'tij
Mawi Kisitaqn
[natural resource guardians]



Nuji Npitaqtijik
[health care people]



Nuji
Toqomajo'tk
Mawi
Kisitaqn
[scientists]



NTASUEKML AQ WTANM

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Nuji Npitaqtijik
[health care people]



Nuji
Toqomajo'tk
Mawi
Kisitaqn
[scientists]



Kids Helpline 1-800-668-6868

RCMP Detachments:

- Baddeck • Wagmatcook 902-295-2350
- Eskasoni 902-379-2822
- Membertou..... 902-564-2885
- Potlotek..... 902-535-2120
- We'koqma'q 902-756-3371

- NADACA..... 902-564-6466
- Crisis Intervention 902-567-7767

Special thanks to Murdena Marshall for translations.

This project has been made possible by:



MPF



Royal Canadian Mounted Police

Gendarmerie royale du Canada

CAPE BRETON UNIVERSITY



Canada Research Chairs

Chaires de recherche du Canada

Canada



IWK Health Centre Foundation



CIHR IRSC
Canadian Institutes of Health Research



Social Sciences and Humanities Research Council of Canada

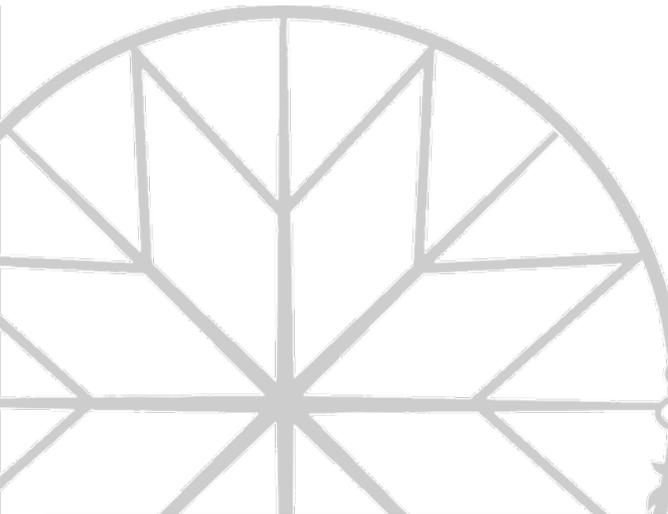
Conseil de recherches en sciences humaines du Canada

Canada

TOQIKUTIMK

This Booklet Belongs To:





Making Connections through Storytelling

Kitpu booklet images by
Basma Kavanagh
and Kristy Read

THE STORY OF KITPU And The Great Flowers of Niskum

TOQIKUTIMK

Growing Together
Sunflower Project

Our Children – Our Sunflowers
<http://oursunflowers.ca>



By Andrew Sark

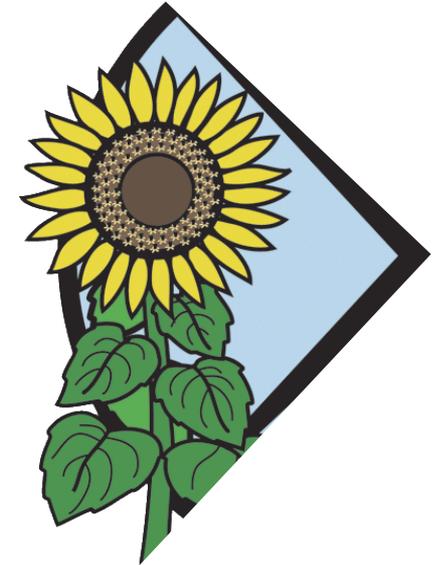
Mikmaq Youth Activities Co-ordinator
As Part of the IWK Project within the CIHR-IAPH Project within
Cape Breton University's Integrative Science Program and
Canada Research Chair in Integrative Science





Puppetry Workshops

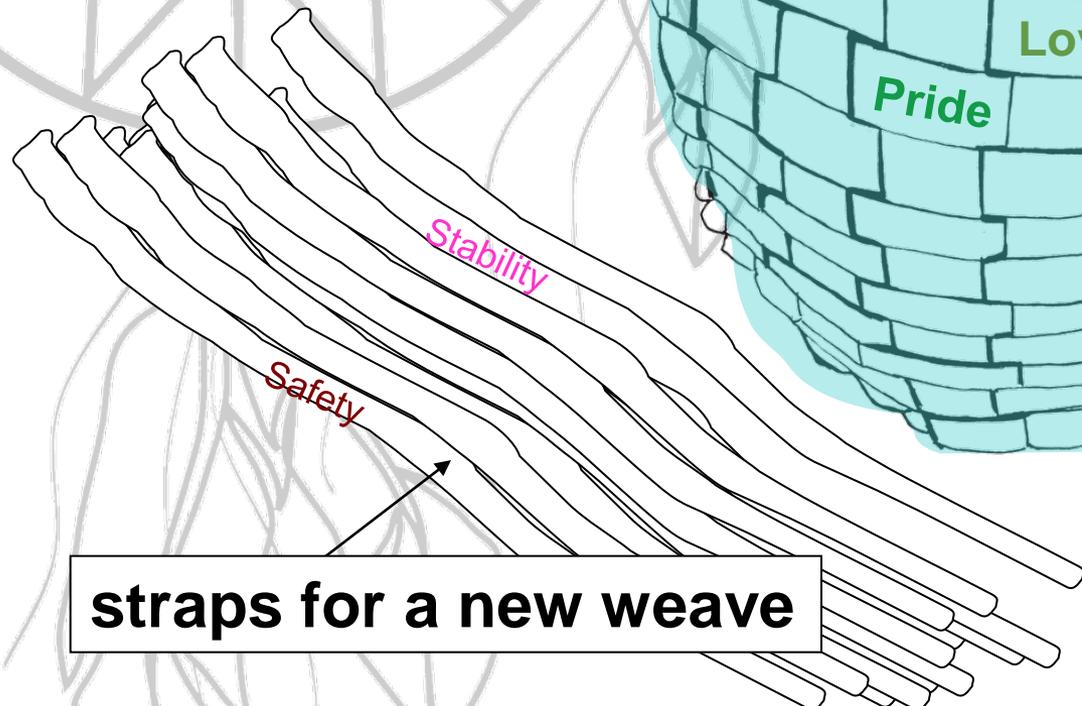
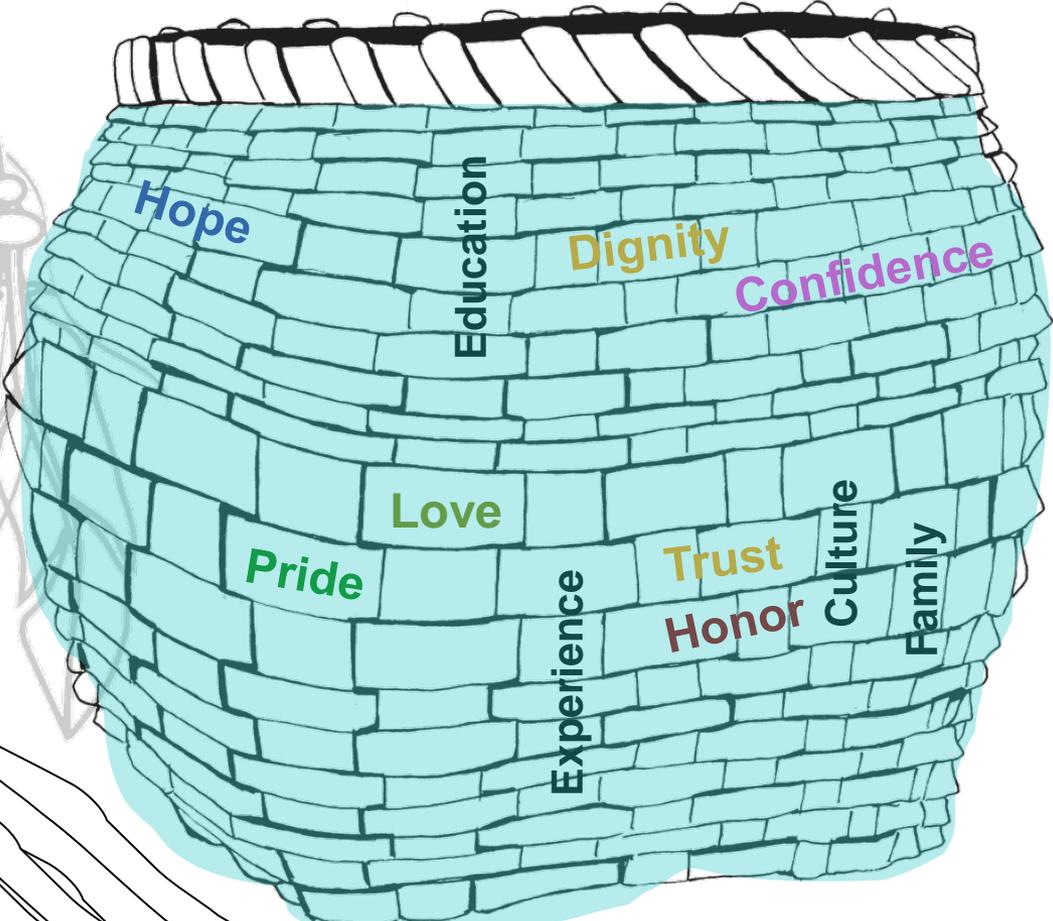
Where are we now, what we have learned?



Life is a journey of learning and growing.

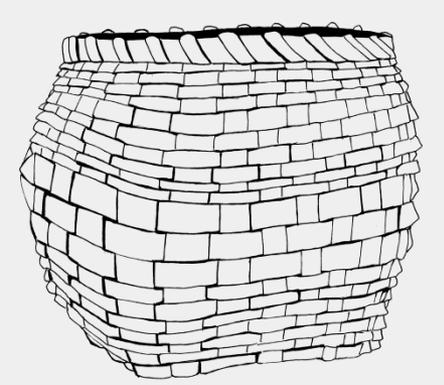
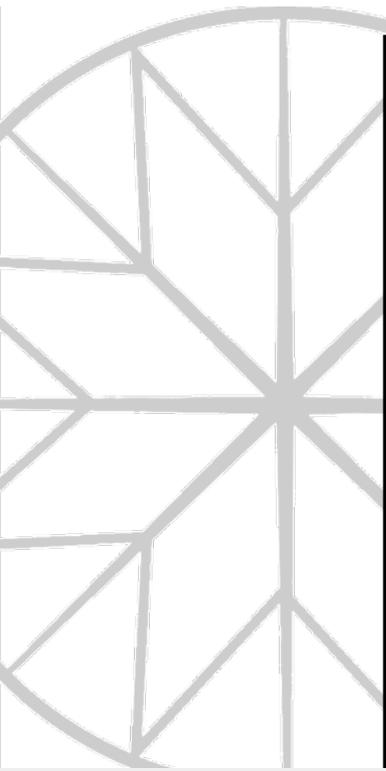


Basket of Hope and Self



straps for a new weave

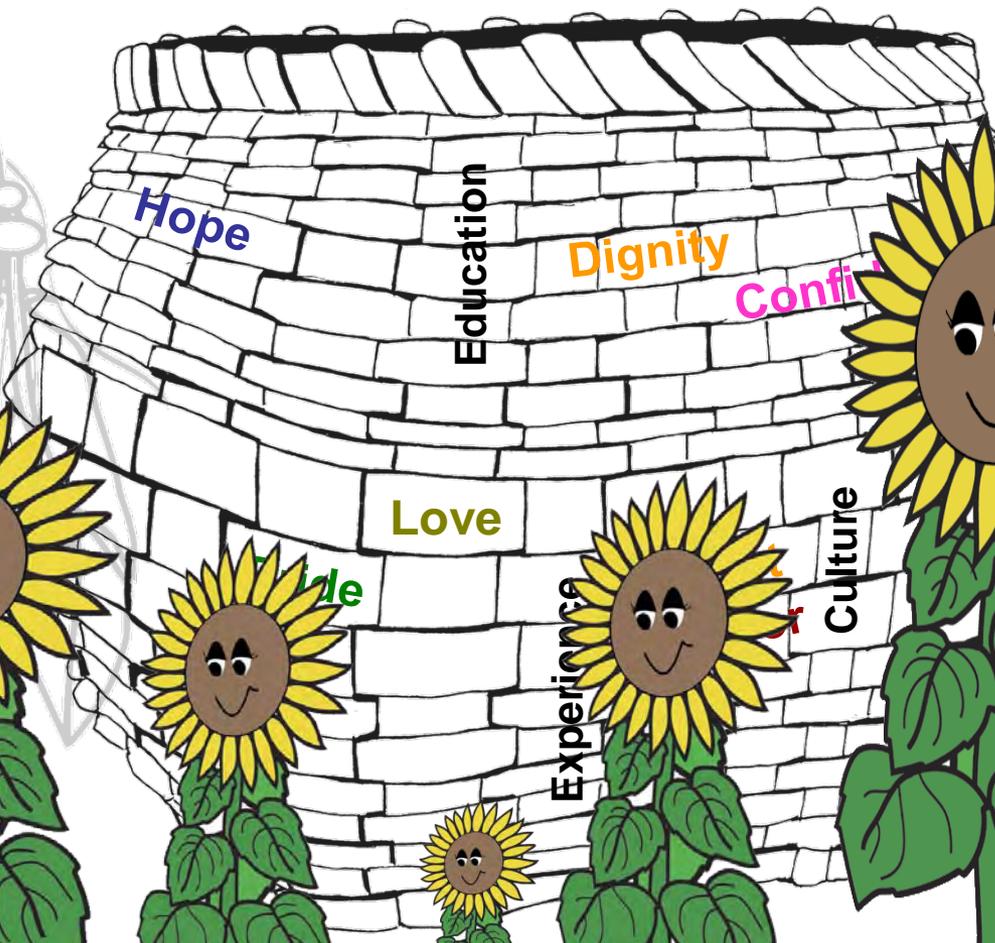
Our journey through life and the basket of hope



our journey through life and the basket of hope

Basket of Hope and Self

Level of positive identity and self worth



Hope

Education

Dignity

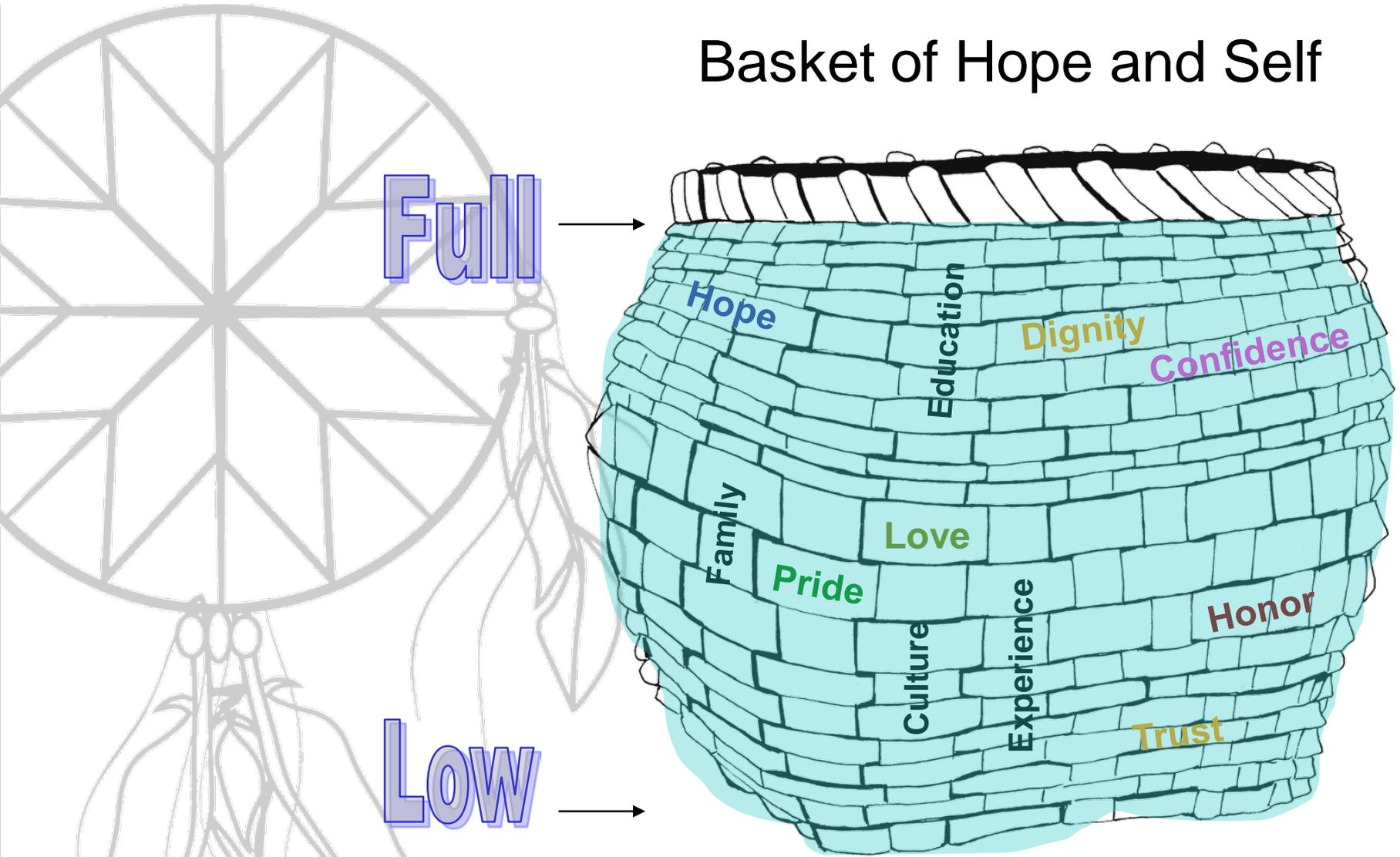
Confidence

Love

Culture

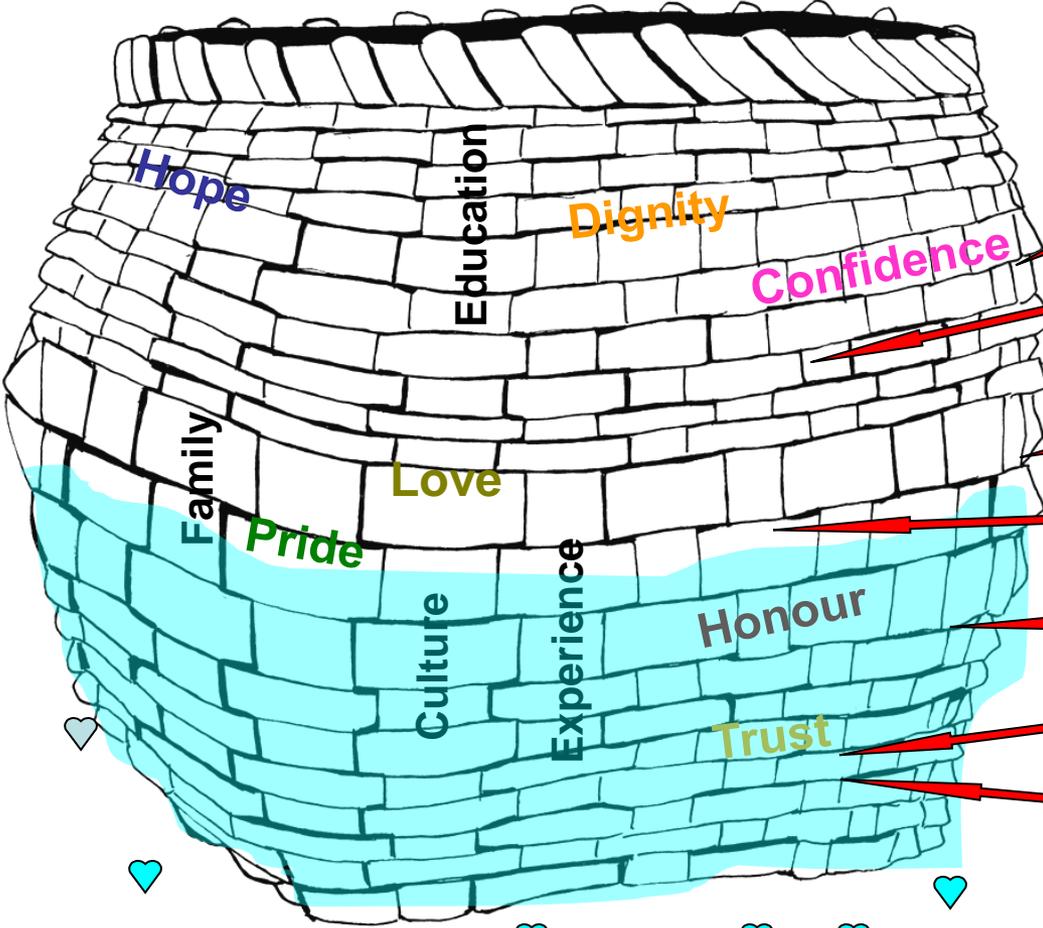
AGE Birth Child (teen) Adult Elder

Basket of Hope and Self



**“Sense of Self” and “Self Worth (Hope)”
woven together**

Our journey through life and the basket of hope



Neglect

Abuse

Racism

Bully

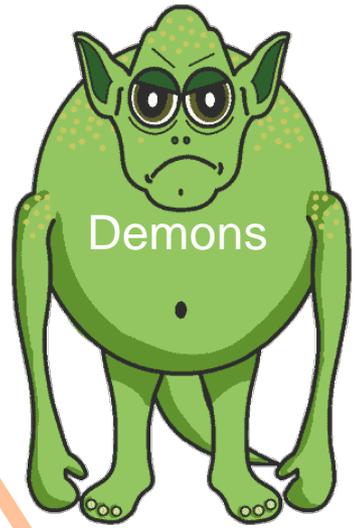
Fear

Hate

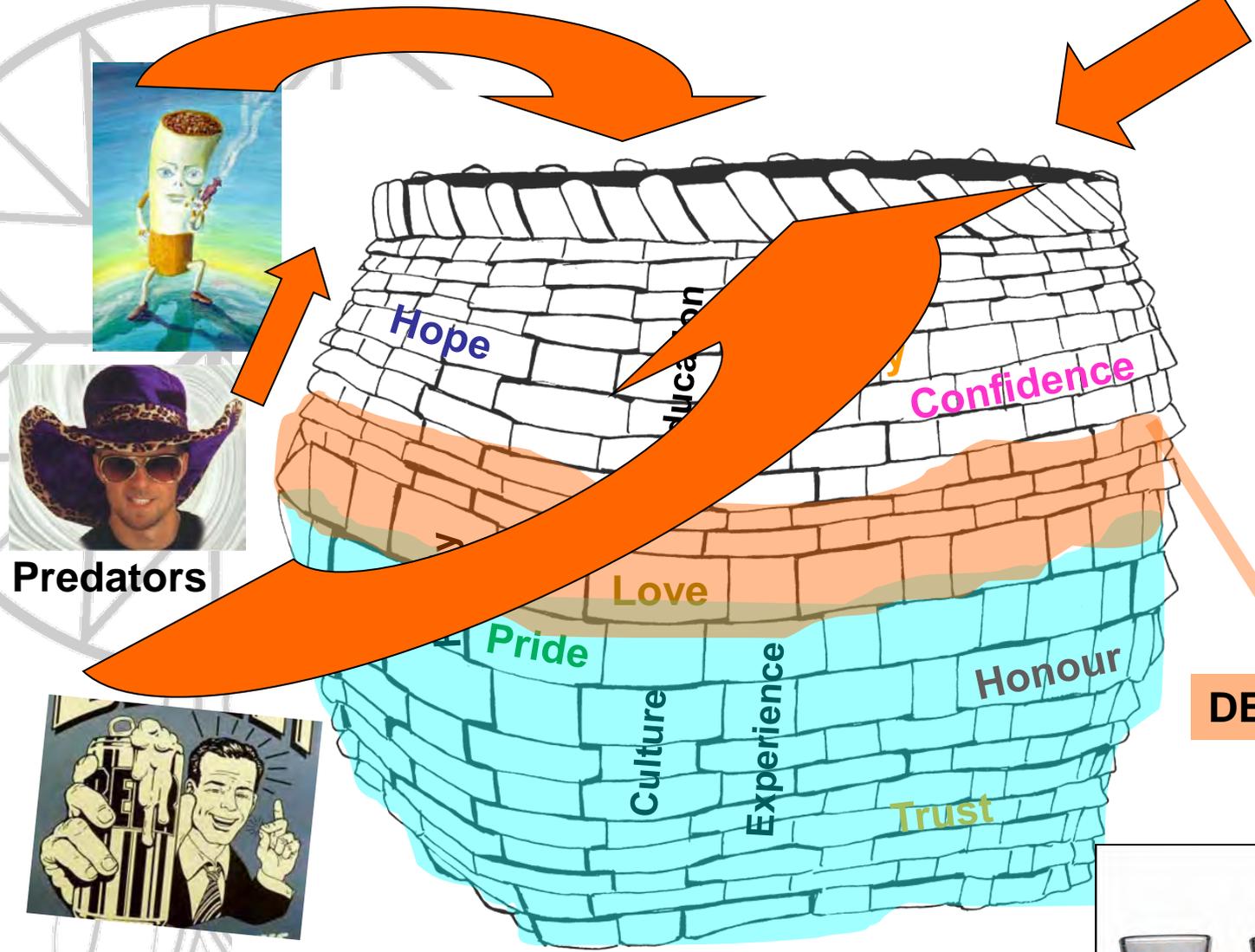
Doubt



Our journey through life and the basket of hope



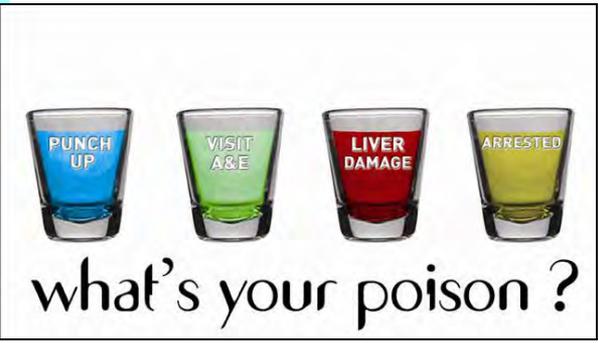
DEPRESSION



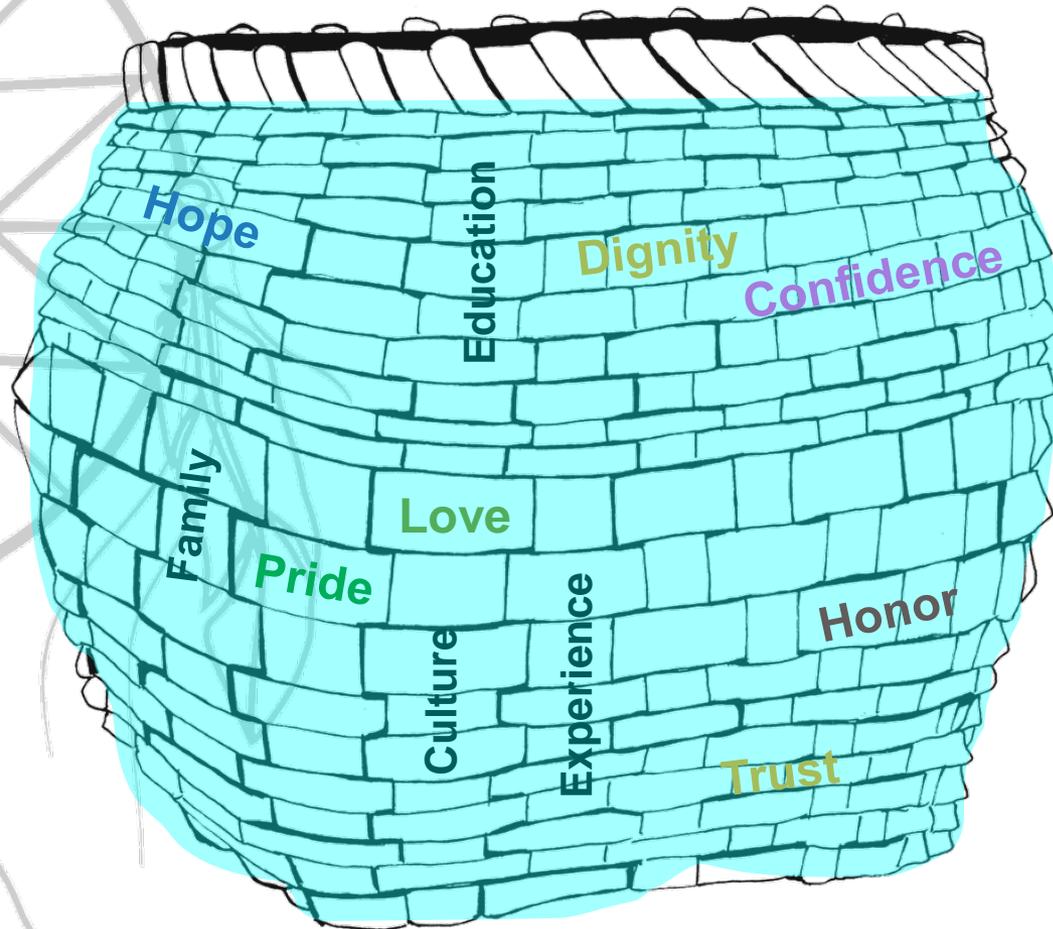
Predators



Negative Fillers

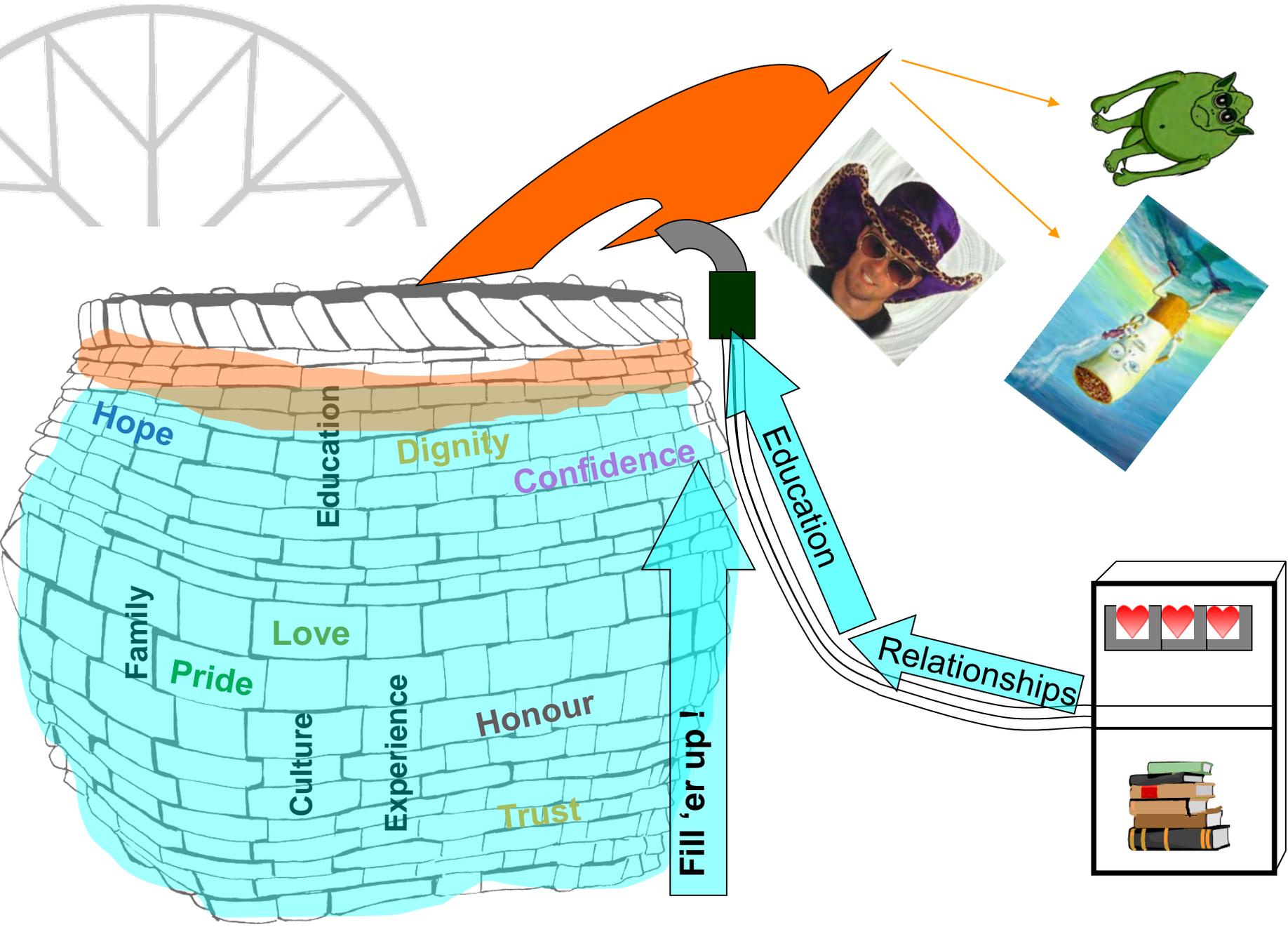


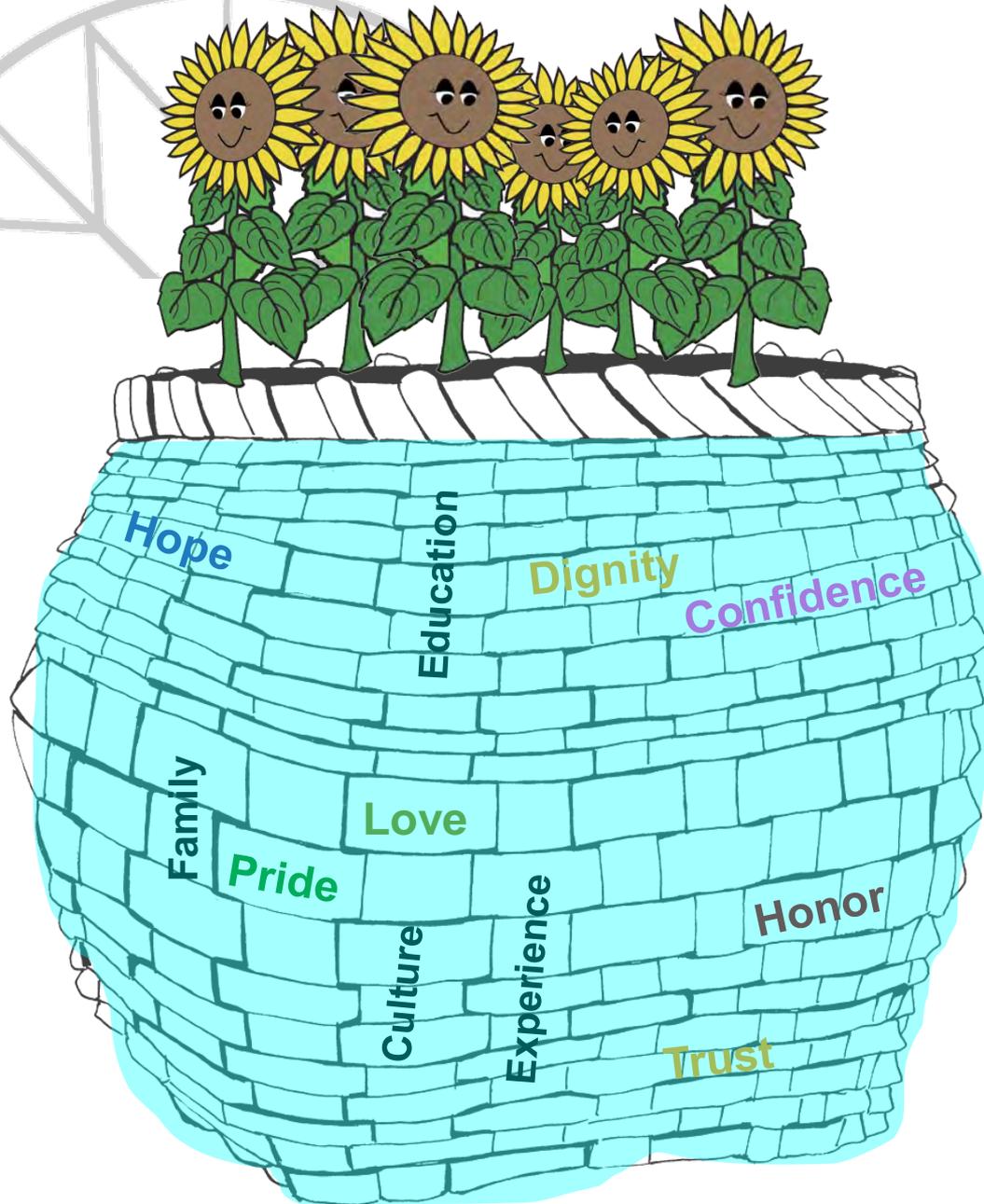
Basket of Hope and Self



Keeping the basket full of hope and positive experiences will deter demon fillers.

Our journey through life and the basket of hope

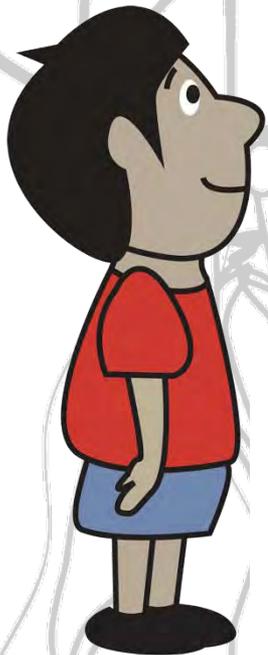




Keeping the Basket full is a community effort requiring :

- Joint research projects
- Cooperative initiatives
- Involvement
- Awareness
- Education
- New understandings
- Acceptance
- Enlightenment
- Traditional cultural knowledge
- Positive experiences

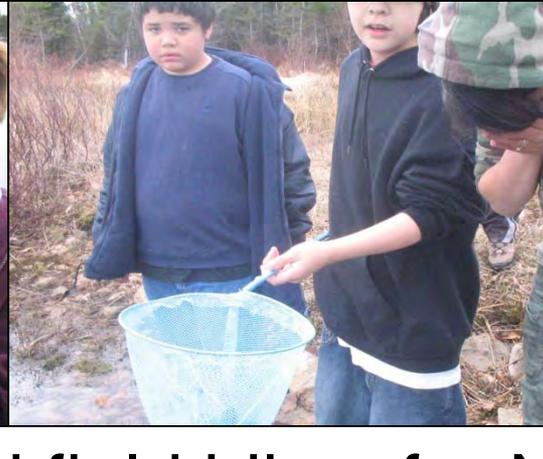
Positive Experiences



- **Toqikutimk: Our Children, Our Sunflowers**
- **Netapi N-JAC: “To See Sharply” Nikmatut Junior Adventures Club**
- **Field trips and school visits**
- **Klikn: “Giver of Strength” geology hikes**

Positive growing experiences





Ecology-based field hikes for Netapi N-JAC



University - Elementary School Exchanges

Positive growing experiences



Klikn "Giver of Strength" Geology Field Hikes



Community Outreach – Awareness Displays



Elder Lawrence Wells



Teachings with Mi'kmaq Elder Lawrence Wells



River Interpretation And Canoe Safety Training

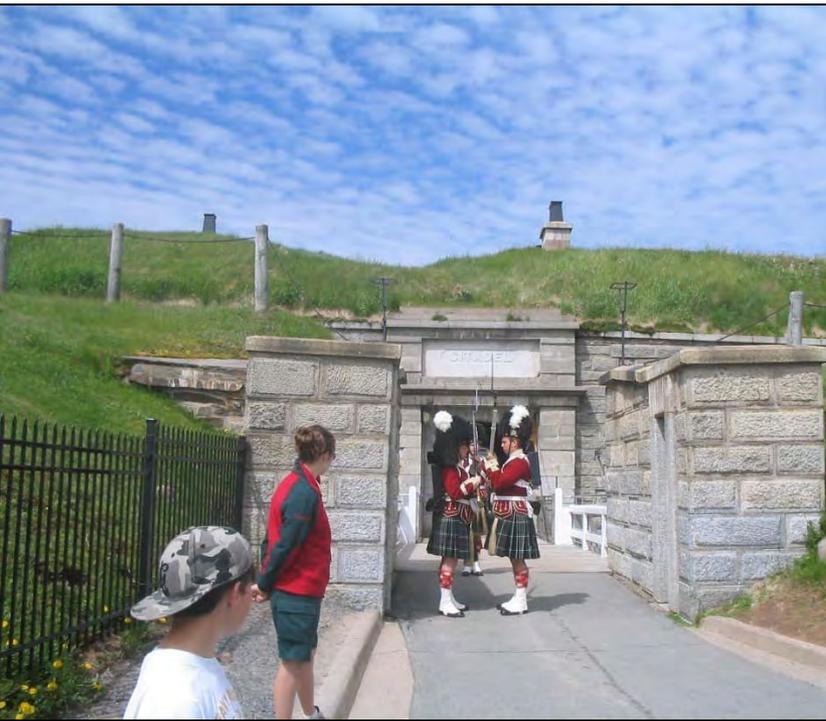


Canoe Safety Training

06.17.2006



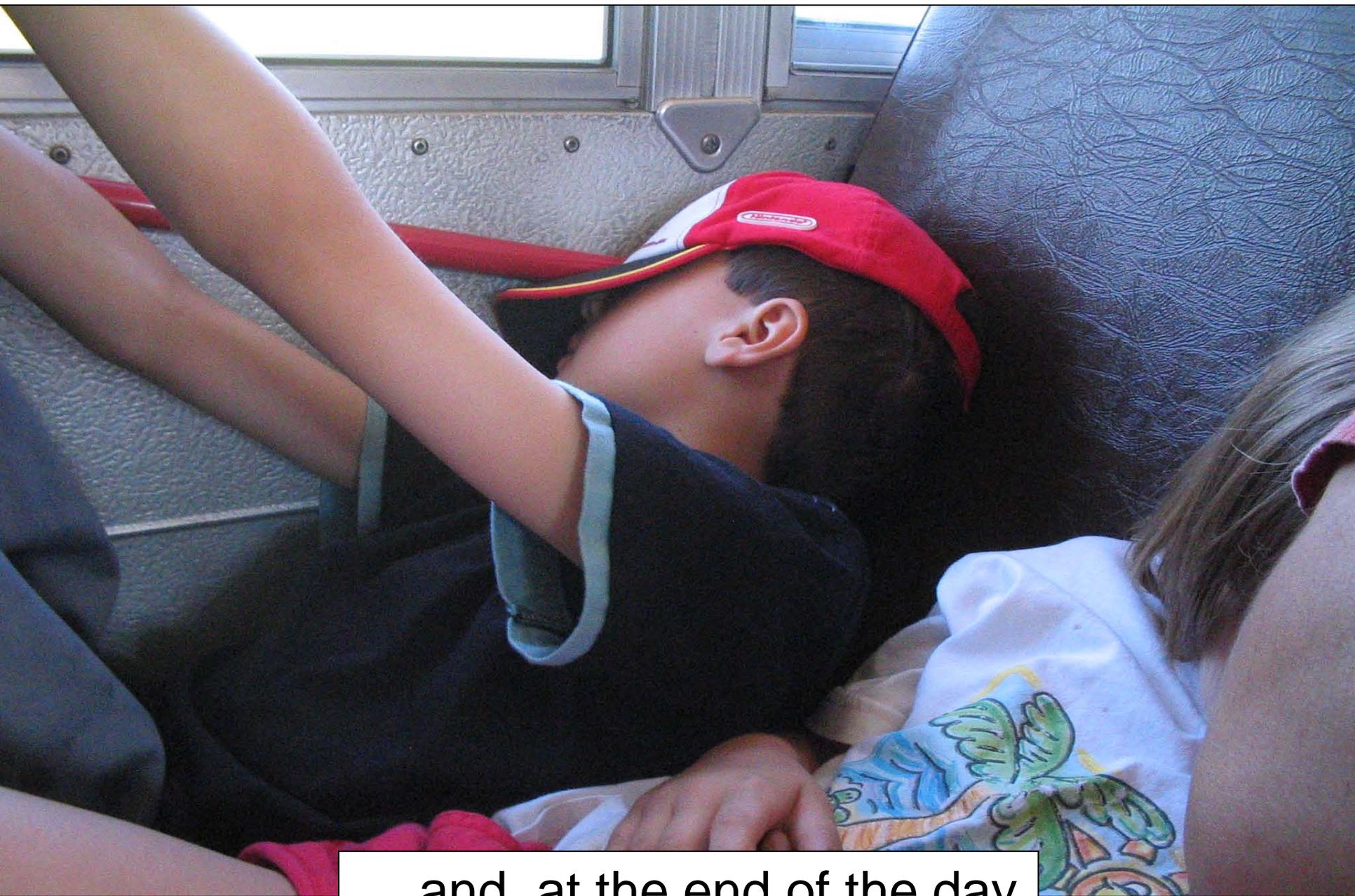
Wilderness Survival Training with First Aid



Cultural Exchanges and Workshops

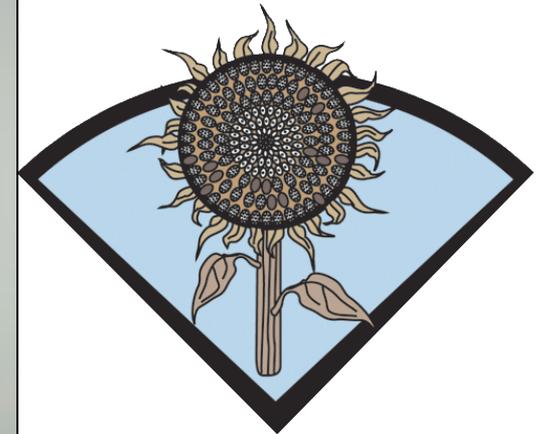


Camping Expeditions



... and, at the end of the day

Preparing seeds for tomorrow ...



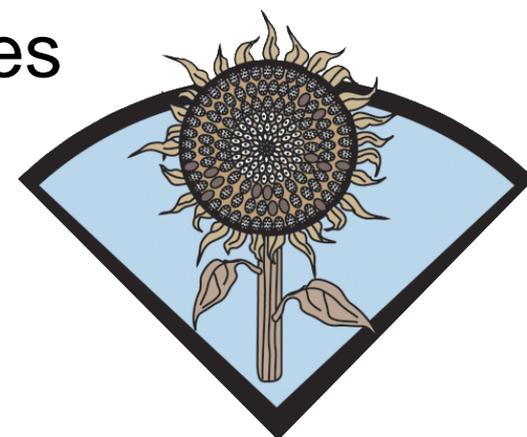
**... and sharing what
we have learned.**



Sharing what we have learned



- Posters
- Journal Articles
- News releases
- Newsletters
- Archives
- Calendar
- Internet sites



<http://msit.capebretonu.ca>

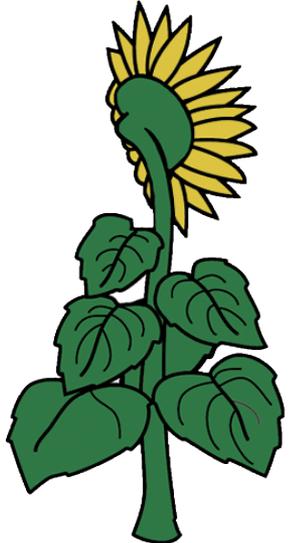
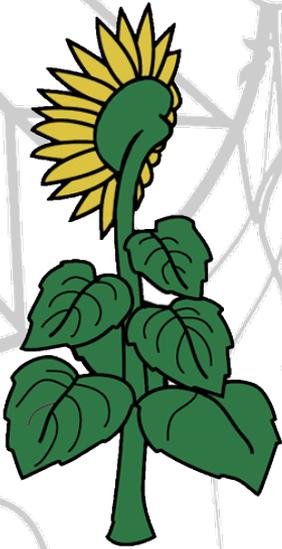
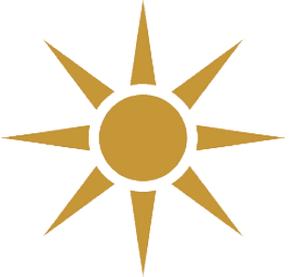
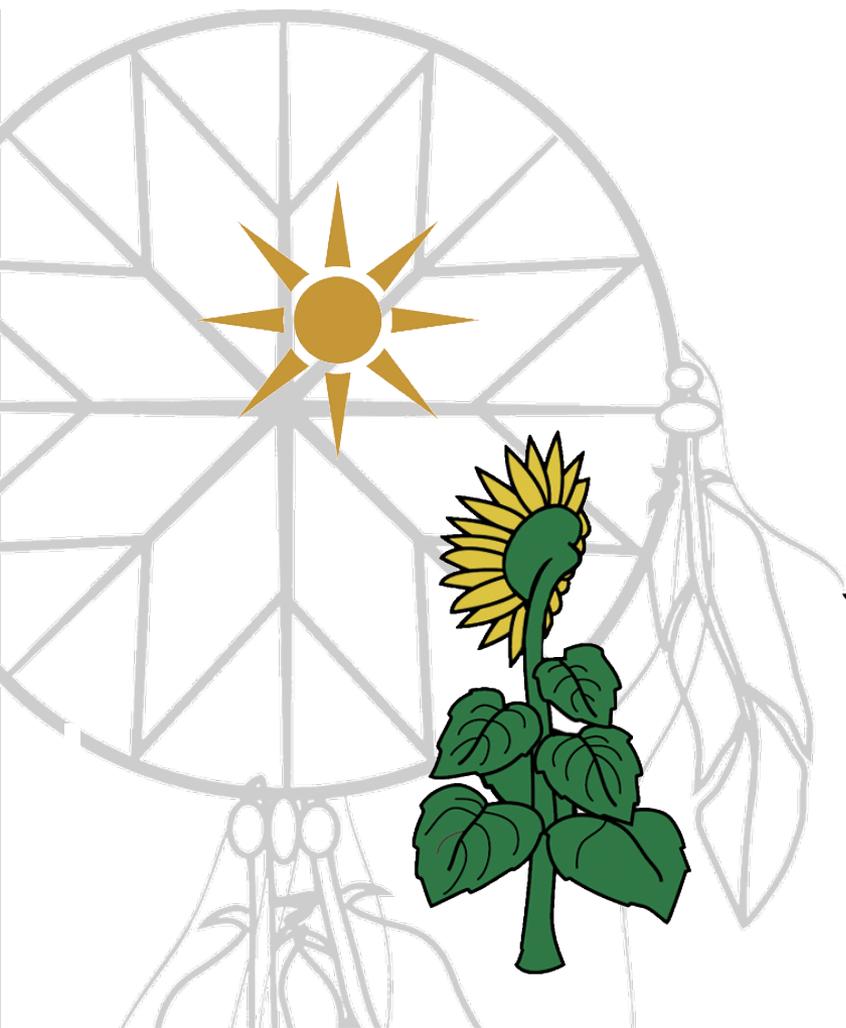
www.oursunflowers.ca





A “Growing Child” in a Community of Growing Sunflowers

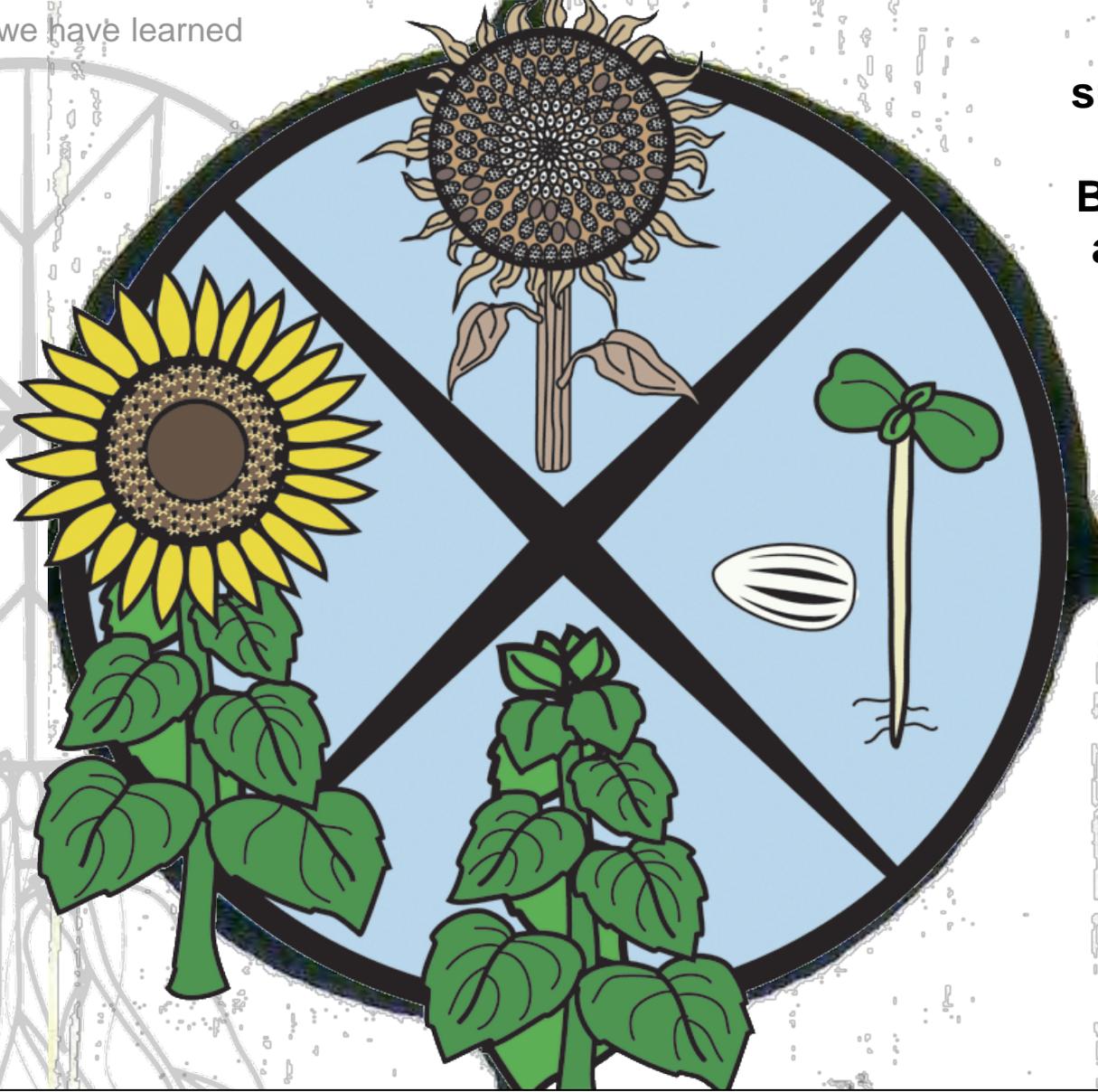




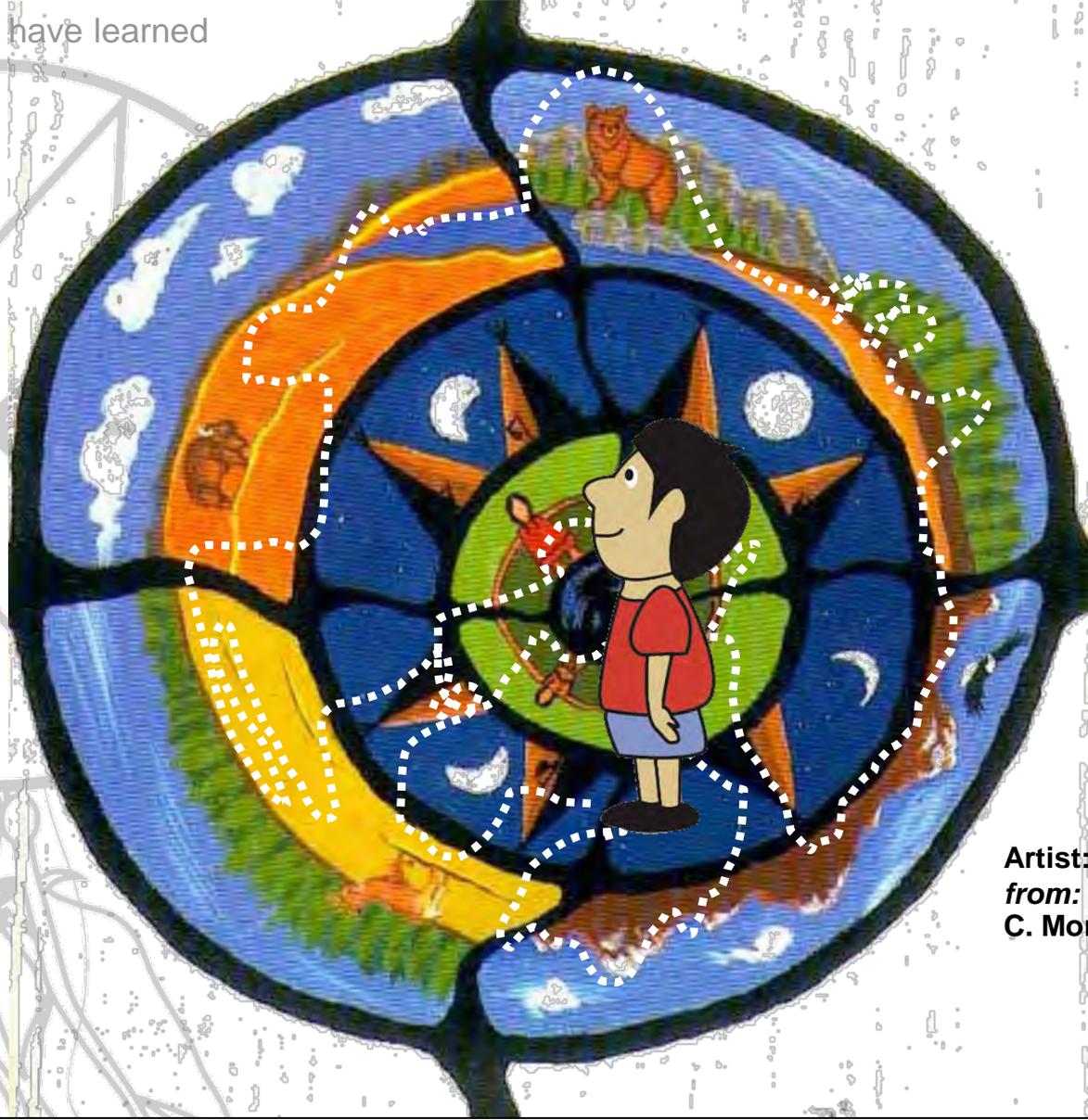
Follow The Sun, Stand Proud, Grow Strong
Good Medicine For The Spirit
Nourishing Growth For The Soul



**sunflower booklet
and images by
Basma Kavanagh
and Kristy Read**



With meaningful outreach programs and activities we can help keep the journey of our youth safely within our communities.



Artist: Rod Restoule
from: *Into the Daylight*;
C. Morrisseau, 1998

With meaningful outreach programs and activities we can help keep the journey of our youth safely within our communities.



MPF



CIHR IRSC

Toqikutimk

Growing Together – Our Children, Our Sunflowers

CAPE BRETON UNIVERSITY



WELA'LIOQ - THANK YOU



Canada Research
Chairs

Chaires de recherche
du Canada

Canada



Contact Information

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Canada Research Chair in Integrative Science

Professor of Biology

Director, Institute for Integrative Science and Health



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