



Pictou Landing First Nation Newsletter

December 3, 2020

PLFN EMO COVID UPDATE

The PLFN EMO Committee met the morning.

- We are asking people to refrain from travelling to Hants County and Halifax Regional Municipality for the next two weeks. We understand some may have to travel to these locations for medical appointments, we ask that you please go to your appointment and come home, no stopping to shop or eat in a restaurant, etc.
- All gatherings are postponed in PLFN for the next two weeks, this would include Elders groups, Native Women, Basketball, etc.
- Flu Shots are still available at the Health Centre. Please call 902.752.0085 to book your appointment
- The Band Office staff are strictly adhering to public health mitigation strategy (i.e. mask wearing, hand sanitizing and social distancing at least) and that the Band Office is closed to off-reserve parties for the interim.

We are working to keep the community safe and we need the cooperation and support of all community as we continue to fight the spread of COVID.

Be sure to check out the PLFN COVID Information Page. This page will contain the most up to date information on the COVID pandemic.

Boat Harbour Remediation Update on EA:

Meet the Expert

The Impact Assessment Agency is looking at different ways to communicate effectively with the community. We will be running a section in each newsletter to update on the process, Q/A's, Meet the Experts and more.

The Boat Harbour Remediation Project is bringing together many individuals with a range of knowledge and experience related to Boat Harbour and the Project. These individuals include Chief and Council and community members from PLFN, federal and provincial government scientists and reviewers, and private consultants. Each of these individuals has an important role to play in the Project and knowledge and experience to share. The Agency would like to showcase some of the individuals involved so that everyone involved has a chance to “meet” each other and understand our roles, interests and expertise.

As members of PLFN, you are the experts on your land and community. Whether you are an elder, youth, fisher, woman, on or off-reserve member of PLFN, you have valuable knowledge and experiences related to Boat Harbour; and including this knowledge and experience in the federal environmental assessment is important.

We are looking for volunteers from PLFN to create a “Meet the Expert” profile to be shared within the community, along with the government and consulting firm expert profiles.

Your profile will help showcase the knowledge and experience of PLFN members and how you can contribute to the Project. If you are interested in volunteering to be featured in a profile, please connect with us here or contact Kara Boyles at the office or kara.b@plfn.ca.

All of this information is also available on the PLFN A'se'k Facebook page as well.

A sample is attached at the back of this newsletter.

First Phase of Living Shoreline Restoration at Sitmu'k Complete

On November 20th, Clean Coasts teamed up with staff from the Mi'kmaw Conservation Group (MCG) and the Confederacy of Mainland Mi'kmaq (CMM) to deploy reef balls at Sitmu'k. This initiative is part of Clean Coasts' five-year Coastal Restoration Fund (CRF) project: The Northumberland Strait



Coastal Restoration Project. Currently in its fourth year of funding, our project aims to restore salt marsh habitat within the Northumberland Strait region. While restoring saltmarsh, we're working to build capacity for communities to increase their coastal resilience in the face of rising sea levels, increasing storm surge and flooding, and other complex problems caused by climate change.

Over the past few years, the team has worked in partnership with CMM to connect with communities in the project region. Our aim is to understand the historic extent of salt marshes along the Strait. This has been accomplished through traditional knowledge interviews with Mi'kmaw Elders, community engagement sessions, surveys, and workshops. To further identify areas in need of restoration, the team worked with our local and international project partners to review years of imagery, maps and existing data to characterize salt marsh loss in the region associated with tidal barriers (e.g. manmade structures like culverts that disrupt the natural tidal flow of the salt marsh). Our technical team then visited a selection of 40+ salt marsh sites to begin understanding how the tidal barriers were impacting the sites. Through these combined efforts and feedback from project partners, our team chose three salt marsh sites to restore: Brule Shore, Marshall's Crossing and Sitmu'k.

Living Shoreline Restoration at Sitmu'k

The current salt marsh at Sitmu'k has been degraded due to historic infilling of the salt marsh with rocks, and we want to restore it so that it can benefit the community as a **living shoreline**. A living shoreline approach means that our restoration work is based on nature's design, mimicking the types of natural coastal habitats that occur in our region.

Due to COVID-19 limiting in-person interactions, our restoration at Sitmu'k has two phases. The first phase included deploying 40 reef balls along the shoreline, this was recently completed in November! The second phase involves removing the existing rock fill and planting the degraded areas of the marsh with native plant species, this is set to occur in Spring of 2021. We want the planting of the marsh to involve community, specifically Elders and Youth at PLFN School, to provide opportunities for teachings about coastal restoration techniques, stewardship and intergenerational traditional knowledge and story sharing around Sitmu'k.

Clean Coasts' Engagement Specialist, Julia Stoughton, met with some of the Elders this fall to present this idea with the help of Marileeze Denny. Julia and Marileeze will continue to work together over the winter to put these plans into action next year, once it is safe to do so!

Why Use Reef Balls?

Back in August, MCG deployed 110 reef balls in the **subtidal** (underwater) zone at Sitmu'k to enhance aquatic habitat for shellfish and finfish. Our **intertidal** (along the shore) reef balls will also provide valuable habitat, in this case for algae, oysters, mussels and barnacles, but the primary goal will be to **enhance salt marsh habitat**. MCG's subtidal reef balls may compliment intertidal reef balls by reducing wave energy and increasing fine sediment deposition in the bed of the cove, further improving the conditions for salt marsh growth!



To see a virtual simulation of reef ball deployment at Sitmu'k, visit PLFN's Facebook page where [the video](#) has been shared!

The many benefits of using reef balls for restoration are described below:

- Reef balls will act as a wave break, building up sediment around and behind them and allowing for salt marsh grasses to grow and thrive.
- Reef balls will act as valuable habitat for algae, oysters, mussels, and barnacles.
- Through reef ball deployment and planting of the marsh, we seek to extend the existing fringe marsh out in front of the school to create a more robust and resilient habitat.
- Reef balls and a robust salt marsh will help protect the infrastructure of Pictou Landing First Nation School and surrounding homes from sea level rise, flooding, and increased storm surge.

- A healthy marsh provides space for traditional medicines to be re-established in their natural coastal zone.
- Healthy salt marshes filter water and are powerful carbon sinks.

This work could not be at its current stage without tremendous amounts of collaboration. Clean Coasts has worked together with CMM and MCG staff, archaeologists from Boreas Heritage Consulting, Chief and Council, Elders, folks at the Fisheries, specialists in wetland ecology and living shoreline projects, and many more individuals, communities, organizations and levels of government. Our goal through this hard work is to **increase the coastal resilience of Pictou Landing First Nation** in the face of climate change impacts like sea level rise, and increased storm surge. It is our hope that these successful living shoreline practices be adopted across various coastal communities in Mi'kma'ki/Nova Scotia.

Wela'liq for contributing to our project over the years. We could not have done it without you all sharing your knowledge, skills, and offering your time and effort to our team. Clean Coasts wishes you a happy and healthy holiday season, and we hope to see you out at our community planting day next spring!



If you have any questions or concerns regarding our work, please contact Julia at jstoughton@mikmawconservation.ca.

For more information, to subscribe to our newsletter, and to see how you can get involved, visit our website www.saltmarshes.ca !

From the Cruiser for December 2020

Pictou District RCMP in conjunction with the Province of Nova Scotia will continue to focus on road safety throughout the year 2020, into 2021. For the month of December, we will focus on Impaired Driving, which includes impairment by alcohol and/or drug.



Mandatory alcohol screening is the law

Legislation that came into effect on December 18th, 2018, provides legislative authority for peace officers to conduct mandatory alcohol screening on any lawfully stopped driver in Canada. This allows members to demand roadside breath samples without any suspicion of alcohol consumption.

The vehicle operator, which includes a person who is not driving but behind the wheel, will be obligated to immediately provide samples of their breath. Failure to comply with this demand carries the same potential consequences as failing to comply with a roadside screening device demand made under reasonable suspicion. Since the legalization of cannabis in Nova Scotia in 2018 local RCMP have been trained in recognizing drug impairment and roadside testing.

Drug-impaired driving

Drugs can impair your ability to drive safely and increase the risk of getting into a collision. In fact, cannabis increases your chance of a car accident. The percentage of Canadian drivers killed in vehicle crashes who test positive for drugs (40%) now actually exceeds the numbers who test positive for alcohol (33%)

Impaired driving is the leading criminal cause of death and injury in Canada, and drug-impaired driving is increasing.

Penalties for impaired driving include having your license suspended, fines, criminal charges, and even jail time.

How Cannabis affects your ability to drive

When you drive a vehicle, you need to be alert and focused. Consuming even small amounts of cannabis affects your ability to react and increases your chance of being in a crash. Drugs impair your ability to drive by:

- affecting motor skills;
- slowing reaction time;
- impairing short term memory and concentration;
- causing drivers to vary speed and to wander; and
- reducing the ability to make decisions quickly or handle unexpected events

Cannabis is not the only drug that affects your ability to drive. Other drugs, including cocaine or even prescribed drugs, such as opioids also pose a significant risk to your safety and the safety of your passengers, other drivers, cyclists, and pedestrians. Over-the-counter medications may also impair your ability to drive.

How to plan ahead

There is no good excuse for driving while impaired, and being a passenger with an impaired driver is risky. There is always a safer option:

- Make sure you have a designated driver;
- Call a friend or loved one to pick you up;
- Take public transit;
- Call a cab or a ridesharing service;
- Stay over.

Information for parents

Young people continue to be the largest group of drivers who die in crashes and later test positive for alcohol or drugs, and yet, only 11 percent of parents surveyed said they had discussed the risks of driving under the influence with their teenagers. This dropped to 4 percent when teens themselves were asked whether they had discussed impaired driving with their parents.

Start a conversation with your children about impaired driving. It could save lives.

Police Response to Impaired Driving

There will be a zero-tolerance response to impaired driving in our communities. During the month of December, and throughout the year, the RCMP will continue to patrol the roadways and complete check stops and traffic stops to ensure drivers using public roads are sober. Pictou District RCMP is committed to keeping our roads safe. If you have information about an impaired driver or suspect an impaired driver on the road don't hesitate to contact us or dial 911 to have the closest police officer respond.

Have a Safe and Happy Holiday Season!

Employment Opportunities:



Pictou Landing First Nation – Education Department Job Posting – PLFN Team Project – Word Processor

Description:

The Pictou Landing Education Department is seeking resumes for the position of **Word Processor** under the Heritage Canada Indigenous Languages and Cultures Program, *PLFN Team Project* —a language project that will have small teams create resources for language activities in PLFN and other interested parties. Under the direction of the Director of Education & the Language Planning Team, the Word Processor will provide typing services for all of the team projects, such as language lists, TPR dialogues.

Specific Duties and Responsibilities:

- Type word lists, language dialogues and other language items developed from the Language Team Project
- Assist in the development of language products
- Attend Team meetings regularly

Qualifications:

- ** Preference given to Pictou Landing Band Members
- Must have some level of Mi'kmaq speaking ability (100% fluency is not required)
- Must be familiar and comfortable working with the Francis-Smith orthography
- Familiar with Microsoft Word, and Apple products
- Demonstration of strong interpersonal and team-work skills
- Sound computer and typing skills
- Excellent multitasking skills
- Excellent oral and written communication skills

Details:

- Starts December 14, 2020 to March 31, 2021
- Salary \$20/hour, 35 hours per week. May include evening hours.

Interested persons should send their resume, along with a cover letter explaining why they are interested in this position to:

Verna Langley
Human Resources Director
Email: verna.l@plfn.ca.

Deadline for resumes is Wednesday, December 9, 2020 (2:00)

Only qualified applicants will be contacted for an interview.



Pictou Landing First Nation – Education Department

Job Posting – PLFN Team Project Coordinator

Description:

The Pictou Landing Education Department is seeking resumes for the position of **Project Coordinator** under the Heritage Canada Indigenous Languages and Cultures Program, *PLFN Team Project*—a 16-week language project that will have small teams create resources for language activities in PLFN and other interested parties. Under the direction of the Director of Education & the Language Planning Team, the Project Coordinator will support the project in all aspects to strengthen and maintain Mi'kmaq language capacity, to coordinate team project delivery and outcomes, and to ensure that all administrative responsibilities are carried out.

Specific Duties and Responsibilities

- act as the contact for project operations under the direction of the Language Team
- consult with, direct, and support team members and partners, as required
- assist in the development of programming, including assessment and evaluation
- work with Band Administration in maintaining financial records and ensure timely reporting
- assist with program evaluations
- ensure all guidelines for project delivery are maintained
- attend Team meetings regularly
- keep track of statistical information
- ensure completion and submission of monthly updates, Interim and Final Reports

Qualifications

- ** preference given to Pictou Landing Band Members
- must have some level of Mi'kmaq speaking ability (100% fluency is not required)
- post-secondary education or equivalent educational and work experience
- proven coordination, organizational, and administrative skills
- demonstration of strong interpersonal and team-work skills
- excellent oral and written communication skills
- an understanding of adult education principles
- sound computer skills an asset
- experience in project management

Details

- starts December 14, 2020 to March 31, 2021
- salary \$25/hour, 35 hours per week. May include evening hours.

Interested persons should send their resume, along with a cover letter explaining why they are interested in this position, to: Verna Langley - Email: verna.l@plfn.ca.

Deadline for resumes is Wednesday, December 9, 2020 (2:00)

Only qualified applicants will be contacted for an interview.

Late applications will not be accepted.

Boat Harbour Remediation Project (BHRP)

Meet the Experts – [Pictou Landing First Nation \(PLFN\) Community Member](#)



“ The Boat Harbour Remediation Project will impact my community. I have an important role to play in this project. I want to use my voice to share my thoughts, ideas, and concerns so that they can be included and we can find the best path forward together.”

ABOUT ME

I am a member of PLFN, I live either on or off-reserve. As a member of PFLN, I have knowledge about the land, water, wildlife, environment and people in Pictou Landing. I can use this knowledge and experience to review the BHRP to determine it's impacts and provide advice to the government on how it has affected me and my community in the past and how we can achieve a better future.

MY ROLE IN THE FEDERAL ENVIRONMENTAL ASSESSMENT PROCESS:

- To provide comments to the Agency on how impacts from the BHRP has or will affect me or other members of PLFN and their rights.
- I can provide comments on:
 - Health
 - Environment
 - Future Generations
 - Fishing/Gathering
 - Country Foods
 - Mitigation/Monitoring
 - Sacred sites
 - Anything that is important to me

[Do you have a comment, question or idea about the Project?](#)

[Post it in the comments below or e-mail to: \[iaac.boatharbour.aeic@canada.ca\]\(mailto:iaac.boatharbour.aeic@canada.ca\)](#)

Emergency Medical Transportation

NIHB pays the portion of the ground- or air ambulance service not covered by the Province or another publicly funded program or private health insurance plan for status First Nations.



If you are a Pictou Landing Band member and receive an ambulance bill, what should you do?

- ✓ Take it to the Pictou Landing Health Centre or call Michelle Denny at 902-752-0085
- ✓ Or, call NIHB: 1-800-565-3294

If a provider or a collection agency calls looking for payment, advise them you are First Nations, and ask them to call NIHB at: 1-800-565-3294