On June 4th, in Thunder Bay, Gary Lipinski, President of the Métis Nation of Ontario (MNO) and Bob Backstrom, Vice President of Corporate Services at Confederation College signed a Memorandum of Understanding (MOU) that will formalize a long standing relationship and lead to the development and delivery of Métis-specific educational opportunities at the college.

"By building on the existing relationship with the college, we can forge stronger partnerships and expand the range of community based education opportunities available to Métis and others living in the northwest region of Ontario," said Gary Lipinski. "All Ontarians will benefit from greater involvement by Métis in the province's college system and the relationship with Confederation College will contribute to building capacity within the MNO."

College President, Patricia Lang, who was unable to attend due to illness, said earlier that, "Confederation College welcomes the opportunity to partner with the Métis Nation of Ontario in the development of an innovative program that will prepare learners to live, work and lead in Ontario and beyond."

The college and the MNO will work together to develop a "Métis Technical and Inspections Advisor" program with a focus on innovative construction methods that will increase energy efficiency and promote conservation. The training will build on the "Métis Conservation Workforce Pilot Project" developed in partnership with the Ontario Power Authority for delivery by Housing Branch Technical staff in partnership with the college. The MOU will allow for the ongoing development of the pilot project and lay the groundwork for discussions to identify other potential opportunities for collaboration.

"MNO recognizes the significant role Confederation College plays in the delivery of post-secondary education in north-western Ontario and is pleased to partner with an institution with such an impressive track record in the delivery of programs for Aboriginal students," said President Lipinski.

"Our partnership with MNO will reflect a consultative, collaborative approach to ensure programs that foster the socio-economic well-being of its communities and the preservation of culture and traditions," added President Lang.

Brenda Small, Dean of Negahneewin College, applauded MNO's efforts in the north and visibility in the community through the Thunder Bay Community Centre.

Since it was established in 1975, the Confederation College has offered a range of programming options including full-time post-secondary programs, part-time credit and non-credit courses, specialty programs for business and industry, pre-employment and skills training programs, apprenticeship programs and cooperative/workplace training programs.
Dear President Lipinski:

Thanks so much for all you’ve done to assist my sons. You and your staff have been so helpful and considerate.

First off, thanks for inviting Nick to the symposium and for sending the framed poster back with Maurice Sarrain. Nick told us that he thoroughly enjoyed the proceedings and I could tell by his enthusiasm that what he experienced gave him much encouragement to pursue his line of studies with a view to ecological sustainability. Secondly, thanks for the letter of recommendation you wrote for Nicholas concerning the “Taking Flight Award Scholarship”. He just got word tonight that he will be in the first group of recipients for this award. Finally, please extend thanks to your staff who helped James and Nick in their application to the Olympic Torch Bearer Program; they were most helpful.

James just got word that he will again receive the National Aboriginal Achievement Foundation scholarship for studies in Health Science. James and Nick both achieved the Dean’s List at their respective schools this year. Isaac, the youngest, is trying to get in on the act also and follow in his big brothers’ footsteps. One of Isaac’s stories, “The larry fox and the greedy wolf”, is being submitted for the James Kettaneh Aboriginal Youth Creative Writing Award. Isaac was eight when he wrote the story.

I’ve attached a photo of the three boys with the poster you sent. Thanks again for all of your considerations.

– Steve Callaghan
(a proud Métis father)

Métsis Voyageur called a “great read”

I finally sat down and read your publication of Métis Voyageur, very interesting and well prepared articles in the layout which flows.

I was especially interested in the “A Musical Love Story” as a good Métis having grown up with fiddle music from dad and auntie Caroline this was a natural draw.

The other interest was “Riel’s grandmother’s life of adventure” a very interesting article; I will now buy the book.

And finally, the story of “Mets on Ice”, hockey stories—especially regarding Métis—always catch my attention because my nephew is presently in the NHL. As a good Métis from Fishing Lake Métis Settlement Albert he played for the New Jersey Devils three or four years, the Montreal Canadiens, (his grandfather’s favourite team) for seven years, and now the Edmonton Oilers. The Canadian Museum of Civilization will soon have an exhibit with some of Montreal’s equipment displayed in the “Métis Sports” section of the museum. Keep up the good work, a very good read.

– Garry Parenteau
Federal Liaison, Ottawa Office, Métis Settlements General Council

MNO expresses condolences on passing of Sam George

Activist praised for pursuit of justice for brother Dudley George

On June 3rd, 2009, Gary Lipinski, President of the Métis Nation of Ontario, expressed his condolences and those of all Métis citizens in Ontario to the family of Sam George who passed away on June 2nd. A citizen of the Kettle and Stony Point First Nation, Maynard “Sam” George was the brother of Dudley George, who was killed by an OPP sniper during the 1995 occupation of Ipperwash Provincial Park. Sam led the legal battle for an inquiry into the events surrounding his brother’s death.

All Métis and First Nations people in Ontario and across Canada can thank Sam for his efforts to have police and politicians held accountable for their actions at Ipperwash Provincial Park in 1995,” President Lipinski said. “In spite of his grief, Sam found the strength to work with all those involved to shape a fair process that helped to foster a new kind of relationship between the government and Aboriginal people in the province.”

In 2003, thanks in large part to the efforts of Sam George, the Liberal government called a public inquiry into what happened the night Dudley George was killed. A final report on the inquiry, called the Linden Report, was released in 2007. Sam George was diagnosed with cancer in August last year. He died at home on the Chipewa of Kettle and Stony Point reserve near Sarnia, surrounded by family members. He was 56.

The Métis youth “taking flight”

In late November, I received an email from Bonny Caron (Provincial Education Initiatives Co-ordinator, Region 8) telling me of this amazing opportunity to join a new council, which would advise the Minister of Education of Ontario.

I applied soon after receiving the notification and waited anxiously for months with no reply. Then in mid April, I was contacted by a woman from the Ministry explaining how I had been chosen 1 of 60 out of roughly a thousand applications, to represent the student voice in Ontario. I was ecstatic and wanted to tell everyone I knew. However, the woman advised me to tell only family and friends until further notice. On May 12th, our first meeting was held, whereupon I met with Kathleen Wynn and the other chosen students from across the province. At this meeting they informed us that we were now permitted to tell whatsoever we liked. Therefore, I would like to express my sincerest gratitude to Bonny for educating me on this opportunity, and also to everyone at the Métis Nation of Ontario who has provided me with such incredible experiences in the past. Again thank you, meegwetch.

– Tiffany Harrington

Letters from Citizens:

Métis youth “taking flight”
DUTY TO CONSULT & ACCOMODATE | GEORGIAN BAY

Georgian Bay region Métis sign historic agreement on Consultation

Gary Lipinski, President of the Métis Nation of Ontario (MNO), joined Métis leaders in Midland on April 25th to sign an historic Regional Consultation Protocol (Protocol) that covers the Métis traditional territory in Georgian Bay. This territory roughly includes Bruce, Grey and Simcoe counties with over 3,000 Métis citizens living within the region.

The signing represented the culmination of months of community meetings and discussions with Métis citizens and puts in place a consultation model that ensures the regional rights-bearing Métis community that lives in, uses and relies upon the Georgian Bay traditional territory is effectively consulted.

“This protocol builds on the Supreme Court of Canada’s affirmation of Métis rights in the landmark Powley case. By working together in a fair, inclusive and transparent manner, the MNO will ensure all Métis in the region have a say on what is being done on the lands they have relied on for generations to sustain Métis culture, traditions and way of life,” said President Lipinski.

President Lipinski added, “This historic protocol aims to ensure the Crown fulfills its constitutional duty to consult while creating opportunities for all Métis in the region to engage government and industry in our own communities in consultation about their participation in the energy, forestry and commercial fishing sectors within their traditional territory.”

President Lipinski was joined for the signing by Alden Barty, President of the Georgian Bay Métis Council; Malcolm Dixon, President of the Grey-Owen Sound Métis Council; Larry Duval, President of the Moon River Métis Council; Gary Lipinski, MNO President; Alden Barty, President of the Georgian Bay Métis Council and PCMNO Region 7 Councilor, Pauline Saulnier.

DUTY TO CONSULT | SAULT STE. MARIE

Shuffling the MNO Staff

Many of you have had the pleasure of working with Guy-laine Motin-Cleroux. We are very pleased to announce that Guy-laine has accepted the permanent position of Administrative Assistant to the Director of Employment and Training. Please update your directories with:

Guy-laine Motin-Cleroux
Administrative Assistant
500 Old St. Patrick Street
Sault Ste. Marie, ON P6A 1Y3
Tel: 705-254-1768
guy-laine@metisnation.org

It is a pleasure to introduce Frances Scheepmaker as the Regional Employment and Training Coordinator for Region Four, working from the Sault Ste. Marie office, effective May 19, 2009. Frances comes to the Métis Nation of Ontario with vast experience in employment and training. She has extensive knowledge working with the community and will be a valuable member of the MNO team. Frances’ contact information is:

Frances Scheepmaker
Regional Employment & Training Coordinator
26 Queen Street East
Sault Ste. Marie, ON P6A 3Z5
Tel: 705-254-1768
frances@metisnation.org

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Tel: 705-254-1768
guy-laine@metisnation.org

It is a pleasure to introduce respectively, Melanie Paradis, formerly Project Manager with the Georgian Bay Métis Council; Gary Lipinski, MNO President; Alden Barty, President of the Georgian Bay Métis Council and PCMNO Region 7 Councilor, Pauline Saulnier.

Congratualtions as well to Katie-Sue Derejko, formerly Policy/Project Officer Intergovernmental Relations, who will be stepping up and replacing Paul Heighington as Senior Policy Analyst Intergovernmental Relations. For those not aware, Paul has accepted a position with Indian and Northern Affairs Canada/OFFice of the Federal Interlocu- tor as a Senior Policy Analyst working primarily with the Mani-toba Métis Federation.

Many of you have had the pleasure already of working with Melanie Paradis, formerly Project Manager with AECOM, as the Director, and Bri-an Tucker, just completing his PhD in Plant Ecology, as the Man-ager of the Lands, Resources and Consultation (formerly Natural Resources, Environment and Consultations) Branch.

In the branch, Hank Rowlin-son will continue as Manager, Community Relations, ably assist- ed by Géna Lipinski and Andy Lefevre. Three additional posi- tions will be announced as soon as acceptance of the MNO omnibus New Relationship Fund is confirmed. Bob Weldon will continue with the MNO in a con- sulting role focussing on three broad areas: Corporate Consulta- tion File Management; Regional Protocol Development; Support Services; and Way of Life Frame- work (WOLF) Program Develop- ment.

T he signing of the sixth Regional Consultation Protocol between the Métis Nation of Ontario and the Historic Sault Ste. Marie and North Channel Métis Councils will help to ensure Métis in the region have an opportunity to be consulted by industry and government about proposed development on traditional lands.

Gary Lipinski, President of the Métis Nation of Ontario (MNO), joined Kim Powley, President of the Historic SSm Métis Council; Larry Duval, President of the Moon River Métis Council; Gary Lipinski, MNO President; Larry Folz, President of the North Channel Métis Council.

MNO signs sixth Regional Consultation Protocol

The signing of this protocol agreement in a region of the province that has such cultural significance for the Métis is another huge step forward in the assertion of Métis rights in the province,” President Lipinski said. “It demonstrates the commitment of Métis across the province to work together to ensure all citizens have input when projects related to land use planning, energy, mining and forestry on Métis traditional lands are proposed,” he added.

Prior to the protocol signing, the official Community Charter for the North Channel Métis Council was signed. From now on the North Channel Council will represent the Métis formerly represented at the MNO by the Bruce Mines-St. Joseph and Thessalon Councils.

“Once again, MNO has built on the Supreme Court of Cana- da’s affirmation of Métis rights in the landmark Powley case. By working together, we will ensure Métis citizens have a say on what is being done on the lands they

left to right: Senator Jack Leroux; Joni Labbé, Youth Representative; Kim Powley, President of the Historic Sault Ste. Marie Métis Council; Gary Lipinski, MNO President; Alden Barty, President of the Moon River Métis Council; Gary Lipinski, MNO President; Alden Barty, President of the Georgian Bay Métis Council and PCMNO Region 7 Councilor, Pauline Saulnier.

left to right: Malcolm Dixon, President of the Grey-Owen Sound Métis Council; Larry Duval, President of the Moon River Métis Council; Gary Lipinski, MNO President; Alden Barty, President of the Georgian Bay Métis Council and PCMNO Region 7 Councilor, Pauline Saulnier.

MÉTISVOYAGEUR July 2009 – MÉTIS VOYAGEUR 3
The Reconciliation Era

Thursday, June 11, 2009, marked the first anniversary of Canada’s apology for its treatment of children, parents and families as a result of the Indian residential schools system. Assembly of First Nations National Chief, Phil Fontaine, called upon Canadians across the country to remind the federal government that the apology calls for the establishment of a new standard of behaviour towards Aboriginal people.

“Last year, the Prime Minister made a moving and heartfelt apology to residential school survivors on behalf of all Canadians,” said the National Chief. “Now is the time to move forward on the next step in our journey, and that is to enter a new era of reconciliation in Canada. We believe Canadians care, and that they believe in fairness and justice. This is an opportunity to renew relations between First Nations and non-Aboriginal communities. Reconciliation belongs to all of us.”

On June 11, 2008, Prime Minister Stephen Harper stood in the House of Commons and stated: “There is no place in Canada for the attitudes that inspired the Indian residential schools system to ever again prevail…You have been working on recovering from this experience for a long time, and in a very real sense, we are now joining you on this journey.”

The National Day of Reconciliation began with a sunrise ceremony at 5:30 a.m. on Victoria Island. At noon, Aboriginal leaders and citizens, church leaders, politicians and concerned Canadians gathered for a unity rally on Parliament Hill.

Leaders addressed the crowd, while children invited everyone to participate in a round dance, a traditional display of friendship and goodwill.

MÉTIS VOYAGEUR

NATIONAL DAY OF RECONCILIATION • June 11th, 2009
Making the Mining Act

MNO welcomes the opportunity to work with provincial government in finalizing the proposed Mining Act

Gary Lipinski, President of the Métis Nation of Ontario (MNO), says the proposed legislation aimed at modernizing the Mining Act tabled by the Province of Ontario is a step in the right direction and signals MNO’s willingness to continue working with the province on an improved version of the legislation.

“The goal of the Métis Nation of Ontario in working with the Ministry of Northern Development and Mines (MDM) on the proposed Mining Act legislation is to create a fast, transparent, consistent and effective process that ensures rights-bearing Métis communities in the province are consulted.” President Lipinski said.

In its submission to the MNDM on the Mining Act legislation, the MNDM the Métis Nation of Ontario points out that there is no hierarchy of royalties as S. 35 of the Constitution Act, 1982, and therefore the Métis must be treated equitably and fairly on consultation and accommodation issues. President Lipinski added that he is encouraged by the solid commitment made to him by MNDM Minister, Michael Gravelle, that the provisions of the Energy Act, which the Government has been received and MNO will be an equal partner in finalizing the Mining Act legislation. That assurance builds on the commitment made by the province in November when it signed the Framework Agreement with the Métis Nation of Ontario. The Government of Ontario is committed to working closely with the Ministry in finalizing the Mining Act legislation and the regulations that will guide its implementation.”

The duty to consult and accommodate the Métis is a relatively new concept in Ontario and the MNO must continue its efforts to educate the government and Ontarians about the Métis as a distinct Aboriginal people with a unique culture,” he added. The MNO has established Regional Consultation Protocols that will ensure effective Métis consultation and accommodation in Ontario. Funding provided by the province through the New Relations Fund is being channeled toward building capacity at the community level and within the MNO to facilitate the additional consultation processes that will be required once the legislation is passed into law.

CONFLICT: Consultation Kick Start

Ontario’s new system of Resource Benefits Sharing will include Métis and Inuit, while also building a stronger Ontario. The details of the formula for the distribution of the thirty million dollar fund will be released shortly. In making the announcement Brad Duguid, Minister of Aboriginal Affairs, said: “The fund will kick start a consultation process that will allow us to work together on economic development plans that will provide greater monetary benefit to Métis communities from resource development on traditional lands.”

This announcement builds on a government agenda that includes the proposed Green Energy Act and the modernization of the Mining Act. In the March 2009 Budget, the province also announced its ongoing commitment to the New Relationship Fund, which will assist the Métis Nation in building core consultation capacity at the local, regional and provincial levels. This will help to ensure that the revenue generated comes from resource development projects that honour the Métis values and their relationship with the land. President Lipinski added: “Today’s announcement underscores the commitment made last November when the Framework Agreement between the province and the Métis Nation of Ontario was signed.”

DUTY TO CONSULT: Consultation Kick Start

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PROVINCIAL RELATIONS: Breaking the cycle of poverty

MNO congratulates Ontario on passing of Poverty Reduction Act 2009

Gary Lipinski, President of the Métis Nation of Ontario (MNO), extended his congratulations and support to the Province of Ontario on the passage of the Poverty Reduction Act 2009. “This important legislation brings the province one step closer to becoming a province in which all residents have access to the supports they need to achieve their full potential,” President Lipinski said. “The MNO looks forward to working with Minister Deb Matthews and the Children and Youth Ministry in the delivery of the programs and services that will be initiated and implemented under the Act.”

The Poverty Reduction Act 2009 received the unanimous consent of all parties at Queen’s Park. According to the government the legislation will help to ensure that successive provincial governments report annually on programs aimed at poverty reduction and will also require specific poverty reduction targets. Sharon McBride, Chair of the Women’s Secretariat, represented the MNO at Queen’s Park as the legislation was passed into law. “It is women who most often feel first hand the effects of poverty on themselves and their children,” McBride said. “Confronting poverty head on will help to address resulting social and economic issues by offering support to those trying to break out of the poverty cycle.”

President Lipinski said. “The government’s stated strategy of breaking the cycle of intergenerational poverty with improved access to education for children is consistent with the goals and priorities of the MNO,” said President Lipinski, adding that the poverty reduction plan is both forward looking and long term.

Confronting poverty head on will help to address resulting social and economic issues by offering support to those trying to break out of the poverty cycle.

MNO Education & Training completes community dialogues

Throughout the spring, MNO Education and Training staff visited five regions to gather Métis input on the implementation of the Government of Ontario’s First Nations, Métis and Inuit Education Policy Framework. The policy, written in 2006, will be reviewed at the end of the year. The consultations are an opportunity to provide the Ministry with feedback and suggestions about improvements prior to the roll out.

MNO Chair, France Picotte, holds the Education Portfolio. She said that the major finding is that the policy is having a positive impact on many of the regional school boards and schools, with Métis awareness and education becoming a major consideration within the umbrella of Aboriginal education reforms in the province. There are however, many regions where those same improvements are not being seen so there is still work to do.

MNO is happy too with the work the Minister of Training, Colleges and Universities is doing on drafting a First Nations, Métis and Inuit post-secondary education framework. The document will complement the work undertaken by the Government for Metis-specific community discussions on the post-secondary side which will take place in the fall of 2009.

DUTY TO CONSULT: Making the Mining Act

Métis Human Resource Development Agreement (MHRDA) example of successful program

A recent report on the success of the MHRDA demonstrates that with the right kind of support, Métis in Canada can become a self-sustaining and self-reliant community ready to take on the challenges of self-government. The report is called “Benefiting Métis Communities: Potential Impacts of the Métis Human Resource Development Agreement”. It was done by the Ottawa based Centre for the Study of Living Standards (CSLS). The report concludes that the MHRDA resulted in savings of $4.5 million annually for the federal and provincial governments. “This is no surprise to the Métis Nation of Ontario who has already seen first hand the success of the program,” President Lipinski said. The MNO welcomed the opportunity to work with provincial government in modernizing the Mining Act legislation. That assurance builds on the commitment made by the province in November when it signed the Framework Agreement with the Métis Nation of Ontario. The Government of Ontario is committed to working closely with the Ministry in finalizing the Mining Act legislation and the regulations that will guide its implementation.”

The duty to consult and accommodate the Métis is a relatively new concept in Ontario and the MNO must continue its efforts to educate the government and Ontarians about the Métis as a distinct Aboriginal people with a unique culture,” he added. The MNO has established Regional Consultation Protocols that will ensure effective Métis consultation and accommodation in Ontario. Funding provided by the province through the New Relations Fund is being channeled toward building capacity at the community level and within the MNO to facilitate the additional consultation processes that will be required once the legislation is passed into law.

CONTACT: Joanne Meyer
Director, Intergovernmental Relations
Tel 416-977-9881
joanne.meyer@metisnation.org
The Making of the Sash

By TerryLynn Longpre

On May 26, 2009, the Moon River Métis Council got together and handcrafted the “sash” as worn by the Métis people. Was it a finger woven belt made as they did many years ago? No. This particular sash was inspired in that it was a sash skirt to be used to decorate our float in the upcoming Welland Rose Festival Parade. What better way to further our cultural promotion in the community than by displaying this symbol of our nationhood and pride. The sash has been the most persistent element of traditional Métis dress worn long after the capote and Red River coat were replaced by European style.

We started with a piece of blue material representing one of the colors of the Métis flag. Using artificial flowers such as red and yellow roses, white carnations, green foliage we laboriously glued each flower and petal to the material. We trimmed our sash with black.

During this time we talked about the sash. I for one, new to the Métis culture, felt great pride to be amongst our citizens and in this circle. We discussed the uses of the sash, as a wash cloth, as a source of thread for sewing, as a saddle, as a tourniquet, and as a rope when portaging. We discussed the colors: Red, the colour historically depicted for prosperity and black, symbolizing the dark period in which the Métis people endured dispossession and repression.

As we toiled away, we played fiddle music and shared stories about our life experiences. There were ten of us in a small somewhat overcrowded board room. However, it was not the size of the room that determined the atmosphere or the sense of kinship that day; it was the circle gathered to complete the task at hand. When finished, we all felt a great sense of pride and accomplishment in our sash. A special thanks is given to all those who participated in the Welland Council for partnering with AHWS and supporting our circle.

TerryLynn Longpre is the Community Wellness Coordinator Welland ON

MOON RIVER MÉTIS COUNCIL:

left to right: Métis youth Victoria Spiers with Inuit songstress and motivational speaker Susan Aguikark.

NIAGARA REGION MÉTIS COUNCIL:

left to right: TerryLynn Longpre, AHWS; Glen Lipinski, Coordinator Natural Resources, Environment & Community Relations; Rebecca Vander Sanden, Healthy Babies Healthy Children Coordinator; Tammy Wintle, LTC Coordinator; Senator Stephen Quesnelle; Rachel McLaughlin (seated).

MOON RIVER MÉTIS OUTREACH

By Verna Porter

The Moon River Métis Council recently attended an informative event held in Bracebridge sponsored by the Trillium Lakelands School Board. The theme was “Guiding the Way: Messages of Hope and History”. It was a day of information about voluntary self-identification for First Nation, Métis and Inuit students. Singer, songwriter and traditional dancer Susan Aguikark was the guest speaker. She talked to the students about the beauty of their culture and ideas for a better future for Aboriginal people.

Susan sang a few of her songs, and in the evening spoke to parents and the general public.

Moon River Métis Council President, Larry Duval and his wife Fran, Senator Verna Porter, Treasurer, Lisa McIvor and Education Liaison, Tammy Porter attended and were well received by the public as well as teachers and parents.

Tammy met with many board members as well as teachers who were interested in having representatives from the Métis community come and speak to classes about Métis history and culture. The celebration of National Aboriginal Day at area schools was also discussed.

Victoria Spiers attended the evening show and is shown here with Susan Aguikark.

Verna Porter is the Senator on the Moon River Métis Council.

A HAPPY DAY

By Stephen Quesnelle

I would like to give a big thank you to the MNO Registrar Karole Dumont-Beckett and her staff for expediting Rachel McLaughlin’s citizenship card, so that the Niagara Region Métis Council was able to present it to her at a gathering of friends and family, along with staff of the MNO Health Department, to celebrate her 95th birthday. It was a great honour and privilege for me to present Rachel with her citizenship card and to see the look on her face. She said it was one of the happiest days of her life. It is something I will never forget.

Senator Stephen Quesnelle sits on the Niagara Region Métis Council.

ELECTION NEWS

Region Four Councillor Vacancy

The Provisional Council of the Métis Nation of Ontario (PCMNO) wishes to inform citizens of Region Four of a vacancy for a Regional Councillor to represent the area as a member of the PCMNO. MNO citizens interested in filling the position should submit their resumes and cover letters to the MNO’s Deputy Chief Electoral Officer on or before July 30, 2009, 5:00 PM, EST.

Pursuant to “Article 10” of the MNO Statutes By-Laws, based on information provided by the Deputy Chief Electoral Officer, the PCMNO will review all the applications received. The successful candidate will be appointed to fill the vacancy until the term of office expires in 2012.

Article 10

“If any vacancy occurs the PCMNO may appoint as a replacement, a citizen of the MNO and that person shall hold office until the next election.”
Avoid garden pests with diverse and native plants

Even though Ontario’s cosmetic pesticides ban is now in place, gardeners should take heart that they can still have a beautiful garden and one that can help control pests naturally.

One of the best ways to fight pests in your garden is to fill it with many different kinds of plants, shrubs and trees that are native to your area. Ask your nursery or garden centre for suggestions. Native plants are better suited to surviving in local growing conditions and will have developed a natural resistance to many local pests.

Even better, your garden will be more interesting and easier to maintain because different plants will be blooming at different times and will provide cover throughout the growing seasons. Having a single plant variety is inviting to insect pests that favour one type of plant because it provides a plentiful food source in one location and allows pests to thrive. A more diverse garden can help make it difficult for pests to take control.

Diversity is not only beautiful and healthy, it helps attract bees and butterflies that make your garden an enjoyable place. Encourage other natural predators like bats, toads, and birds by installing bird baths. Nature provides a plentiful food source for birds and healthy, it helps attract bees and butterflies that make your garden an enjoyable place.

Interest in Métis culture and history is certainly growing and we have people like Stephen Quesnelle to thank for volunteering their time and energy.

CULTURE:
Aboriginal Culture & Heritage Take Centre Stage at Peel Gathering

The rich culture and heritage of Canada’s Aboriginal peoples was celebrated on May 28th at the second annual “A Gathering: Peel’s Aboriginal Culture & Heritage.”

Hosted by the region’s Early Learning Services division, A Gathering is a one-day event to recognize Canada’s ‘original peoples.’ This year’s theme, “The Three Nations” honoured the diversity of Canada’s three distinct groups of Aboriginal peoples: First Nations, Métis and Inuit.

The 2006 census data indicates that Peel’s population claiming Aboriginal ancestry is nearly 12,000—an increase of nearly 20% over 2001. “Peel’s Aboriginal population in Peel is an often overlooked and under-served portion of our community,” said Regional Councillor John Sanderson. “I am proud to be part of a Regional Council that supports our indigenous peoples, and even more so to have the opportunity to be part of the planning committee for this year’s A Gathering event.”

This free, family-oriented festival featured cultural entertainment including First Nations drummers and dancers, Métis fiddlers and jiggers, Inuit throat singers, storytelling and traditional Elder teachings. Guests were given the opportunity to browse exhibits featuring services directed to families with children up to the age of six.

“A Gathering is not only an opportunity to celebrate Peel’s Aboriginal community but also to reach out to Aboriginal families and engage them in programs and services that are age and culture appropriate,” said Janet Menard, Interim Commissioner of Human Services.

Through the Best Start initiative, the Region of Peel’s Early Learning Services division has been working with the Credit River Metis Council, Metis Nation of Ontario, and the Peel Aboriginal Network to identify gaps and narrow ser-

service/program gaps for Peel’s Aboriginal children and their families. They established the Peel Aboriginal Steering Committee, to identify gaps and narrow service/program gaps for Peel’s Aboriginal children and their families.

For more information contact the Region of Peel Tel: 905-791-7800 or visit www.peelregion.ca
MÉTIS VOYAGEUR — JULY 2009

FIDDLE TRADITION:

SUBLTE, SMOKY SIERRA

ost readers of the Voyageur are familiar with the name “Sierra Noble”. Although she breezes through Celtic, Bluegrass, Pop, jazz, World beat and other styles of music with stunning ease, we know her for her stirring rendition of traditional Métis music. Since the age of seven, Sierra has been a student of both classical music and Métis fiddle. Her talent has taken her around the world where she has amazed audiences with her exceptional instrumental, energetic step-dancing and her infectious down to earth charm.

Never one to rest on her laurels, it is no surprise that 19 year old Sierra wants to expand and develop her musical talents. With a new EP to her credit, aptly named “Possibilities”, Sierra’s journey as a singer-songwriter is off to a promising start. Her voice has been described as “a study in gorgeous contradictions, wonderfully pure yet layered with sultry, smoky tones. Her songs speak of universal themes of love, longing and discovery wrapped in infectious melodies and delivered with sincerity and conviction.” Below is an email from Sierra recounting her experience.

Hey everyone!

I wanted to let all of you know about some really exciting news that has been building up for the past little while!

A few months ago, I got called by Maple Music Records with the idea of doing a music video for the single off of my recently released vocal album “Possibilities.” There were two directors I was given names of to look up and choose from, one of them was Jeth Weinrich.

Jeth has received three Juno awards for his music videos for artists such as Jann Arden (“Good Mother” and “Insensitve”), Junk House (“Burned California”), and also has worked with Chantal Kreviazuk, Van Halen, and Chris Isaak. When I started searching some of Jeth’s work on the net I was blown away. Not only is he one of the world’s best music video directors but he is a breathtaking film maker and a true to the core artist. I knew right away that I wanted him to do my video. Turned out that he had fallen in love with my song, which is one that I wrote with the wonderful Chris Burke-Gaffney and Keith Macpherson (Maple Music) “Possibility” just as much as I fell in love with all of his work. We connected instantly in the creative sense and quickly became very good friends.

After all of the edits of his treatment for the video (which I will have to sometime put up on MySpace and facebook, etc for everyone to marvel at its brilliance) were finished, Maple Music sent it to CMT Canada’s Video Assistance Program. CMT loved the idea and the song, gave us some necessary funds to get it done, and we flew down to Los Angeles!

I am proud to say “Sierra Noble” as my partner for her adventures, Inouk, arrived safe and sound.

I am about to relate a story to you, that has me both in awe, and happy beyond belief. It is a story that has made my heart sing. The story of Niumki brought us a piece of art in the form of a paddle; but it did far more than bring these two spirits together; it brought a family together.

The paddle donor, Michelle Boivert, and I began an amazing email journey to keep in touch, and get to know each other further. I wanted to know more about her and she wanted to know more about me. I had no idea where this journey was going to take us, but it is a journey that brought me chills, tears, and a sense of spiritual connection. I have not felt in many years. The journey took my breath away, and brought me much joy. Michelle shared the story of her life and I have translated it below as she shared it with me. I can only hope to do this story justice.

“LUCKY ME”

Michelle Fleury Boivert was born in Quebec. She was abandonned by her family at age 4, and ended up in the children’s aid system. Michelle was appointed to live with 15 families; she was one of the good kids, and she says “lucky me”. She met her father André Fleury again at age 7. It was a visit she would remember for the rest of her life. They met in a motel room, where he gave her 10 cents, and it wasn’t until 22 years later, while pregnant with her second daughter that she saw him again. Her mother Rita had a “lucky me”. She met her father André Fleury again at age 7. It was a visit she would remember for the rest of her life. They met in a motel room, where he gave her 10 cents, and it wasn’t until 22 years later, while pregnant with her second daughter that she saw him again. Her mother Rita had a

For the complete story of Inouk and Niumki, see the last two editions of the Voyageur. January/May, 2009.

GRAND RIVER MÉTIS COUNCIL

Inouk and Niumki bring family together

By Barbara Gingras

“I am proud to say “Sierra Noble’s” partner for her adventures, Inouk, arrived safe and sound.”

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The Nile Expedition was the first time a totally Canadian volunteer regiment was sent off to foreign shores. Our Métis ancestors, those rugged men of Canadian waterways, with their special skills, were among those mustered by Garnet Wolseley to rescue a British contingent under the command of General Gordon at Khartoum in Central Africa. Wolseley was confident that the Canadians were the best men for this special mission.

**WANTED IMMEDIATELY, 50 MEN to accompany GORDON RELIEF EXPEDITION in Egypt to take charge of small boats on the rapids of the Nile. Must be good boatmen. Men who were in Red River expedition preferred.**

Wages from $30 to $40 per month and expenses. Applications will be received by the undersigned until the 6th Prox. Expedition leaves Quebec for Liverpool on the 13th Inst.

The advertisement above appeared in the Manitoba Daily Free Press and the Winnipeg Free Press on the fourth of August to the sixth of September, 1884.

In August, 1884, Frederick C. Denison of Toronto accepted the command of the contingent and two weeks later 387 voyageurs enlisted. The volunteers going to Mícia would wear no uniforms, bear no arms and take no part in the rare skirmishes engaged in by Wolseley. Unfortunately, Gordon and his troops were wiped out before their rescuers could reach them.

The Canadian volunteers, (164 from Ontario, 101 from Quebec, and 92 from Manitoba) included a large number of Métis and embarked for Alexandria, Egypt. The Canadian volunteers, (164 from Ontario, 101 from Quebec, and 92 from Manitoba) included a large number of Métis and embarked for Alexandria, Egypt.

One of them was said to have carried a half crown coin in his boot which was used to pay for his burial in the European cemetery at Assouan.

The Egypt Medal

The Egypt Medal was presented to members of the army and navy who took part in the Egyptian Campaigns between 1882 and 1889. The medal has 15 various bars and was also awarded without a bar. There were 592 medals given to the Canadian voyageurs with the bar and the words ‘THE NILE’, of which 46 also received the KHARTOUM bar. All the Canadian boatmen were awarded the medal with the bar. It in turn was awarded to those who served south of Assouan on or before 07 March 1885, as part of the expedition to relieve General Gordon, then under siege at Khartoum. Many Canadian boatmen qualified for this bar.

The Kebekan bar was awarded to those members of the expedition to relieve Gordon who actually reached Khartoum and was only awarded together with THE NILE (1894-95) bar. The Canadians who received this bar were under the command of Lord Wolseley who had commanded the Red River Expedition of 1870. Please refer to Veteran Affairs Canada website for the Books of Remembrance to view the 16 brave and proud voyageurs who did not make it back to their Métis Homeland.

The “Manitoba Boys”

**OUR STORIES**

The Métis Voyageur has carried many stories about our namesake “voyageurs” over the years.

The following story is an account researched and written by Barbaraanne Wright that places the voyageurs in a different setting—one of which you may not have been aware.

Shooting the Rapids to Khartoum

During the attempt to reach Khartoum in time to rescue General Charles Gordon from the siege of the Mahdi, the Canadian voyageurs ascended more than 1,400 miles of dangerous river. Not only were the many cataracts and rapids serious challenges to navigation, but the underwater obstacles were always hidden from view by the sediment carried by the waters of the Nile.

Sixteen of the Canadian voyageurs died in Egypt; some drowned, some fell victim to diseases such as smallpox and typhoid. Leon Pilson and William O’Rourke, both from Ottawa, accidentally fell off a train taking them from Assouan to Cairo. They were both crushed beneath the wheels of the train, as they neared the ship that would have taken them home. One of them was said to have carried a half

The “Whaler Rig”

Once the authorities had made up their minds to send a flotilla of boats to Cairo for the relief of Khartoum, not a moment was lost in issuing orders to the different shipbuilding contractors for completion, with the utmost dispatch, of 400 “whaler-flags” for service on the Nile. They were light-looking boats, built of white pine, and weighing about 920 lbs each without the gear. They were supposed to carry four tons of provisions, ammunition, and camp appliances, sufficient for 100 days.

Each boat was fitted with two lug sails, which could be needed to accommodate an awning underneath to protect the men from the sun. As is well known, the wind blows for two or three months alternately up and down the Nile, and the authorities expected the flotilla would have the advantage of a fair wind astern for four or five days at least. Some modifications to the whaling rigs were made by the voyageurs themselves.

The crew is said to have numbered twelve men, soldiers and sailors, the former rowing, while the latter (two) tended the helm. Initially, many of the boats were overloaded, and 500 pounds was ordered removed from the cargo. Normally, six men pulled at the oars, with a voyageur at the rudder. When it was impossible to row, all the crew except the bows man and steersman disembarked, and pulled the boat via a tracking line while walking along the shore. At a bad rapid, up to five crews with up to 40 men would be put on the line. Usually had rapids meant unload-}

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Our Stories

TINY Bubbles

MNO citizen Jim Turner’s encounter with a grand lady and expert soap-maker

By Jim Turner

I had the good fortune to be invited to a very special and interesting event, it was a soap making demonstration, hosted by a wonderful woman who is 94 years young. Is she Metis? No one knows for sure as she won’t talk about that side of her family.

What is important is the fact that she was gracious enough to show us how she makes her home made soap. Among other things that make this lady very, very special is the fact that she, knits socks and gloves, cooks and plays euchre until all hours with the desentity of a teenager, and when she hosts euchre games at home the snacks don’t come out until the time I usually go to bed. She belongs to church organizations and loves to have company come to the house.

This grand lady is Angelique Roy, born January 22nd, in Bathurst New Brunswick. She tells us that she had 24 children and fourteen from her mother. She was the 22nd child, and there was such a gap in the ages of her siblings that she was 65 when she met one of her sisters. The sister was 95.

She told us that she was married to Germaine Roy on August 6th, 1935, they were the first couple to get married in the old wooden church. This is very rocky land, sheep country, and they were given a piece of land of 100 acres about two and a half miles south of Bathurst. She didn’t follow the tradition of having a lot of children, she had only two, Berth and Jeanne.

Angelique is truly an amazing woman, and the old saying that she had knitted for friends. Of course the highlight of the afternoon was her soap demonstration. She insisted we take some mint sprigs from the garden and of course we did. I have since planted them and they are doing well.

I wanted to share this story with everyone because we have to remember some of the old ways, and pass them on to our younger generation. She still makes her soap with the old tried and true recipe, and she is very good at it.

Angelique made soap at her home.

Angelique worked in some lumber camps as a young girl and I’m sure if she had the time, she would have told us of an exciting life, fraught with hardships, but also very rewarding.

She insisted we take some mint sprigs from the garden and of course we did. I have since planted them and they are doing well. Angelique is truly an amazing woman, and the old saying applies here, “they don’t make em’ like they used to”.

SUBTLE, SMOKY SIERRA

from page 8

We shot for three days–in the hotel room, downtown LA, and out near Palmside in the beautiful barren desert of California. We ended up with around seven hours of footage–that means about 120 times through a three and a half minute song! Needless to say I had no voice by the end of it, having refused to “lip sync” the song while shooting.

I also had another once in a lifetime opportunity while I was down there. I had the chance to work with Jeth’s best friend, photographer Raphael Mazzucco. Raphael has been named one of the top 10 fashion photographers in the world. His major campaigns for clothing companies such as Guess Jeans are considered to be some of the most influential campaigns in fashion history. He has shot the cover of Sports Illustrated Swimsuit more than once. He is truly unusual. And guess what? He’s Canadian!

When Jeth played him the single, “Possibility” he called me himself and told me how much he loved it and asked me if I would want to do a photo shoot with him while we were down in Los Angeles shooting the video. I said “no”–just kidding! I was so honoured and excited and well, simply shocked.

That photo shoot was one of the most amazing experiences of my life. I felt myself being welcomed into this whole new level of the world. I felt that way the whole time I was down there, working with both Jeth and Raphael.

Edited by Ed Ember.
ATTENTION ARTISTS & CRAFTERS:

Caravan in the works

A n artists’ caravan is being started in Toronto. It will run weekends from the end of September to Christmas. Exact hours to be determined. If you handmake your own work (no imports) and are interested, please contact Elise Borodynska at 416-302-7942 or via email lcbord@hotmail.com.

The show’s opening day celebration will be held at the Mundo of the MNO on Oct. 31. Lobotomies and a cheese reception will be served as free admission, as we will be recruiting new members.

The show features a variety of 40 to 50 artists and crafters—not exclusively Native. Applicants will be screened for excellence.

Halls are being booked in the Beaches, Parkdale, and West End, then back up towards Toronto, and finally the MNO. A hands-on workshop will be presented by the MNO on October 31 at 1:00 P.M.

The project is looking for a variety of 40 to 50 artists and crafters—not exclusively Native. Applicants will be screened for excellence.

As a result of the miniaturist’s efforts, the Native community will be reminded of the diversity found within each cultural group. Paint- ing “Aboriginal peoples” with one broad brush stroke not only ignores that rich diversity, it casts long shadows, creates our own internal prejudice, and funds issues which affect each group and cannot be corrected from within. The book on Aboriginal issues in Canada is not something you ignore. However, if you choose to read it, I suggest you approach it as you would the opinion section of your local newspaper. Remember the book is comprised of a set of fundamental “skepticisms” which colour the authors’ world view and their acceptance of the facts they present in an outdated cultural theory.

I would also suggest you borrow the book from your local library to spend a day in the book store reading it there. If you buy it you are only contributing to the monetary gains of the “Aboriginal Industry” that Widdowson and Howard so strongly (or so they claim) dispute!

George Caron, a former warden of the Prison for Women (P4W) and a citizen of the MNO has recently written a book about his experience as the male warden of an infamous women’s prison. His account follows one inmate in particular from her incarceration to her release into the community.

The book, published by General Store Publishing House, offers an intimate look behind the walls of the well-known Kingston prison, recently closed. Mr. Caron shares anecdotes, history, and his recollections of an exciting and unpredictable career. Drugs, illicit weapons, illicit relationships, death threats, Doublehooks, and many other topics make this absorbing read.

George Caron follows one inmate in particular—“Mouse”—from her incarceration to her vic- torious release into the community. Viewed by many as a place of punishment and suffering, the P4W nevertheless offered educational and therapeutic opportunities and other types of programs to inmates who had the interest and ability to benefit from them.

These real-life stories and the saga of the inner prison reality are fascinating and profoundly intriguing.

**About the Author**

Proud of his Métis background, George Caron was born and raised in Vancouver’s lower mainland, the oldest of seven children. He graduated from Western Washington State University with a degree in psychology, anthropology, and sociology. George received his Masters of Social Work degree in 1974 from the University of Calgary.

MOUSE ON A STRING

At the Prison for Women

General Store Publishing House
Tel: 1-800-465-6072
www.generalstorepub.com

He worked in a variety of social welfare and children’s services before beginning a career in adult corrections where he was employed for 35 years with the Correctional Service of Canada. Beginning as a federal parole officer in Alberta, during the 70s and 80s up to the end of 1987, George Caron was assistant warden and then warden of the Prison for Women. After leaving the P4W he was assigned as District Director of Parole for Eastern Ontario for approximately six months and was then appointed warden of a male prison. Before joining the P4W George had been involved in national investigations with the CSC. George was born in the Kingston area with his wife and two children, two dogs, one chicken, and a cat. He spent the summer of 1985 in Japan. His success is his plan to fund a scholarship for the children or grandchildren of former Aboriginal inmates of the P4W.
MÉTIS COMMUNITY COUNCIL ELECTIONS FOR THE OTTAWA MÉTIS COUNCIL

NOTICE OF COMMUNITY COUNCIL ELECTIONS FOR THE OTTAWA MÉTIS COUNCIL

Consistent with the Métis Nation of Ontario Community Charter agreement, by-laws and Community Council Electoral Code, a ballot box election has been called to fill vacancies and renew the mandate of the Ottawa Métis Council. All registered Métis citizens in the council area are encouraged to participate fully in the election either as candidates or by exercising their right to vote.

THE COUNCIL AREA IS: South-West to South-East Border - Beginning at Balderon, draw a vertical line east to Numipage, from Numipage follow Hwy 43 to Winchester; South-East to North-East Border - From Winchester follow the Nation River north through Berkley, Cherrier, Caselain, and Roselle until you reach Windsor; North-East to North-West Border - From Windsor follow the Ottawa River and Quebec border through Ottawa to Amper; North-West to South-West Border - From Amper follow Hwy 508 south-west to Catoctin, from Catoctin follow Hwy 511 south through Griffiths, Hippeart and Lanek until you reach Balderon.

If you are a registered Métis citizen in the area you are eligible. The election process:
POLLING STATION: 500 Old St. Patrick Street, Ottawa, ON K1N 9G4

TIME OF ELECTION: Friday, July 24, 2009, between 9:00 AM & 5:00 PM

VOTERS’ LIST: June 30, 2009: The Preliminary Voters’ List will be posted at the MNO Head Office located at 500 Old St. Patrick St. in Ottawa. MNO citizens are encouraged to contact the Returning Officer to ensure their names and addresses are correct. July 17, 2009: The Final Voters’ List will be posted at the MNO Head Office at 500 Old St. Patrick St. in Ottawa. Official Candidates will receive a copy of the Final Voter’s List upon request to the Returning Officer.

COMMUNITY COUNCIL ELECTORAL CODE: A copy will be posted at the MNO Office.

VACANT POSITIONS ON COUNCIL: There are 10 vacant positions as follows: President; Chair; Secretary; Treasurer; Senator; Youth Rep; Women’s Rep; Councillors at Large (4 vacant positions to be filled)

NOMINATION PROCESS: Nominations Close 5:00 PM, EST, Tuesday, June 30, 2009.

NOMINATIONS: Accepted by the Deputy Chief Electoral Officer up to the end of the day on which nominations close, August 1, 2009, and can be presented in person, by mail, email or facsimile.

NOMINATION FORMS: Available at MNO Community Council offices, on the MNO web site or by email from the Deputy Chief Electoral Officer. (hankr@metisnation.org)

NOMINATION REQUIREMENTS: All candidates must submit written acceptance of the nomination and a statement that confirms the candidate has read the MNO Electoral Code Bylaws and is eligible to be nominated as a candidate in the MNO election.

POSITIONS AND REQUIREMENTS FOR NOMINATIONS: All candidates must submit written acceptance of the nomination and a statement that confirms the candidate has read the MNO Electoral Code Bylaws and is eligible to be nominated as a candidate in the MNO election.

THE FOLLOWING POSITION ON THE MÉTIS VETERANS’ COUNCIL OF THE MNO WILL BE FILLED: President; Vice President; Secretary-Treasurer; Women’s Representative; Youth Representative. Nomination requires four signatures of registered voters less than 29 years of age from each region.

THE FOLLOWING 9 REGIONAL POSITIONS WITHIN THE MÉTIS NATION OF ONTARIO YOUTH (PCMNO) WILL BE FILLED: Youth Representative (Candidates must be 16 to 26 years of age on date of election.) Nomination requires four signatures of registered voters less than 29 years of age from each region.

THE FOLLOWING POSITIONS ON THE PROVISIONAL COUNCIL OF THE MÉTIS NATION OF ONTARIO (PNCNO) WILL BE FILLED: President; Vice President; Secretary-Treasurer; Women’s Representative; Youth Representative. Nomination requires signatures of four electors who are also veterans. A signed Veteran’s Affirmation (statement that confirms the candidate is a veteran) requires signatures of four electors who are also veterans.

ELECTIONS AT 2009 MNO ANNUAL GENERAL ASSEMBLY

Filling of vacancies on the Provincial Council of the Métis Nation of Ontario, the Métis Nation of Ontario Youth Council and the Métis Nation of Ontario Veterans Council

Date of Election: Saturday, August 22, 2009. In conjunction with MNO Annual General Assembly

Hours of Polling: 9:00 AM, ET to 5:00 PM, ET

Polling Station: Holiday Inn, Regent St. Sudbury ON (Room 7BA)

Close of Nominations: August 1, 2009, 5:00 PM, ET

ELIGIBLE VOTERS: All registered Métis citizens who are of the appropriate age, are of sufficient age, have paid a minimum of $5.00 in annual dues and are of the appropriate age, have paid a minimum of $5.00 in annual dues and are of the appropriate age. Any questions concerning this process should be addressed to the Returning Officer. (gladue@aol.com)

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For further information or to request a copy of the MNO Electoral Code please contact:

Hank Rowlinson, Deputy Chief Electoral Officer - T: 613-764-1077, F: 613-722-4225, hankr@metisnation.org

Election correspondence can be mailed to:

Deputy Chief Electoral Officer
500 Old St. Patrick Street, Ottawa, Ontario K1N 9G4

Let’s put our Hearts into it!

Lower your risk of heart disease and stroke

Aboriginal People are more likely to have high blood pressure and diabetes, and as a result, are at greater risk of heart disease and stroke than the general population.

You can lower your risk by:

• Eating a healthy diet
• Being physically active
• Achieving a healthy weight
• Knowing and managing your blood pressure
• Knowing and managing your diabetes
• Quitting smoking

Talk to your healthcare provider to see how you can lower your risk of heart disease and stroke.

Or contact the Heart and Stroke Foundation at:

1-888-HSF-INFO (1-888-473-4636)

www.heartandstroke.ca/Aboriginal
The Hardest to Quit

By Linda Lord

The Community Wellness Coordinators of the Métis Nation of Ontario’s (MNO) Health branch recently had the opportunity to travel to Toronto to attend a five-day training session geared to help them help others to quit smoking. Tracey Dale of Bancroft pointed out that the program included “a two-day specialty course on tobacco interventions with Aboriginal people. This course offered tips and strategies to support community members through their journey of smoking cessation.”

Kurv Makkappalil from Grey-Owen Sound said: “I found this training to be very informative and very educational. Facilitated by a group of dedicated and well-trained professionals, we were taught ways to screen, assess and treat people with tobacco dependence. The Aboriginal component highlighted the difference between traditional tobacco use and modern commercial tobacco use. It was emphasized that traditionally tobacco was used as one of the four sacred plants in Aboriginal ceremonies. Commercial tobacco use is something completely different in that chemicals have been added that cause addiction, and disease. Some of the statistics reported indicate that 60% of on-reserve First Nations people between the ages of 18 and 34 smoke. Smoking rates are double the Canadian average. Leading causes of death for First Nations people are circulatory disease, cancer, and respiratory disease. “As you can see tobacco addiction among Aboriginal people has reached epidemic proportions. Whether First Nation, Métis or Inuit, Aboriginal people must stand united in their effort to fight this disease. Along with the rest of Canadian society, we must all take a stand to butt-out, if we are ever going to succeed. This is a matter of great urgency. Life and death hang in the balance of that one cigarette. We, as a collective, can come together and work with those in need of assistance. Thanks to the TEACH course, I now have a much better understanding of the complexities surrounding this issue. Cigarette addiction is said to be the hardest to quit. So, it may be hard to conquer, but let’s try doing it with one cigarette at a time.”

Lynne Sinclair from Sault Ste. Marie pointed out that, “according to the 2006 Census on the Aboriginal Peoples in Canada, the Métis population represents 30% of the Aboriginal population in Ontario. At the training session in Toronto the Métis Nation of Ontario accounted for about 11% of those in attendance. I suspect that there were many other people of Métis ancestry there, but representing different organizations. The number of Métis in attendance may have been closer to the 30% mark as is represented in the population. The Métis Nation was well represented as our workers spoke on several occasions about our issues. Senator Roland St. Germain was a speaker at the session and spoke about the Métis population and some of the social struggles and health related issues that surround our people. Our voice was heard and as our numbers increase every year we need to continue to have a strong voice.”

Recipes from Métis Kitchens

Strawberry-apple jam with orange peel

Ingredients:
- 6 cups fresh strawberries, washed and hulled (about 1 3/4 pounds)
- 1 medium apple, peeled and finely shredded (about 1 cup)
- 1 tsp grated orange peel
- 3 cups sugar substitute, such as Splenda
- 1/4 oz pectin for low sugar recipes, dry
- 1 cup water

Directions:
- In a large bowl crush strawberries thoroughly using a potato masher.
- Stir in apple and orange peel and set aside.
- In a large saucepan, combine sugar and pectin. Stir in water.
- Bring to a boil over medium-high heat, stirring frequently.
- Cook and stir for one minute.
- Remove from heat and add strawberry mixture.
- Stir for 1 minute or until well combined.
- Ladle into clean half-pint freezer containers, leaving a 1/2-inch headspace. Seal and label.
- Let stand at room temperature for 24 hours or until set.
- Store for up to three weeks in the refrigerator or for up to one year in the freezer

Tracy Bald is the Community Wellness Coordinator in the Georgian Bay Métis Council office. She can be reached at 705-526-6335.
By Amanda Desbiens

Mary Rose Steed

BREASTFEEDING YOUR BABY

By Mary Rose Steed

M y name is Mary-Rose Steed and I am a 34 year old stay-at-home proud Métis mom to my three year old daughter Emma and my three year old son Michael. I am of the Michif Ohiouchichi (French Cree) linguistic family. My late father who passed away December 24th, 1999, was a severe hemophiliac.

Hemophilia is a hereditary condition. This means that it’s passed on from mother to child at the time the baby is conceived.

The blood of a person with hemophilia does not clot normally. He does not bleed more profusely nor more quickly than other people, however, he bleeds for a longer time.

Many people believe that hemophiliacs bleed a lot from minor cuts. This is a myth. External wounds are usually not serious. Far more important is internal bleeding (hemorrhaging). These hemorrhages are in joints, especially knees, ankles and elbows, and, into tissues and muscles.

When bleeding occurs in a vital organ, especially the brain, a hemophiliac’s life is in danger. Hemophilia A is caused by a mutation in gene called F8, which codes for a protein in the blood that causes the clotting problem.

Both hemophilia A and B are very rare disorders. Hemophilia A affects fewer than 1 in 10,000 people in the world. Hemophilia B is even less common, affecting approximately 1 in 50,000 people, or about 600 Canadia.

Without proper treatment, hemophilia is crippling and often fatal. With modern treatment, most people with hemophilia can lead full, active lives.

Hemophilia is classified as severe, moderate or mild.

Severe hemophiliacs have less than 1% of the normal level of factor VIII or IX in the blood and have hemorrhages several times a month. The bleeding is often the result of a minor bump or twist. There is often no apparent cause for the bleeding.

Mild hemophiliacs bleed less often. Their hemorrhages are often the result of minor trauma, such as a sports injury.

Mild hemophiliacs have even fewer hemorrhages. They may be aware of their bleeding problem only in the case of surgery, a nose extraction or a serious injury.

If hemophilia is severe in a bloodline it will stay severe, just as mild stays mild, and moderate stays moderate for all future generations. We suffer from “severe hemophilia” having less than 1% of the normal clotting factor.

Now that I’ve educated you about the disease, I want to tell you my story. My daughter has a 50/50 chance of being a carrier like me. When my daughter was born they did a test using her umbilical cord to determine whether she was a carrier and unfortunately they did the test wrong and now we won’t know until she’s 12 and McMaster will test her then. When I was pregnant with my son, I was so happy but also very afraid that he would end up being like my late father. I was ignorant of the new medications that are now available to children who have hemophilia.

I was used to seeing my father suffer through his ‘bleeds’, it broke my heart. There were many missed emotions over my son. When he was born the hospital did the test through his umbilical cord to see if in fact he was a severe hemophiliac and he tested positive. I cried and cried and then I pulled myself together and said “let’s move forward.” I was anxious to set an example for him and not to let his disease hold him back from doing anything. I was seen right away at McMaster and was educated along the way on what was going to be available for him when the time came.

I started walking at nine months. It was my worst nightmare, when it would be another mother’s glory. I was so scared of him falling! I have a great support system at home with friends and family. In June, 2006, at age one Michael had a Portacath surgically put into his chest. There is now a synthetic factor available. My husband and I were trained for six months at McMaster on how to give Michael his needles in the Portacath, instead of poking his veins all the time. Since our training we are now set up at home to give him his Factor VIII ourselves every other day to prevent bleeds and injuries before they happen.

This preventative care saves us all the runs to the hospital and so far with Michael getting his needles every other day he hasn’t suffered anymore joint bleeds. They have really come a long way since my late father was a child. In June, 2010, they will surgically take the Portacath out and we will be trained to give his needle right in the vein. Some of the hemophiliacs are trained as young as nine to give needles to themselves.

When Michael was one year old, I joined Facebook. I automatically posted notes about his condition in hope that I would find a mother my age who had a son around Michael’s age. About three months later someone finally contacted me. We talked via email for about a month back and forth and then finally exchanged numbers. We talked and set up a play date right away. She was my age, and her son Brady is only 9 months younger than Michael. She only lives five minutes from home.

The advantages for the family are that he can visit home now instead of going to the hospital for his treatments, he has the support of his school and he has access to other hemophiliacs.

I CRIED AND CRIED and then I pulled myself together and said “let’s move forward.” I was anxious to set an example for him and not to let his disease hold him back from doing anything.

To enable mothers to establish and sustain exclusive breastfeeding for six months, the World Health Organization and UNICEF recommend:

a) Initiation of breastfeeding within the first hour of life;

b) Exclusive breastfeeding, that is the infant only receives breast milk without any additional food or drink, not even water;

c) Breastfeeding on demand—that is as often as the child wants, day or night;

d) No use of bottles, teats or pacifiers.

— excerpted from the World Health Organization web site

Artificial milk has made its way onto the market during the last century with some negative results. The risks of using artificial formulae include: allergic reactions, risk of contamination, infections, and also interference with the establishment of breastfeeding. Artificial baby milk should be used as a last resort for infant feeding. The World Health Organization (WHO) states that artificial baby milk is the fourth best option when we need to feed our infants:

1) Breastfeeding is the best

2) Breast milk pumped and given through a bottle

3) Wet nurses

4) Artificial formula

It’s important to remember that breastfeeding is a natural behaviour for us mammals and with some practice and proper latching techniques, breastfeeding will be successful.

Women and caregivers need a lot of support to establish and sustain good breastfeeding practices.

There are many advantages to breastfeeding, some of which are:

• breast milk has the perfect nutrients for our babies;

• it protects the mother and baby against infections;

• it helps create bonding;

• exclusive breastfeeding reduces infant mortality, and

• it also helps promote sensory and cognitive development.

The advantages for the family are that it’s cost effective, decreases health care costs, improves productivity and protects our mother earth and environment.

Amanda Desbiens is the Healthy Babies Healthy Children Program Coordinator in the NNYO North Bay office.
MÉTIS WHO SERVED IN WWI & WWII TO BE HONOURED WITH MONUMENT AT JUNO BEACH

COURSELLES-SUR-MER, FRANCE—A monument to Métis Nation citizens who fought during the two World Wars will be erected at Canada’s Juno Beach Centre in Normandy, France. The Métis National Council’s Minister for Veterans Affairs, David Chartrand, made the announcement while attending commemoration ceremonies marking the 65th anniversary of D-Day—the June 6, 1944, Allied Forces victory over by Allied Forces during World War II.

“Thousands of Métis Nation citizens bravely and selflessly answered the call to serve during the World Wars,” said Chartrand. “This monument will stand in eternal remembrance to those Métis who fought, who were wounded, and who died defending their people, their country, and world freedom.”

The monument will consist of an exhibit highlighting the history of the Métis Nation in Canada and a Red River Cart—a widely recognized symbol of the Métis Nation—currently being constructed in the Métis Nation Homeland. Métis Nation veterans and youth will escort the Red River Cart to Juno Beach in November, when they will take part in its unveiling with a dedication ceremony during 2009 Remembrance Day. “Métis soldiers, sailors, and aircrew made incredible sacrifices for Canada’s war efforts,” said Chartrand. “This monument is a long over due acknowledgement to these brave Métis men and women.”

Minister Chartrand went on to thank Veterans Affairs Canada and the Office of the Federal Interlocutor for Métis for their assistance in making the monument possible and providing resources for Métis Nation veterans and youth to participate in its dedication ceremony.

By Donn Fowler

Regular readers of the Métis Voyageur will be familiar with Donn Fowler’s ongoing quest to learn as much as possible about his ancestors. Many of us are engaged in our own quests and understand the ups and downs that invariably accompany such a search. Donn has now taken his hunt into new territory—the mysterious land of DNA. The mission continues. — LL

There is an update on my expanded “genealogical” search for reliable and detailed information on my only known Aboriginal ancestor, Mary (Daniel) Corrigan (b. 1796-d. 1825), and information on the four DNA results I have purchased from the National Genetic and BMIs “Genographic Project”, including three mitochondrial DNA (mtDNA) and one YDNA (yDNA). The human individual female mtDNAs are for Mary (Daniel) Corrigan, my mother, Grace, and my wife, Eva. In summary, these four DNAs highly significant in tracing one’s own female origins. Every female has an XX chromosome and it can be passed on from her to her daughter(s), daughter’s daughter(s) as long as there is no male chromosome unpaired from the (unbroken) female linkage and mother’s and daughter’s XX chromosome will pass on to each one of her Own sons but those sons can NEVER EVER pass that mtDNA along to their sons or daughters.

Male children can then have both his father’s and his mother’s haplogroups. For example my male haplotype (my father’s yDNA) is ‘R1b1b2a1b’ and my mother’s haplotype (mtDNA is ‘H1b1’ but I cannot pass it on to my sons or daughters. I can only pass on to my SON my own YDNA—in my case ‘R1b1b2ab’. He would therefore not only have my yDNA but also has his mother’s mtDNA which he will then pass down to his father or a daughter or a son. My only child, a son—has only my YDNA (Haplogroup K) and his mother’s (my wife’s) mtDNA (Haplogroup H) which is her haplotype ‘HT’. My Aboriginal ancestry from 1825, Mary (Daniel) Corrigan, is presently a haplotype “A2”, but I was awaiting additional information on the identification of her own native mother if possible. That would then confirm her mother as a haplotype “A2” as well. Stay tuned!

Some Definitions:

The Genographic Project is a five-year, $150 million research partnership led by the National Geographic Explorer-in-Residence Dr. Spencer Wells. Wells and a team of international scientists and IBM researchers are using cutting-edge genetic and computational technologies to analyze historical patterns in DNA from participants around the world to better understand our human genetic roots.

Mitochondrial DNA (mtDNA) is the genetic material found in mitochondria. It is passed down from females to both sons and daughters, but sons do not pass down their mother’s mtDNA to their children.

YDNA is one of the two sex chromosomes, X and Y. The Y-chromosome passes down from father to son. Females do not receive the Y. The fact that the Y-chromosome goes down the paternal line means it is valuable for genealogy studies, since it typically follows a surname line.

Haplgroups: One way to think about haplotypes is as branch es on the family tree of Homo Sapiens. These haplogroup branches characterize the early migrations of population groups, which can today be associated with modern day physical traits. Adenine is the “A” of the four bases that make up DNA. The other bases are thymine (“T”), guanine (“G”) and cytosine (“C”). Adenine always pairs with thymine.

Haplgroups: A haplogroup is a group of haplotypes that share the same branch on the Y-chromosome family tree. These haplogroups are useful in helping researchers trace ancestry, as well as in understanding genetic differences between populations. Adenine is the “A” of the four bases that make up DNA. The other bases are thymine (“T”), guanine (“G”) and cytosine (“C”). Adenine always pairs with thymine. The Genographic Project is a five-year, $150 million research partnership led by the National Geographic Explorer-in-Residence Dr. Spencer Wells. Wells and a team of international scientists and IBM researchers are using cutting-edge genetic and computational technologies to analyze historical patterns in DNA from participants around the world to better understand our human genetic roots. Mitochondrial DNA (mtDNA) is the genetic material found in mitochondria. It is passed down from females to both sons and daughters, but sons do not pass down their mother’s mtDNA to their children. YDNA is one of the two sex chromosomes, X and Y. The Y-chromosome passes down from father to son. Females do not receive the Y. The fact that the Y-chromosome goes down the paternal line means it is valuable for genealogy studies, since it typically follows a surname line. Haplgroups: One way to think about haplotypes is as branches on the family tree of Homo Sapiens. These haplogroup branches characterize the early migrations of population groups, which can today be associated with modern day physical traits. Adenine is the “A” of the four bases that make up DNA. The other bases are thymine (“T”), guanine (“G”) and cytosine (“C”). Adenine always pairs with thymine. The Genographic Project is a five-year, $150 million research partnership led by the National Geographic Explorer-in-Residence Dr. Spencer Wells. Wells and a team of international scientists and IBM researchers are using cutting-edge genetic and computational technologies to analyze historical patterns in DNA from participants around the world to better understand our human genetic roots. Mitochondrial DNA (mtDNA) is the genetic material found in mitochondria. It is passed down from females to both sons and daughters, but sons do not pass down their mother’s mtDNA to their children. YDNA is one of the two sex chromosomes, X and Y. The Y-chromosome passes down from father to son. Females do not receive the Y. The fact that the Y-chromosome goes down the paternal line means it is valuable for genealogy studies, since it typically follows a surname line. Haplgroups: One way to think about haplotypes is as branches on the family tree of Homo Sapiens. These haplogroup branches characterize the early migrations of population groups, which can today be associated with modern day physical traits. Adenine is the “A” of the four bases that make up DNA. The other bases are thymine (“T”), guanine (“G”) and cytosine (“C”). Adenine always pairs with thymine.
ANNUAL GENERAL ASSEMBLY | August 21-24, 2009 • SUDbury

Annual General Assembly planning in full swing

Planning for the 2009 Annual General Assembly in Sudbury, is in full swing. Volunteers and staff across the province are putting the final touches on what promises to be a jam-packed weekend hosted by the Provincial Council of the Métis Nation of Ontario (PCMNO) and the MNO’s Regional Intake Officers. The PCMNO chose August 22 to 25, 2009, as the dates for the gathering. Assistant director of the Holiday Inn on Regent Street will be hosting a youth forum sponsored by the Ontario Power Authority and a consultation and information session with the Nuclear Waste Management Organization for Friday, August 21, 2009, is also in the works.

On Saturday, a second morning session for youth is planned with Saturday afternoon being set aside for meetings of the senators, youth, veterans and women. Plans for Saturday evening include a sunset welcome at the Mine Mill Campground on Richard Lake with some of our Métis officials arriving at the site in the traditional Métis voyageur canoe, general entertainment under the big tent will follow. (Mine Mill campground is located at Richard Lake on Highway 69 south of Sudbury.)

Sunday morning brings a formal Grand Entry to officially open the event. The Holiday Inn on Regent Street South in Sudbury. After the opening ceremony and dignitaries’ speeches, a full day of business will follow. Don’t forget to stop in at our trade show to view a variety of unique crafters and vendors. The event ends Sunday evening promising to be a gala event. Monday begins with a half-day of business at the Holiday Inn followed by an afternoon of cultural activities for the entire family at the Mine Mill Campground. The evening will feature a community campfire and entertainment under the big tent. A final business meeting will be held Tuesday morning, before everyone heads home to the afternoon. Those wanting to rent a hotel room the MNO is arranging special group rates at nearby hotels. This information will be announced on our web site and will be made available from the MNO’s Regional Intake Officers. If you are interested in complimentary camping at the Mine Mill Campground, please contact Andy Lefebvre or Richard Sarrazin.

Renewing old friendships and making new ones are only two of the many reasons to attend the AGA. More information and highlights about the AGA and the venue will be posted on the web site at: www.metisnation.org as they become available.

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AGA Updates:
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The Suzanne Rochon Burnett
VOLUNTEER of the Year Award

The Suzanne Rochon Burnett Volunteer of the Year Award is recognizing those who volunteer for the Métis Nation year round. One volunteer per year will be selected as the recipient of the Suzanne Rochon Burnett Volunteer of the Year Award. Once again this year, a new Volunteer of the Year will be recognized at the Annual General Assembly in Sudbury.

OBJECTIVE: The objective of the Volunteer of the Year Award is to recognize those who volunteer for the Métis Nation year round. One volunteer per year will be selected as the recipient of the Suzanne Rochon Burnett Volunteer of the Year Award. Once again this year, a new Volunteer of the Year will be recognized at the Annual General Assembly in Sudbury.

CRITERIA: The individuals nominated should exemplify the volunteer contributions made to the Métis Nation and their community according to the standard set by Suzanne Rochon-Burnett. They will have given generously of their time and effort. They will have been strong advocates for the Métis Nation and have established an outstanding record of selfless commitment. They will be seen as caring, giving individuals others look up to and admire. The candidates will have provided an extended period of service as a volunteer.

The MNO’s Volunteer of the Year Award recognizes those who volunteer for the Métis Nation year round. The Suzanne Rochon Burnett Volunteer of the Year Award is recognizing those who volunteer for the Métis Nation year round. One volunteer per year will be selected as the recipient of the Suzanne Rochon Burnett Volunteer of the Year Award.

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IN THE BLOOD | A Métis Family deals with Hemophilia

From page 14

my house. Michael and Brady have the same doctor at McMaster. Brady is a severe hemophiliac, just like Michael. Now we are friends and have a wonderful bond through our sons, even though we both have a great support system of friends and family. It’s just so nice to have a bond with someone who actually knows what we are going through. Kristy is her name, and when she decided to go back to work, I chose to babysit her son Brady twice a week. When the boys reach school age we are going to send them to the same school so that they can support each other. Experts from McMaster University Hamilton Hospital will come to the school that we choose to educate the whole staff about hemophilia. Michael and Brady both have to be seen every three months at McMaster for a checkup. McMaster has a clinic designed just for hemophilia. When we go to the appointment we see the whole team which includes a physio therapist, social worker, the doctor, nurse and someone from the Hemophilia Society. They have come to be like family to us. As far as Kristy and I know Michael and Brady are the only two little Hemophiliacs in this region. Brady’s story is a little different. Although he is a severe hemophiliac, his family has no other family member that is a hemophiliac. This means that while Kristy was pregnant with Brady a mutation occurred and when the cells were being formed the factor gene was not formed; this is called a mutation. So now a whole new line of hemophiliacs will start with Brady and continue with his future kids, grandchil- dren and so on.

I feel very blessed that God brought Kristy and Brady into my life and thanks to the Internet I found a real friend. Since Michael was born I’ve learned that many people know nothing about hemophilia and I want to bring awareness to the community and maybe find others like us.

Mary-Rose Steed
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To learn more about Hemophilia visit: www.hemophilia.ca

The Suzanne Rochon Burnett Volunteer of the Year Award recognizes those who volunteer for the Métis Nation year round. One volunteer per year will be selected as the recipient of the Suzanne Rochon Burnett Volunteer of the Year Award.