



MÉTIS VOYAGEUR

GROUNDBREAKING DAY FOR MÉTIS:

Métis honoured at Queen's Park

For the first time ever, a Minister of the Ontario Government rose in the House to greet the Legislative Assembly in the Michif language



by
Gary Lipinski
PRESIDENT
Métis Nation of Ontario

On April 19th, 2010, I was able to participate in what was one of the proudest days I have had since my involvement with MNO first began back in 1994.

In the past 16 years of living history many of us have witnessed first hand a steady progression in the resurgence of Métis pride, identity and Métis nationalism. Within the MNO we have stood together, collectively and asserted ourselves as proud Métis, proud of who we are, proud of our ancestors, proud of our contributions both past and present, and we have asserted ourselves as fully fledged rights bearing people—one of the three distinct Aboriginal peoples recognized in section 35 of the Canadian Constitution.

During these past years, there have been special moments that stand out, moments when events have happened and one immediately knows that something important has happened, and that Métis realities are now some-

how different, better, and that our future will be a little brighter.

Such historic events for the MNO Include, of course, the ten year struggle and battle all MNO citizens fought along with Steve and Rod Powley in the first ever Métis test case to go all the way to the Supreme Court of Canada.

We fought together, collectively for full recognition of Métis harvesting rights, and in 2003 the Métis were victorious, a special and significant day that we will all remember, one that forever changed how Métis rights would be recognized. That day will always stand in our memory.

Another significant day was a year later in July of 2004, when after long and difficult negotiations we concluded a harvesting agreement with the MNR to recognize Métis harvesting rights and MNO's harvesting policy.

This remains even today, the only provincial harvesting agreement with any Métis governing body.

Although more work needs to be done, it should remain a significant day of accomplishment, one that finally allowed Métis harvesters to harvest with pride, without fear of reprisal.

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MNO President Gary Lipinski and Minister of Aboriginal Affairs Chris Bentley at Queen's Park in Toronto.



ROADTRIP

MULTIPLE COMMUNITY COUNCILS HIT THE ROAD IN SEARCH OF MÉTIS CULTURE AND ADVENTURE

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HOUSING

STUDENTS COMPLETE FIRST PHASE OF NEW INTERNSHIP PROGRAM IN THUNDER BAY

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FORT FOOD

SUNSET COUNTRY MÉTIS PARTNER WITH OTHER FORT FRANCES ORGS FOR HEALTHY FOOD PROGRAM

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SLOW RIVER

MÉTIS WRITER TELLS A STORY OF MENTAL ILLNESS AND HEALING

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Announcements

New Arrival



Additions to Senator Calders clan

above: **Senator Calder** with his two great-grandsons, **Aiden Zachariah Joseph** age 6, and **Cameron Vincent Earl** age. **Cameron** was born on the Senator's birthday, **July 20th!**
right: **Senator Gordon Calder** with his first grandson, **Joshua Wreggitt**, along with his first great-grand daughter, **McKenna Jacqueline Grace Wreggitt** (born Saturday, **May 8th, 2010** in **Fort Frances**).
Congratulations to Senator Gordon Calder and family of the Sunset Country Métis.



OBITUARY

In Memory of James



by **Carmen Pregent**

My step-grandson, James, passed away on May 15, 2010. He was barely 24 years old and the accident that killed him happened 300 yards from his home. What makes his loss even more devastating is that this accident could have been prevented. If only he had not answered his cell phone. As a result, he lost control of his pick-up truck which rolled three times before slamming into a post. He died instantly. James was such a wonderful young man with so much potential before his body was crushed and needed to be extracted from his truck by the "Jaws of Life". He leaves behind his inconsolably grief-stricken parents, family and friends. His friend, and passenger, was transported to the hospital with a broken ankle.

I too used to use my cell phone while driving and am ashamed that it took my step-grandson's death to enlighten me. If you, your family members or friends talk, text or e-mail while driving please take this message to heart and stop doing it. That call that can't wait to be answered, that text that must be read or sent--these distractions could kill you, someone you love, or even an innocent bystander. Our James could have been your precious child, grandchild, sibling, nephew, niece, cousin or friend.

Please, let this become a behaviour changing turning point in all of our lives. Let it be the end of

tempting fate when we are behind the wheel of a moving vehicle. Until each of us chooses to make this one simple change the number of needless deaths and grieving families will continue to rise. It is definitely a growing epidemic.

How many times have you already avoided a near accident because the other driver was distracted by one of the many forms of this technology? The internet abounds with articles, blogs and video so I will cite only a few. Wikipedia.org has a very illuminating entry titled "Texting While Driving". U-Tube has footage from the television show "Myth-Busters". This video comes in three parts under the title "Myth-Busters Cell Phones Vs. Drunk Driving". Finally, cnet.com outlines a recent research study where one of the co-authors states that "driving while talking on a cell phone is as bad as--or maybe worse than--driving drunk, which is completely unacceptable and cannot be tolerated by society".

What if a family member or client needs you? Let me propose an alternative way to handle this. Let the communication go to voice mail and PULL OVER! Educate your family, friends, clients and especially your children. Let them know that you will have to return their call, and will do so as promptly as possible and that it is against the law to use any communication device while driving. Even more than that, it is a morally irresponsible choice. There are countless side streets, parking lots, breakdown lanes and highway shoulders available. It's time for all of us to start using them.

I pray that no one else is made to suffer from such a senseless tragedy, so please, don't wait until someone that you love is maimed or killed. Let us make wiser decisions, now.

THE MÉTIS VOYAGEUR

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Three New Métis Councils:

Welcome to the **Atikokan Métis Council**, formed March 25th; the **Toronto Métis Council**, formed March 27th; and the **Peterborough Métis Council**, formed April 3rd.

New Staff

MNO Eduaction and Training branch welcomes new staff

Jeff Watts has joined the Education and Training Branch as the "Job Developer" of the Aboriginal Apprenticeship Training Centre which has recently been established in collaboration with Sault College.

Jeff comes to the MNO with experience as a teacher and a journeyman carpenter. His past work on pre-apprenticeship projects will bring much value to his role as a "job developer" and his ability to work with the other Aboriginal Apprenticeship Centre (AAC) staff and make the project a success.

Jeff can be reached at the Apprenticeship Centre at Sault College or by email:

jeffw@metisnation.org

Rebecca Rogers has joined the Education and Training Branch as a "Ready-to-Work Job Developer" in the Sault Ste. Marie office. She has several years' experience in recruiting and customer service in Sault Ste. Marie and is currently working towards obtaining her Human Resources Certificate. Rebecca brings enthusiasm and dedication to the overall success of the Ready to Work Project.

Rebecca can be reached at the MNO office in Sault Ste Marie or by email:

rebeccar@metisnation.org

Kristen Stewart has also joined the Education and Training Branch as a "Ready-to-Work Job Developer" and can be found in the Midland office. She brings a true passion and keen interest in assisting clientele achieve their goals and is very excited about new prospects for them through the Ready to Work Project.

Kristen can be reached at the MNO office in Midland or by email:

kristens@metisnation.org

Chantal Lemire, located at head office in Ottawa, is a professional facilitator and employment specialist who has extensive experience helping people overcome barriers and achieve their goals. She is dedicated to a holistic approach to job development and building sustainable community partnerships and making the Ready-to-Work process a success.

Chantal can be reached at the MNO head office in Ottawa or by email:

chantall@metisnation.org

OBITUARY



Janee Dupuis

1970-2010

It is with heavy hearts that we must announce the passing of our precious soaring eagle, Janée, on May 17, 2010, cherished daughter of Phil and Patti, treasured sister of Sarah and husband Stéphane Boucher, Philip (P.J.) and Mandi, devoted aunt of Alivia Léa. Janée was a dear friend and inspired many.

Janée accomplished so much during her short 30 year life. Her free spirit led to travels all over the world and introduced her to lifelong friends along the way. She graduated from U of W with an Honours Anthropology Degree, continued to Vancouver Island where she became a Holistic Healing Practitioner. She was in her final year at the Ontario Institute for Studies in Education (OISE) at U of T focusing on obtaining her Master of Educa-

tion specializing in child development. Her creativity, insight and passion will be remembered by all who knew her. An accomplished writer, painter, pianist, traveller, and environmentalist, Janée had a passion for the outdoors and taught us all how to breathe.

Special thanks to the nurses and staff of VON and of 4 West Oncology WRH- Met campus who demonstrated unending support, guidance, love and compassion to our entire family.

If you so desire, in honour of Janée's heritage, donations to the Métis Nation of Ontario Cultural Commission would be appreciated. Donations to Transition to Betterness or to Hospice of Windsor would also be welcomed by the family.

Jaige... Je t'aime je t'aime.

Métis Nation News

“For the MNO to grow and expand its operations, we need to strengthen our financial management and administration. Leadership on these issues starts at the top, and I am committed to putting in place a comprehensive action plan to address the MNO's existing debt, and the challenges in relation to cash flow for the MNO and its community councils. This plan will also put in place stronger financial management processes, increased transparency and effective checks and balances, to ensure deficits become a thing of the past within the MNO.

— From Acceptance Speech of
MNO President Gary Lipinski
May 6, 2008

MÉTIS NATION OF ONTARIO PRESIDENT'S UPDATE:

Moving Forward

Gary reflects on the past two years...

by Gary Lipinski

As the MNO's Provisional Council nears the two year mark of our current four year mandate, I have been reflecting on our challenges and those original goals that we all set out to achieve by working together. One particularly important commitment in our platform was to strengthen the MNO's financial management, administration and accountability. I can tell you that the time, energy and complexity of delivering on this commitment, so essential to the MNO's future, credibility and growth, has far exceeded all of our initial

expectations.

It was obvious from the outset that in order for the MNO to be as strong as it can be, it must have its "financial house" in order. Ever-increasing debt, never-ending cash flow challenges and the lack of timely reporting on the MNO's finances have held us back in the past. We were often perceived—rightly or wrongly—as "high risk" by governments and other potential partners. So, when we took office, I, as your President, and the rest of your elected leadership, made strengthening the MNO's financial management and administrative capacity a priority.

We needed to change the way the MNO "did business" in order to take our nation to the next level. We wanted to make deficits a thing of the past, strengthen the MNO's balance sheet and demonstrate that the MNO is a reliable "partner" in every sense.

To achieve these goals, we have had to make tough choices over the last two years.

Living within our means has meant delaying and cutting costs associated with our Annual General Assemblies and all other business processes as well as implementing demanding accountability, which has only worked because all MNO

continued page 16



Métis honoured at Queen's Park

from page 1

More recently, on November 17th, 2008, the Ontario Government took an amazing leap forward in signing a Framework Agreement with the Métis Nation of Ontario. This Framework, for the first time recognized Métis in Ontario in an official way and committed us to work collaboratively on a number of commitments, including recognition of our past contributions. It also laid a foundation for positive relations with the Ontario Government and a path towards reconciliation.

April 19th, 2010, we took a giant step forward on the road to reconciliation as the declaration of 2010 as the "Year of the Métis" by the Ontario Legislature was announced. It was truly an historic and humbling experience that I want to share with all MNO citizens.

In the gallery of the Ontario Legislature, I, along with other members of the MNO Executive, witnessed members of every political party in the province give their unanimous consent to a resolution declaring 2010 the "Year of the Métis". Specifically, the resolution stated:

"The Ontario Legislature commemorates 2010 as the Year of the Métis.

"The Ontario Legislature recognizes and honours the distinct culture, identity and heritage of the Métis people in the province as well as the historic and ongoing contributions of the Métis in Ontario"

With this resolution, the Ontario Government joined with the Parliament of Canada and the Saskatchewan Legislature who had already declared 2010 as the "Year of the Métis".

However, this resolution in the Ontario Legislature had additional historical significance of just how far our Nation has come.

This additional historical significance came from the fact that the resolution was passed in the same Ontario Legislature that put a bounty on Louis Riel's head in



left to right: **MNO Director of Lands, Resources and Consultations, Melanie Paradis; MNO Vice-Chair, Sharon McBride; MNO Director of Economic Development, Bill Wilkinson; MNO President, Gary Lipinski; Minister of Aboriginal Affairs, the Hon. Chris Bentley; MNO Secretary-Treasurer, Tim Pile; and MNO Director of Intergovernmental Relations, Joanne Meyer.**

1872 and sent troops out to fight against the Métis Nation's demand for recognition and respect for Métis lands throughout the northwest.

Now, over a hundred years later, Members of Provincial Parliament for all political parties rose to acknowledge and pay their respects to Ontario Métis and the Métis Nation. It was truly a watershed moment in our history as Ontario Métis. As the representative for all MNO citizens at the event, words cannot express all the different emotions I felt on behalf of our Nation that day. I felt sorrow for all of the Métis who died in the Battle of Batoche and other Métis uprisings throughout our history—those who were standing up for Métis rights and lands. I felt anger about all of our ancestors who were forced to hide their culture, deny their identity and who were often referred to as "half-breeds" in a derogatory manner.

I was reminded of all the hurtful statements our Elders and MNO citizens and many of us

growing up have been subjected to over the generations as Métis.

I felt vindication that the province that used to deny the very existence of the Métis now recognizes our historic communities and our rights as a distinct Aboriginal people.

"But, most of all, I felt optimism that the best and brightest days of the Métis Nation are still ahead of us!"

I felt pride on behalf of all our citizens and communities who have worked so hard to build the MNO and bring us to this day. I felt joy in knowing that over the next year we would be able to proudly raise the Métis Nation flag and celebrate this historic recognition with all of our citizens in hamlets, towns and cities throughout the province.

I felt optimism that we are finally taking our rightful place as a distinct Aboriginal people in Ontario and Canada, and that the rich Métis history in Ontario will begin to be told and cherished!

I felt optimism about the relationship we have been building

with the Ontario Government!

I felt optimism that through events and symbolic gestures like this, our children, grandchildren and future generations will be able to take great pride in declaring they are Métis!

Of course, I don't want to give anyone the impression that I believe this resolution changes everything. Prejudices run deep.

Challenges lie ahead of us, and we still have much work to do to build a stronger Métis Nation.

However, days like April 19th are few and far between. I hope each of you takes the time to think about what the "Year of the Métis" means to you, your family and your community. Take pride in knowing we are surely making progress and the Métis Nation is on the move!

I encourage all of you to take the time to read the Hansard from the Ontario Legislature on April 19th.

I also encourage all of you to take part in one of the many cultural and community events that will be held throughout the

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The Ontario Legislature recognizes and honours the distinct culture, identity and heritage of the Métis people in the Province as well as the historic and ongoing contributions of the Métis in Ontario

”

province this year to celebrate Métis culture and the "Year of the Métis".

Take Pride in who you are and the Nation you belong to!

In closing, I would be remiss to not acknowledge the efforts and hard work of former MNO President Tony Belcourt, past and present members of the Provisional Council of the Métis Nation of Ontario, senators, veterans, women, youth, captains of the hunt, Métis leadership at the community council level and all of the volunteers and citizens who have given freely of their time, dedication and heart to building the Métis Nation over the last 17 years.

Your tireless and heartfelt efforts made April 19th possible. I was honoured to witness the passing of the resolution on behalf of all MNO citizens, knowing that the resolution and the "Year of the Métis" belongs to all of us collectively.

I look forward to continuing to work together and to share and celebrate our collective accomplishment throughout Ontario in 2010 and beyond!

Read the Hansard from the Ontario Legislature on April 19th online at:

www.metisnation.org/news--media/news/metis-honoured-at-queen-s-park.aspx

ONTARIO:



above: **Former Grand Council Chief of the Anishinabek Nation, John Beaucage appointed as Aboriginal Advisor to the Minister of Children and Youth Services**

Province improves support to Aboriginal children

Ontario appoints first Aboriginal advisor on Child Welfare

On April 14th, 2010 Ontario appointed John Beaucage as Aboriginal Advisor to the Minister of Children and Youth Services, Laurel Broten.

Mr. Beaucage will help improve services for Aboriginal children and youth, both on and off reserve by providing advice on Aboriginal child welfare issues for a period of one year. He will also be available as an expert resource to the Commission to Promote Sustainable Child Welfare.

A former Grand Council Chief of the Anishinabek Nation and current Chief Executive Officer of the Lake Huron Anishinabek Transmission Company, Mr. Beaucage is a strong advocate for First Nations' health, environmental responsibility and child welfare.

“Experience teaches us that the best way to build solid relationships is to listen.”

“I am honoured to be a part of our province's efforts to help its Aboriginal communities. Experience teaches us that the best way to build solid relationships is to listen. I sincerely look forward to hearing from, and engaging with, Aboriginal leaders across the province in an effort to advise our government on how to better support our children and youth,” said Mr. Beaucage.

At this time, approximately 21% of Ontario's 9,000 Crown wards are of Native heritage. It is hoped that the appointment of an Aboriginal Advisor will improve support for Aboriginal children and youth and ensure they have every opportunity to succeed.

MÉTIS NATIONAL COUNCIL | ABORIGINAL AFFAIRS WORKING GROUP

Moving ahead on Métis economic development

Métis National Council (MNC) President, Clément Chartier, is welcoming commitments from provincial and territorial Ministers of Aboriginal Affairs to work with First Nation, Inuit and Métis Nation leaders to improve education and economic development opportunities, and to end violence against Aboriginal women and girls.

The commitments were made at the second meeting of the Aboriginal Affairs Working Group (AAWG) held Apr. 28, 2010, in Toronto. The group, comprised of Aboriginal Affairs Ministers and leaders from across Canada, meets regularly to move forward a collaborative plan to address the unique socio-economic challenges and opportunities of First Nation, Inuit and Métis peoples. At the 2009 *Council of the Federation meeting in Regina, Saskatchewan last August, premiers from across the country expressed an interest in reinvigorating the federal-provincial-territorial Aboriginal affairs process. They agreed to ask ministers responsible for Aboriginal affairs to form a working group to examine how to work more effectively with the federal government to

improve outcomes for Aboriginal people.

The federal government is invited to participate, and was represented at this meeting by Chuck Strahl, Minister of Indian Affairs and Federal Interlocutor for Métis. In its closing communiqué, the AAWG pledged to develop specific action plans on economic development, education, and ending violence against Aboriginal women and girls. The action plans will be presented at the August meeting between the Council of the Federation and leaders of the national Aboriginal organizations.

The MNC is advocating for the action plans to be regionally-specific and distinction-based.

“The priority areas being addressed by this working group are of great concern to Métis Nation citizens,” said President Chartier. “By embracing a distinctions-based approach, I am confident we will continue making progress in finding practical, Métis-specific measures to achieve concrete results.”

During the AAWG meeting, an example of how successful a regionally-specific, distinction-based approach can benefit the Métis Nation was brought for-

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“Canadians cannot afford, from either a national perspective, or in their regions and communities, to see Métis people lag behind.”
.....

ward by Bill Hutchinson, Saskatchewan Minister of First Nation and Métis Relations, and Minister Chuck Strahl. Both highlighted the recent announcement that the Government of Canada was contributing \$5 million to Saskatchewan's Clarence Campeau Development Fund to establish a new Métis energy and resource program.

Minister Strahl told AAWG participants how the contribution will increase Métis participation in the resource and energy sectors, and build on the Métis Nation Protocol and Métis Economic Development Symposium.

“This new program is a fine example of how Métis-specific approaches can yield significant benefits for Métis Nation citizens,” said President Chartier. We should use this success as a template for our continued work through the AAWG on economic development, education and ending violence against Aboriginal women and girls.

The Council of the Federation is a council in Canada made up of the premiers of Canada's provinces and territories. Its main function is to provide a united front amongst the provincial and territorial governments when interacting with Canada's federal government. It also promotes “constructive Confederation”, working for Canadian unity and recognizing differences amongst the various provinces and territories within Canada's federal system of government.

The Council of the Federation meets twice annually to discuss issues relating to Canadian intergovernmental relations—those between the provinces and territories and the federal government.

MÉTIS NATIONAL COUNCIL | ECONOMIC DEVELOPMENT

MNC & feds discuss poverty reduction

On April 8, 2010, Métis National Council Vice-president and Minister for Social Development, David Chartrand, appeared before the House of Commons Standing Committee on Human Resources, Skills and Social Development and the Status of Persons with Disabilities to testify about ways the federal government can help reduce poverty among Métis Nation citizens.

“A successful economy depends on productive, contributing Métis citizens,” Vice-president Chartrand told the committee. “Canadians cannot afford, from either a national perspective, or in their regions and communities, to see Métis people lag behind.”

Vice-president Chartrand's testimony was part of the committee's study on the federal contribution to reducing poverty in Canada. The wide-ranging study has been on-going for the last two years, and in late March the all party committee began hearing from representatives from various national Aboriginal organizations. The MNC was one of the first asked to speak.

In his presentation to the committee, Vice-president Char-



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“Canadians cannot afford, from either a national perspective, or in their regions and communities, to see Métis people lag behind.”
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trand stressed the benefits of Métis Nation skills training and education programs.

“Education and learning make individual Canadians and communities as a whole more resilient and better equipped to adapt to economic turbulence,” said Chartrand. “Accordingly, we believe the federal government should continue to extend sup-

port for Métis governments to meet the skills, training and educational needs of Métis people.”

Vice-president Chartrand told the committee there is a vital need for more federal support for Métis childcare programs.

“It is now universally accepted that early learning supports do make an enormous difference in improving educational outcomes later in life,” said Chartrand. “Métis do not have access to childcare within current Aboriginal human resource programs...Thus limiting our ability to meet the needs of families.”

Chartrand told the committee the MNC is recommending the federal government assume the role of supporting Métis governments in meeting childcare and early learning needs, since most provincial governments are falling short.

After hearing from First Nation and Inuit representatives, the committee will begin drafting its report. The report will be presented to the House of Commons and made public within the next year.

POLITICS:

Aboriginal Members of Parliament still rare

This March, 2010, marked the 50th anniversary of the day then-prime minister John Diefenbaker amended the Canada *Elections Act* to recognize First Nations Canadians as equals under the law.

Before 1960, status Indians were only able to cast a ballot if they gave up their status and applied to be enfranchised. Only 250 had the vote.

Even now, Aboriginal candidates are rare, and Aboriginal candidates who win even more so. In the last 50 years, Canada has elected just eight First Nations people to the House of Commons and appointed nine First Nations senators. Currently there is only one First Nations MP—Conservative Rob Clarke from Sask.—and four senators.

Federal Health Minister Leona Aglukkaq is Inuit and there are also three Métis, including Manitoba Conservatives Rod Bruinooge and Shelly Glover and Newfoundland and Labrador Liberal, Todd Russell.

Métis and Inuit were not restricted from voting before 1960, but enfranchising status Indians likely had a significant impact on the political role of all Aboriginal people in Canada.

Housing

THUNDER BAY | ONTARIO ABORIGINAL HOUSING SERVICES

Ontario Aboriginal Housing Services (OAHS) helps house Métis family

A large Métis family in northern Ontario now has a safe, affordable place to call home.

Ontario Aboriginal Housing Services (OAHS) administers the new off-reserve First Nations, Métis, Inuit Urban & Rural (FIMUR) Assisted Homeownership Program. The FIMUR Homeownership Program provides up to \$30,000 for eligible applicants with assistance for a down payment and other related closing costs.

Tim Pile, Secretary Treasurer of the Métis Nation of Ontario (MNO) and Board Member for OAHS, was on hand to see Cornell, Eleanor and their four children get the keys to their new home. "MNO is so pleased to see one of the many Métis families that needed a safe home be successful. This clearly demonstrates that the program is working."

Cornell and Eleanor, both Métis, are moving from a rental property that had mould growth and was causing health problems for them and their children. Cor-



left: "This is a dream we didn't think we could attain and OAHS made it happen." right: Tim Pile, MNO Secretary Treasurer and OAHS Board Member, discusses Cornell and Eleanor's new home for their family. Photo credit: CMHC

nell says with emotion, "This is a dream we didn't think we could attain and OAHS made it happen." Their family was also on a waiting list for safe, affordable OAHS rental housing. Now that Cornell and Eleanor are homeowners, this removes six people from that waiting list.

Don McBain, Executive Director of OAHS, comments, "The

FIMUR Homeownership Program will help many Aboriginal individuals and families move from a rental unit to their very own home. With this funding provided by the Province of Ontario from the federal off-reserve Aboriginal Housing Trust, we will be able to help more than 250 Aboriginal people and their families find a safe and affordable home."



Since the program was launched in September, 2009, there are 70 Aboriginal families and/or individuals actually living in their new homes. There are about another 100 applicants who have received conditional approval and are actively shopping for their new home.

The FIMUR Assisted Homeownership fund is almost fully

committed so potential applicants are encouraged to apply as soon as possible.

For more information on OAHS or the FIMUR Program, please visit: www.ontarioaboriginalhousing.ca or call 1-866-391-1061. Providing safe affordable housing is our mandate. Creating homes is our goal.

THUNDER BAY | MÉTIS BUILDING SYSTEMS TECHNICAL ADVISER PROGRAM

Métis Building Systems Technical Adviser Program becoming industry leader

by Leafy Shaw

With rising and volatile energy prices and escalating concern about climate change, the Métis Nation of Ontario's leading-edge, state of the art Métis Building Systems Technical Adviser Program (MBSTAIP) is becoming a leader in research and technology that will deliver performance and industry-leading energy efficiency strategies for the residential sector.

The first year interns for the MBSTAIP are under way and we are now canvassing for the next group, which will commence in Thunder Bay in January, 2011. Interns will benefit from the MBSTAIP pilot project by receiving four full college credits, job training and on-site work experience along with job placement within

the Métis Nation of Ontario Housing Branch. They will also be available for possible work across the province with other housing agencies that are in need of residential inspections, energy retrofits and audits.

This pilot project is a partnership between the Métis Nation of Ontario, Ontario Power Authority (OPA), Confederation College (ConCollege) and Aboriginal Skills and Training Strategic Investment Fund (ASTSIF).

If you have a background in construction and have an interest in building science and a drive to succeed, contact:

Carrienne Agawa
carriennea@metisnation.org
or **Leafy Shaw**
leafys@metisnation.org
Tel: 1-800-891-5882

INTERNS TESTIMONIALS FOR THE MBSTAIP PROGRAM:

"It is very challenging to enter a school environment as a mature student, but the rewards are great. I have just earned my first college credit and that is a proud accomplishment. The many facets of this program are giving me a well rounded education." — *Kevin Muloin*

"This course is enjoyable and interesting; it has given me lots of insight on how homes are built and how a house as a system works. Build tight and ventilate right." — *Gilles M.*

"I feel that the MBSTAIP program is a great opportunity to better myself. The knowledge gained from this experience proves to be invaluable." — *Justin McCarville*



clockwise from top left: Andrew Thompson; Justin McCarville; Gilles Martineau; Peter Ducharme; Rene Ducharme; Terry Desaulniers (instructor/ coordinator); Kevin Muloin and Edmund Indian (Instructor) during the blower door installation demonstration.



MBSTAIP instructors Edmund Indian (instructor) and Terry Desaulniers (instructor/ coordinator) demonstrating the blower door installation on the new Métis Nation of Ontario training facility.

PCMNO ALUMNI:

MNO congratulates Past-President Tony Belcourt

“As the founding President of the Métis Nation of Ontario, Tony helped to lay the ground work for the recognition of Métis rights enjoyed today,” said Gary Lipinski, President of the Métis Nation of Ontario (MNO). “It is fitting that his tenacity, determination and hard work in the areas of self-government, economic development, education and culture be recognized in this way.”

On May 28th former MNO President, Tony Belcourt, received an Honourary Doctor of Laws Degree from Lakehead University at its Spring Convocation in Thunder Bay. Dr. Belcourt founded the Métis Nation of Ontario in 1993. His participation in the Powley Case, which was ultimately heard by the Supreme Court in 2003, was pivotal in the recognition of Métis harvesting rights in the

province and across the Métis Homeland. Prior to establishing the MNO, Tony worked for the Métis Association of Alberta and was instrumental in the formation of the Native Council of Canada. Dr. Belcourt was also critical to ensuring that the rights of Métis people in Canada were enshrined, along with those of Canada’s other Aboriginal peoples, in Section 35 of the *Constitution Act, 1982*.

“Métis people across Canada owe a debt of gratitude to Tony for his efforts on our behalf,” President Lipinski added. The Métis Nation of Ontario will honour former President Belcourt at its upcoming Annual General Assembly, which will take place at Fort William Historical Park from August 21 to 23, 2010.

Tony Belcourt receives honorary degree from Lakehead University

by Linda Lord

Dr. Belcourt began his address to the 46th Convocation of Lakehead University by saying, “I will never forget the day I got the phone call from President Gilbert to tell me that this wonderful university had decided to confer the great honour that you have given to me today. It was a call that was ‘out of the blue’. I had no idea I was even being considered. I was taken completely by surprise and well, to be honest, shocked...”

Tony went on to speak directly to the student body, who, he said, like him were probably very aware of the debt they owed their parents. He said that hard work and determination were qualities that his parents had instilled in him, not for his personal benefit, but for the security of the family.

Born in the historic Métis community of Lac Ste. Anne, Alberta, shortly after the end of the “great depression”, Dr. Belcourt grew up speaking Michif and Cree until the age of seven when the family moved to Edmonton. Lacking an education, Tony’s father worked two and sometimes three jobs at a time in order to support his growing family. When the children were a little older Dr. Belcourt’s mother also joined the work force where she was employed in a glass factory.

At this time it was Tony’s duty to complete high school and get a full time job which might help ensure that his brother and sisters were also able to finish at least a basic education that had not been available to his parents. Dr. Belcourt joked that his father’s goal was that Tony should get a “government job”. “After high school, I did get that government job – in fact it was my dad who found it for me: a clerk at Alberta Government Telephones. This brought the security my dad wanted for me but it was, well, boring – without challenge. My whole life up to that point was about facing adversity, gaining knowledge, achieving something.”

Hoping to become a pilot, Tony joined the armed forces, but his eyesight grounded him and the grind of military life stifled his independence and ambition. He got out and moved to Toronto.

“My first big break came after I



above: Danielle and Tony



left to right: MNO Secretary Treasurer, Tim Pile; MNO past president, Tony Belcourt; Captain of the Hunt Region 2, Cam Burgess; and, long time friend, Charles Fox.

joined the Toronto Junior Board of Trade and began organizing different events. That led to meeting my second critical mentor, who gave me a job in public relations back home in Edmonton. And once back...I was led back to my own community--Métis and First Nations people now living in the city who were starting to organize socially, culturally and politically. I was soon leading a new local group of the Métis Association of Alberta, became the Provincial Vice-president and--well--the rest is history.”

By this time Dr. Belcourt’s father had given up on seeing his son with a secure government job and had himself become involved with the Métis movement. “I remember his words distinctly, his message was ‘get our

land back, son. Get our land back.’ Those words became my mantra and my guide.

“In order to successfully fight for our rights, I knew we needed to have a presence in Ottawa. I pushed the other Métis leaders at the time to come together under one umbrella and to establish that presence in the full view of parliament. That was 1971.

By 1982, the Métis were given constitutional recognition by being included in part 2 of The *Constitution Act, 1982*...”

Despite the elation that accompanied this success, it was another 21 years before the Powley Case brought about real change. “...in many ways the most crowning achievement I felt personally was our success in 2003 at the Supreme Court of Canada in the case of *R v Powley*. Governments had taken the position that even though our rights were recognized in Canada’s Constitution, they no longer ‘existed’--that they had been extinguished. But we proved them wrong, and finally, there is no longer a legal basis on which there can be any further denial of our existence as a people, nor that of our ‘existing’ rights.

“But the struggle for the Métis Nation and all other Aboriginal peoples for the full recognition and respect of their rights is far from over. It’s one thing to have a declaration by the courts, but it’s another for governments to live up to those rulings.”

Dr. Belcourt is now involved with in an international Indigenous organization to promote the appropriate use of communications and information technologies. “We need to find new and better ways to deal with the issues of poverty, poor health and sub-standard education in our communities”, he said.

Tony commended the Legislature of Ontario for passing a resolution to commemorate this year, 2010, as the “Year of the Métis”, but went on to challenge the legislature to pass a “Métis Nation Recognition Act”.

Dr. Belcourt closed with these words: “Always grasp the opportunity that comes by learning and by doing. Always move forward. As my dear friend and mentor, Dr. Suzanne Rochon-Burnett once said: ‘always move forward--because even if you fall flat on your face--at least you are still moving forward.’”

Friends and colleagues in Thunder Bay for ceremony

by Tim Pile

It was an honour and a pleasure to host MNO past president, Tony Belcourt over his two-day visit to Thunder Bay in May. It was a very proud moment for me as MNO Secretary Treasurer and Lakehead University Board of Governor to witness past president Belcourt on stage receiving his gown and honorary doctorate at Lakehead’s 46th Convocation, 2010.

Dr. Belcourt addressed the morning Convocation Ceremonies which included mostly students from the Education Departments at Lakehead University. The focus of Dr. Belcourt’s address was the importance of education in his life. He spoke to the graduates and parents explaining the value of education and how this played an important role in his family life and political career.

.....
“...we want to make sure everyone has the best information possible to present...”
.....

On the evening previous to Saturday morning’s Convocation, Dr T. (this was one of many nicknames used throughout the evening) was recognized by the Thunder Bay Métis Council who hosted a dinner in Tony’s honour. We enjoyed a traditional meal and some social time together with members of the Council, Captains of the Hunt who were passing through from meetings in Fort Frances, as well as Métis friends and family. Special guests Charles Fox and Meladina Hardy were in attendance and had an opportunity to recognize Dr. Belcourt’s past achievements as a friend and political ally.

PCMNO Chair Picotte and I had a chance to highlight some of the many contributions that Dr. Belcourt had made that helped build the MNO. To complete the evening Dr Belcourt had an opportunity to speak to the group after dinner and stressed the history, reasons and challenges that led to the creation of the MNO. My only regret that night was the lost opportunity to record Tony’s speech as it was a heartfelt reflection of the past activities that have brought us forward to be recognized as proud Métis in Ontario.

Community Councils

SAULT STE MARIE

Métis Centre reopened in Soo

by Donna St. Jules

April 28, 2010, was an historical day for the citizens of the Historic Sault Ste. Marie Métis Community because a number of exciting events took place. All of the fun began at 8:30 A.M. with an open house at the Sault Métis Centre at 26 Queen St. East to celebrate the grand re-opening of the newly renovated Métis Centre.

Senator Brenda Powley, Council members and MNO staff greeted visitors and provided information on the various programs and services available. Tours of the renovated facility concluded in the newly dedicated Powley Room, a fully accessible program space equipped with a state of the art kitchen, where participants were able to enjoy a variety of nutritious snacks and light refreshments.

At 2:00 P.M., Gary Lipinski, President of the Métis Nation of

Ontario and Dr. Ron Commons, President of Sault College, signed an historic Memorandum of Understanding (MOU) between Sault College and the Métis Nation of Ontario at the Enji Maawnjiding Centre at Sault College. The signing of the MOU marked the official opening of the Aboriginal Apprenticeship Centre (AAC) at Sault College, a new program focused on developing apprenticeships for Aboriginal people. This Aboriginal Apprenticeship Centre, the first of its kind in northern Ontario, is delivered by the Métis Nation of Ontario.

At 5:00 P.M. the Métis community celebrated its accomplishments with a community feast featuring a variety of traditional Métis dishes. President Gary Lipinski delivered a passionate and inspiring speech to the Métis citizens as he spoke about the accomplishments of the Métis people at the provincial level. He also congratulated the local leadership, Métis citizens and MNO



Métis youth dancers at re-opening of Sault Ste. Marie Métis Centre.

staff on their hard work and continuous dedication which led to the many accomplishments that we gathered to celebrate on this historic day. It was truly a wonderful day to celebrate being a Métis citizen.

The MNO staff and Historic Sault Ste. Marie Métis Council would like to invite you to drop by the newly renovated Métis Centre. We are open weekdays from 8:30 A.M. to 4:30 P.M. with various programs available in the

evenings and on the weekend. Call 705-254-1768 for more information.

Donna St. Jules is MNO Health's Community Wellness Coordinator in Sault Ste. Marie.

New COUNCILS:



photo: Guy K. Winterton

Dr. Helene Savard, President of the Peterborough Métis Council, with a turkey in Rio Grande, Oklahoma.

New Métis Council in Peterbrough

About 40 MNO citizens gathered at the Burnham St. Lions Club, in Peterborough to form an interim council.

France Picotte, MNO Chair, said, "What this does is bring awareness to Peterborough that we have Métis people here, and the Métis culture is alive. This gives people a nucleus group where they can gather, share information, enjoy their culture and develop programs." She went on to say that there are about 500 to 600 people in the area who identify as Métis.

INTERIM PETERBOROUGH MÉTIS COUNCIL:

President Helene Savard
Senator Andy Dufrane
Councillors Debra Malandrino
Terry Bloom
Christa Lemelin
Greg Bloom

OSHAWA & DURHAM REGION MÉTIS COUNCIL:



A new name with a new look

by Art Henry

The members of the Oshawa Métis Council are excited to announce their new name and logo. Our council will now be called "The Oshawa and Durham Region Métis Council" (ODRMC).

This name change was necessary in order to be more inclusive of Métis citizens in our char-

tered community area. We wish to thank James Wagar, ODRMC community member for designing our beautiful new logo.

We extend our warmest welcome to all citizens of our area and beyond to come out and enjoy our community events.

Art Henry is the Vice President of the Oshawa and Durham Region Métis Council.

Georgian Bay Métis Council:



Midland office opens new computer lab for labour market development

by Jo-Anne Parent

Region 7 Midland MNO office now has a labour market computer lab.

Citizens can come to the Georgian Bay Métis Council office located at 355 Cranston Crescent and use the resource room. Seven new computers have recently been set up for the needs of our citizens. We

are happy to help you with:

- creating a resume
- creating a cover letter
- job research
- skills development

Come in and check it out, or contact Jo-Anne Parent, Education and Training Branch by phone (705) 527-1228 or email: joannep@metisnation.org.

Northumberland Métis Council gets involved

by Kathy Bazley

Last year, I found an article in the *Prince Albert Daily Herald* about a family in Alberta who was trying to obtain a proper monument to recognise their ancestors who had fought alongside Louis Riel.

Mr. Jobin was seeking donations towards the purchase of two tombstones that were to be

dedicated to the soldiers in the battle of 1885. This was a project devoted to all the valiant Métis who fought side by side, during that fateful struggle, which in turn would change history.

I brought the article to the attention of our Northumberland Métis Council and we unanimously approved a motion to assist in the fundraising. We have now heard back from the family



that sufficient money was donated to erect two beautiful monuments in remembrance of Joseph Ouellette and Ambroise Jobin as well as a "thank-you" plaque.

You will notice on the plaque that the Northumberland Métis Council is the only Métis organization that made a donation so we are very proud of this accomplishment.

Kathy Bazley is the Secretary for Northumberland Métis Council.

The Prince Albert Daily Herald article can be viewed at:
www.paherald.sk.ca/Living/People/2009-02-28/article-181042/Metis.../1

MULTI-COUNCIL EVENT | NIAGARA REGION MÉTIS COUNCIL ORGANIZES QUEBEC TRIP

Roadtrip to Rigaud

Building connections among communities

by **BARBARA RUSK**

Taking part in any kind of fun with my Métis brothers and sisters is always fantastic. But this trip was one I was looking forward to as we were building a connection with our Métis family across the border in Rigaud, Québec.

I feel so fortunate having been to Rigaud and back! New relationships were formed and certainly new friendships. The sugar shack was a rather interesting business, and the feast was one I will never forget. There was too much food as usual, and I confess I even tried the sugar pie! I took part in some good old fashioned Métis dancing; let's just say I haven't moved like that in a little while.

On the way back we stopped at the Museum of Civilization in Hull; they have an amazing Métis

exhibit. It left me yearning to learn more.

My sidekick Barbaranne Wright and I talked almost all the way there and all the way back! Oh the laughter! I apologize to those on the bus who were trying to sleep, but we simply couldn't help ourselves.

I am looking forward to the next trip to Rigaud. Let me know when the bus is leaving; I'll be on it! A big thanks goes out to the Oshawa and Durham Métis Council for arranging this trip.

I hope all of my Métis family will recognize that the Homeland stretches from coast to coast; that being Métis is deep within the soul, and that there are no borders and partitions when it comes to accepting your family roots. Being and feeling Métis is something you can be proud about.

A great family adventure brings Métis Councils together

by **BARBARANNE WRIGHT**

This was a great family adventure, organized by the Oshawa and Durham Métis Council. Included on this bus trip were members of the Grand River Métis Council; The Toronto Métis Council; The Northumberland Métis Council; and, The Niagara Region Métis Council.

We travelled by bus from Oshawa to Rigaud, where Métis Elder, Archie Martin, hosted a sugar bush event that was very "habitant". We entered the park on a large horse drawn wagon where we were met by an area Métis group. The Oshawa and Durham Métis Council had the Olivine Bousquet Métis Dance Troupe under the direction of Dance Master, Trina Lee LaVallee.

Many friends and family members came to visit. It was so wonderful to see Karole Dumont Beckett make the journey in from Ottawa to visit with us! Archie Martin had his tee pee up and entertained the crowd. Bob Stevenson came to join the party. The experience was very hum-

bling, yet we had such a wonderful time. We danced, drummed, told stories and watched the dancers do their magic-not to mention the special treat of Alicia Blore and her fiddle. The spoons were a-flapping and the crowd was just having the best time! To end the evening we took some time to thank the Creator for the event and watched the fire burn into cinders before heading back to our hotel.

The next day we were off to Gatineau and the Museum of Civilization where we met President Pilon's cousin, Jean Luc Pilon, who gave us an interesting view of our ancestors in the North West Exhibit.

I would travel again with these folks. We had an awesome time and did not lose anyone in the process! So now we are planning for Batoche. Who is coming? See you there!

Thanks for the memories.

Barbaranne Dominick Wright is the Women's Representative / Genealogist for the Niagara Region Métis Council.



top: **Makushan (Feast) at Sucrierie de la Montagne (Sugar Shack) in Rigaud, Quebec on April 24, 2010**
left: **Shoulder cape worn by Virginia Barter.**
above right: **Barbaranne and husband Harry Wright dressed for the occasion.**



If you are an Aboriginal person that is interested in learning about opportunities that are apprenticeship based, or would like to pursue a career as an apprentice in a skilled trade, or even an apprentice looking for information, then you need to make the call or visit the Aboriginal Apprenticeship Centre located within Sault College at **443 Northern Avenue East in Sault Ste. Marie.**
CONTACT: Bob or Lynne at **705-759-2554 xt.2587** or email: **robertk@metisnation.org** or **lynnes@metisnation.org**

ABORIGINAL APPRENTICESHIP CENTRE



This project is funded in part by the Government of Canada.

Canada

THE ABORIGINAL APPRENTICESHIP CENTRE IS A MÉTIS NATION OF ONTARIO PROJECT IN PARTNERSHIP WITH SAULT COLLEGE

AROUND BLUE SKY | NORTH BAY MÉTIS COUNCIL



top left to right: **Senator Marlene Greenwood, Mel Jamieson and Lise Malette at the 5th Métis spring celebration in North Bay.**

North Bay's Métis spring celebration

by **Brian Cockburn**

2010 is the Year of the Métis, but it is also the 15th anniversary of the North Bay Métis Centre, which was officially opened in March 1995 by Senator Bud Greenwood and President John Novack. On the 17th of March, 2010, a lunch and supper were served along with a good helping of Bingo and music by Roger Geroux to mark the occasion.

On May 15th the tables are being returned to the North Bay Métis Centre while MNO Education and Training's Linda Krause looks around for the sign-in book which has meandered into one of the many boxes hauled from the

5th Métis Spring Celebration. The North Bay Mall had donated an empty store for the day, which was soon filled with program displays and cultural information, crafts, hand-made bows, food, a children's fish pond and face painting centre.

Bobbi Aubin and Desneige Taylor drove from the Sudbury office to do the storytelling for the day, as the staff and volunteers from North Bay welcomed well over a hundred visitors. President, Walter Deering, walked the room as Doris Evans chaired the table. The crowd was enjoying the bannock made by Suzanne Deering as Senator Marlene Greenwood along with Lise Malette of Long Term Care

and Linda Krause gave out a Métis Sash, gift, and certificate to volunteers Nicole Petrant-Rennie, Pierre Malette, Raymond Malette, Mel Jamieson, Sabrina Roy and Brian Cockburn for their help with the programs.

Jayne Jansen (Healthy Children) put on a workshop for parents as well as a display on the health of wild berries; Clayton Windatt with the White Water Gallery did a water colour painting workshop and the children became the face painters before the end of the day as Kasandra Jansen painted Jason Jamieson's face.

It was a fun day for one and all in celebration of 2010, The Year of the Métis.

NIAGARA REGION MÉTIS COUNCIL

Honouring Earth

by **TerryLynn Longpre**

As part of Welland's fifth annual Earth Day celebration, the Métis community was asked by Paul Grenier, chairman of Welland City Council's conservation committee and a Métis citizen, to participate and share with the public its connection to the earth. The AHWS program and NRMC partnered for a day of homage to Mother Earth.

The event took place at Merritt Island and began with Clayton Latham and his brother James performing a traditional aboriginal smudging ceremony as the crowd gathered around. The



Clayton Latham conducting the opening ceremony.

ARTS & CRAFTS:

Shake, Rattle and Learn

BY TRACY DALE • The Métis Nation of Ontario Bancroft office held a "rattle-making lunch and learn" on May 12th and 19th 2010. During this two-part workshop participants learned how to put together a rattle from beginning to end. One participant even shared a song with the group. Here are the instructions for making a rattle:

MATERIALS NEEDED:

| | | |
|---------------------------|----------------|------------------|
| Hide | Sinew | Stick |
| Pen | Beading needle | Beans/stones |
| Scissors | Balloon | Hot glue |
| Water | Paint | Feathers |
| Utility knife/ hide punch | Paint brushes | CD for a pattern |
| | Leather lacing | |

INSTRUCTIONS:

Soak hide until you are able to cut it with scissors.

Using a pen, trace 2 circles-- a CD works well for a pattern (approximately 6 inches in diameter). At the bottom of each circle add a small square, 1 inch squared (this will be where the handle goes at the end); ensure both circles are identical.

Cut out both circles.

Place circles with smooth sides facing outwards.

Using a hide punch or utility knife cut holes around the circle approximately ¼ inch from the outside of the circle. Leaving ¼ inch between each hole. DO NOT put holes on the square at the bottom. The holes only need to be large enough to fit a single piece of sinew.

Ensure while cutting holes that the hide doesn't slip; check to see that both pieces have the holes matching up.

Pat some water on your hide to keep it damp. (Any time you feel the hide is drying out just add a bit of water.)

Cut a piece of Sinew long enough to stitch your rattle around the entire edge. If you choose to use fancy stitching remember it takes more sinew and you need to allow for that.

Using a needle (beading needles work well) thread the sinew through the needle, single strand only.

Starting at the bottom hole closest to the square put your needle through the two pieces of hide and tie a knot in the sinew. Stitch your rattle all the way around the circle stopping at the last hole abefore the square. When you are finished tie a few knots to ensure the sinew is tight. You can make the stitching as fancy as you wish. Blanket stitching looks great or you can stitch the hide all the way around then start at the end and stitch back to the start and each stitch will look like a cross.

Place a small balloon in the square opening at the bottom of the stitched up circle leaving the end of the balloon sticking out just enough to blow it up.

Blow up the balloon until your rattle is the shape you like and tie the balloon in a knot.

Ensure the rattle is still damp. Start painting both sides of rattle. To help during painting put your rattle on a disposable cup to dry. Let rattle dry completely over night.

When rattle is completely dry cut the end of the balloon off, try not to let the balloon fall inside the rattle.

Add different beans, stones or other materials as you wish until you get the sound you like. Put a stick in the bottom hole of the rattle. (You may add a bit of hot glue to ensure the stick stays in place.)

Wrap pieces of leather tightly around the bottom of the rattle to hold the stick in place.

Lastly, you may choose to decorate the rattle stick with leather lacing, feathers, beads or other materials.

Learn a new song to go with your rattle, and enjoy.

weather was cold and rainy, but it did not deter any of us from paying our respects to Mother Earth and teaching our community about the Métis people.

At the end of the opening ceremony James Latham dressed in full regalia presented his brother Clayton with an Eagle feather, a high honour and ultimate sign of respect in the aboriginal community. From there we all moved over to the Merritt Island trail for the ceremonial planting of a red maple tree. An additional 300 trees will be planted by student volunteers.

The AHWS and NRMC shared bannock baked by Valerie Boese (NRMC Councillor) with all participants. Barb Wright (Woman's Rep and Genealogist) presented samples of Métis Beading--moccasins, gauntlets, furs, a beaded saddle pad and smoked tanned beaded flower samples.

AHWS created feathered key chains with the children and spent much time educating the community about the Métis.

All in all it was a day of honour and respect for us all. Special thanks to Suzanne Matte and Valerie Boese for their great contribution and effort at this event.

TerryLynn Longpre is MNO Health's Community Wellness Coordinator in Welland ON.

Our Stories



Special to The Voyageur

by Gloria Bell

Scholars have written about the identity of mixed-heritage families within the Great Lakes region in the nineteenth century, but few have attempted to understand the development and persistence of visual culture for Métis. With my master's thesis entitled, *Threads of Visual Culture: Métis Identity in the Great Lakes Region*, I hope to raise awareness of the role played by material culture (bags, sashes, jackets, flags) in identity formation. In this brief article, I will raise some questions based on my research on living history at Fort William Historical Park, Thunder Bay, and I will also include an interview with a re-enactor who portrays a Métis woman. This analysis bears particular relevance since the Annual General Assembly will be held there this August and there are many important questions to be asked of how this heritage site represents Métis.

Fort William was quiet as I walked through the cold dewy morning around the outside of the barricade. I could not help but have a sense of awe, imagining what this place must have looked like 200 years ago, at the height of the fur trade. My guide and I walked into the forest and sat on some tree stumps, waiting for the rest of the tour group to arrive. She was wearing a striped wool jacket, moccasins, leggings and a kerchief in her hair. She seemed to be a woman from yesteryear, stepping out from Fort William's past. However, she then glanced at her watch, told me the tour would start soon, and I was brought back into the present. The illusion that may have lasted a few moments quickly dissipated with the dew as I began to ask more questions. That liminal moment of belief in her performance, and the convolution between the present and the past, seemed to frame my research here at Fort William and the experiences and aims of the interpreters and raises interesting questions about the potentialities of re-enactments like these to affect our understanding of history. How is clothing used as an expression of identity for the re-enactors? What role does this site play in educating the public about Métis identity?

The slogan of Fort William reads, "preserving the past while building the future" and its publicity encourages visitors to, as I did for that moment, "step into the past." Through the site and the stories told by the re-enactors, Fort William strives to create an "honest and authentic depiction of history based on sound research" (Fort William Historical Park web site). Fort William today attempts to re-create a bustling fur-trade post of 1815 with re-



Re-enactors and visitors do a square dance at Fort William Historical Park

Acting Métis

The re-enactors at Fort William Historical Park in Thunder Bay are called upon to portray Métis people. Like Métis identity itself these performances are layered and complex.

enactors who base their "authenticity" on fur-trade documents held at the fort. Each re-enactor is encouraged to do continual research about his or her historical character. However, these records are scanty and there is even less available information for the presence of Aboriginal peoples. Aboriginal interpreters have therefore largely created their characters based on secondary research, consultations with Aboriginal community members and their imaginations. These sources and the need to entertain visitors make re-enactment, like Métis identity itself, layered and complex.

Crystal Legros is an interpreter who portrays a half Swiss / half Cree woman named Marguerite McLoughlin who is married to a

attribute it to French-Canadian or Ojibwa. My perspective in 1815--things are just starting out. I don't know if they identified that way (Métis)."

The costumes that the interpreters wear help communicate their status as women of mixed-heritage to the visitors to the fort. Legros notes the influential role that she has in communicating important issues that Métis and mixed-heritage people experienced in the nineteenth century. She says that, "I think we have an important role. We talk to 400 people every day in July and August, talk to a lot of families, visitors from the states, who may not know a lot about it. I feel like we are giving them a lot of information about how it started...the role that Métis people played the

food. She then led us into the fort's encampment and to her home, where she opened the door and led us in. She described her house and a pair of beaded leggings and dress. There was other evidence of her life and activities, such as wool and needles, and plates were laid out on the table. While at her house, she stated that she was a mixed-blood woman. While she initially addressed us in first-person narrative, LeGros was flexible and also spoke in third person about the general activities that happened at the fort and about the moment in history and the different understandings of the term "Ojibwa" and "Chippewa." (In the United States, Anishinaabe (Ojibwa) are known as Chippewa).

We are torn between wanting to interpret history and facing that they were real people.

doctor at the fort. Her costume consists of an old chemise, Anishinaabe (Ojibwa) style strap dress, leggings, and moccasins. Sometimes she wears a wrap skirt or European empire-style dress. In winter months, she wears a wool coat as well. When I asked her about specific styles of clothing, she explained that many of the items we might today attribute to the Métis are not presented that way at the fort. She notes that, "In the time period we play, we don't attribute the sash to Métis but rather to the French-Canadian tradition. For us the way we approach Métis culture, is that it's in its infancy. We are responsible for re-enacting the birth of the culture, talking about the fur-trade and what role we play in the cultural evolution. We don't talk about the flag, clothing, sash, a lot of the stuff you would identify in 2009 as 'Métis' we

marriages in the custom of the country."

I went on a tour with Marguerite (LeGros) at the fort, the first tour of the morning. We started outside the Ojibwa encampment and several other visitors from the USA joined us. LeGros introduced herself as Marguerite McLoughlin, the wife of the doctor at the fort and told the group that it was 1815. First we visited the Ojibwa encampment and, after greeting the Aboriginal interpreters there, we went into their wigwam. LeGros explained about the construction of the tent and the process of harvesting

As LeGros noted in her explanation, there is a fair amount of room for the imagination in her interpretation of Marguerite. In her words, she "tries to think like how her character would have thought. Although there is a degree of impossibility, our aim is to promote living history and immerse the visitors. We make anecdotes using plausible history and a fair amount of creativity to make these things seem real. The visitor is interacting with a real person." LeGros knows that they cannot replicate history, but can only try and reproduce and recreate it. "The primary difficulty,"

LeGros explains, "is that we don't know what they were thinking. We don't know if Métis self-identified." At this time period, there may not have been great incentive to self-identify, since relationships were based on fur-trade ties. LeGros notes that the re-creation of characters is problematic because there are a lot of groups not represented in the fur-trade records. "We are torn between wanting to interpret history and facing that they were real people." Do these performances give agency to the characters that lived 200 years ago? Do they tell us more about how history can be used to understand current identity concerns?

LeGros' reflective approach to understanding history suggests that interpreters take a critical stance towards interpreting the past and that they are also concerned with creating an affective response in viewers, a 'magic moment' in which they imagine they are in the past. Scholars have studied this affective response in other cultural arenas. For example in Katherine Jackson's work on civil war re-enactment, she argues that affective responses to understanding history can play a valuable role in understanding the "multiple authenticities" of history making (Jackson 2001, 35).

How are Aboriginal people re-enacted at the fort? According to the re-enactors I interviewed, they do not portray "Métis" characters with a large "M", but rather a small "m", indicating that there were many people of Aboriginal and European origin in 1815 but they did not identify collectively like the Métis from western Canada. One reason for this could be that Métis in western Canada needed to align politically to have their voices heard as white settlers were encroaching on their lands, while many Métis in the Great Lakes were intermingled with other Aboriginal groups and faced different issues. It should also be remembered that many Métis were illiterate at this time and thus would not have written down anything suggesting that they thought of themselves as Métis. Although the park does not state that they are educating people about Métis identity, it could be argued that many people take away an understanding of what life was like for people of mixed heritage in the nineteenth century through the clothing the re-enactors wear and the stories told. Many visitors may base their understanding of Aboriginal people solely on the visual appearance of the re-enactors with their strap-dresses, leggings and moccasins. In this way, they do perform a broad educative function and give agency to the presence of Métis. However, we need to think critically about what types of narratives are being privileged and excluded, and also how this shapes our identity as Aboriginal people. How do concerns for a 'visitor friendly' and 'authentic' site complicate the ability for alternative performances to be presented at Fort William? When so many visitors understand Métis culture on a purely visceral level, do the costumes and stories presented encourage visitors to question these representations?

Gloria Bell is a candidate for a Master of Arts at Carleton University in Ottawa, and a citizen of the MNO. Her work explores how Métis identity is represented through visual culture and her thesis will be available through the Library and Archives Canada web site this summer (2010). Gloria would like to hear your thoughts on this topic. Please feel free to send a comment through her blog: www.metisramblings.blogspot.com or email her at gbell1@live.ca.

At The Cottage:

Peace of heaven, piece of mind

Cottage season is here! Remember, it is law in Ontario to have working alarms on each storey and outside all sleeping areas in your cottage, as it is in your home. Please check your local laws regarding carbon monoxide alarms. Fire Chiefs across cottage country want you to have ‘Peace of Mind at Your Piece of Heaven.’ Heed these five tips:

- 1) Change all smoke alarm batteries at least once a year;
- 2) Replace all smoke alarms over 10 years old;
- 3) If your cottage has a fireplace, or gas or propane appliances, install a Carbon Monoxide monitor
- 4) Clean heating appliances and BBQs before use. Ensure all combustibles, as well as children and pets, are kept away while grilling;
- 5) Check with local authorities for restrictions on campfires or burning brush.

Visit www.safeathome.ca for further tips

Métis Cookhouse by Gail LeBlanc

Grilling time is here again readers and here's a mushroom side dish I made to go with our steaks a few weeks ago. Yum! This is so easy that your children can prepare it for you. To save you time it can also be made ahead and kept in the fridge 'til you are ready to BBQ--great with beef or chicken.

BAR-B-QUE PORTOBELLO MUSHROOMS

- 4 Portobello mushrooms
- 4 slices of pineapple
- 1 medium zucchini
- 1 medium sweet onion
- 1 roasted red pepper
- olive oil
- dried basil
- salt and pepper to taste
- 4 pieces of aluminum foil (approximately 16 inches each)

On each piece of foil place your ingredients as follows: Brush olive oil on each cleaned mushroom and place mushroom flat side down on foil. On each mushroom now add 1 slice of pineapple, 2 slices of zucchini, 1 slice onion, and 1 piece of roasted red pepper. Sprinkle basil, salt and pepper to taste. Close foil and place on hot BBQ and cook for a half hour.

If you don't like Portobello mushrooms, you can use ordinary large white mushrooms.

ANCESTORS | REMEMBERING MÉTIS HISTORY



BATOCHÉ, 1885

Rob Pilon remembers Métis ancestors--those who stood tall at Battle of Batoche

by Rob Pilon

As a child I spent many days walking around Batoche, reading the gravestones in the cemetery overlooking the South Saskatchewan River, checking out the bullet holes in the church where my father and other relatives were baptized over the generations, wandering through the fields around this historic settlement. At the time I didn't know very much about the significance of this prairie landmark; I hadn't learned yet about the fight that our people fought against the forces of Canada. And I didn't know that many of my own ancestors had put their lives on the line during that fateful time in spring of 1885.

When I was six or seven my family visited my dad's cousin, Placid Pilon; their farm was less than a mile from Batoche. At the time I met Placid's elderly father, Louis Pilon; he sat in the dimly lit house with old photographs of other long gone relatives covering the walls. The old man gave us hard candies from a can. I still remember him handing them to us. What I didn't know is that this same old man was alive during the Battle of Batoche. As noted in the paper "Women of the 1885 Resistance" by Lawrence J. Barkwell with this contribution from author Diane Payment, this man was a part of Métis history.

"Christine Pilon (nee Dumas) and most of the women and children had sought refuge in dugouts and tents down by the trenches; the advancing Government troupes had burned their new home. She was cold, there was little food and after the debacle on May 12, she was forced to flee in the woods (Minatins Hill are) with her "bibì" (Louis, 19 months) She was with Mme Riel (who had been coughing blood for three days)and her two children. After days of hiding in the bush, they walked the 18 miles back to Batoche..."

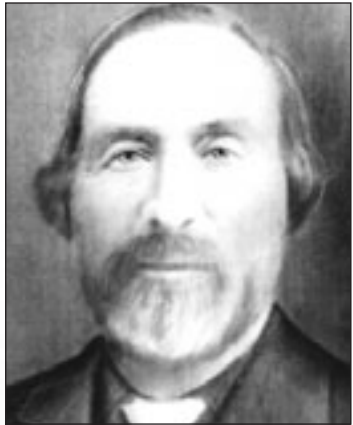
Over the years I've learned more and more about other family members who played a role in the Resistance. These men and woman are part of the stories that



left to right: Gilbert and Felicite Breland



Angelique and Joseph Pilon



for so long remained unspoken. As a child I would hear bits and pieces, but for the most part these were stories kept quiet by our elders, many of them probably lost over time.

I recently learned more about my own great, great grandfather on my mother's side--Gilbert Breland. As noted in Lawrence J. Barkwell's book, "Veterans and Families of the 1885 Northwest Resistance", "Gilbert was the scout who warned the Métis at Tourond's Coulee that Middleton's troops were approaching." Further in the book, another vet-

eran of the battle, Isidore Dumas, tells a story of Gilbert fighting at Tourond's Coulee:

In the afternoon (the soldiers) crossed the cannon too far for the gun to reach and they massacred the horses. The soldiers were not long on the long slope from the house to the coulee. We had a good time shooting at them. One stayed there all day, laying down, thinking he was out of range. He would move about mocking the Métis, thinking he was out of range. Gilbert Breland shot him and he grabbed his leg, so he shot him a second time and

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“They mark a point in our collective history where the Métis stood up to the government of the day to fight for their land, for their families, for their place in this country.”
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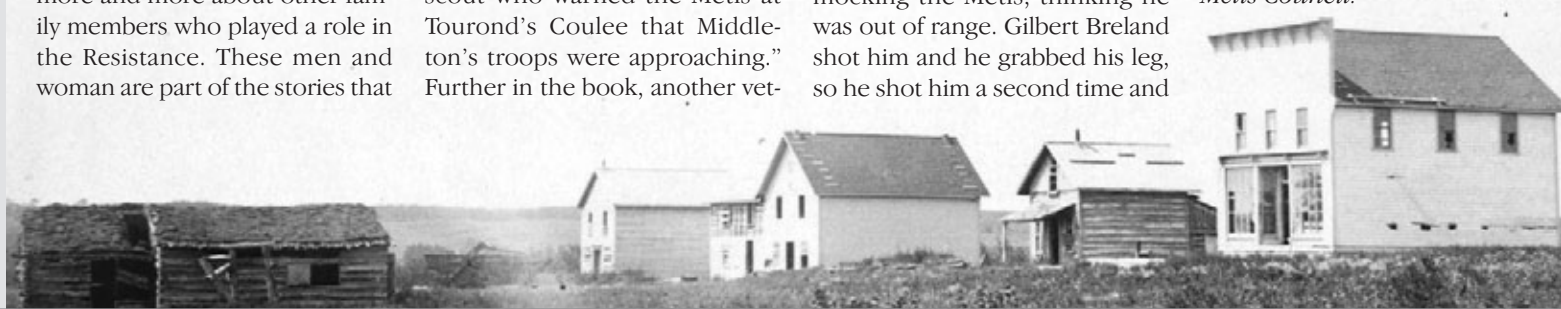
he was quieted.

My great great grandfather on my father's side also participated. Joseph Pilon, born in 1837 and son of Antoine Pilon and Angelique Lemai, married Angelique Normand. Joseph was a member of Captain William Boyer's company, one of the 19 dizaines led by Gabriel Dumont. After the battle he was arrested and received a conditional discharge for his participation.

I'm sure there were many stories that have unfortunately over time been lost with the passing of those who survived this time in our past. Any stories that remain are particularly valuable. They mark a point in our collective history where the Métis--fathers and mothers, brothers and sisters, sons and daughters--stood up to the government of the day to fight for their land, for their families, for their place in this country.

When I return to Batoche this summer, to honour the memories of those who participated, and to reconnect with the descendants of other families who fought for our rights on the prairies of Saskatchewan, I am particularly proud to be Métis and to say that my family stood tall in the historic battle. For many generations this was not spoken about with pride, it was not spoken about at all. But in this, "The Year of the Métis", it is time to take pride in all that our Métis ancestors from coast to coast did to promote and preserve our culture and heritage.

Rob Pilon is the President of the Oshawa & Durham Region Métis Council.



Veterans

At rest in Kanchanaburi

Shaun Redmond visits Kanchanaburi Cemetery in Thailand

by Shaun Redmond

Remembrance Day is not just on November 11th. In fact, that day started as a memorial to the end of the Great War--"The War to End all Wars". Despite being a small country, Canada answered the call in the global conflicts of the First World War, the Second World War, and again in the Korean conflict. Like today, the Canadian Forces of that time found themselves in all corners of the world. After the wars, many former military personnel from the commonwealth countries and from amongst our allies relocated to Canada and became part of Canada's collective consciousness of "war heroes". All too often we have been reminded of the sacrifices of the women and men of the Canadian Forces, when the tragic news of yet another death of a Canadian in far off Afghanistan is spread across the news, photos shown, military press releases given and the privacy of grieving families violated. Canada has even held debates on whether or not to lower our national flag on the occasion of a soldier being killed.

Left behind on the battlefields of the world were Canada's young men and women, those who made the ultimate sacrifice. In my travels I have had a chance to pay my respect to these fallen heroes. I have been to commonwealth war cemeteries throughout Europe and various sites in Canada. My Canadian involvement includes that of fallen police officers, especially those members of the Royal Canadian Mounted Police, a force I once served in.

In April I had the opportunity to pay my respect to the fallen of the Second World War, in Thailand. I also visited the famous Bridge over the River Kwai and other such sites connected to the "Death Railway". Kanchanaburi War Cemetery commemorates the 6,982 prisoners of war who died there.

My visit to the Kanchanaburi War Cemetery was not by luck; I did not stumble across this cemetery by chance. In fact, I started my quest to pay my respect months and months before I departed for Thailand. I knew of the existence of commonwealth war dead from reading history and from famous films such as "The Bridge on the River Kwai". I even went out to buy a new DVD copy of this film to get a sense of what these individuals went through.

Like visiting commonwealth war graves in Europe one is immediately struck by the sheer number of tombstones. Interestingly, the markers in Thailand are very different from those found throughout Europe. I was looking for the grave marker of WO1



Shaun Redmond at Kanchanaburi Cemetary in Thailand.

Ernest Joseph Leonard Bolingbroke, a member of the Royal Canadian Air Force. I had obtained his name when I contacted the Commonwealth War Graves Commission in Ottawa. I was told he was the only known Canadian commemorated at Kanchanaburi. Private sources told me of another Canadian buried near the Bolingbroke grave marker, but that individual had served in a British unit.

Before I entered the Commonwealth War Cemetery in Kanchanaburi I paid a visit to the Death Railway Museum and Research Centre (Thailand-Burma Railway Centre), located outside of the cemetery. This private initiative was able to assist me by searching their database and their records. They came up with a number of additional names and information about Canadians commemorated there and in fact Canadians killed in that conflict.

I took this new list and headed off to the main gate of the cemetery. I don't have to say it but the Commonwealth War Graves Commission certainly meets and exceeds their mandate of keeping these sites in beautiful condition. They and local staff (groundskeepers etc) are to be

commended on the care they take of the cemetery. I was indeed impressed as I entered the area and looked in confusion at the plot maps. Immediately one of the workers rushed over to help me locate the markers that I wished to see. When he found out I was Canadian he was able to direct me to all the grave markers spread out amongst the multitude of graves at this site.

I had come prepared. I had a small desk flag for WOI Bolingbroke, a bag full of poppies, a bag of small lapel flags and a supply of tobacco for prayers and offerings. If you have never been to a war cemetery it would be hard to explain the feelings that come over you as you set foot on this sacred ground. The feeling of grief that hits you as you first view the thousands of grave markers is replaced with the feeling of calm from the serenity of the setting. One can't help but have combined feelings of sadness and pride for all those commemorated there. There are many Dutch in addition to the fallen commonwealth soldiers. History has told me of the many local forced labourers who perished building the "Death Railway". These are buried where they fell.

There are two Commonwealth War Cemeteries in the Kanchanaburi area, both of which I had the opportunity to view. We can be proud of our men and women of the Canadian Forces, past and present, as we continuously answer the call to make this world a better place for all.

To know where we are going in life we must know where we came from. Our war dead are an integral part of the Canadian fabric; they must never be forgotten and their deeds need to be told and honoured. Their gallant efforts forged Canada into the nation it is. I remember them daily, not just on November 11th.



Back to Batoche 125th Anniversary Celebrations, held July 18th to 25th 2010, Batoche Saskatchewan, Canada, is the Métis Nation's commemoration of our culture, traditions and heritage. This year marks the 125th Anniversary of the North West Resistance.



*Competitions & Prizes for Square Dancing, Jigging
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Email: backtobatoche125@cntgrp.ca
Phone: (306) 584-3524

**BACK to
BATOCHÉ**
125th Celebrations
July 18-25, 2010 Batoche, Saskatchewan



VETERANS:



Called to serve

Métis veteran, Norman Horlock, says good-bye to his grandson, 19 year old Kyle Hardy, who left May 5th, 2010, for Afghanistan.

The dark wind blows on everyone sometime

by Michelle Goodeve —

The dark wind blows on everyone sometime.

Right now I need to find a safe, sane place to go inside my head, not to run away from reality but to rest my shocked and whirling mind for a short while. I suddenly remember someone asked me, “What was your favourite day barnstorming?” And for once the memory comes to my rescue immediately: The first passenger of the day is always special. I suppose it is the jolt of remembering how a seemingly straightforward, 15 minute flight in a biplane can summon up such a bevy of emotions. What appears to be a simple gift often has complex ramifications.

This particular morning a fidgety little girl, about three years old, waits in a long line of eager passengers. Occasionally, she deigns to hold on to her mother’s hand, but what this kid really needs is a leash. She has waited impatiently for almost an hour while the morning fog burns off and the biplanes are gassed-up. She looks a little lost in the crowd—no, not lost exactly, more annoyed to be way below everyone else’s eye line. I can identify.

As if in response to that thought I wiggle a bit to settle myself farther into the tower of mismatched cushions that allows me to see out of the cavernous, four-seat biplane. Inside the Thruxton Jackaroo, affectionately dubbed T.J., I pick up the check list and begin. At last count, this silver and red beauty is one of only three Jackaroo’s left flying in the world. T.J. started life as a 1937 Tiger Moth, survived active service in WW11, then was converted in the 50’s to a widened, four-seat version.

My partner, Glenn Norman, and I used to own T.J. way back when, but we put everything we had into sponsoring this trans-continental air dash. It was an life-changing journey which also left us seriously bereft of funds—but that is a story for another time. Suffice to say that when “Tiger Boy” Tom Dietrich, and his then-partner Frank Evans, rescued and rebuilt T.J. to her present glory, Tom had the grace and forethought to ask me to fly her once again. The invitation was hardly out of his mouth before I was leaping into the pilot’s seat.

Inside the cockpit I push aside a flood of memories and direct my attention to the task at hand. Any thoughts of aircraft value, historical, monetary and/or emotional must take a back seat to clear-cut focus. For me, it pays to take time in pre-flight checks, because once I start barnstorming, I get ‘locked in’ and don’t want to stop. It is a real challenge to try and make sure, as one fella loading passengers for me once commented, “Every one of your people comes back smiling.” This is the challenge that has been passed down through the decades since WW1, when barnstorming was a living and a way of life for so many disenfranchised, war-weary pilots. It is part of the job as I was taught it, by those who were the real deal. I take it very seriously, and the ultimate goal is to let each passenger find the sky the way they dreamed it would be.

A fellow pilot might want a shot at the controls to get the feel of a unique bird. Some folks want to see their home from the sky or perhaps take in the Oz-like cityscape on the horizon. One teenage boy asked me to really “Let ‘er rip!” After he turned greenish after one falling leaf, I returned him to his buddies with

I automatically glance over my right shoulder to check on my passenger just as she leans eagerly toward the canopy to get a clearer view of leaving earth. Something in this slight movement urges me to give this determined woman a longer, more special flight. Tiredness vanishes.

bragging rights of surviving fantastical aerobatics. Another young guy on his first flight ever, was shocked enough to blurt out, “Hey there’s birds up here!” Some passengers want technical knowledge, while others get the lyrical aspect of flying and just enjoy the landscape below.

It’s up to me to try and give each passenger the gift of a perfect moment, a special lasting memory—one that perhaps could last a lifetime and can be trundled out of the dusty file cabinets in the brain whenever life gets too difficult to bear. What the heck. Why not set your goals high?

After T.J.’s run-up, I do a check circuit to feel out both sky and plane and make sure all is well. The wind is starting to pick up and it’s a little bumpy coming in over the trees, but otherwise everything is ticking over quite nicely. I taxi to the loading zone to pick up my first passengers.

Immediately my eyes meet those of the wriggly little girl and the apprehensive mom near the front of the line. I’m glad for the challenge. The girl’s glance is intense, inquisitive. I smile. She doesn’t. Whoa, what a tough little thing. I’ve got to fly this one.

I give ‘the nod’ to my pilot-friend Brian. He gets the girl and

her mom and loads them into the two seats behind me. The mom seems terrified now; the kid is not—a curious combination. I go about setting them at ease. There are the usual polite comments “... safer than driving...unique biplane...” and pleasant instructions—this is how to open/close doors/windows/seatbelts, what not to touch—then I stir the stick to show its breadth of movement. I make sure my two passengers are secured and when I notice the mom is beginning to sweat, I check she is still good to go. The mom glances at her fidgety daughter who is raring to go, then gives me an abrupt nod. Sur-reptitiously, I check that a “barf bag” is within reach. I’ve never had a passenger sick yet and wouldn’t want to start the day that way.

As we proceed, I explain what is happening and what to expect, then T.J. is trundling down the runway and leaping into the sky. Once established on climb-out I turn and glance at my passengers to gauge how they are doing. The mom smiles bravely.

I look at the little girl, who is finally sitting still. She breaks into this huge grin and gives me a spontaneous ‘thumbs up!’ The gesture from such a tiny hand, with such unabashed joy, makes us all laugh out loud.

We head north over the lake. We are in luck, the dragon-boats are practicing their racing techniques. The ornate vessels are all primary colours with oars flashing over the grey-green waves of the man-made lake. I fly straight but not level, kind of sideways, right wings low and out of the way, so the short one in the back can see better. I know this is a moment she will not soon forget, nor will I for that matter, and that is part of the magic.

Back on the ground, I ask around but no one knows where a three-year-old girl learned to give me a “thumbs up.” She must have picked it up on her own, maybe while she was watching us start the planes. Smart kid that one. She’ll go far.

The last passenger of the day They bring her to me in a way that looks like a scene from an old Hollywood movie. A Nubian princess hoisted high upon a human sedan chair. The woman is 93 and it takes three men to load her into the cabin of the



Michelle Goodeve in the air and on the ground.





By Yana Doyle

First Nations hoop dancing has become as familiar at the Calgary Stampede every year as chuckwagons and sheep shearing.

Whether it is in the popular and culturally inspiring Indian Village or the travelling Stampede caravan breakfast wagon, we have grown to love this beautiful, storytelling dance and the native men and women that grace us with their skill.

Sixteen-year-old Christian Hazell is Métis (meaning part First Nations and part European heritage), and an extremely skilled hoop dancer.

He knows all about the demonstrations that occur every summer during Stampede.

In fact, back in 2006 Christian appeared as one of the feature acts in the famous Grandstand Show, every evening delighting audiences with his amazing showmanship and flair.

Last month, though, marked a milestone for Christian.

He and his 14-year-old sister, Chantika, also a talented hoop dancer, travelled to Phoenix, Ariz., for the 20th annual World Championship Hoop Dancing competition.

Christian has been competing in this particular competition for six years now, Chantika for five years, and both have come in the top 10 every time.

However, this year, this bro and sis dancing duo achieved a personal best.

Christian took the first place trophy in the teen category and Chantika came in fourth place, after being the only girl to advance into the semifinals.

"I'm pretty proud," says Christian.

"I was really excited to go up against all boys," says Chantika. "Being the only girl to advance was really cool."

It hasn't always been an easy ride for these two competitors.

Being Métis kids performing a native dance, they have often been slighted and told they should quit and don't belong.

"It's been hard," recalls their mom Ginette.



Hoop Stars

Métis siblings from Calgary shine at world dance contest

"My kids don't like being told 'no.' They have stuck with it through all the difficult times and have really had to work a lot harder because they are Métis," Ginette says.

"If I was them, I would have given up a long time ago. It must be hard having people tell you that you shouldn't be doing something. But they didn't give up. Christian was the first Métis person to win the competition. It was a really proud moment."

Being there to revel in their achievements at the competition

were Christian and Chantika's 78-year-old grandparents, who have always been an influential force in their hoop dancing.

With all the shows and demonstrations that Christian and Chantika, as well as their 11-year-old brother Freddie (who performs another form of native dance known as men's grass dancing; together these siblings are known as the Métis Spirit Dancers), have performed around North America, their grandparents have only missed two.

"It means a lot to them," says

Ginette. "They love that the kids are carrying on a family tradition."

"I really want to honour my native culture," says Christian. "And it means a lot to my grandparents. They spoil me and love me a lot."

These two youth have definitely achieved enough in their young lives to make their grandparents proud.

Besides their personal 'never give up' motto and their recent World Championship achievements, they have a number of other accomplishments when it comes to their dancing careers.

They together won the Calgary Stampede Legacy Award in 2008, they have separately won the Youth Optimist Award, and in 2005 Christian won the Alberta Centennial Medallion.

They have danced for both Premier Ed Stelmach and former Premier Ralph Klein, and in addition to their dancing are both honour students in school.

This talented brother and sister also believe in the importance of giving back to the community and throughout the year perform at various fundraisers throughout Alberta.

After experiencing a certain amount of discrimination with their dancing, they now support the Catholic and Public schools anti-bullying program and have visited between 30 -40 schools in the city where they give a hoop dancing demonstration and then do an educational talk with the kids about the Métis and First Nations cultures and the history behind hoop dancing.

"I like to talk with the kids about being proud of who you are and don't give up," says Christian. "I've had to keep going through hardships but my love for dance is what kept me going. When I dance, it makes it all better, and that is why I keep doing it."

Christian and Chantika plan to keep going.

"I'm going to dance until I can't dance anymore," says Christian. "I want to make a career out of it."

Chantika, who admits to being really competitive with her big brother, just wants to win.

"I'm going to keep going until I win first place in the World Championship. When Christian started getting good, I knew I had to go in and beat him," she chuckles.

"But dance does make me feel really good. I love it."

This story was purchased for reprint by the world's most devoted aunt, June Fogen. It originally appeared in the Calgary Herald, Thu Mar 18 2010.

MARSI:

The Last Three Years

by Bobbi Aubin

It is with regret and sadness, yet good memories, that I write this letter.

My very first encounter with the Métis Nation of Ontario occurred in 1998, when I applied for Métis citizenship through the Sudbury Métis Council which was housed at Gus's Mall in Sudbury.

I was the "new kid on the block", not having known nor experienced any of my roots nor culture until then. Having just graduated from the Addictions Worker Program at Ontario Business College enticed my enrolment in the Native Child and Family Worker Program at Cambrian College, which afforded me the opportunity to learn about my Métis roots and made me realize that I do actually belong somewhere.

"I have had the opportunity to work and meet so many wonderful folk in both the Health and Education branches."

I then pursued another diploma in the Child and Youth Worker Program at Cambrian. All of these courses led me on various paths within the workforce, including different areas such as special needs, at-risk youth, therapeutic group homes, day care, intervention counselling, and generally working with youth from the ages of 0-19.

I was honoured when I was chosen by the MNO to be Sudbury's Healthy Babies, Healthy Children Coordinator back in February, 2007. Six months later, the Families Learning Together Literacy Program was born and again I was fortunate to have been hired as "Literacy Coordinator". These two positions gave me the opportunity to work closely with Métis families and their children, in their homes, schools, communities, and to watch them grow together.

I have also had the opportunity to work and meet so many wonderful folk in both the Health and Education branches. Lots of laughter, some tears and a whole lot of memories I take with me as I venture forth in my travels.

To my co-workers Pam, Dale, Nancy, Desneige, Steve, supervisor Tammy, Bonny, Chris and Jen and all other MNO staff, volunteers and councils, I bid you "adieu".

I have taken a position as Métis Outreach Worker with Laurentian University here in Sudbury, and although I am "away from my desk", I will keep a place reserved for you in my heart.

MÉTIS NATION OF ONTARIO TRAINING | SUCCESS STORIES

Student achieves goal

by Hollis McPhee

In the spring of 2008, I graduated with my Honours B.A. in English Language and Literature from Brock University. I applied to the Master of Library and Information Science (MLIS) program at the University of Western Ontario. Despite being accepted into the program, I had little hope of attending because of financial restraints.

At this time, I learned of the

Training Purchases program offered by the Métis Nation of Ontario from my cousin, Mary Beth Brooks. Mary Beth had recently graduated from the University of Western Ontario's Teachers College with financial support provided by the MNO.

With help from Kathleen Lannigan, I successfully applied for and received the MNO's financial aid. As a result, I was able to accept my offer of admittance into the MLIS program. In Sep-

tember 2008, I began my studies at Western. My goal after graduating was to work in a library as a professional librarian.

My studies lasted for 16 months. I was able to gain employment as a library technician with the Niagara Catholic District School Board four months before graduating. I graduated from the University of Western Ontario in February 2010. I have been working as a library technician for eight

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"WITHOUT THE SUPPORT OF THE MNO, I WOULD NOT HAVE BEEN ABLE TO ACHIEVE MY DREAM."

.....

months. Without the support of the Métis Nation of Ontario, I would not have been able to achieve my dream of working in the library and information field!

Métis Arts

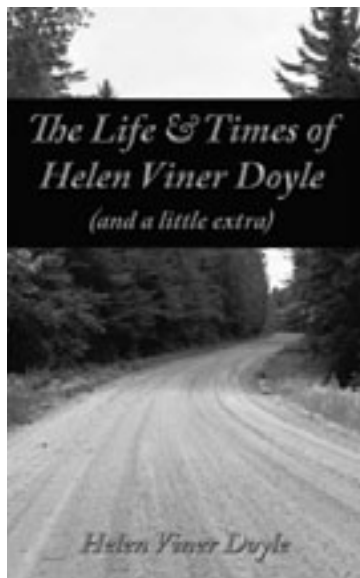
Story of a life in verse

Métis writer tells life story in poetic-form with reference to heritage, the Canadian poor, the government, what is going on in the world today and what we take for granted...

Helen Viner was born in Sheffield Mills, Kings County, Nova Scotia in the early forties. The family moved from there to Gibson Woods, also in Kings County, where she and her family lived until she was 11 years old. From there the family moved to Canning, Kings County, which was an all Caucasian community, and this was where all the hatred started. She lived there with her family until she was 17 years old when, unable to take it any longer, she convinced her parents to let her go and live with her eldest sister in Halifax.

Living in Canning was the tragic time of her life. She had no friends and was very lonely. For those six years she encountered name calling, throwing of rocks and stares of hatred. Although only a young child, she endured an enormous amount of racism.

When Helen moved to Halifax all of that was gone. She lived in Halifax for 29 years; got married; had three children—two girls and one boy. Divorced with eight grandchildren, Helen went back to Kings County to live in the year 2000 and to find out if anything had changed. She felt that nothing was different. She still



The Life & Times of Helen Viner Doyle (and A Little Extra)
by Helen Viner Doyle
Published by Authorhouse

encountered name calling—though not to her face—and the stares of hatred were still there. She remained for five years, until, again, she could take no more.

Helen moved to Mississauga and lived with her son and his family.

When she turned 65 she decided she wanted to do something for her family so they would have something to remember her by. It was in her son's kitchen looking out of the patio doors that an idea came into her mind. First, she thought, "I can't do this; I can't write." But as the days went by it was on her mind and she wondered what she would write about. She thought back to when she was a child and how poor they were, and things just kept flowing into her mind. She decided she would write a poem and call it, "Poor Little Country Girl". That was her first poem. After that, everything just started coming back to her. She might be at the dinner table, on the bus, out walking, in the grocery store or the mall. She had to carry a pencil and paper with her at all times to write down the things that she recalled. This went on for months. The pages were piling up, and that is when she decided to write a story in verse about her life. She contacted various publishers on the Internet but chose authorhouse.com because they gave her the best deal as a self-publisher.

Helen plans to write children's books in the future.

My People *the Forgotten Ones*

by Helen Viner Doyle

*They have been here for five generations
They are struggling but still going strong.
It is the government that is doing them wrong.
I look everywhere there is not one to be seen
I think that is very mean.*

*The government places them in remote
Parts of the country where nothing can survive.
The big "G" expect my people to make a living or die.
They have no running water or toilet facilities
And live in shacks. Oh, my, I am just sick of that.*

*The government of this country
Doesn't look out for us poor
They just want to look good in other foreign places
They are always shutting the door in my people's faces.*

*My people are in despair
The justice for them is unfair.
We need your help not tomorrow but today
At this moment it is all I can say.*



MÉTIS FIDDLER QUARTET



Up and Coming Performances:

July 14 – 18, 2010
The North Atlantic Fiddle Convention
Aberdeen, Scotland

July 24, 2010
125th anniversary of
the Métis Nation,
Back to Batoche Festival
Batoche, SK

August 1, 2010
Music Niagara
Chamber Music Festival
Niagara on the Lake, ON

Aboriginal Canadian Fiddle Music

Recent Performance Highlights:

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2010 Fort McMurray, Métis Fest, Alberta, AB
2010 Olympic Aboriginal Pavilion, String Fever Concert, Vancouver, BC
2009 National Aboriginal Achievement Awards



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COLUMN | YOUTH JUSTICE ISSUES

...But she's only 13

A parent or caregiver should consider the following steps when their youth under age of 16 years, runs away or has gone missing from home

by Louise Logue

Every day, parents and caregivers reach out for help as they try to address the situations their teen-aged children find themselves in. For example, last evening at approximately 8:00 P.M., I received a call from Mrs. Bee who tearfully reported that her daughter Emma had not returned home after school. Like so many other parents, this woman was frantically worried as she described the escalation of problems she had been experiencing with her 13 year old daughter.

I asked her to tell me more about the type of behaviour her daughter had been showing recently.

"She has been skipping a lot of school lately; she has new friends; she is very secretive about what she is up to, and most recently, we have had money, jewellery and video games go missing from our home. I should also add that some of my pills are missing from the pharmacy cabinet, but she says she has nothing to do with that."

Mrs. Bee went on to say that Emma was not spending much time at home anymore—rather she was known to be hanging around with older boys, and Mrs. Bee had no idea who these boys actually were nor had she ever seen them in the neighbourhood before.

It goes without saying that this is a situation that would cause serious concern for anyone.

So what can a parent or caregiver do? There are many intervention responses that are possible, but first and foremost the daughter must be located and her safety assured.

Several laws afford parents their legal rights and responsibilities. Specifically, the *Child and Family Services Act* is a provincial law that says that parents must know where their child (0 – 15 years) is at all times and that they alone can give permission to their child to be at certain locations or not to be at certain locations. This same law states that a child under the age of 16 years cannot be out after curfew without a parent or responsible adult with them. While the Children's Aid Society usually enforces this Act, a police officer can also apprehend the youth after curfew if that youth is found to be in a high risk situation, such as drinking or drugging, or in a high crime area without parental consent. Once a youth has reached the age of 16 years, this provincial curfew does not apply.

The *Parental Responsibility Act* is another provincial law that says that a parent can be held financially responsible for any damages caused by a youth aged 12 to 17 years, should a victim choose to sue the parent for those damages. Parents are then subpoenaed to attend a formal court where they will be asked to show proof to the judge that they tried to be responsible in their parenting of the child accused of causing the damages.

The *Youth Criminal Justice Act* is a federal law that is implemented provincially and is applied in laying charges when a young person aged 12 to 17 years is found to be breaking laws, as is the case in thefts, shoplifting, assaults etc.

A parent or caregiver should consider the following steps when their youth under age 16 years, runs away from

home or has gone missing from home: Start a record of all the steps/calls that will be taken—that is to say, start a journal of actions you will be taking as you attempt to locate your child. This journal will prove helpful in being able to review all the steps you took in locating your youth and also in trying to help your child make better choices once located.

Call as many other parents of your youth's friends as possible and let them know that you are looking for your daughter or son, because kids will often stay at a friend's place by telling the friend's parents that they have their parents' permission to sleep over when that is not the case.

Once you have made all the calls to other parents, and have looked or called at local "hang out" places that you know your youth frequents, call the local police to report your child as a "missing person" under the age of 16 years. Be sure to record all of these actions in your journal.

Work with local police to help locate the youth. The police officers will have suggestions for you to follow in finding your son or daughter and bringing them back home safely.

Once located, ensure your youth's safety and allow some time before confronting them about their overall behaviour. Be sure that they are safe and medically ok before conducting any other intervention. This may require a medical check-up at the hospital or doctor's office, depending on the situation, especially if they are impaired by drugs or alcohol. Other questions you will want to explore could include: Did they engage in sexual activity while away from home? Do they require a blood test to rule out sexually transmitted diseases/infections?

.....
“Prevention starts at home and every child deserves a caring and concerned parent!”
.....

Were they assaulted or abused in any manner?

Once you have the opportunity to speak with them, remain calm and share your concerns and your expectations. Seek the assistance of a professional counsellor or Elder if need be.

Remember that it is normal for youth to want to be out with friends and even to engage in some risk-taking activity. However, as a parent you have both the right and the responsibility to know where your kids are at all times and also to intervene when they are making dangerously poor choices.

Prevention starts at home and every child deserves a caring and concerned parent!

Louise Logue RN, invites individuals to send questions to her at louiselogue@botmail.com. All questions will be answered directly and confidentially via return email.

MÉTIS HARVESTERS



From left to right: Less Storry, Catherine Barrie, Doug Smith, Jason Storry, Greg Renaud, Bill Smith, Bill McGuire.

Community Hunt



Last September I organized a community hunt with Region 2 harvesters. I rented a hunt camp in our hunting area. It rained during the whole week and some of the roads were impossible

to drive on. We were surrounded by bears and wolves, but no moose. I stayed at the camp and kept the fire burning at all times for when my hunters returned at the end of the day. My harvesters have donated moose, deer and fish for the last 12 years to the Long Term Care Program and the Elders that can't get out any more. Ken Simard is the Captain of the Hunt for MNO Region 2 (Thunder Bay).

Moving Forward

from page 3
citizens and staff have made the required effort and sacrifices in adapting to a new reality. We have also had to learn to plan better, make better use of limited resources, and hold ourselves accountable.

This new fiscal prudence has resulted in the MNO's leadership and administration having to say "no" far more often than we would have preferred. But, I believe true leadership is about making the hard decisions which are not always the most popular ones. I, along with all of the PCMNO, was elected to strengthen the MNO and leave it on a more solid foundation than we found it. It was recognized immediately that this called for stronger discipline, systems, processes and accountability in our finance and administration.

While this "new reality" of fiscal restraint and accountability has been challenging and has taken a significant amount of time, we are now seeing positive results from this concerted effort. I am pleased to report that as of March 31st, 2010, the MNO once again assumed full controllership over its finances. Price Waterhouse Coopers (PwC), the third party monitor that the Ontario Government put in place February 2008 to monitor MNO's Finance Branch, has completed its work and the MNO will now only be subject to random checks by internal auditors from the Ministry of Aboriginal Affairs.

While having a third party monitor already on-site when we took office almost two years ago has been frustrating, time consuming and dramatically increased the demands on the Finance Branch, the monitor's presence was essential to our sustainability. The third party monitor was enormously helpful as we designed and developed the MNO Finance Branch to what was required. Through the excellent stewardship of Doug Wilson, as the MNO's Chief Operating Officer, and, the dedication, loyalty and patience of the MNO's Finance Branch staff, we are now in a position to validate the vote of confidence shown in MNO through the removal of the third party monitor.

Also, as a result of the work of MNO's leadership and senior management, we have been able to negotiate reasonable repayment plans with governments for a majority of the debt that was inherited when we took office. These repayment arrangements have given the MNO some

"breathing room" that allows us to better manage our debt load and day-to-day cash flow. However, as with the restructuring of the Finance Branch, all of us must remain diligent to ensure that we always strive to beat expectations. The status quo is not good enough and our creditors will expect us to pay off our debts as quickly as possible as our economic development strategies evolve. More importantly, I do not believe it is fair for us to leave this debt to our children to pay. Accordingly, MNO's current leadership is insistent on paying down the debt more quickly than what is required in our existing agreements.

Our commitment to fiscal responsibility has been increasingly recognized by many of our partners and funders, as is evident in their ongoing and increasing financial support of the MNO. The MNO's total annual budget increased by 7% in our first year and a further 25.5% in the last year alone. These increases are evidence that governments are seeing the MNO in a new light. Enhanced revenue makes our Nation stronger and allows for new and better programming and services for an ever increasing number of Métis individuals, families and communities.

Of course, while this is good news, we must also be cognizant that as governments try to find savings to reduce their own huge deficits, our funding is far from guaranteed. As such, we must be vigilant and continue to constantly watch our bottom line so we are not put in a position where we are expending resources in areas where we do not have committed funding and budgets to support our work.

As MNO President, I look forward to continuing to keep MNO citizens apprised of what is happening within our nation. Look for additional information in upcoming President Updates and in the MNO 2009/2010 Annual Report. As we continue to work – together – to strengthen the MNO, we who serve on the PCMNO will continue to be frank and transparent about the situations we are dealing with and continue to work through. If you have any questions, please do not hesitate to contact me or any of my PCMNO colleagues. By working together we will move the Métis Nation agenda forward for the improvement of all our citizens and families.

MÉTIS WRITERS

Slow rivers & whitewater

Ottawa writer tells a story of mental illness and healing

BOOK REVIEW:

RIDING THE TIDES OF LIFE

by Raymond D. Tremblay

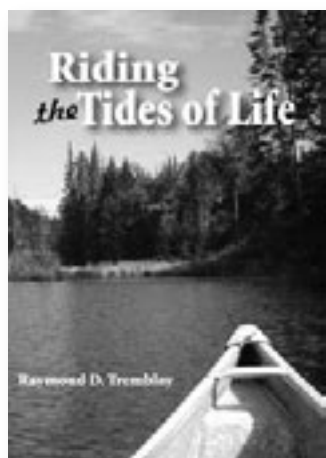
by Chris Paci

Poet and author Raymond Tremblay has a way of spinning a tale, but you will have to ask him how closely his art imitates life.

In his first novel, "Riding the Tides of Life", one of his characters comments, "it's an easy read and right on target" (120), and that pretty much sums up my thoughts on his book.

It was the end of winter when I received an email from this MNO citizen, requesting I review his book for *The Métis Voyageur*. I don't normally review fiction, but Raymond offered me a unique opportunity and it is important to accept those with humility. What made this assignment so interesting was that it was new fiction written by a Métis, a story set in Ottawa. I couldn't resist the read and neither should you.

Unlike John Ralston Saul, who inaccurately mused that Canada was a Métis civilization, author Raymond Tremblay writes from Métis experience and the difference between these two writers does not end there. Without a doubt Canada is a country of many different cultures, some of which have come together, but more important we are a people shaped by our relationships to one another in the most beautiful place on earth. We become part of this land the first time we set eyes and feet on the forest floor, river banks and mountain tops, when we dip our paddles in the waters of slow rivers and in whitewater, after we drink the clean water and smell the wood smoke of a camp fire in the cool morning air. What can we give back to a land and people that offers so much? If we are lucky, like Raymond, we write a book that offers



insight and compassion.

Provincial Education Initiatives Coordinator, Bonny Cann, notes that the Education and Training Branch provided Raymond with a "Metis Culture-Based Economic Development Grant" that assists Métis involved in the arts, and we helped him publish his book. To find out more about the grant visit www.metisnation.org.

The book opens with Greta Ludwig, the main character, a young apparently successful Ontario Métis woman, canoeing in the early morning hours. Tremblay provides enough material to give Greta substance and I connected with her as I would with a younger sister. Greta's brother Hans, best friend Julie and Mary the manager of her book store, fill out the main characters, until eventually a host of mental health professionals and a love interest enter as the story matures. The character "Julie" is a particularly interesting one in that she speaks both French and English, often in the same sentence.

I found the dialogue between characters at the start of the book kind of choppy and somewhat predictable. A dozen pages in there are dark clouds of drug and alcohol abuse and loss of control,



left to right: **France Picotte, Chair of the Métis Nation of Ontario; Raymond C. Tremblay and Jean Warren, Executive Director of the Porcupine United Way/Centraide.**

“WHAT CAN WE GIVE BACK TO A LAND AND PEOPLE THAT OFFERS SO MUCH? IF WE ARE LUCKY, LIKE RAYMOND, WE WRITE A BOOK THAT OFFERS INSIGHT AND COMPASSION.”

a manic breakdown looming on the horizon. The story is perhaps a familiar one to some, success leading to failure and struggle, but will there be redemption?

By page 65, Chapter 18, I began to think this was a case study for mental health and recovery, but like a car accident, I couldn't take my eyes from the story kept pulling me along. Seamlessly, the dialogue between the characters in the book became less predictable, more compelling and engaging. Tremblay had me hooked.

I am not a sentimental reader, but the story is captivating. I won't give away the ending of the book. Greta's fall and healing may bring her to a deeper understanding of her place in the uni-

verse, or she might relapse and spiral out of control into the abyss. You will have to read the book to find out which path she takes. Raymond Tremblay offers an insightful read, an interesting and compelling book that will be of interest to students of mental health and addictions, social workers, MNO citizens, and to those looking for a great summer read.

WHERE TO BUY?

"Riding the Tides of Life", can be purchased for \$24 in Ottawa at the Teastore (53 York St.); Books on Beechwood (35 Beechwood Ave.); Yao's Art Gallery (55 Byward St.), or directly from Raymond Tremblay by calling 613-746-9926 or by sending an e-mail: wei-min@sympatico.ca.



Special Presentations by the Métis Fiddler Quartet, Alicia Blore, Jaime Koebel, Pauline Huppie, Daryle Gardipy, Marg Raynor, & La Famille Lefaiwe

the Métis
Nation of
Ontario

Métis Day
Bo'jou Neejee

Saturday August 7
10:00 a.m. - 5:00 p.m.



DISCOVERY HARBOUR
Penetanguishene

Celebrate the dynamic culture of the Métis People, and learn the compelling story of the relocation of Métis and British Forces from Drummond Island to today's Discovery Harbour. Music, jigging, Métis crafts, hands-on activities, special Education group Kakwa, games for children, and much more!

Info: (705) 549-8064
www.discoveryharbour.on.ca





A dark wind blows on everyone sometime

continued page 13

biplane. Her facial expression remains stoic, despite the obvious pain these machinations cause her limbs. Even though this long, thin body is frail, the mind is unmistakably lucid. This is a woman who must have been formidable in her prime and who now, in her later years, retains her steely gaze and commanding stature.

We speak little. My own body is finally feeling the effects of a long windy day of hopping passengers, and the elderly woman seated behind me seems content to be focusing inward, on a world of promises which live only in her mind. I think this one will be a quick, easy flight then back down to wipe T.J. clean of splattered oil and then maybe a treat—a glass of good scotch. Sounds great!

The wind has dropped, so the take-off is a simple transition from the ground to air as smooth as silk. I automatically glance over my right shoulder to check on my passenger just as she leans eagerly toward the canopy to get a clearer view of leaving earth. Something in this slight movement urges me to give this determined woman a longer, more special flight. Tiredness vanishes. That scotch will have to wait.

We head east toward the winding river. I keep T.J. low and time it so we will be flying towards the sun as it goes down.

Remarkably, the sunset co-operates and bursts into a stunning spectrum of deep yellows and oranges. The ruins of an old mill set on the meandering shoreline below reveals crumbling stones flashing an array of colours. This once-magnificent, felled structure is ancient, yes, but still beautiful—like my passenger. The water beneath us sparkles gold, the play of cloud-shadow, and sun passage over our four wings takes our breath away. I glance at my passenger to see if she gets it, to see if this beauty is having the same effect on her. The woman's gnarled hands are primly folded in her lap yet her whole body leans, yearns toward the magnificent view. On her face, I find a gentle smile creasing those steely eyes, which seem softer now. Her broken body is finally as free and as beautiful as her vigorous mind. Calmness settles over both of us. Together we know this is a perfect moment and our minds' eyes are greedy for the slightest detail. Effortless movement, floating above all troubles and pain, it's an ideal ending for this—the day of all days.

When we land her solicitous friends immediately come for the woman and as they lift her out of the biplane she suddenly grasps my hand and stares

meaningfully into my eyes for what seems an eternity.

Then she is gone.

Later, I learn this same woman had made the arduous journey to fly with us the year before but was physically unable. And this year, fearing the worst for her allotted time she decided to arise despite all.

For some reason, I wish I had learned her name.

Then it dawns on me that my first and last passengers of the day have ninety years between them; one existence just beginning, the other soon to end. This is the circle of life, cradled by four wings.

The memory of one of my best days revives me and gives me strength. I will now lift my head to face the so-called “real” world.

I've just found out that my nephew, Greg Goodeve, has been murdered.

Murder. Not a word one uses in everyday parlance. A word more suited for bad television and cheap detective novels than reality. Greg, “the Gentle Giant” of our family, was cut down in his prime by the soft, yet violent hands that once loved him. It is a thought that can barely be grasped.

My hyper-active mind has always been predisposed to randomly replay the worst unbidden moments in life while burying deep the memories of the best of times. It is a distressing fact that I have never been able to control this tendency. But I refuse to let the shocking imaginings of Greg's last moments be how I remember him and his half-life. Every time my mind throws up those images I will counter with another memory, his young smiling face at the beach, his soft expression while cradling a baby the same size as one of his huge hands, the intelligence of expression while he attends to our conversations. I will be ready.

The shock of his loss will help teach me to choose what memories I recall and when, whether it be the best of days while barnstorming or his smiling face. Greg will now stand for me as “The Bearer of Good Memories” and he will be with me always—less than he deserves and all that I know how to give.

For each of us who loved Greg, the gifts he proffers on leaving will be different. But it has already been discovered that his real legacy will be to draw closer those he has left behind.

Thanks for the memories, Greg. Merci. Meegwetch

Michelle Goodeve is a citizen of the MNO and co-founder of WhyFly.

PENETANGUISHENE | MÉTIS ENTREPRENEURS



Kayaking the Credit River

by Judy Moreau

The Creator works in many mysterious ways, as we're all aware. When it comes to my family, I'm never quite sure which direction, the Creator will take us. However, I do know one thing, life is never dull.

We are proud citizens of the Métis Nation of Ontario and take pride in all of our ancestors. Our last name is “Moreau”. We have family members residing all over Ontario with our Homeland being Penetanguishene. I'm sure if you ask someone from that area they would tell you that two-thirds of the phone book is made up of Moreau's.

The most recent page in our family's continuing story is one of a new business venture called

Kayak the Credit. It is family owned and operated. It was my brother Grant's brain child. Grant's idea came from his love of the outdoors along with his love of family and kids. I'm not sure if it's to keep himself young or his family close. Either way, it works!

Kayak the Credit's mission is to bring families closer together through adventure, teamwork and of course, enjoying all the outdoors has to offer. While on a guided kayak trip starting in Brampton, we teach beginners how to handle the kayak themselves as well as sharing how the Credit River got its name; how the land was shared and respected; why the Mississaugas of the New Credit left this area, and naturally, a few Michif words

We have made this kayak trip quite affordable (\$60.00 includes, lesson, kayak, paddle, helmet, personal flotation device, river trip guide and a courtesy shuttle). *Kayak the Credit* would like as many people as possible to experience the same thrill, challenge and excitement as many First Nations people did heading down the river with their pelts, not that long ago.

Please come out and join us at *Kayak the Credit* and enjoy an awesome experience you will not forget. We hope to become another Métis success story. See you out on the river!

To book your adventure or for more info contact Judy at: kayakthecredit@hotmail.com or 416-809-6519.

Employment & Training Programs for Métis People Across Ontario

Métis Nation of Ontario Employment & Training offers education, employment and training services and support to Métis people across Ontario

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Métis Education

SAULT STE MARIE | SAULT COLLEGE SIGNS AGREEMENT WITH MNO

Opportunities for Métis

SAULT COLLEGE becomes the seventh Ontario post-secondary institution to recognize and address the unique needs of Métis and to agree to work in partnership with the Métis Nation of Ontario

SAULT STE. MARIE, April 28, 2010:

The Métis Nation of Ontario and Sault College have signed a Memorandum of Understanding (MOU). Gary Lipinski, President of the Métis Nation of Ontario (MNO) and Dr. Ron Common, President of Sault College in Sault Ste. Marie feel that this MOU will help to address the unique labour needs of Métis people in Ontario by increasing participation in and access to Sault College programs and services.

“Sault College is the seventh post secondary institution in the province to recognize and address the unique needs of Métis and to agree to work in partnership with the MNO to ensure that programming offered at the college addresses those unique needs.” Métis Nation of Ontario President Gary Lipinski said.

“Sault College continues to be an education destination for Native students from around the province. We are a leader in iden-

tifying Native Education as a key priority for the institution. Today’s MOU will help to ensure that Sault College continues to develop relationships and work in partnership with all Aboriginal peoples in the province to better their skills and improve their participation in Ontario’s labour market and economy.” Dr. Common said.

Sault College and the MNO aim to establish an ongoing working relationship, as part of a bilateral process that allows for the identification of potential opportunities and partnerships to address the unique labour market needs of Métis people in the province.

April 28th also marked the Grand Opening of the Aboriginal Apprenticeship Centre at the college. The Apprenticeship Centre will provide all interested people in Sault Ste. Marie and the surrounding Algoma area with a client-based approach to pursu-



left to right: **Dr. Ron Common, President of Sault College and Gary Lipinski, President of the Métis Nation of Ontario sign a Memorandum of Understanding (MOU) last April.**

ing careers in the skilled trades. The 18-month project will focus on construction-related trades that are needed in communities outside of major cities. The Centre is supported by many stakeholders including Sault College’s Native Education and Training

Department, industry representatives and the Aboriginal community.

“The Aboriginal Apprenticeship Centre is one example of the types of successful partnership that can develop between the MNO and institutions of higher

learning,” President Lipinski added. “These partnerships, with colleges and universities across the province also support similar MOUs previously signed between the Ministry of Education, the Ministry of Training, Colleges and Universities and the MNO.”



Maanjidowin
Pow Wow and Métis Rendezvous
July 17, 18, 2010
J. C. Saddington Park

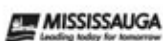
Heritage Mississauga, in conjunction with the Mississaugas of the New Credit First Nation, the Credit River Métis Council and the Region of Peel, will celebrate Maanjidowin (Ojibwa for “the gathering”). From sunrise to sunset the sounds of our aboriginal history will come alive.

Drummers, Fiddlers, Dancers, Jiggers, Throat Singers and Heritage Re-enactors will entertain, while Elders share teachings and stories of the past. This event is for everyone. Experience our early history first hand at workshops, demonstrations and community booths. Foods such as Venison Sausage, Bison Burgers and Strawberry sauce will be enjoyed as we share these two days of Aboriginal celebration.

FREE ADMISSION!

Sat. July 17th begins with a Sunrise Ceremony at 6:30am and continues to 9:00pm
Sun. July 18th begins at 10am ending at 6pm

Event Sponsors



For more information please contact **Heritage Mississauga** at:
1921 Dundas St. W. Mississauga, ON L5K 1R2
Tel: 905-828-8411 fax: 905-828-8176
Info@heritagemississauga.org - www.heritagemississauga.com



ABORIGINAL EDUCATION MILESTONE:

MNO signs agreement with Laurentian University

SUDBURY, ON-April 21, 2010:

The Métis Nation of Ontario and Laurentian University have signed a Memorandum of Understanding (MOU), reinforcing their joint commitment to address the unique educational needs of the Métis people of Ontario.

“The MOU signed today will support the ongoing evolution of and public awareness about the Métis in Ontario because it will lead to new research and funding partnerships for the Métis Nation of Ontario,” said President Gary Lipinski. “This is the sixth MOU between MNO and a post secondary institution in the province and it too, will help to ensure the unique education needs of the Métis in Ontario are met.”

“The MOU signed today will help Laurentian better respond to the educational needs of the Métis community, and strengthens our position as the school of choice for Métis students,” said university president Dominic Giroux.

“This agreement represents another milestone that demonstrates Laurentian’s commitment to ensuring access for all First Nations, Métis and Inuit stu-

dents”, added Sheila Cote-Meek, Acting Associate Vice-President of Indigenous Programs at Laurentian. “I look forward to working more closely with the Métis community.”

The Provisional Council of the Métis Nation of Ontario (PCMNO) and Education Portfolio Holder, France Picotte, were instrumental in charting today’s signing. “We are very pleased to be working with the postsecondary education sector in northern Ontario and are actively partnering with key institutions like Laurentian,” Chair Picotte said. “I am also excited about the targeted scholarships and bursaries that will be available to Métis students as a result of this MOU,” she said. “This too will support the university’s goal of becoming the ‘university of choice’ especially for Métis students pursuing post secondary studies in the north.”

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Tel: (613) 798-1488, ext. 118
or Chris Mercer, Laurentian University
cmerc@laurentian.ca
Tel: (705) 673-6566

COMMUNITY LEARNING | MNO EDUCATION & TRAINING BRANCH

Métis educator ‘Boot Camps’

by Chris Paci

France Picotte and President Gary Lipinski agree that the Métis Educators Boot Camp is a great idea. Thanks to the generous financial assistance of the Office of the Federal Interlocutor for Métis and Non-Status Indians, MNO Education and Training Branch is planning two Métis educators Boot Camps for 2010. The first camp is planned to take place in August around the same time as the MNO Annual General Assembly in Thunder Bay. According to Chris Paci, Manager of Education and Training, “we look forward to working in the beautiful setting of

Fort William, building on the energy that comes with the AGA, and reinforcing the great interest in Métis education in 2010.”

.....
“...we want to make sure everyone has the best information possible to present...”
.....

The second camp will be scheduled to take place later in the fall or early winter, in the Mid-

land area. Stay tuned for details.

The initial boot camp was held before Christmas (2009) in Toronto and brought together staff, Senators, popular presenters such as Starman Joe Paquette, PCMNO and political leadership. Everyone shared their best practices with one another. According to Bonny Cann, facilitator of this camp, the success was based on our “community of learners approach”, bringing together Métis to teach one another.

Scott Carpenter noted that, “many community members who attended the first camp will be invited to the Thunder Bay camp as session leads. We have years of

experience in our community, people who have presented in school (kindergarten to 12 and college/university) classrooms for years; everyone has a really good time sharing best practices.” As Jennifer St. Germain puts it, “what our branch does is--we want to make sure everyone has the best information possible to present with and we provide community members with some theory and best practices so they can present with confidence.”

The main changes to the 2010 camps will be to have graduates of the initial boot camp lead sessions on everything from Métis culture, story-telling, environmental knowledge, and history.

Education and Training Branch will also invite teachers and Ministry of Education staff to attend and present, providing Métis with invaluable insight on everything from the new self-identification policies to what goes into developing effective curriculum.

CONTACT
Chris Paci, chrisp@metisnation.org

To register contact:
Guylaine Morin-Cleroux
guylainem@metisnation.org

Both can be reached by phone
1-800-263-4889

ABORIGINAL EDUCATION | SCHOLARSHIP NAMED FOR ALGONQUIN ELDER



Dr. William Commanda with Del H. Ashkewe and Métis canoe-builder and artist Marcel Labelle.



Elder William Commanda
Kitigan Zibi Anishinabeg
Maniwaki, Quebec

Algonquin Elder William Commanda was born on November 11, 1913. He was acclaimed Chief of the Kitigan Zibi Anishinabeg for over 19 years. He received an Honorary Doctorate Degree from the University of Ottawa in 2005. In December 2008, he was appointed Officer of the Order of Canada and in November 2009, the National Aboriginal Achievement Awards Foundation announced his selection as the 2010 Lifetime Achievement Award recipient.

The Knowledge Canoe



THE KNOWLEDGE CANOE:
Artist and canoe-builder, Marcel Labelle, made this canoe to present to Elder William Commanda. “Cedar teaches us balance. For every branch growing above there is a root growing inside.”

Well known Métis canoe builder and artist, Marcel Labelle, was recently asked by Willis College to provide artwork for a scholarship being named after Grandfather William Commanda. “Because this artwork is for the Dr. William Commanda Scholarship which is received by Aboriginal students to learn an environmentally based education, I felt it appropriate to use the bark from a specific tree. The

birch bark used comes from the same tree used to make a canoe that will be used to teach the Ojibway language (Anishinaabemowin). “We decided not to include any symbols or words on the canoe to demonstrate that the canoe speaks to Anishinaabe culture on its own.

“The root used to secure the piece of bark that represents the sky seen from Mother Earth is attached to the tree trunk to remind the recipients of this scholarship where they come from—remind them of their own Anishinabec roots.

“The piece of birch wood used to represent the sky around our planet is a very special one. A few years ago while searching my backyard (30 km by 80 km of Algonquin uncaded land) I came upon a tree that had just been hit by the first thunderstorm of the year. The bark was still good. It is the one I used to build “Nimki”, a full sized canoe donated to the Grand River Community Métis

Council. Nimki has been instrumental in reuniting a Métis community that had once been forced underground.

“When one looks at the piece’s backside, which has been treated with bear grease to enhance the markings, the centre represents Mother Earth. If you count the yearly rings from the outside you can see what looks like a meteorite on or about nine decades ago—about the same time that Grandfather William Commanda’s spirit came to Mother Earth.”

Fellow artist, Del H. Ashkewe, described his contribution. “The turtle is designed using universal sacred geometry. The inner section of the shell has 13 divisions representing the 13 months or moons of the indigenous lunar calendar. The outer ring of the turtle shell has 28 divisions representing the 28 days of each month. There are four divisions with two sections, each placed in the four cardinal directions to

represent the four directions and the four seasons (The turtle itself is a hybrid composed of a sea turtle and a land turtle.) The three central hexagonal plates depicted on the turtle’s back represent the sea, earth, and sky. The 13 moons and 28 days represent the continuity of women indicating the earth and moon are female.”

The scholarship will be awarded annually to eleven Aboriginal students from across Canada who would otherwise not have the opportunity to obtain the career-oriented education provided at Willis College.

The scholarship will accommodate one Aboriginal person, per location, to take one program in clean energy or business valued at \$10,000. The scholarship provides tuition and book cost for a one year program at Willis College. The student may select courses from the curriculum offered at the time of selection. Students will also be able to choose which Willis College loca-

tion they wish to attend. The award process will take place annually in Ottawa with many prominent individuals involved on the scholarship board of trustees. Students of First Nations, Métis or Inuit heritage will be chosen based on academics and community involvement along with other criteria. Interested candidates must apply to:

85 O’Connor Street
Ottawa, Ontario K1P 5M6
Tel: (613) 233-1128
Toll free: 1-877-233-1128

Willis College of Business, Health, & Technology was established in 1896 and specializes in accredited adult career education. Students may take individual courses to upgrade their skills or enrol in a full career program that leads them to jobs in the clean energy and business sectors.

Métis Health

SUNSET COUNTRY MÉTIS COUNCIL | Healthy Living Food Partnership in Fort Frances

Fort Frances food program

by Charmaine Langlais —

Through the Healthy Living Food Box Program, the Sunset Country Métis Hall welcomes an average of 30 volunteers each month. The Healthy Living Food Box Program began in November of 2007 with an optimistic 40 boxes. Currently, there is an average of 550 boxes per month with the highest recorded month being 857 boxes. The total number of boxes filled with fresh produce and distributed to date is 18,705. The Healthy Living Food Box Program is made possible through partnerships between Sunset Country Métis, Gizewaadiziwin Health Access Center, Northwestern Health Unit and Valley Diabetes.

Volunteering can offer an escape from everyday routine and create balance in our lives.



left: The Sunset Country Métis Council hall overflows with food boxes ready for distribution in the Fort Frances area.

Some reasons the volunteers lend a hand include adding volunteer work to resumes, being a part of the community, meeting new people, learning a new skill, making a difference, and just to have fun. To show appreciation,

we have monthly draws, quarterly breakfasts/lunches, spotlight a volunteer in the newsletter, and give credit where it's due.

We have noticed the Healthy Living Food Box volunteers take ownership and pride in the

impact their efforts have made. Each month, a diverse range of people is brought together for one reason: to help others—to have an impact on another's well-being. High school students, 4H groups, hockey teams, seniors and retirees are just a few examples of the many types of helpers. As the program grows, so does the reputation of all involved within the community. The volunteers' work ensures that programs run smoothly. Over 500 food boxes can be packed in less than two hours.

Our Senator, Gordon Calder, deserves recognition as our most versatile volunteer. Gord arrives before any of us to shovel the walk and turn up the heat

throughout the winter months. He delivers our mail; helps with program activities; assembles the Christmas tree and consistently delivers Char's fresh banana bread or tasty peanut butter cookies. Senator Calder contends with everything in a cheerful and optimistic manner, no matter the task at hand. Thank you to all the volunteers for making our community just that much better.

"You must give some time to your fellow men. Even if it's a little thing, do something for others – something for which you get no pay but the privilege of doing it."

— ALBERT SCHWEITZER
1875 – 1965

TIMMINS MÉTIS COUNCIL:



Timmins Métis represented at Northern College powwow

by Jessica Cameron —

The Health Team from the MNO Timmins site had a blast at the powwow at the Northern College, the weekend of April 10th.

The emcee of the powwow reported that there were actually a couple thousand people coming and going and participating in the many cultural activities throughout the weekend.

There were many people from across Ontario and Quebec with their booths of crafts and different traditions, and also a variety of service providers and Aboriginal committees with booths to educate our community.

I would like to brag that the most attractive booth there, voted by many participants was the Métis Nation of Ontario! Decorated to the max, with balloons for the children, and draws for all ages, many people said, "It's great to see the Métis taking part in

such an event." When the drumming was over, you could hear the fiddles and see the jigging taking place at the Métis booth.

We represented our culture and educated the people who took part in the powwow. Many people left with knowledge that they were seeking about the Métis culture: What's the difference throughout Canada? Why do you wear a sash? Why are you playing fiddle music? I think I might be Métis. How do I find out?

As a worker at the Métis Nation of Ontario, I left feeling proud of the Métis culture and everyone who takes part, and stands up for their traditions. How many of those thousands of people learned what "Métis" is? Enough to feel like we made a difference!

Jessica Cameron is the MNO's Community Wellness Coordinator in Timmins.

REFLECTIONS ON COMMUNITY HEALTH:

Hamilton foot care clinic

by Sandra Henderson —

It is with great joy and honour that I update you on the community events of the Hamilton office. One of the recent events held was the Annual Foot Care Clinic. I always look forward to the Diabetes Foot Care Clinic because it is held in the spring.

We have more people interested in this event because of the focus, and because the weather is warming up; people come out to enjoy the warm weather. We partnered with Southern Ontario Aboriginal Diabetes Initiative and had a tremendous turnout! Not only did we have nutritious food, but the presenters and speakers were empowering. It was encouraging to see and hear of the Aboriginal community rising up with victory over this devastating disease. To know that people are making healthier choices

to take better care of themselves is wonderful.

Other partners there included the Native Women's Centre, the Aboriginal Health Centre, the Canadian Diabetes Association and chiropodists from the area. We are thankful to these partners for their support.

The Métis people have a strong community spirit and one can't resist being positively affected by the sense of unity. It was this strong sense of unity that brought together several members to share a community dinner recently. It was a special time of sharing values and reminiscing around the dinner table over some of our favourite family times.

While we enjoyed cabbage rolls and corn, a Métis sister shared her heritage and how she will never forget the fun times she had growing up in Manitoba. One of her favourite memories is of the jigging and fiddle music.



Therefore, the music we had that day was thoroughly enjoyed as we stomped our feet and clapped our hands to the sound of the banjo, fiddle and guitar, enjoying the sound of country bluegrass!

I look forward to the next season with the expectation of another successful year for the MNO Health Branch as we continue to grow and go forward in serving our communities.

Sandra Henderson is MNO Health's Community Wellness Coordinator in Hamilton.

MNO health staff host youth workshops in Renfrew

by Shannon Davis —

The flowers are blooming, the smell of fresh cut grass is in the air and the birds are chirping. It's summer—a time of growth and renewal.

The beautiful weather encourages our youth to venture out and socialize. They develop new relationships, some of which are intimate. With that in mind, the Renfrew site decided to hold a "Healthy Sexuality" presentation and a "Self Esteem" presentation.

These topics were chosen to help educate our youth in making healthy choices for their physical, spiritual, emotional and mental wellbeing. There was a big turnout; people were talking to one another and appeared to have gained a fair amount of knowledge. Now that summer and hot weather are at our doorstep we are looking forward to seeing more of the community.

Shannon Davis is MNO Health's Community Wellness Coordinator in Renfrew.

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left to right: **Cause and Effect participants: Lynn; Ernest Matton, facilitator; Colleen; Deb; Bev; Sue; and, Tracy Bald, Community Wellness Coordinator. Tera Lynn Copegog, Community Wellness Coordinator took the photograph.**

We found our VOICE Have you found yours?

by Tracy Bald
& Tera Lynn Copegog

Recently, at the Georgian Bay Métis Council the “Cause and Effect” series was completed. The workshop was facilitated by one of our Métis men from the community, Little Brown Bear (Ernest W Matton I.C.A.D.C.). The focus was on healthy choices, a history of Métis people, and how decision making—either our own or others—has influenced our lives. During the sessions participants reflected on their life mapping and shared their stories. The participants offered to share their experiences and stories with the hope that others will be able to find their voices. Some of their comments follow:

“With reflection I have seen how I have made choices in my life. I have made my choices based on fear and shame, fear of what could be and of the alternatives, not based on what I need or what would be best for me. I haven’t always been a happy person, because I haven’t given myself what I needed. I have begun to make this change, making decisions based on my needs.”

“I have learned to say “no” but find it very hard to say “no”. I feel like people think that I am a bad person because I said “no”. Before I attended this class I was always saying “yes” when I really didn’t feel like doing what I was asked. But now I feel if I say “no” it is ok.”

“Life is all about choices. One of the best choices I ever made was to find my voice.”

“I wanted to live my life with awareness, to learn to trust my instincts and to be heard and not ignored. Since finding my voice I am in control of ‘me’. I have found ‘me’ and I like ‘me’.”

“I’ve learned its ok to speak up and that I have a right to respect and love. My voice helps me to live my life through “me” and not another person. I feel so empowered and alive.”

“I am woman! Hear me roar!”

“I’m grateful to have done my first life mapping exercise. I

enjoyed taking the time to go through the memories, some were happy and warmed my heart, some felt like I re-lived it and the tears flowed to my heart. I tried to turn it around and ask myself, “What did I learn from that time?” I didn’t want to make the same mistakes. I realized I always had a voice; I just didn’t use it for different reasons—young, confused, respect for parents’ beliefs. Now I have found my voice and I am going to use it for the future choices in my life because I am in charge.”

.....
“Life mapping is a journey of self-discovery. It allowed me to look at my past; confront my fears and weaknesses, and find my strengths.”
.....

“Life mapping is a journey of self discovery. It allowed me to look at my past; confront my fears and weaknesses, and find my strengths. It gave me the understanding of the person I am today and the tools to make a positive change in my life. I am empowered to look at my future and have a voice in the path I take. I can also use this knowledge to get a better understanding of the people around me and help guide them along their paths. “

“Finding my voice? My baby babbling started when I decided to dedicate my career to assisting people with disabilities to be included in their community and society. The decisions we make throughout our lives shape our voice. Slowly, mine matured to a confident young adult voice as I have taken new challenges of family and career in my life. It was strengthened when I returned to school to complete my Bachelor of Arts degree specializing in Gerontology and the subsequent doors that opened for me. What is next is the continued road of life. I will gain a more confident voice with each passing day, each new challenge and each obstacle. My future decisions and experiences will have a huge impact

on my voice. Recognising I make my choices and I have a voice can only increase the success of my journey.”

“Over the past four weeks of the ‘Cause and Effect’ series and throughout what I call my “Wellness Path” I had been focusing on myself, my beliefs, values and how I had moved from feeling I had no control to feeling that decisions are mine to make and I am doing what I want to do. I have since found another way to look at things and this is what I have noted.”

“There is a difference in having a sense of control and having control. I used to do things to feel like I had control but later felt guilty because I got what I wanted but at the price of another. Now, knowing I have control at my own expense feels good because I can disagree with something, feel proud and not hang in shame that I have made the wrong choice or hurt someone along the way. My decisions are now made based on my values and beliefs, experience and education, not what I thought might be the best idea.”

“My accomplishment from this series was life mapping and working backwards to find out why I made decisions; what influenced the decision and what the alternative would have been. I like what the future decisions process looks like for me and how positive the outcomes may be based on working through and changing the patterns I identified in my life map.”

“My most valued part was when I recognized that I was no longer blaming the person that I felt made the decision for me or that I made the decision based on what the person wanted but that I could identify the “issue” that influenced the decision not the “person”. I will no longer lay blame on another; I will accept the experience of a ragged path with a smile.”

We would like to thank those who participate in the Cause and Effect series. It was a powerful experience as we shared tears and laughter and provided support for each other as we continued to find our voice.

MNO Health gathering data on Ontario Métis

by Mario Gravelle

The Métis Nation of Ontario Health Branch’s “Chronic Disease Surveillance Project” (CDSP) is a ground-breaking health surveillance initiative focused on gathering Métis-specific data on health and healthcare. Part of this project includes population-based studies to determine the rate of chronic diseases in Métis people in Ontario as well as outcomes from care. These studies are achieved in partnership with the Institute for Clinical Evaluative Sciences (ICES), a government-supported scientific research institute dedicated to understanding illness rates and treatment outcomes. The findings will be useful in allowing the MNO to determine the health priorities of the Métis people of Ontario and to seek funding to develop and deliver health programs tailored to their specific needs.

How do these population-based studies work?

The Métis Nation of Ontario submits its Citizenship Registry to the Institute for Clinical Evaluative Sciences (ICES). ICES is an independent, non-profit organization located at the Sunnybrook Hospital in Toronto with over 16 years of experience analysing statistical information regarding health and health services in Ontario. It is the only research institute in the province with permission from the Ministry of Health and Long Term Care to access health administration databases.

What measures are in place to protect the privacy of the MNO Citizens?

Before research begins, the files are made anonymous by removing personal identifiers. It is important to note that health information is not examined on an individual basis. These studies are intended to analyse the health of Ontario Métis people collectively by grouping anonymous information. ICES does not have the authority to use, disseminate, or share data without the consent of the MNO.

How will the results of these studies be available?

The MNO is committed to

ensuring that the Métis are informed about the results of these studies. Reports will be available in three formats in French and English: First, Technical Reports will offer the material in a formal format explaining the research process and findings in detail. Tables and references will be included. Second, Lay Reports will present the same content as the Technical Reports in plain language while retaining the tables and references. Third, Knowledge Translated Reports will provide an overview of the most important points of the Technical Reports. They will also provide more Métis-specific content to put the findings into perspective. These reports will be accompanied by an easy to read Fact Sheet. The MNO will make these reports available as of July 1st on the web site and copies will be on hand at the health sites at the same time.

How else will the findings be presented?

The Chronic Disease Surveillance Project will present the findings of these studies at the Annual General Assembly, to the PCMNO, to Regional Councils, and at the health sites throughout the province in the upcoming months.

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WELLAND HEALTH OFFICE:



left to right: **Members of the SOADI Team: Kathleen, Ashley and Linsey.**

MNO health staff host “Holistic Day” in Welland

by **TerryLynn Longpre** —

Aboriginal people are at high risk for type 2 diabetes. The traditional lifestyle of Aboriginal peoples was active and included healthy foods. Today, lifestyles have changed-people are not as active and eat less healthy food.

On May 11, Welland AHWS partnered with SOADI to host an “Holistic Day of Foot care”. Clients were treated to: nutritious food, foot care examination by a certified chiropodist, reflexology treatment, a sharing circle, self foot care, diabetes resources and educational materials to take home. It was a highly successful day of learning and treatment for 26 clients in need.

Type 2 diabetes is when your body does not make enough insulin to use the sugar in food as energy.



“Holistic Day” participants.

SOME WARNING SIGNS OF DIABETES ARE:

- Being thirsty a lot
- Gaining or losing weight for no reason
- Getting very tired for no reason
- Blurred vision
- Cuts and bruises slow to heal
- Tingling and numbness in the hands and feet
- Frequent urination
- Getting infections often or ones that don't go away

DIABETES RISK FACTORS:

- Over 40 years old
- Overweight
- High blood pressure
- A parent, brother or sister with diabetes
- Had a baby weighing over 9 lb. or had gestational diabetes while pregnant.

If you have any of these warning signs see your health care provider or the Canadian Diabetes Association.

Watch for Métis Nation of Ontario AHWS Foot Care clinics near you!

TerryLynn Longpre is the MNO Health branch's Community Wellness Coordinator in Welland, ON.

BANCROFT HEALTH OFFICE:

Making tracks

by **Amanda Cox** —

Congratulations to the Foster Family from Bancroft Ontario who won the Nintendo Wii. This family is dedicated to staying active. I can see on a regular basis how much fun they have “Making Tracks” together. It pays to be active!

Physical activity improves health and well-being. It reduces stress, strengthens the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight and it improves your outlook on life.

Research shows that physical inactivity can cause premature death, chronic disease and dis-

ability. Health Canada encourages Canadians to integrate physical activity into their everyday life. At home, at school, at work, at play and on the way--that's active living!

Keep watch for the new “Learning through arts program” that is being offered through the CAP-C program.

Smoothie Wednesdays have been a great success! Learn how to make healthy snacks and easy ways to eat healthy.

Amanda Cox is MNO Health's Community Action Program Coordinator in Bancroft. She can be reached at 613-332-2575.



ABORIGINAL DIABETES EDUCATION PROJECT | MNO Health staff

Diabetes prevention project

by **Shelley Gonneville**

As Aboriginal Diabetes Education Project Coordinator I am pleased to report that the Aboriginal Diabetes Education Health Research Project 2009/10 (ABDEP 2009/10) was an overwhelming success.

A total of 645 people participated in this Ministry of Health and Long Term Care (MHLTC) funded project far exceeding the anticipated 500 participants. This initiative included visits in October, November and January in Bancroft, Chapleau, Cochrane, Dryden, Fort Frances, Kenora, North Bay, Midland, Ottawa, Sault Ste. Marie, Sudbury, Thunder Bay and Welland.

In the fall participants took part in “Baseline” sessions where they received a Basic Health Assessment (height, weight, waist-to-hip measurement and blood pressure) and a scan using the ES TECK Complex. This technology is a Health Canada certified Class II and Class III medical device that offers information about Body Composition, General Metabolic Functions and Digestive System Analysis. These “Baseline” sessions also included

presentations and interactive games from healthcare professionals about diabetes risk factors and complications from this disease. Maintaining a proper diet and exercising were outlined as instrumental in reducing susceptibility to diabetes and its complications. The importance of vigilance as a key factor in staving off this disease and diabetes complications was also stressed.

.....

“**Diabetes and its complications continue to be a health priority for the Métis Nation of Ontario.**”

.....

Follow-up sessions were held in January to track the progress of participants who decided to embark on lifestyle changes as a result of the information they received at the earlier “Baseline” sessions. Of the 491 who attended a “Baseline” session in the fall, 276 returned for a follow-up session held in January. The

return rate of over 50% is especially remarkable considering that due to scheduling restrictions we could not provide a choice of dates to those who were interested in attending a follow-up session.

Participants of follow-up session were asked for their feedback about this project. The comments from the “ABDEP 2009/10 Participant Report Card” outline the success of this project. For example, 77% “strongly agreed” that the Basic Health Assessment was beneficial in helping them avoid diabetes risk factors and/or complications from diabetes. 75.3% of respondents thought the same of the ES TECK Complex scan.

The ABDEP 2009/10's usefulness was also apparent when considering that nearly 90% reported having changed either their diet, level of physical activity, or supplement use as a result of the information they received at their Baseline session. This percentage represents close to 250 of the 276 participants who attended a “Follow-up” session! It is also important to note that over 80% stated they had shared the information they learned at their “Baseline”

session with a family member or friend. Doing so goes a long way towards spreading the word about diabetes prevention.

As the previous content shows, the MNO's ABDEP 2009/2010 met with all the signposts of a successful initiative as anticipated participation rates were surpassed, the approach was well received by the participants, many undertook tangible

.....

“**...the approach was well received by the participants, many undertook tangible lifestyle changes as a result of this project.**”

.....

lifestyle changes as a result of this project, and the information provided was broadcast in the Métis community.

Diabetes and its complications continue to be a health priority for the MNO. The ABDEP 2010/2011 annual proposal has been submitted to the Ministry of Health and Long Term Care

including the allocation of dollars to continue this specific project. Slight changes have been proposed from last year's project including an additional site visit. Three visits per year will allow participants to gain more information to support their lifestyle changes and to see the results of their hard work more often. Based on the submission of the “ABDEP Summative Report” we expect that the MHLTC will give us the go ahead. Please note that the final “ABDEP 2009/10 Summative Report” will be available July 1st, 2010 on the MNO web site as well as at your local health site office. Translation into French was undertaken so that all participants and/or future participants can enjoy.

On behalf of the Métis Nation of Ontario and the Aboriginal Diabetes Education Project I would like to thank the respective health site staff and participants for embracing this special diabetes initiative. Your participation and enthusiasm demonstrates your willingness to own your health and make the changes necessary to prevent diabetes or further complications of this disease.



Celebrate *The Year of the* Métis Nation

AGA2010



MÉTIS NATION OF ONTARIO • 17th ANNUAL GENERAL ASSEMBLY
FORT WILLIAM HISTORICAL PARK • THUNDER BAY, ONTARIO
AUGUST 21ST - 23RD, 2010

Join us in Thunder Bay for AGA 2010!

Celebrate the Year of the Métis Nation with friends and family at Fort William Historical Park from August 21 to 23, 2010.

The celebration of Ontario Métis history and culture kicks off Friday evening with a Meet 'N Greet campfire at the Fort William Historical Park.

AGA 2010 will be a full three days with a Gala Dinner Saturday evening which pays tribute to MNO's Founding President Tony Belcourt. Tickets are available for sale on a first come, first served basis.

The Annual General Assembly formally begins with a Traditional Métis Opening at the dock behind Fort William Historical Park at 8:30 a.m. on August 21, 2010.

Sunday night will be special too – with the Thunder Bay Métis Council hosting an evening event.

Need more information about available camping facilities or hotels? Please contact: Rebekah Wilson
rebekahw@metisnation.org

ARE YOU PLANNING TO ATTEND AGA 2010?

Please complete the pre-registration* form below and fax it to us at 613-722-4225.

First Name: _____

Last Name: _____

Mailing Address: _____

City, Province: _____

Postal Code: _____

Daytime Phone Number or Cell: _____ Fax Number: _____

Please indicate whether you are a:

Voting Delegate** ☐ Non-voting delegate ☐

*Please note that the pre-registration deadline is August 13, 2010, all registrations received after this date will be processed on site at the event. Thank you.

**Only those delegates contacted by the MNO will be re-imursed for their expenses. All other registrants are responsible for all costs related to attending the AGA.

the Métis
Nation of
Ontario