

PROVINCE COMMITS \$30 MILLION TO SUPPORT MÉTIS ENTREPRENEURS AND BUSINESSES



▲ **Aboriginal Affairs Minister, Chris Bentley (left) and MNO President, Gary Lipinski (right)** during media event announcing creation of the **Métis Voyageur Development Fund**.

Ontario Métis establish Development Fund

On June 20, 2011, Métis Nation of Ontario (MNO) President, Gary Lipinski, joined the Honourable Chris Bentley, Ontario Minister for Aboriginal Affairs, in Toronto to formally announce the creation of the “Métis Voyageur Development Fund” and to sign a Memorandum of Understanding (MOU) between the MNO and the Ontario Government on Métis economic development.

The creation of the *Métis Voyageur Development Fund* is the result of years of effort and work by the MNO to create an economic development arm that will be able to support Métis entrepreneurs and businesses in Ontario in a similar manner to



other successful funds and capital corporations operated by Métis in western Canada. The ultimate goal of the fund is to make strategic investments that will positively contribute to Métis individuals, families and communities as well as to Ontario's overall economy.

In order to support the fund's goal, the Ontario Government has committed \$30 million over 10 years to support and enhance Métis business opportunities in Ontario. This commitment flows

from discussions held under the MNO-Ontario Framework Agreement which was signed in November, 2008. In addition, as a part of the MOU that was signed, the MNO and the Ontario Government have committed to work together to attempt to secure additional contributions to the fund from the Government of Canada.

“Today's announcement represents a historic breakthrough

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QUICK FACTS:

- ∞ The Government of Ontario has committed \$3 million annually to the Fund for 10 years.
- ∞ There are several successful Métis capital corporations and funds in Western Canada, including, the Louis Riel Capital Corporation (MB), Clarence Campeau Development Fund (SK) and Apeetogosan Capital Corporation (AB).
- ∞ In the 2006 Census, 73,605 Ontarians identified themselves as Métis.

THIS ANNOUNCEMENT REPRESENTS A HISTORIC BREAKTHROUGH FOR ONTARIO MÉTIS. WE WILL FINALLY BE ABLE TO PROVIDE MUCH NEEDED SUPPORT AND ASSISTANCE TO MÉTIS ENTREPRENEURS AND BUSINESSES



MÉTIS FISHERS

Video highlights struggle for Métis commercial fishing rights

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AGA 2011

The 18th Annual General Assembly of the MNO will take place in Parry Sound on August 20-22.

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MNO COUNCILS

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INFINITE REACH

MNO launches Solidarity Network for post-secondary students

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Announcements

THE MÉTIS VOYAGEUR

SUMMER 2011, No. 66

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**The next
Voyageur deadline:
September 1st, 2011**

PUBLICATION #:
PM 40025265



New Arrival



Congrats!

No bouquet of flowers or box of chocolate could compare to the sweet, wonderful Valentine's gift Melissa Pilon and Joey Charron (former Youth representative for Region 3) received on Valentine's Day. Their first child was born.

At approximately 5:30 P.M., **Joseph Charron Jr.** (the 4th) was born, weighing in at 7 lbs. and 2 ounces.

Proud parents are Melissa Pilon and Joey Charron. Cindy and Jim Pilon and Joe and Nicole Charron (Region 3, Employment & Training Officer) are the proud grandparents.

Ontario Métis establish Development Fund

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for Ontario Métis. We will finally be able to provide much needed support and assistance to Métis entrepreneurs and businesses in building the economies of Métis communities, while also contributing to Ontario's overall economic growth. On behalf of the Métis Nation, I would like to thank Minister Bentley and the Ontario Government for working with us to see this dream become a reality," said President Lipinski.

"The Ontario Government is pleased to support the *Métis Voyageur Development Fund*. This fund will provide Métis entrepreneurs and businesses in Ontario with the resources they need to develop and grow," explained Aboriginal Affairs Minister, Chris Bentley. "By supporting Métis economic development, we're helping to boost economic growth in our province and create jobs and opportunity for all Ontarians."

The fund, which has been set up as an arms-length, for-profit corporation, will be professionally managed by an independent board of directors selected based on skill and expertise in business. An interim board of directors for the fund has been appointed. A list of these directors and their biographies is available on-line.

The current fiscal year is a developmental one for the fund. It is anticipated that funding will not begin to flow from the fund until 2012. In addition, over the next few months, a province-wide call for additional directors to the fund will be undertaken.

For more information about the *Métis Voyageur Development Fund* visit www.metisnation.org.

Best Wishes



▲ An "honouring circle" held for Bonny Cann (third from left bottom row) by Ryerson Aboriginal Student Service as a way to acknowledge her contributions to Aboriginal education.

Farewell Bonny!

On May 25th, an "honouring circle" was held for Bonny Cann by Ryerson Aboriginal Student Service as a way to acknowledge her gifts and contributions to Métis and Aboriginal education. Bonny has been a long time partner and ally to Ryerson.

As Jennifer St. Germain, Director of Education and Training said, "It is with mixed emotions that I announce that one of MNO's long-standing employees, Bonny Cann, has recently accepted an exciting new position with Corrections Canada. Bonny has more than 15 years' experience working within MNO's Education and Training Branch and has contributed greatly to the breadth of the programs and services that are available to Métis people in Ontario. Bonny has been a valued member of the MNO team, a treasured part of the Métis family in Ontario and a relentless proponent of Métis rights, arts and culture."

Given her many years of dedication and commitment Bonny wanted to share her own words of farewell:

Hello to my Métis Family!

I would like to take this opportunity to say good-bye to everyone as I will be leaving the MNO as of Friday May 27th, 2011. I have been offered and accepted a position with the federal government working in Corrections as a Councillor to Aboriginal inmates out of a Gravenhurst Institution, beginning June 6th, 2011. It was a difficult decision as the MNO has been such a huge part of my life since 1994! I worked on the original Toronto Métis Council as a women's rep., then as the Chair, prior to applying for the Community Development Officer position in 1996. I joined the MNO Cultural Commission for a short time and for the past four years have focused specifically on Métis education for the province.

I have learned a great deal and will no doubt take the knowledge with me in an effort to help incarcerated Métis and other Aboriginal people to get back on track upon their release. It is my hope that I will continue to work with the MNO, but from the outside by

**I WISH THE MNO
WELL IN ITS FUTURE
ENDEAVOURS AND
TRUST THAT IT IS
IN GOOD HANDS
WITH SO MUCH
POTENTIAL FOR
THE FUTURE!**

referring clients who wish to return to school or that require assistance with finding jobs. I hope to attend the AGA in Parry Sound in August as I have not missed any since the founding AGA in the early days of the MNO. Not only will I begin a new career but will also be relocating to Huntsville, Ontario.

I wish the MNO well in its future endeavours and trust that it is in good hands with so much potential for the future!

– Bonny Cann

Bonny, you will be greatly missed by many, but we wish you the very best in all of your new endeavours.

MNO launches Direct Toll-free Number for Registry

As part of the continuing improvements to the Métis Nation of Ontario Registry, we now have a dedicated Registry phone line. The number for the line is:

1-855-798-1006 (toll free) or **613-798-1006** for local (Ottawa) calls

The advantage of using this line is that calls are not routed through the MNO reception desk but enter an automated system that enables callers to quickly and easily access the correct individual to assist them. The automated system provides three options:

Line 2
Citizenship applications
or replacement card

Line 3
Genealogy inquiries

Line 4
Harvest applications
or Harvest cards

In addition to improved access, calls to the Registry may now be monitored and recorded for training and quality assurance purposes.

MNO REGION ONE | COMMUNITY CONSULTATIONS

Northern voices heard

By **Nina Henley**Secretary, Kenora Métis Council
KENORA

On April 20, 2011, the Métis Nation of Ontario, Region 1 Consultation Committee, and the Lands, Resources and Consultation (LRC) staff met with John Bonin of Union Gas. This was an initial meeting to discuss the Red Lake Natural Gas Pipeline Project.

LRC Staff member, Joe Daze, provided a Power Point presentation on local Métis history. John Bonin then gave an overview of the main project activities. A question and answer session followed.

Union Gas plans to construct the Red Lake Pipeline Project in a phased approach: Phase one of the project will include constructing a pipeline from the existing gas supply north of Ear Falls (the Bruce Lake Mine Site) to the intersection of Highway 105/125 (the "Red Lake Lateral") and will include distribution pipelines to Goldcorp's mine sites in Balmertown and Cochenour.

Phase 2 of the project will involve constructing distribution pipelines to provide natural gas service to the residents of Red Lake, Balmertown, Cochenour, Chukuni River Subdivisions, and any other residents and businesses along the pipeline route

who request service.

Union Gas funded community meetings for the four community councils in Region One: Atikokan, Dryden, Fort Frances, and Kenora. The four meetings were similar in structure. Region 1 PCMNO Councillor, Theresa Stenlund, gave an overview of the proposed project. Citizens were given the opportunity to ask questions and gain a better understanding of what is planned for this area and how it would affect their way of life with respect to harvesting.

The citizens wanted to make sure that measures were being taken to diminish the impact on the area, and ultimately to their way of life. They were very happy, and relieved to find out that the existing highway easements were to be used, thus minimizing the impact on natural resources.

These community dinners and information sessions were well received. The citizens had an opportunity not only to gain valuable information about the Union Gas Red Lake Project, but to register their businesses or trades on a master list produced for Union Gas.

Following these meetings, on May 17th, John Bonin met in Kenora with Métis business owners interested in a more in-depth view of the project to let them know what is to be expected in the upcoming months.



▲ (top) Region 1 Consultation Committee with John Bonin of Union Gas. (middle) Marlene Davidson, Clint Calder, John Bonin, Theresa Stenlund, Alvina Cimon, and Joel Henley; (bottom left) Registry Consultations were recently held in Atikokan. (bottom right) Registry Consultations in Dryden.

VETERANS | MÉTIS NAVAL OFFICER HONoured

Retired Métis Rear Admiral recognized by Governor General

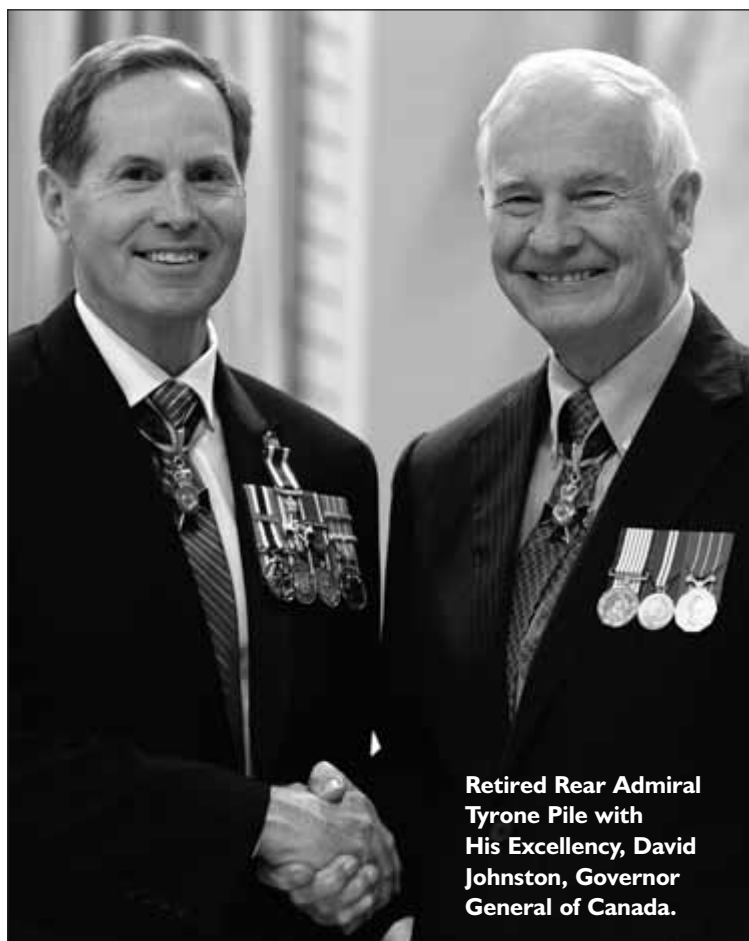
Retired Rear Admiral Tyrone Pile received the Meritorious Service Cross from His Excellency, David Johnston, Governor General and Commander in Chief of Canada's Armed Forces at a ceremony in Rideau Hall on June 10th. Rear Admiral Pile is Métis and the brother of Tim Pile, the Secretary-Treasurer of the Provisional Council of the Métis Nation of Ontario (PCMNO). The decoration recognizes a military deed or activity that has been performed in an outstandingly professional manner, according to a rare high standard that brings considerable benefit or great honour to the Canadian Forces.

The citation for the award reads: "As Commander of Joint Task Force Games for Operation Podium, the Canadian Forces' mission in support of the Vancouver 2010 Winter Olympic and Paralympic Games, Rear Admiral Pile led one of the most complex domestic military operations ever conducted in Canada. He demonstrated exceptional lead-

ership in shaping a co-operative and effective working environment among dozens of partners, including all levels of government and the Royal Canadian Mounted Police, as well as their civil and military counterparts in the United States. His ability to facilitate the collaboration and coordination of these entities, while ensuring that strategic and operational goals were understood, respected and met by all, was instrumental to the success of Operation Podium and brought great credit to the Canadian Forces."

Retired Rear Admiral Pile is the son of Eileen Pile and the late Herbert Pile of Geraldton. He enrolled in the Canadian Forces upon graduating from Geraldton Composite High School and attended both Royal Roads and Royal Military College, graduating from the latter in 1979. During his career as a naval officer he served in a number of Canadian warships, including a brief tour aboard Her Majesty's Yacht Britannia in 1983 during the

Queen's Royal Visit to North America. In 1995 he was appointed commanding officer of the new frigate HMCS Regina, which later became the first Canadian warship to fully integrate with a United States carrier battle group on deployed operations. He subsequently served as Director of NATO Policy and as Commander of Maritime Operations Group Four in Victoria before being promoted to Commodore and appointed Commander Canadian Fleet Atlantic in 2003. Promoted to Rear Admiral in 2005, he served as Chief Military Personnel and Commander of Military Personnel Command until being appointed Commander of Maritime Forces Pacific and Joint Task Force Pacific in 2007. From 2007 to 2010, he was concurrently appointed Commander Joint Task Force Games, leading Canadian Forces' support to security and public safety for the Vancouver 2010 Winter Olympic and Paralympic Games.



Retired Rear Admiral Tyrone Pile with His Excellency, David Johnston, Governor General of Canada.

ABORIGINAL APPRENTICESHIP CENTRE | -----

RBC Foundation donates \$10,000 to Aboriginal Apprenticeship Centre

On June 21, Art Bennett, Regional Councillor of the Métis Nation of Ontario (MNO), Dr. Ron Common, President, Sault College and Carolyn Hepburn, Director of Native Education and Academic Upgrading, accepted a cheque for \$10,000 from Caroline Kelly, Vice President, Branch Manager, RBC Dominion Securities, on behalf of the RBC Foundation. These funds will directly support the Aboriginal Apprenticeship Centre (AAC) at Sault College.

The AAC is a partnership between the MNO and Sault College and provides a client based approach to pursuing careers in the skilled trades to individuals in Sault Ste. Marie and the surrounding area. The AAC's goal is to increase Aboriginal participation in apprenticeship, increase youth awareness of trades and provide support systems for successful completion of apprenticeship training. The AAC engages the MNO's Education and Training Branch, Sault College's Native Education and Training Department, industry representatives and the Aboriginal community. "We believe that supporting Métis students and learn-



▲ left to right: **Les Dunbar (RBC), Anthony Pucci (RBC), Art Bennett (MNO), Ron Common (Sault College), Caroline Kelly (RBC), Beverley Szatanski (RBC).**

ers, to reach their highest potential, will have life-long inter-generational positive effects," stated Regional Councillor Bennett. "Not only will Métis citizens, families and communities benefit, but it will help build a stronger Ontario and Canada as well. The jobs of today and tomorrow depend on a skilled workforce and the support from the RBC Foundation will make many dreams a reality!" Councillor Bennett represented MNO President Gary Lipinski at the ceremony. President Lipinski commented: "The MNO greatly appreciates the support from the Royal Bank

Foundation and we are confident it will be of great assistance to Métis learners at Sault College."

"Sault College continues to be an education destination for Native students from around the province. Native Education is a key priority for the institution," said Common. "Donations such as that provided by the RBC Foundation will 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."

ABORIGINAL DAY



▲ left to right: **Métis veteran and senator Alis Kennedy (left) and Métis veteran Shaun Redmond (right) with his Excellency, Governor General David Johnston.**

Aboriginal Veterans Memorial turns 10 years old

A number of Métis Nation of Ontario (MNO) citizens and Métis veterans attended the tenth annual remembrance ceremony at the Aboriginal Veterans Monument in Ottawa on National Aboriginal Day this year. Over 200 people took part in the event which was organized by the National Aboriginal Veterans Association. Among the dignitaries was his Excellency, David Johnston, the Governor-General of Canada, as well as representatives of the Canadian Government, the Métis National Council and other veteran and aboriginal organizations.

The commemoration recognized the sacrifices and contribu-

tions of Aboriginal veterans, in particular those who paid the ultimate price in the service of freedom. It was acknowledged that until recently, the significant contributions of Aboriginal service members had often not been appreciated.

The ceremony included an opening prayer from Métis veteran Shaun Redmond. The MNO was well represented at the event by many MNO citizens including Senator Reta Gordon, Senator and Métis veteran Alis Kennedy and Senator Lois McCallum as well as Métis veteran Joe Paquette and Ottawa Métis Council President Daniel Gilbeau.

Revitalizing Michif

Lii Michif maachi wanishkaawak dan leu ter • The Métis are waking up all over their land

By **Theresa Stenlund**
Region One Councillor
PCMNO

Across the Métis Homeland there is a growing movement to revitalize Michif, the language of the Métis people. Efforts are being made to both preserve the language and teach it to young people. An article in the May/June, 2011, *Legion Magazine*, titled "Saving Michif" drew attention to Michif programs in Manitoba, Saskatchewan and British Columbia and important work is also going on in Ontario.

The article explains that although Michif was already widely used by 1840, it, like other Aboriginal languages was often suppressed and even banned. As a result, Michif did not get passed on to younger generations and most Michif speakers today are elderly. Part of the growing pride of Métis people across the Homeland is awareness that Michif is an important aspect of our history and culture. Insuring the language is passed on to new generations has become a priority. The Manitoba Métis Federation has Michif programs in six of its communities while the Métis Nation British Columbia has established a website (www.learnmichif.com) dedicated

to teaching Michif. The Gabriel Dumont Institute in Saskatchewan has created DVDs and CDs that target all age groups and draw on the knowledge and guidance of Métis elders and Michif speakers.

The Métis Nation of Ontario (MNO) is playing a major part in the movement to revitalize Michif. The Education and Training Branch has recently produced a "Métis Education Kit" that includes posters with Michif words (along with English and French) describing several important elements of Métis culture. The education kits are available to Métis educators throughout Ontario.

Some of the most important work being done revitalizing Michif is taking place at the community level. An excellent example is the "Sharing the Michif Language" course initiated by the Kenora Métis Council. Over 20 Métis are participating in Michif language classes that are being funded by the Federal Department of Canadian Heritage through the Aboriginal Languages Initiative (ALI). The program provides 20 weeks of language instruction through a variety of different media. Speakers and instructors from Manitoba have facilitated some classes and on-line learning, short drama

skits, uniquely created versions of popular games, cooking and crafting activities, and visits to outside venues have all been used to teach Michif. While the majority of participants are young people, the ages have ranged from six to 84, which has provided a great opportunity for youth to interact and learn from Métis elders.

"Children were encouraged to learn with the adults and elders as the vehicle of learning historically through the family system," explained Theresa Stenlund, the Provisional Council of the MNO (PCMNO) Councillor for Region 1 (which includes Kenora). "We felt by re-creating this form of education, we could develop a family-oriented learning atmosphere. It was incredible how much they learned and how much we learned from them! All the participants were very accepting and patient of this process and it enhanced our learning experience." Besides being the PCMNO Councillor, Theresa also has two children enrolled in the Michif course.

In order to motivate the children (and adults), students participate in monthly trading posts where they can spend the "Métis dollars" earned throughout the classes to purchase and barter for



▲ **Métis Elder Greg Triskle with his great-grandchildren Katelene Stenlund and Hayden Stenlund. This great-grandfather provides spiritual guidance and direction for the students. He tells stories and shares his knowledge and teachings of growing up off the land where he was a trapper and bush worker.**

items with fur trader McPherson. To encourage participation, Métis dollars were handed out to students who participated in class and/or volunteered to help with snacks, clean up, and/or deliver a Métis presentation of their own choosing.

"The Métis culture for our children is an important aspect of knowing who they are and the rich history they come from," stated Theresa. "It is our strong Métis identity that needs to be

taught to our children and grandchildren. The Métis in this area and across Ontario have deep roots to the land and the Métis way of life that need to be shared more often. I am very pleased that the Kenora Métis Council is offering the children and adults of the Kenora area a chance to regain our language and also expose and teach our Métis culture throughout the Michif lessons," she added.

MICHIF PHRASES:

Tawnshi Kiya?
Hello, how are you?

Nimiyou ayawn.
I am fine.

Tawnshi eyishinikawshoyan?
What is your name?

... Dishinikawshon
My name is ...

Tawnshi ayshikeeshikawk?
How is the weather?

Community Councils

OSHAWA & DURHAM REGION MÉTIS COUNCIL | A CELEBRATION IN OSHAWA

Paddle, Fiddle and Jig

By **Wendy Pilon**

Back in November, 2010, the Oshawa & Durham Region Métis Council (ODRMC) was very pleased to announce the launch of three new programs due to the generous funding received from the Heritage Canada program.

The showcasing of our rich Métis culture was achieved through a jigging program in a number of local schools, a fiddle program with an award-winning Métis fiddler, and the building of a 26 foot traditional birch bark canoe at GL Roberts Collegiate and Vocational Institute in Oshawa.

In April, 2011, we celebrated the very successful delivery of these programs at a Métis Gala in Oshawa. A fun evening of entertainment was organized by Trina Lavallee with traditional dancing by students involved in the school program, and jigging by the Olivine Bousquet Métis Dancers. The Oshawa Métis fiddlers--fiddlers taught and led by JJ Lavallee--played a number of tunes together along with great solos by two young learners: Dallyn Lavallee and Bailey Lavallee. Students who had participated in the dance and fiddle programs



▲ (top) A birch bark canoe at G L Roberts Collegiate and Vocational Institute.
▼ (bottom) The Oshawa Métis Fiddlers led by JJ Lavallee.



also did readings in between the entertainment, reminding the crowd of friends, parents and family of Métis history and culture. Colin Carrie, the local MP, also attended and spoke to the group, joining in the celebration of the successful culmination of the programs. Jennifer Henry did a great job of MC-ing the event and in his usual great style JJ

Lavallee ended the performance with an amazing rendition of Orange Blossom Special, filling the stage with dancers and bringing the entire crowd to their feet!

The ODRMC is very pleased with the results of these programs. We brought a renewed appreciation of our history and culture to the community and also had the opportunity to share that

history in area schools. This couldn't have been accomplished without the very hard work of a number of people. As usual our community pulled together and supported each other.

In addition to the many community members who made this possible, we need to thank Bill Littlefair and Deanna Fry from the Durham District School Board,

who have continued to provide support in opening doors for teaching Métis history and culture in local schools; the many teachers who welcomed our programs; and in particular, Principal Deb Johnson of GL Roberts Collegiate and Vocational Institute.

I especially want to recognize our key contributors: Dawn Boston, who was successful in applying for the grant and administering the programs; and elder Marcel Labelle, who brought his expertise, wisdom and patience in working with local students to build a large voyageur birch bark canoe. Trina Lavallee, our artistic director not only taught the dance programs in schools throughout the area, but accompanied the dance programs with important history lessons.

Finally, JJ Lavallee, an accomplished fiddler who came to us from Manitoba, not only taught fiddling in a very traditional Métis fashion, but became part of our community and represented the Métis well at the many events in which he participated. Through them, and the strong support of our larger community, we ran a series of programs that will be long remembered for successfully showcasing our Métis culture in the Durham region.

GEORGIAN BAY MÉTIS COUNCIL



▲ Donald Desroches, owner of Main Street Computers in Midland and GBMC President Brenda Laurin.

Métis businessman supports Georgian Bay Métis Council

by **Brenda Laurin**
Georgian Bay Métis Council
PENETANGUISHENE

On May 18, 2011, GBMC President, Brenda Laurin, presented Donald Desroches, a Métis citizen and owner of Main Street Computers with a Métis sash in appreciation of the donation of an external hard drive for the Georgian Bay Métis office.

Donald started in the computer business over 11 years ago when he began working at Main Street Computers for the then owner, Greg Garratt (current

councillor for GBMC). Five years ago, Donald purchased the business from Greg and has not looked back since.

Main Street Computers is located in the Angel Gate strip mall at 175 Main St, Unit #3, in Penetanguishene, ON (705-549-1303). You can tell Donald is a proud Métis; he has the Métis flag insignia decal on display in his store window so that all Métis citizens can recognize that he is a Métis business who supports the local Métis citizens.

Thanks again Donald. GBMC appreciates your assistance.

NEW MNO COUNCIL

Community Charter signed in Mattawa

On May 25, 2011, a Métis Nation of Ontario (MNO) Community Charter signing ceremony took place in Mattawa. The signing ceremony officially established the Mattawa Métis Council.

"Métis citizens are the foundation of the MNO," explained MNO President Gary Lipinski, "and at the local level they are represented through MNO Charter Community Councils. The councils are an important part of the MNO's push towards its inherent right to self-government. The local councils are also communication hubs for the MNO and play a significant role in fostering community empowerment and development."

The charter agreement was signed by Nelson Montreuil, President of the Mattawa Council, and by MNO President, Gary Lipinski. Around 30 people witnessed the ceremony. "It took a lot of hard work to put this charter in place," stated President Montreuil, "and we anticipate using it to build an even stronger MNO Community Council in Mattawa."

"I congratulate the Mattawa Métis Council for all their efforts to get their Community Charter Agreement signed," said Presi-



▲ Front row (left to right) Mattawa Métis Council President, Nelson Montreuil; MNO President, Gary Lipinski, and PCMNO Regional Councillor, Maurice Sarrazin. Back row: Mike Sarrazin, Roger Pedneaul, Romeo Sarrazin and Jacques Delarosbil.

dent Lipinski. "The dedication that brought us here today demonstrates what can be achieved by working together to advance Métis rights and improve the social well-being of Métis citizens, families and communities. The Métis citizens in the Mattawa area will be well served by those who have stepped forward to advance issues important to the community."

Community councils operate in accordance with MNO Char-

ter Agreements, like the one signed in Mattawa. These provide councils with the mandate to govern, while ensuring accountability, transparency, and consistency. The Charter Agreements along with the Community Code and Community Electoral Code are the governance and policy documents community councils refer to when conducting council business, and for ensuring accountability through good fiscal manage-

COMMUNITY COUNCILS

CREDIT RIVER MÉTIS COUNCIL | NEW COUNCIL ELECTED

A new vision for Council

By **Richard Cuddy**
Credit River Métis Council
BRAMPTON

The Credit River Métis of Region 8 have a new council. Debbie Alves returns as president. New members include Vice President/Chair, Richard Cuddy; Senator, Ray Bergie; Treasurer/Secretary, Joyce Tolles; Youth Rep., Talitha Tolles; Women's Rep., Karen Derocher; Councillor, Jim Tolles; Councillor, Murray Berger, and Sr. Councillor, Bill Morrison.

On May 7th and 8th, 2011, the Credit River Métis Council attended training for governance and finance provided by the Métis Nation of Ontario. We went

around the table introducing ourselves and sharing our stories. Several stories included a historical element of shame and denial of our heritage. We all seem to share the ongoing search for something or somewhere to belong. I have noticed this common thread of discussion throughout our community as I connect with citizens. This saddens me because I was, fortunately, not raised with this same shame or denial. My family always knew and accepted our "mixed blood" heritage. Instead of being ashamed to be Métis it always made me feel special. I was raised to celebrate hunting, fishing, trapping, the outdoors, and our connection with nature.

When I moved to a large, urban area, it became clearer to me that aspects of my culture were not as well appreciated when celebrated openly. However, I believe this may be the case for many minority people.

The Métis are a mobile people that are spreading across the provinces, and indeed the world. Our migration is not as one large group, but more as individuals and families. We take our culture and heritage with us to these new destinations. We can also take our shame and fear, but shame and fear do not need to define us; we can choose another route.

During the training, the Credit River Métis Council decided to make choosing another route a

top priority. One training activity asked us to "Create Our Vision" by defining the type of organization we want to be. Course instructors, Gary Lipinski and Andy Lefebvre, assisted us in this activity and we developed the following vision statement:

"The Credit River Métis Council is proud to promote and protect the Métis culture for citizens now and in the future."

The Métis youth are as precious to us as our past. Citizens, please reach out to your community council, elders and veterans. Learn and reinforce our culture and heritage and share it with our youth. There is no longer any reason for our culture to be invisible due to ignorance. While the Métis

should not forget past struggles, we can't let them define us. We must ensure that our family heritage and culture are passed on to our youth with pride.

Richard Cuddy
Vice President/Chair
Credit River Métis Council
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The Credit River Métis Council represents the citizens of The Métis Nation of Ontario residing in Orangeville, Caledon, Bolton, Georgetown, Halton Hills, Milton, Mississauga and Oakville. Contact us. Connect with us.

GREAT LAKES MÉTIS COUNCIL



▲ **Malcolm Dixon, Chair of the Great Lakes Métis Council, at the One World Festival in Owen Sound.**

Grey-Bruce Métis take part in local diversity celebration

by **David Clark**
Community Wellness Coordinator
OWEN SOUND-GREY/BRUCE

Malcolm Dixon, Chair of the Great Lakes Métis Council, participated in the first-ever "One World Festival" held the 27th of May, 2011, in Owen Sound. The event, organised by the "Inclusive Communities Committee", was a celebration of diversity.

Displays included activities sponsored by Community Living, and Klezmer Music, and featured a Black Heritage display, Aboriginal singers and drummers, children's choirs from area schools, Nepalese food, PRIDE exhibit, Chinese folk music, and of course, the MNO along with over 20 other displays.

The event was alive with children who attended with teachers and parents. As I was snapping a picture, a small group of children chatted with Malcolm about the bison skull which was part of the exhibit.

Other Aboriginal presentations included the Chippewas of Nawash, M'Wikwedong Native Cultural Resource Centre, and the "Restoring the Circle Gathering" (an event to help Aboriginal people who attended residential schools) in their healing.

The One World Festival was the culmination of a month-long celebration of community diversity, the success of which hints at it becoming an annual event, and no doubt, the Métis will be present again, proudly promoting our heritage.

GEORGIAN BAY MÉTIS COUNCIL

GBMC one step closer to community centre

by **Brenda Laurin**
Georgian Bay Métis Council
PENETANGUISHENE

The Georgian Bay Métis Council has taken one step closer to a Métis Community and Cultural Centre. The Building Committee and GBMC Council along with Scott Carpenter and supporters such as MP Bruce Stanton, MNO COO Doug Wilson and local Métis citizens, completed an initial presentation to the Town of Penetanguishene Town Council on Wednesday May 4, 2011.

The presentation was well received by Penetanguishene Mayor, Gerry Marshall, as per his comments found in his weekly e-news letter to residents of Penetanguishene.

"In terms of presentations, in last week's update I very much understated what the Georgian Bay Métis Council was bringing to the table. The centre they were proposing was positioned as a Youth Centre. The Centre is all of this and much more. This will be a Georgian Bay Métis Community



and Cultural centre. The proposal would see a 75,000 square foot facility being constructed. This facility will be open to use by all of our citizens and it will be multi functional. Beyond the meeting and conference room amenities it will boast training rooms, healing, wellness and day care centre areas. In terms of activities it will have an indoor soccer, lacrosse and field hockey field complemented by a walking track and 3 indoor lawn bowling lanes."

There is much work to be done and many options to look into and funding to find, but we will move ahead one step at a time. Dave Dusome, treasurer of the Midland-based Georgian Bay Métis Council, said that the hope is for the centre to be located on the waterfront site of the former Ojibway Landing campground on Robert Street West.

"That's our homeland. The majority of us came from Drummond Island hundreds of years ago, and we migrated from there to Penetang and area," he explained.

Georgian Bay Métis Council President, Brenda Laurin, hailed the project as an important development. "It will allow local Métis to capture and display our culture and language, while providing vital health, training and sports facilities to the whole community," she stated in a news release.

Any citizens who wish to help out with funding issues, building aspects, etc. can contact the GBMC office at 705-526-6335.

YOUTH AND ELDERS

Uniting generations

by **Brenda Laurin**
Georgian Bay Métis Council
PENETANGUISHENE

In an effort to aid youth and elders alike, Georgian Bay Métis Youth Committee members; Georgian Bay Métis Council (GBMC) President, Brenda Laurin; and Community Councillor, Larry Ferris, in conjunction with MNO Long-Term Care/Aging at Home Coordinators, Debbie Ferris-Giammatolla and Natalie Noonan, recently met with local high schools: Penetanguishene

DO YOU NEED VOLUNTEER HOURS? Help a Senior, Meet an Elder & Make memories that will last a lifetime.

Assisting with outdoor chores, raking, weeding, general clean-up.

Contact your guidance office or call the GBMC: (705) 526-6335 xt. 213/204

Secondary; Midland Secondary; and École secondaire Le Caron.

In the meetings, the question raised was, "how do we bring our elders and youth together?" A common need was identified. Our Métis elders need to get work completed around their homes and the high school students need to obtain their community hours.

The answer to both needs was to bring these two generations together to help each other and possibly build long lasting relationships in the process.

COLLEGE BORÉAL | MNO STUDENT BURSARY PROGRAM

Collège Boréal awards \$11,000 in bursaries to Aboriginal students

On April 15, 2011, at an assembly of dignitaries that included representatives of the Greater Sudbury region's Aboriginal communities, Collège Boréal awarded bursaries totalling \$11,000 to six students attending its campuses in Sudbury, Timmins and New Liskeard. Funding for these awards is provided by the Aboriginal Post-secondary Education and Training Bursary and the Métis Nation of Ontario Bursaries.

"Collège Boréal is proud to encourage its Aboriginal and Métis students to pursue their post-secondary studies", says Collège Boréal's President, Denis Hubert-Dutrisac. "These bursaries are just one of the many services provided by our Louis Riel Centre to



▲ left to right: **Joëlle Lavoie; Rick Meilleur; Mallory Brazeau; Larry Prevost; Pam Jones; Eric Dupuis, Coordinator - Aboriginal Projects, Collège Boréal; Roger Giroux; Natalie Venne; Nancy Bouchard; Marc Nellis, Professor, Natural Resources Sector, Collège Boréal; Denis Hubert-Dutrisac, President of Collège Boréal, and Christopher Clément.**

promote the development of Aboriginal culture. Through these and many other initiatives, Collège Boréal also aims to

strengthen a sense of pride and fraternity with peoples whose history and experiences are essential to our province's development."

Bursaries for Aboriginal post-secondary education and training were awarded to Nancy Bouchard (2nd year Commerce), Mallory Brazeau (1st year Ultrasonography), Christopher Clément (1st year, Medical Radiation Technologist), Joëlle Lavoie (1st year Office Administration) and Robert Lee (3rd year, Forestry Technologist). Métis Nation of Ontario Bursaries were awarded to Nancy Bouchard, Christopher Clément, Joëlle Lavoie and Natalie Venne (1st year Veterinary Technician).

Collège Boréal's Louis Riel Centre was officially inaugurated in November, 2010. Located at the heart of the main campus in Sudbury, it provides the college's Aboriginal and Métis students with a wide range of services and

an environment that is sensitive to their cultural identity and conducive to their academic success.

"Promoting knowledge and a vibrant culture": This is Collège Boréal's vision, as a French-language institution of post-secondary skills training established in 1995 that contributes to the growth and development of communities in northern and central-south-western Ontario. Collège Boréal encourages the values of humanism, excellence and inclusion, as well as an active awareness of environmental issues that affect our society. Collège Boréal is the first education sector representative officially designated by the Government of Ontario under the *French Language Services Act*.

HOUSING | PILOT PROJECT



left to right, top row: **Casey Boban, Adrian Karasiewicz, James Aggamway, Tara Gusola, Robin Armstrong, Tyler Boily.**
Bottom row: **Trevor Warren, professor; Carol Rusak, program manager; Jean McIsaac-Wiitala, Executive Director MNO HII; Terry Desaulniers, BSTAIP Coordinator; Leafy Shaw, Project Developer.**

BSTAIP interns celebrate success

The first year interns of the Building Systems Technical Advisor Internship Program (BSTAIP) pilot project reached another milestone recently with the completion of the first year of the program.

To celebrate, Métis Nation of Ontario Housing Investment Inc. Executive Director, Jean McIsaac-Wiitala; BSTAIP Coordinator, Terry Desaulniers and Project Developer, Leafy Shaw organized a potluck dinner to recognize the achievement. Carol Rusak, Program Manager for Confederation College—the MNO's academic partner in the BSTAIP—also attended and congratulated the students.

Appropriately, the pot luck had a Métis theme with all participants bringing fantastic dishes such as moose, venison and even buffalo meat. At the request of Terry Desaulniers, everyone voted for their favourite dish. Peter Ducharme's bannock won the culinary prize with honourable mention going to Justin McCarville's venison dish.

While the interns look forward to the upcoming year, work placements have been set up at the MNO's Housing Branch in Thunder Bay. Here they are set to learn the administrative side of housing through mentorship and on-the-job training.

The Métis Nation of Ontario Building System Technical Advisor Internship Program is a two year internship with in-class learning and on-site training, also applied learning in shops, labs, workplaces and mentorship by skilled technicians. As well, the internship offers the opportunity to explore home renovations, eco-energy and efficiency with residential housing.

THUNDER BAY | COMMUNITY PARTNERSHIPS

MNO signs agreement with Northern Ontario School of Medicine (NOSM)

Partnership expands on commitment to needs of Métis communities

The MNO and the NOSM co-hosted an Aboriginal workshop on May 25-27, 2011, in Sudbury, Ontario. This workshop, NOSM's third Aboriginal forum, was a follow-up to the *Follow Your Dreams* workshop held in June, 2003, and the *Keeping the Vision* workshop held at Fort William First Nation in August of 2006. The workshop informs Aboriginal peoples of the progress made by the school on recommendations received during the previous two Aboriginal workshops and provides a forum for continuing dialogue between Aboriginal peoples and NOSM.

At the opening of the three-day workshop, the MNO and NOSM signed a "Collaboration Agreement" which will allow the two parties to work more closely together. This shared commitment is focused on providing education which is responsive to the Métis people and communities of northern Ontario, and on highlighting their complementary resources and objectives with respect to research, education, and expertise.

The MNO and NOSM have a range of common goals, approaches, and needs. Both the school and the MNO are actively involved and engaged in address-



▲ **MNO President, Gary Lipinski, and NOSM Dean, Dr. Roger Strasser, sign the Memorandum of Understanding between the MNO and NOSM.**

ing the needs of their communities. There are a number of possible areas upon which the NOSM and the MNO can collaborate:

- Identifying opportunities for beneficial collaboration in the development of new medical courses, academic programs, and innovative research initiatives;
- Actively recruiting potential Métis medical students, and improving the provision of medical programming that is culturally and linguistically appropriate;
- Developing communications intended to increase the visibility and success of the Métis in medicine in Ontario;
- Increasing Métis participation in and access to current and future NOSM programs and services;
- Increasing real and meaningful Métis input to NOSM policy development.

"From day one MNO has supported NOSM. I remember when it was just a dream," explained President Lipinski. "The MNO is entering into this collaborative agreement with the Northern Ontario School of Medicine to facilitate more Métis students pursuing medical careers in the north. Having more students graduate in the north will dramatically increase the potential of them returning to their communities, where their skills as doctors and nurses are very much needed."

"A significant component of the Northern Ontario School of Medicine's social accountability mandate is to build and cultivate relationships with Aboriginal communities across northern Ontario," said Dr. Roger Strasser, NOSM Dean. "This Collaboration Agreement between the school and the MNO will allow us to pursue opportunities that maximize the positive impact our organizations are having in the north."



Infinite Reach

Infinite Reach is comprised of incoming and upper year postsecondary students who have the common goal of working together to enrich and enhance their post-secondary education experience. Members form a community of Métis learners within their college or university and support each other in their academic pursuits. **Infinite Reach** facilitators are upper year students who can offer assistance to incoming students by helping them adjust to university life. **Infinite Reach**

facilitators also work to create and maintain a sense of community among Métis students. Throughout the year **Infinite Reach** facilitators will host/facilitate cultural and informative events to connect students to the local Métis community and the MNO. **The Infinite Reach: Métis Student Solidarity Network** will serve as a community of learners with the ability to inspire Métis students to achieve their full potential and provide the support of the Métis community.

Métis Student Solidarity Network

Infinite Reach Objectives

- ∞ Establish a community of Métis Postsecondary Students across Ontario connected through their participation in **Infinite Reach**.
- ∞ Connect Métis learners with Métis Nation of Ontario community.
- ∞ Ease the transition of incoming postsecondary education students by partnering them with an upper year mentor who can assist them during their adjustment to post-secondary studies.
- ∞ Provide incoming students with a culturally appropriate support system that encourages maintenance of Métis values and practices.
- ∞ Increase awareness of Postsecondary Education opportunities among secondary school students by having mentors engaged in outreach to high schools.

Traditional Metis Knowledge Sharing

Throughout Métis history the survival of our culture relied on the ability of community members with specific knowledge in trading, canoeing, food preparation, hunting, languages and medicines to share these skills with those less experienced in certain areas. It was recognized that through the reciprocal sharing of lived experiences, even commonplace events could provide insight and wisdom. Today, the future of the Métis Nation relies on the principles of knowledge sharing that have always been a part of our culture. While attending postsecondary education many Métis students are separated from their families and may feel culturally invisible. The **Infinite Reach** network provides the sense of community necessary for Métis students to maintain healthy and positive identities.

What Makes Infinite Reach Unique?

While there are a number of mentorship programs available at colleges and universities throughout the province, there is currently no program designed with the specific intent of partnering current Métis postsecondary students with incoming or potential Métis students. The **Infinite Reach** network is structured as a community or network of Métis learners in order to avoid the hierarchical configuration implicit in many mentorship programmes. In this way the **Infinite Reach** programme remains consistent with traditional Métis values and customs by acknowledging that each member of the community brings with them unique experiences that when shared can empower others.

Infinite Reach Community

The **Infinite Reach** network intends to create a network of Métis postsecondary students across the province that can share experiences and support one another in their academic pursuits. The relationship between incoming students and facilitators and other **Infinite Reach** community members is determined by the needs of individual first year students. Some students may wish to communicate with facilitators by email for quick advice regarding university life, and some may want to meet with their facilitators for coffee or at cultural events. The goal of the **Infinite Reach** network is to create a community of students who can easily connect with one another.

Facilitator Responsibilities

- ∞ Attending an **Infinite Reach** two day training session
- ∞ Being throughout the academic year
- ∞ Initial meeting with incoming students in September
- ∞ Being knowledgeable of funding opportunities for Métis students
- ∞ Being knowledgeable of community council and MNO events and programs
- ∞ Connecting incoming students with available student services: Academic Counselling; Counselling Services; Disability Services; Health Services; Housing
- ∞ Connecting incoming students with Aboriginal Student Resource Centre and spend at least two hours a week in the Centres
- ∞ Organizing Powley Day activities (Sept 19)
- ∞ Organizing information session and cultural events throughout the year
- ∞ Encouraging students to self-identify as Métis within the institution
- ∞ Encourage students to subscribe to the MNO Postsecondary Distribution List
- ∞ Presenting and promoting postsecondary opportunities to Métis secondary school students

Facilitator Capacity

Eventually, the **Infinite Reach** network will grow to support facilitators and network members at every postsecondary institution attended by Métis students in Ontario.

Infinite Reach Distribution List

If you are a Métis postsecondary student and would like to know about funding opportunities, cultural events and community events in your area then you need to be on the Infinite Reach distribution list. To join just go to the **Métis Nation of Ontario Website's Education and Training webpage and click on the Infinite Reach: Métis Student Solidarity Network link!** Enter your email and stay connected! www.metisnation.org



How to Get Involved

Calling All Métis Post-secondary Students! We are looking for facilitators and members to be part of the Infinite Reach: Métis Student Solidarity Network for the 2011/2012 academic year.

infinitereach@metisnation.org

Education and Training Branch
1-613-798-1488 x 137
Post-Secondary Education Officer
1-800-263-4889 x137

Métis Nation of Ontario
500 Old St. Patrick Street
Ottawa, Ontario, K1N 9G4

MÉTIS NATION NEWS

WOMEN OF THE MÉTIS NATION

Ending violence against Métis women

Call for strong action to end violence against Métis women

The Women of the Métis Nation (WMN) attended the *Collaboration to End Violence: National Aboriginal Women's Forum* (NAWF) in Vancouver, B.C. on June 15 to 17, 2011. Violence against women is a very real issue for the Métis: one that is more prevalent than is recognized by mainstream media and the general public.

For the Métis, violence against women is a community issue with each person having a role and responsibility, to prevent, intervene and support victims, or those who have lost loved ones to vio-

lence. "It is time to take a stand for our Métis women and girls. When one of our own has suffered or is lost, it resonates throughout the veins of the community," said Women of the Métis Nation President Melanie Omeniho. "Every community citizen, service provider and leader must make Métis women a priority, and this starts by properly identifying our women as being 'Métis'."

There are issues that stem from Métis women and girls not being identified as victims of violence within the information gathered during and after an incident. The lack of solutions and resources required to prevent and intervene for Métis women and families as well as the ongoing maintenance necessary need to be addressed quickly. A Métis-specific approach when working with

abused Métis women is the only way to ensure that Métis women and girls will not be forgotten.

President Omeniho continued: "There is no way that we can come up with solutions if we are not identified; we are an unseen group--even here at this forum the reality is the same. Until Métis women are engaged in developing the solutions and working collaboratively with others to address the issues of violence against Métis women nothing will change."

Over 200 delegates, from across Canada, including national Aboriginal organizations and provincial and territorial ministers, came together to share best practices and experiences. A list of recommendations was developed that will be provided to Canada's Premiers at an upcoming meeting in July.

TEMISKAMING MÉTIS COUNCIL



(left to right) Dean Dubois, graphic designer and artist for JR Printing; Liliane Ethier, TMCC President; Cindy Kergan, typesetter and website developer for JR Printing; Florence Watson, TMCC Councillor, and Andrew Hardy, print and production designer at JR Printing in North Cobalt.

TMCC 2.0

By Tina Ethier-Nichol
TEMISKAMING

We're proud to announce that the Temiskaming Métis Community Council is now live on the World Wide

Web. Our new address is www.temiskamingmetis.ca

The website has many different links to follow, including employment, coming events, harvesting, past projects and many more.

"CAPTAIN" KEN | EXCEPTIONAL ACHIEVEMENT

Ken Simard honoured by City of Thunder Bay

Ken Simard, Captain of the Hunt for Region 2, has received the City of Thunder Bay's Exceptional Achievement Award for his commitment and dedication to the community.

Ken is currently Chairperson of the Northwest Senior Games and represents north-western Ontario on the Ontario Senior Games Board. He began volunteering at the Thunder Bay 55 Plus Centre 15 years ago. A euchre enthusiast, Ken has organized annual euchre tournaments at the centre as well as at the Fort William Historical Park.



For the past 19 years, Ken has been Captain of the Hunt in Region 2, and has also served on the Thunder Bay Métis Council where he sits on the Lands, Resources and Consultation Committee. He is greatly admired for his leadership ability and cheerful disposition. Way to go Ken!

PARLIAMENT | ABORIGINAL AFFAIRS

Métis Nation welcomes reappointment of Minister John Duncan

Métis National Council President, Clément Chartier, has written to the Hon. John Duncan, Minister of Aboriginal Affairs and Northern Development, to congratulate him on his reappointment to that portfolio.

"During the election campaign, the Conservative Party reaffirmed the importance of the *Métis Nation Protocol* as the basis of the government's productive relationship with the Métis Nation," stated President Chartier. "I wrote to the Prime Minister soon after May 2, expressing my hope that the continuity and stability offered by a majority government will enable Canada and the Métis Nation to make further strides. The reappointment of Minister Duncan marks a first step in that direction as he and I have developed a very collaborative relation-

ship in our joint efforts under the Protocol."

President Chartier also commended Prime Minister Harper on his appointment of two Aboriginal Cabinet members, Health Minister Leona Aglukkaq and Intergovernmental Affairs Minister Peter Pensahue. Moreover, the Métis National Council supports the renaming of the Ministry of Indian and Northern Affairs to the "Ministry of Aboriginal Affairs and Northern Development", a change that better reflects the scope of the ministry's relationships with First Nations, Inuit and the Métis Nation.



LE MYSTÈRE DE LE RIVÈRE

"Je crois qu'il y a une créature cachée au fond de l'eau. Et lorsqu'elle agite sa queue reptilienne, la rivière gronde et produit des rapides les plus Violentes que l'on peut imaginer."

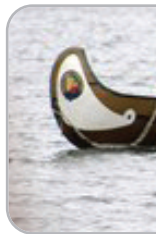
IL N'Y A PAS DE MYSTÈRE!
Ne vous approchez pas
des eaux dangereuses autour des barrages et des centrales hydroélectriques.
Observez toutes les consignes des panneaux d'avertissement.

PLUS LOIN C'EST PLUS SÛR

O.P.P.

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18th ANNUAL GENERAL ASSEMBLY OF THE MÉTIS NATION

AGA 2011

BUSINESS OF THE MÉTIS NATION OF ONTARIO

Métis come together in Parry Sound

Each year, citizens of the Métis Nation of Ontario (MNO) gather with friends, family and colleagues from across Ontario at the MNO Annual General Assembly (AGA). The AGA is an opportunity to pass on traditions and conduct the business of the MNO. The 2011 AGA is taking place at the Bobby Orr Community Centre in Parry Sound, Ontario, from August 20 to 22, with pre-AGA activities taking place on August 18-19.

Parry Sound is a picturesque small city that sits on the beautiful Georgian Bay, an area that has been an important centre of Métis life and culture for over

“
PARRY SOUND PROVIDES THE PERFECT BACK DROP FOR SHARING THE STORIES OF THE ONTARIO MÉTIS, MANY OF WHICH STILL REMAIN UNTOLD.
”

300 years. Parry Sound was part of the great water routes of the fur trade and the historic northwest and provides a perfect backdrop for sharing the stories of the Ontario Métis, many of which still remain untold.

This year's jam-packed agenda includes an amazing journey through the 30,000 Islands of the Georgian Bay on the Island Queen Cruise Ship as well as a **Métis Cultural Night** that will include a delicious fish fry hosted by the Moon River Métis Community Council. **Traditional opening ceremonies** the morning of August 20 will feature dignitaries entering in three voyager canoes and popular activities like the **Métis**

Games will be back as well. A full agenda will include meetings and activities for veterans, youth, women and senators. A **two day trade show** will run throughout the AGA and include displays and vendors from throughout the province. Daycare is available and the Parry Sound KOA has excellent camping facilities, which are only 20 minutes from Parry Sound.

So, plan on attending the AGA this year; you don't want to miss it!

.....
If you have any questions about the 2011 AGA send an e-mail to:
AGA2011info@metisnation.org

Parry Sound KOA

Camping at the AGA

Seventy-five acres of natural paradise await you less than two hours north of Toronto in the heart of Georgian Bay Country, the world's largest freshwater archipelago—home to 30,000 islands. Settle into a spacious open or wooded site among windswept pines and nature at its finest. Feel the sun tickle your face and warm your soul by day, then gather by the fire and marvel at the "Near North" starry skies by night. Enjoy the heated pool, trampoline, mini golf, gift boutique, wagon rides, bingo, two nearby sandy beaches, playgrounds and more! Fishing and golfing are not far away. Keep in touch via free Wi-Fi.

The KOA is only a 20 minute drive from Parry Sound and the Bobby Orr Centre, where the AGA is taking place.

August is a busy vacation time in Parry Sound, so we strongly encourage people who that are planning to attend the MNO AGA to book their camping sites early. We also advise anyone wishing to camp to contact the KOA prior to making travel plans in order to ensure that there are camp sites available.

PARRY SOUND KOA
276 Rankin Lake Road, Parry Sound
RESERVE (800) 562-2681
INFO (705) 378-2721
pskoa@vianet.ca

Reserve online at Parry Sound KOA website:
www.koa.com/campgrounds/parry-sound
Information on a business that rents campers at:
www.campertavelcanada.com

If you have questions about the AGA send an e-mail to:
AGA2011info@metisnation.org

Networking

Trade Show

The MNO Planning Committee is now accepting applications from vendors, corporations and non-profits for our trade show being held in conjunction with the MNO's AGA, August 20-22, 2011, in Parry Sound, Ontario.

The AGA Planning Committee invites interested vendors, corporations and non-profit organizations to submit an application form. Each vendor receives a 10'x10' area, including a table and two chairs. Electrical outlets may be limited and are available on a first-come-first-served basis.

Thank you for your support and interest in the Métis Nation of Ontario Annual General Assembly 2011. We look forward to receiving your application.

For more information, or to submit your application contact:

CONTACT:
Guyline Morin-Cleroux,
Trade Show Committee Rep
Tel: 613-798-1488 xt.116
Toll Free: 1-800-263-4889
Fax: 613-722-4225
guylainem@metisnation.org



SUNDAY, August 21

Fish Fry and Entertainment

TIME: 6:00 to 10:00 pm
on Sunday, August 21
TICKETS: \$15 per person

.....
Enjoy a delicious feast and great Métis Entertainment! On the evening of Sunday, August 21, participants in the MNO Annual General Assembly can take part in a wonderful celebration of Métis culture! The Moon River Métis Council is hosting a Métis Cultural Evening with exciting entertainment and an awesome fish fry. The Moon River Council is famous for its fish fries so you don't want to miss it!

To reserve your ticket email:
AGA2011@metisnation.org

AUGUST 18

Thursday

9 am - 5 pm
Workshops (TBD)
Bobby Orr Community

7 pm - 9 pm
AGA REGISTRAT
Bobby Orr Community

7 pm - 9 pm
Senators' Meet an
Bobby Orr Community

AUGUST 19

Friday

8 am - 5 pm
Workshops (TBD)
Bobby Orr Community

Times TBD
• **Presidents' Meet**
• **Senators' Meetin**
• **Veterans' Meetin**
• **Women's Meeting**
• **Youth Meeting**
Locations TBD

1 pm - 8 pm
AGA REGISTRAT
Bobby Orr Community

7 pm - 10 pm
WELCOME TO T
Parry Sound KOA
Bring your music and
join President Lipinski
a rousing AGA kick of



N OF ONTARIO • BOBBY ORR COMMUNITY CENTRE • PARRY SOUND • AUGUST 20th-22nd, 2011

SATURDAY, AUGUST 20 | BOAT CRUISE

Explore the beauty of the Thirty Thousand Islands

TIME: 6:30 to 10:00 pm
on Saturday, August 20
TICKETS: \$10 for adults;
\$5 for youth (12-17 years);
Free for youth 11 and under;
\$25 Family rate (2 adults / 2 kids under 17)
Reserve your ticket today:
AGA2011@metisnation.org

During the evening of Saturday, August 20, participants in this year's MNO Annual General Assembly will have the opportunity to explore the unbelievable beauty of the Thirty Thousand Island region of Georgian Bay aboard the Island Queen. The 550-passenger Island Queen is the best vessel for cruising Georgian Bay's 30,000 Islands. The ship is specially designed with easy manoeuvra-



bility and a shallow draft, allowing her to travel into narrow channels and surprisingly up-close to shorelines, maximizing your opportunities for great photos and allowing for exploration of out-of-the-way places. Spacious and comfortable inner seating, large viewing windows, and outside observation

decks provide you with a captain's-eye view of the passing scenery which is supported by full narrations. Other amenities on board include a snack bar and café and wheelchair accessible washrooms. The Island Queen Cruise departs from the town dock in Parry Sound for

a three-hour sightseeing cruise through the wild and rugged Thirty Thousand Islands region of Georgian Bay. Discover the natural beauty of this region, recently designated by the United Nations as a Biosphere Reserve. Marvel at the beautiful glacier-sculpted islands, spectacular windswept forests and majestic summer retreats. Follow in the wake of early explorers on this outstanding three-hour evening wilderness cruise through the secluded waterways of Georgian Bay's outer islands. The remoteness of the outer islands has left them largely immune to the encroachments of humans. Savour the beauty of the rugged granite outer islands where there is truly an adventure around every bend.

Day

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and the PCMNO for
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AUGUST 20

Saturday

8 am - 5 pm
BUSINESS MEETING
Bobby Orr Community Centre

9 am - 5 pm
TRADE SHOW VILLAGE
Bobby Orr Community Centre - Arena Floor
Be sure to visit the many exciting vendors!

6:30 pm - 10 pm
**OUTER ISLAND WILDERNESS
CRUISE & ENTERTAINMENT**
Details above

AUGUST 21

Sunday

9:00 am - Noon
BUSINESS MEETING
Bobby Orr Community Centre

9 am - 5 pm
TRADE SHOW VILLAGE
Bobby Orr Community Centre - Arena Floor
Be sure to visit the many exciting vendors!

1 pm - 5 pm
Métis Games & Culture
Bobby Orr Community Centre

6 pm - 10 pm
**MÉTIS CULTURAL EVENING,
ENTERTAINMENT AND
FISH FRY**
Bobby Orr Community Centre

AUGUST 22

Monday

9 am - Noon
BUSINESS MEETING
Bobby Orr Community Centre

Noon
**MNO Development Corporation
Annual General Assembly**
Bobby Orr Community Centre

12:30 pm
**MNO Cultural Commission Annual
General Assembly**
Bobby Orr Community Centre

Kids and Parents

Day Care

If you have children who will be needing daycare accommodations during the business days only of the Annual General Assembly (**Saturday from 7:00 A.M. to 5:00 P.M. and Sunday and Monday 8:00 A.M. to 1:00 P.M.**), please complete and submit a Daycare Registration Form on or before Friday, August 7th, in order to assure your needs are met. Lynne Picotte and Dale Xilon will be assisting with the organization of the daycare.

CONTACT:
Lynne,
lynnep@metisnation.org
or Dale,
dalex@metisnation.org

Accommodations

Area Inns and Hotels

There are a number of bed and breakfasts in Parry Sound, but due to limited space, you may wish to consider the following hotel options in nearby communities:

MIDLAND:
Best Western Highland Inn
705-526-9307
Comfort Inn Midland
705-526-2090
Deerhurst Resort
1-800-461-4393

HUNTSVILLE:
The Holiday Inn
705-788-9500
The Holiday Inn Express
705-788-9500
Best Western
705-788-3345

BRACEBRIDGE:
Sleep Inn
705-645-2519
Travel Lodge Bracebridge
705-645-2235
Relax Inn Muskoka
705-645-8755
Bracebridge Inn
705-645-4424
Wellington Motel
705-645-2238

There are a number of
bed and breakfasts in Parry Sound:
www.parrysoundbb.com

Métis Senators

Keeping traditions alive



SENATORS' SPOTLIGHT

BY RETA GORDON
PCMNO SENATOR

Grandmothers and grandfathers have kept our traditions alive and fresh in the minds of people. Some of these cherished elders have taken on the additional role of “Senators” of the Métis Nation of Ontario. They have not done this for glory or fame, but rather with a greater understanding of the need to keep our traditional ways, our stories and our music alive. They have, by their diligence and patience enabled us to advance the cause of the Métis people and the Métis Nation.

How often have we heard

about “the good old days”, or “that’s not how we did it”? This concept has to be balanced with present day realities. Our ancestors were not distracted by the trappings of the modern age. Some of us remember gathering around radios, while others did not have that luxury. How then do we maintain our traditions, our culture and our beliefs in a fast-paced society that is caught up in the “me” rather than the collective heritage?

The guardians of our heritage and the compass for our future are the Senators, but even we

must stop and reflect upon what we are doing and what lessons we are giving to those who follow us. Like our First Nation ancestors, the Métis are a communal people, more interested in the collective than the “me”. It is this sense of identity that makes us who we are as a people and as a nation.

Our Senators are there as a beacon to our communities. They should be the pillars of strength that all can look to for advice. They hold the collective knowledge of the people, and they must help guide the councils when asked to do so.

While we honour our First Nation’s past and our European roots, we must not fall into the trap of neglecting our own her-

itage developed by our Métis ancestors. We must be ever mindful that we are neither First Nations nor European. We Métis hold a unique place in Canadian society and in the consciousness of the Canadian people.

I am honoured and humbled to be among such giants within the Métis Nation. I encourage frank and open dialogue amongst our Senators, and the earnest sharing of our knowledge and heritage. I challenge our elected council officials and the officials of the PCMNO to tap into this great resource available to them—our Senators. We are the teachers of our future.

Have a blessed, healthy and happy summer!

“
WE MUST BE EVER MINDFUL THAT WE ARE NEITHER FIRST NATIONS NOR EUROPEAN. WE MÉTIS HOLD A UNIQUE PLACE IN CANADIAN SOCIETY AND IN THE CONSCIOUSNESS OF THE CANADIAN PEOPLE.
”

GENEALOGY | SEARCHING FOR MÉTIS ANCESTORS

I think it’s fair to say that most of us, at one time or another, have given some serious thought to our origins: our Métis ancestors, our First Nation ancestors, and our European ancestors. From time to time the *Voyageur* has published stories about this search for identity from a number of MNO citizens.

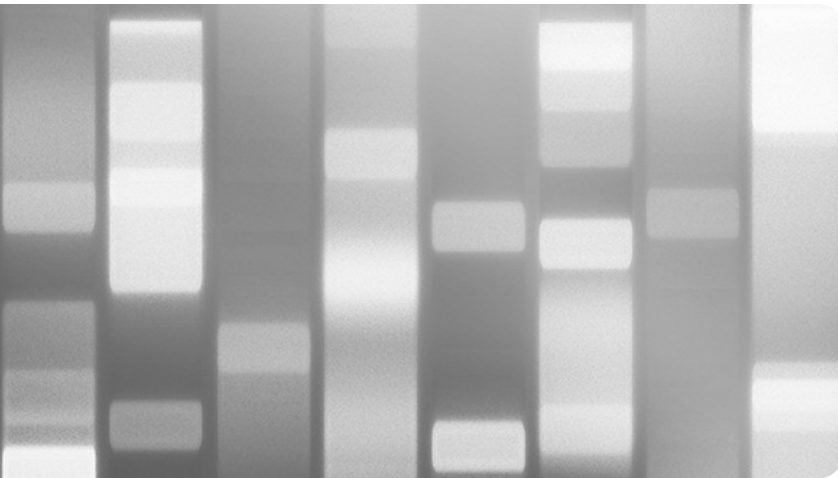
In particular, we have been following Métis veteran, Donn Fowler’s quest. You may recall that in addition to searching official records, Donn has jumped into the newest form of genealogical research: DNA.

One must be courageous to take this plunge, but Donn is courageous; after all, he’s a Métis vet.

Below, are a summary, an update, and a request that anyone who has information that might be related to Donn’s quest share it with him. dmf@metalex.com

I have taken the liberty of pointing out some clues from Donn’s work that may be of use to people who are just beginning the exciting, but challenging investigation into their ancestors.

— Linda Lord



Searching our DNA for Métis ancestors

By Donald “Donn” Fowler

My first known European ancestor in North America was Jacob Corrigan (b.1775, d.1844) who retired from Rupert’s Land in 1840 to the “Province of Canada”, and to a hamlet within the “Township of Hamilton” in the Newcastle district.

He was a former commissioned officer, "chief trader" of the HBC, and the son of Magnus Corrigan and Marion (Anderson) Corrigan of Evie and Rendall Parish, Orkney, Scotland. Jacob's older brother, William Corrigan, also became indentured with the HBC. However, according to a confirming record obtained from an Orkney archivist (see #1 below), Jacob was born in 1775 not 1772 (see #2 below). This means that when he became indentured at Stromness, he lied about his age. He was not 18 years old, but rather 15. Nevertheless, the HBC recorded his age as 18. So, the Corrigan brothers left Scotland in order to get into the lucrative fur-trade business.

Unfortunately, William, his native wife and his aboriginal

(mixed-blood) children were slaughtered by starving Eastmain natives who wiped out the entire William Corrigan family at Hannah Bay, south of James Bay in the winter of 1832. The desperate "Indians" were seeking food, which was in very short supply at William Corrigan's HBC Post.

Fourteen years prior to this tragedy, Jacob had named his only son after his older brother, William. Jacob and Mary Corrigan had six children: Ann (husband, William Nourse); Charlotte (unmarried); Mary (husband, Robert Scollie); Elizabeth (unmarried); Catherine (unmarried) and William, who died a bachelor in 1890.

Jacob Corrigan died in 1844, but it took ten years to sort out his substantial will. Finally, the Honourable James Bruce, the Earl of Elgin and Kincardine who was at that time the Governor General of the Province of Canada intervened. Nevertheless, the self-appointed administrators as principals, and others involved, managed to deny Jacob Corrigan's named beneficiaries access to their own father's will and estate, which remains extant to-

day as a "Heritage".

It now appears that in the 1840s, any mixed blood children, were considered "Indians" and therefore were not eligible to inherit chattels or other real property (see #3 below). That fact is a recent acquisition achieved through an extremely long research process, thanks to the assistance of Library and Archives Canada (LAC) and to Ontario Archives Toronto (OAT). All of the six Jacob Corrigan children were of course-in our modern terms "Red Flag Métis"-but regrettably they all died completely and needlessly impoverished, between the years 1890 and 1909.

These four Corrigans were apparently twice interred: first with their father and later two bodies in each of two registered but unmarked graves (see #4 below) in a south-western Ontario community.

Now for the DNA

Jacob Corrigan’s Native wife was born in 1788—probably quite near Lake St. Ann. By 1802 that Native girl, with the anglicized name of "Mary" had become Jacob's wife. Mary's Native maternal parent is as yet unknown, except

genetically as haplotype A2k1. Lake St. Ann later became known as "Lake Joseph" but today it is known as “Lake Nipigon”, and flows into the Nipigon River which flows into Lake Superior.

Lake Nipigon has had a few distinctly indigenous haplogroups (see #5 below) located around its shores during the past many centuries. The mtDNA (mitochondrial DNA XX, females only, chromosome), the A2k1 haplotype could likely be readily determined today in the Lake Nipigon area. However, a truly positive identification of Mary Corrigan's birth mother and her other direct native ancestors would require determination from one or more of today's living Native female's around Lake Nipigon. Mary Corrigan's own known genetic identity of HVR1, HVR2 and their coding regions, which respectively are eight markers for HVR1; ten markers for HVR2; and finally, an additional 23 numeric references for the coding Region. Our at-hand verification certificate is numbered N68801 for the A2 haplotype which is for a basic “Indian” (see #6 below), determined

through several weeks of genetic classification work done at Houston, Texas in 2009.

I hope that many more of our own Aboriginal relations can muster the ambition to see Mary Corrigan's grave site, and her stone marker, at the old Martin Falls location. It is quite a journey of 50 miles up the mighty Albany River. (It's much slower going up river than it is coming down.) I believe there have been some adventurous canoeists who have seen Mary's grave site.

END NOTES:

- 1 Be prepared to seek help from professionals.
- 2 Dates may be wrong, even when they come from seemingly reputable sources.
- 3 If no records of ancestors can be located, it may be because they had been identified as First Nation or Métis.
- 4 If you suspect that an ancestor was buried in a particular cemetery, but there is no marker, check with the cemetery superintendant. Purchased plots will be recorded and there will be a record of how many are occupied and by whom.
- 5 You can learn more about haplogroups on-line.
- 6 www.genealogywise.com/group/NativeAmericanmtDNA

SUDBURY MÉTIS COUNCIL | Fire Safety

A Blazing Success

Students and the staff of Sudbury area schools learn about fire safety

By **Dale Xilon**

Aboriginal Healthy Babies, Healthy Children Coordinator
SUDBURY

With the careful planning, organization and dedication of many volunteers, the spark of safety envisioned by George Goodchild from Webb Wood, in the Township of Sables-Spanish Rivers was fanned into a flaming success. George, a proud Métis man and an even prouder volunteer assistant fire chief, asked this worker if she would be interested in taking part in a joint endeavour. This endeavour was to bring fire safety teachings to three of the elementary schools, covered by the volunteer fire departments of Sables-Spanish Rivers.

On April 4th, 2011, this Aboriginal Healthy Babies Healthy Children worker along with Community Healing and Wellness Worker, Desneige Taylor, accompanied Fire Chief Rodney Houle, four assistant fire chiefs, 25 fire fighters from all four crews of the Sables-Spanish Rivers volunteer fire departments, and a few wives of the fire fighters. Together, on this one day adventure, fire safety

teachings were provided to an amazing 340 students and the staff of three area schools.

Teachings included a tour and explanation of each of the fire trucks for all the students. While the younger students enjoyed a video and putting information gained into a practice demonstration lead by Sparky the fire dog, older students had a demonstration on how to use a fire extinguisher and other equipment employed by departments, such as a heat seeking camera.

Fun was had by all, but most important, crucial safety teachings were shared.

Please remember to test your fire alarm; change batteries at least twice a year; plan your escape route and practice with your children. It was amazing to this worker and very scary to see how many children planned to jump out of their bedroom windows upon hearing the fire alarm, even if this was far from the best choice. When asked why the usual answer was, "I saw it in a movie".

So, as a worker I implore you to go through a working fire escape plan with your children, including a safe place to meet once out of the house.



▲ Volunteer fire fighters help the kids put into practice the lessons they have just learned.
▼ All students received a tour of the four fire trucks.



RENFREW | MNO Region 6



The journey to wellness through journaling

by **Shannon Davis**

Community Wellness Coordinator
RENFREW
and **Melissa Pigeau**
Community Wellness Coordinator
OTTAWA

On May 14, 2011, the Renfrew and Ottawa Community Healing and Wellness Coordinators partnered to facilitate a "journaling to wellness workshop". The Renfrew office was full of creative energy as participants shared their goals through writing and artistic expression. The purpose of this workshop was for the Métis community to gather and socialize over a meal while learning an important tool that can be used in stress relief or goal planning.

Journaling helps promote awareness of one's emotions and experiences. It is a therapeutic method that allows individuals to release their inner most desires or conflicts through written language or artistic expression without the fear of being judged.

There are many different types and styles of journaling, including learning journals, diaries, dream books, logs, autobiographies, life stories, memoirs, spiritual journals and art journals. In essence, journaling is the modern version of storytelling.

On June 18th, 2011, the Renfrew and Ottawa Community Healing and Wellness Coordinators again partnered for a medicine walk.

OWEN SOUND | Community Food Program

Good Food Box

Owen Sound will be an order site for the Good Food Box

by **David Clark**

Community Wellness Coordinator
OWEN SOUND-GREY/BRUCE

The Community Healing and Wellness Programme in Owen Sound has partnered with the very successful Grey & Bruce Good Food Box (GFB) and the Health Unit to be an order site, starting in September.

The Good Food Box program operates in many communities throughout Ontario, with 15 sites in Grey and Bruce. Developed to promote healthy eating, and therefore a healthier lifestyle, the GFB is a monthly "basket" of fresh fruits and vegetables. The Good Food Box program is a fresh produce purchase and delivery system that makes consuming vegetables and fruit easy and affordable for everyone in the community. Food is purchased in bulk, and savings are passed on to the participants. The box contains 10-15 different types of fresh fruits and vegetables each month.

Orders are placed and paid for



“THE GOOD FOOD BOX MAKES CONSUMING VEGETABLES AND FRUIT EASY AND AFFORDABLE FOR EVERYONE IN THE COMMUNITY.”

a month in advance. The box costs \$15 and delivery is available for an additional \$5. Boxes are filled once-a-month on the fourth Tuesday. The GFB is supported by Grey Bruce Partners in Health, a coalition of local agencies that supports healthy eating and active living programs in Grey Bruce. It is operated by 15 local coordinators and approximately 150 volunteers.

With this initiative, the MNO's Healing and Wellness Programme, and the local Métis council will benefit from an enhanced visibility and community profile. This also opens the doors to more clients, workshop promotion, and reaching Métis citizens. Our office is located in the downtown core, thereby allowing easier access to the GFB for many people. Boxes will continue to be picked up at the central sorting location, but I have initiated discussions to explore the MNO office as a pick-up site in the future.

www.publichealthgreybruce.on.ca

HEALING AND WELLNESS

RESPONSIBLE GAMBLING | Poker-mania

Get rich quick, Get hooked even quicker

Great time and effort has been put into drug and alcohol education for our youth; we now must include gambling addiction...

By **Loma Rowlinson**
MNO's Provincial Aboriginal
Responsible Gambling Coordinator

In today's society we have become accustomed to getting what we want, and fast. Youth are especially susceptible to the instant-gratification the professional poker world portrays: with minimum effort one can have a luxurious lifestyle. Stress, financial instability, depression, isolation, and time spent away from friends and family are just some of the consequences the gaming industry does not portray.

Even though many youth are too young to participate at casinos, other means of gambling are readily accessible, such as betting on dares or challenges that they can do some specific thing, participating in 50/50 draws, playing poker for money, betting on sports events, and gambling online. Youth can easily gamble online because there is no one there to check the age of majority and a credit card can be "borrowed" from a family member and used without the owner's knowledge or permission.

The reasons young people gamble include needing money or wanting to win back losses, feeling the "rush" of the win, and using gambling as a stress re-

liever. Another reason youth are gambling is that they believe they can become professional poker players and live the high life.

Advertising campaigns and the media have the power to shape our views and perceptions and they know just how to reach their target audience. This idea is supported by sports channels broadcasting large poker tournaments and classifying poker as a sport. Youth are receiving mixed signals; they are lead to believe that if poker is a sport, you need to "practice" to get better. Therefore, the more they gamble the better they become. It is very important to remember that there is a skill component to poker; however, poker is still a game of chance because the cards cannot be manipulated to one's advantage.

Poker tournaments in private homes and bars have become the "in" thing to do. Kids in high school are now having poker "get-togethers" where they play for real money. Teens are not ready to deal with the aftermath of gambling addiction.

Special Warning: What about younger children? Never before has it been more crucial that parents monitor all online activities for children of all ages. One prime example is the website www.neopets.com. Games on

YOUTH GAMBLING
According to the
Responsible Gambling
Council, our youth are
not just gambling, they
are gambling a lot:

- Youth aged 14-24 years are twice as likely to have gambling problems as adults or seniors.
- 2.7% of youth have severe gambling problems.
- 8.3% of young people in Ontario age 14-18 self-identify with gambling problems.
- 25,000-30,000 youth have a gambling problem in Ontario.

**EVEN THOUGH
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ARE TOO YOUNG
TO PARTICIPATE
AT CASINOS,
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OF GAMBLING ARE
READILY ACCESSIBLE**

this site are aimed at YOUNG children and mimic casino games. Here a child can adopt a "virtual pet." It seems harmless enough. However, this site lists games of "chance and luck" where a child can bet "neo-points" on games such as blackjack, slots, and keno, as well as several other games of chance. Kindergarten age children are being tutored in the methods of casino gambling and introduced to the addictive qualities of gambling.

Great time and effort has been put into drug and alcohol education for our youth; we now must include gambling addiction awareness to this list. So, how can we beat this growing problem? How can we help our youth to develop healthy gambling practices?

- Start young; it's never too early to educate our children about gambling and setting limits.
- Do not purchase or give lottery or scratch tickets as a gift.
- Keep youth busy with other extracurricular and intramural activities; give them an alternative to gambling as a recreational activity.
- Teach youth alternative stress reduction activities.
- Model responsible gambling

- practices; don't brag about wins at the casino or talk about exciting trips to the casino.
- Monitor what your children, teens and young adults are playing on the internet; set time limits and redirect to appropriate websites.
 - Read all credit card statements carefully; if your children have access to your credit card, they may use it to register at online gambling sites and may put your card at risk for credit card fraud.

The Métis Nation of Ontario's Aboriginal Responsible Gambling Program continues to identify unique needs in our communities. We have a new "Youth and Internet Gambling" pamphlet available at our offices across the province. In addition, our website will soon have an interactive educational slot machine where you can 'test your luck' and knowledge about gambling. Coming this summer is the release of our new "Métis Youth and Internet Gambling" DVD where Métis youth share their gambling experiences. For more information, please visit our website or contact one of our healing and wellness workers.

www.metisnation.org/gambling

NORTH BAY MÉTIS COUNCIL | SERVICE PROVIDER WELLNESS

Workers take time to care for selves

by **Stacey Rivet**
Healing and Wellness Co-ordinator
and **Amanda Desbiens**
Aboriginal Healthy Babies, Healthy
Children Co-ordinator
NORTH BAY

As service providers, we are often painted as the helpers and take little time to care for ourselves. At the North Bay office of the Métis Nation of Ontario, the Healing and Wellness Branch staff opted to do a series of workshops during lunchtime based on service provider wellness. We chose the end of our fiscal year, a time filled with paperwork, budgets and sometimes a little stress. This is a time when frontline workers need to be reminded to care for themselves.

The MNO Community Wellness Worker Program and the

Aboriginal Healthy Babies, Healthy Children Program teamed up to bring physical fitness and even a few laughs to our workers. We kick started our series part way through the month with a workshop related to burnout and compassion fatigue. We educated our workers on the difference between the two; tested their stress levels to see their probability of being burned out, and educated them on preventative measures. We then decided to add a bit of fun to the mix and created our own version of "Minute to Win it" in which our 'contestants' were asked to perform various challenges using household items within a minute. Not only were the challenges fun, but it gave us an opportunity to show our silly sides and to be able to see all levels of the office being ridiculous. We also included a

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TO BE REMINDED
TO CARE FOR
THEMSELVES.**

workshop about conflict resolution--something everyone is faced with--and included a few fun improvisation games at the end. Another event we held during lunchtime was a murder mystery. We invited our staff and a few special guests to come together and become investigators, suspects, and even victims to share some lunch and some laughs.

The other side to this was the physical fitness events that we held. Sitting in an office all day provides minimal exercise and can cause sore backs, so, we decided to put together a few lunchtime fitness activities that included playing various Wii games as well as an outing to go bowling. We provided education about nutrition and physical fitness to aid our staff in keeping themselves healthy. Not only was the Healing and Wellness staff

planning events, but Linda Krause, our Education and Training Coordinator also jumped on the wagon and organized a 'dress silly' day for the office which allowed us to truly demonstrate our silly sides.

From placement students, to frontline staff and even management, this gave us the opportunity to come together, learn and laugh at one another. Taking time out from a stressful period can help us revitalize and seize the day whole heartedly. If you are interested in any information about our Service Provider Wellness sessions you can contact Stacey Rivet, Community Healing and Wellness Coordinator for the North Bay Métis Nation of Ontario office.

staceyr@metisnation.org
amandad@metisnation.org

GREY-OWEN SOUND MÉTIS COUNCIL | Diabetes

Diabetes and alternative medicines

by **David Clark**
Community Wellness Co-ordinator
OWEN SOUND-GREY/BRUCE

People who have diabetes need to be aware of the effects of alternative medicines (i.e., vitamins, herbals) and the impact on their health; such was the message of Dragana Skokovic-Sunjic, a pharmacist and herbal consultant with Dell Pharmacy. The webinar, presented on May 19th by the Canadian Diabetes Association through the Ontario Telemedicine Network, was most interesting and eye-opening.

We tend to think of “natural” as being “safe”, but vitamins and herbs can block the effects of other medications and insulin. Some herbs, such as milk thistle, bitter melon, and banaba, can benefit people with diabetes. In



all cases, check with a doctor and pharmacist regarding interactions with other medications, and possible negative impacts

on overall health. Taking too much (over-dosing) of some vitamins, such as B12, can cause liver damage. The bottom line is that “natural does not equal safe”. Ensure that any natural product is regulated by Health Canada and look for the natural product number (NPN), DIN, or HM-DIN numbers. A pharmacist can supply additional information for products with these numbers. A re-broadcast is available on the webcast.otn.ca website. Check out the website for Dell Pharmacy for more information about natural health products.

www.dellpharmacy.com
Click on “specialized services”, then “herbal consulting” for more information.

Do you live in the Owen Sound-Grey-Bruce area? Are you interested in being a Volunteer Driver?



The Owen Sound-based Community Healing and Wellness Coordinator and the Long-Term Care/Aging At Home Coordinator based in the Midland offices, are looking for individuals who would like to become volunteer drivers to assist citizens attend medical appointments. Mileage expense is reimbursed, and some meals are covered, depending on the time away.

Are you looking for a ride to a medical appointment?
If you are looking for travel assistance to attend medical appointments, or other services related to helping you live as independently as possible, we might be able to assist.

To find out more about becoming a volunteer driver, to request travel assistance, or other long-term care assistance, please contact us:

David I. M. Clark
Community Healing and Wellness Coordinator,
Owen Sound-Grey-Bruce,
DavidC@metisnation.org
Telephone: (519) 370-0435
Visit the office at 380 9th Street East,
Owen Sound (calling ahead is a good idea).

Debbie Ferris-Giammattolla
Long-Term Care/Aging at Home Coordinator
MNO Healing and Wellness Branch
DebbieF@metisnation.org
Telephone: (705) 526-6335 ext 204
or Natalie Noonan at extension 213.
355 Cranston Crescent, Midland

As always, a visit to the Métis Nation of Ontario's website is a good starting point for additional information: www.metisnation.org (Look under “Programs and Service” then “Healing & Wellness”).



WHEN DID YOU FIRST FALL IN LOVE WITH NATURE?

We want to hear your fondest memory of connecting with the natural world, that moment that sparked a life-long appreciation for the outdoors. Send us a photo, video or essay along with a description of your “Growing up Green” moment, for your chance to win a \$2,000 Travel Gift Certificate!
For more Information: www.rbg.ca



Contest sponsored by the Royal Botanical Gardens
www.rbg.ca

UPDATE

Health and Community

Community Healing and Wellness Program in Owen Sound-Grey-Bruce

by **David Clark**
Community Wellness Co-ordinator
OWEN SOUND-GREY/BRUCE

Planning is well underway for events and activities under the Community Healing and Wellness Program in Owen Sound-Grey-Bruce. Workshops for this year include: Emotional Health; Diabetes; FASD Prevention; Stress Management; Physical Health; Spiritual Health; Nutrition at Different Life Stages; Physical Fitness at Different Life Stages; Heart Health; Elder Abuse; Caregiver Fatigue; Communication Skills; Traditional Parenting Skills; Mental Health; Health Promotion and Métis Culture; Cancer; Bereavement; Osteoporosis; Métis Identity; Self Awareness and Wellness

Workshop; Journaling for Wellness; Alcoholism; Family Fun Day and Literacy Promotion; Summer Canoeing event; Winter Snowshoeing event. Some event dates are confirmed, others are tentative, and subject to change. Most workshops include refreshments and require pre-registration. Some events will be held in communities outside of Owen Sound. If you can assist in identifying communities and locations to hold workshops, please contact me. If you want to be added to the e-mail list for these workshops, please contact me:

David Clark
Community Healing and Wellness
380 9th St. E., Owen Sound, ON
Tel: 519-370-0435
DavidC@metisnation.org

∞ JULY

Saturday: *Canoe Roots*, date and time to be determined
Tuesday 26th: *Learn the Basics of Journaling*, 6:00 P.M., includes a light meal (sandwiches and salad).

∞ AUGUST

Saturday 6th: *Rendezvous*, Owen Sound Community Healing and Wellness Programme will be participating in Métis Days at Discovery Harbour (with Midland), Penetanguishene 10:00 A.M. to 5:00 P.M.

∞ SEPTEMBER

Wednesday 7th: *Health Promotion and Métis Health* (day time)
Thursday 15th: *Wii Sports Night* (evening), includes sandwiches and salad.
Saturday 17th: *Nutrition and Physical Fitness at Different Stages of Life*
Saturday 24th: *Fall Harvest Feast*

∞ OCTOBER

Tuesday 4th: *Communication Skills*
Wednesday 14th: *Caregiver Fatigue* (evening)
Thursday 20th: *Osteoporosis Workshop*, learn what osteoporosis is (One in four women and one in eight men who are over 50 years of age have it) and how to prevent it.

Thursday 27th: *Traditional Parenting Skills* (day time)

∞ NOVEMBER

Wednesday 2nd: *Diabetes Day at the Mall*, Heritage Place Mall
Saturday 19th: *Family Fun and Literacy Day*, Owen Sound North Grey Union Public Library, 824 1st Ave. W.

∞ DECEMBER

Wednesday 7th: *Stress Management* - Get ready for the Holidays: learn what triggers stress, and how to manage it. (evening)

∞ JANUARY

Wednesday 11th: *Spiritual Health* (evening)
Tuesday 17th: *Bereavement* (day time)
Saturday 21st: *Impressions of Our Ancestors*, time and place TBD
Thursday 26th: *Cancer* (evening)

∞ FEBRUARY

Thursday 9th: *Heart Health/Physical Health*
Tuesday 21st: *Emotional Health* (day time)

∞ MARCH

Thursday 8th: *Elder Abuse*, signs to watch for, how to prevent it (evening)
Tuesday 13th: *Alcoholism*, issues and impacts (day time)

HEALING AND WELLNESS

SUNSET COUNTRY MÉTIS COUNCIL | Community Gatherings

Métis community hall buzzes with activity

By **Anne-Marie Armstrong**
Aboriginal Healthy Babies, Healthy Children Coordinator
FORT FRANCES

Bonjour. I am the Aboriginal Healthy Babies Healthy Children Program Coordinator working out of the Fort Frances Sunset Country Métis office located at 426 Victoria Avenue. I am honoured to work with Charmaine Langlais, Community Healing and Wellness Coordinator; Sabrina Stoessinger, Long Term Care Coordinator; Dana O'Donnell, who is our Regional Employment and Training Coordinator, and Brian Tucker, the Manager of Métis Traditional Knowledge and Land Use. We also have our Mental Health project with “telehealth” capabilities located at this office.

We are very fortunate that our council has a perfect venue for our workshops and presentations and participant-based events. With this in mind, please join me for a virtual tour of a week at the Sunset Country Métis Community Hall, located at 714 Armit Avenue.

As you walk into the hall on the first Wednesday of the month to order your Healthy Living Food Box, your senses are inundated with the smell of home cooking, the sound of laughter and the sight of young and old working together at a Proper Nutrition Workshop. We have a wonderful partnership with registered dietician Janet Drennan from Gizhe-waadiziwin Health Access Centre. Janet and staff from the Access Centre bring everything but the stove and kitchen sink. Our programs provide the groceries, recipes, and various culturally appropriate presentations, circles, or craft workshops.

The kitchens are open to young and old, and families are encouraged to attend. Children are provided with supervised activities in the main hall while their parents or caregivers cook up a storm. Participants plan the menu from month to month based on the Canada Food Guide and cost effectiveness. Meals usually consist of salad, meat and vegetable dishes and diabetic friendly desserts. Everyone helps with the meal preparation and clean up. We always take time for a healthy snack or lunch, and the laughter, sharing of stories and socializing throughout the afternoon is priceless, and then people go home with supper for their families. Registration is on a first-come-first-served basis by calling the Métis office at 274-1386 and asking for Anne-Marie.

Community kitchens are also offered in the community of Rainy River throughout the year and this is made possible through a partnership with the Health Access Centre, the Rainy River

North-western Health Unit, the Best Start Hub/Family Resource Centre and our Métis Nation of Ontario Healing and Wellness Branch.

Walk into the hall on the third Wednesday of the month and you will see volunteers set up at five different stations filling boxes with fresh fruit and vegetables. The Healthy Living Food Program was four years old in November, 2010, and is not-for-profit. Participants order their boxes on the first Wednesday of the month or on pick up day (the third Wednesday of every month). The food box costs \$20.00 and other than a few small administrative costs such as supplies for the hall, or plastic bags, the money goes back into purchasing fresh fruit and vegetables. We try to provide as much locally grown food as possible, and one local farmer, Mr. Jacob Gerber, has been able to provide us with potatoes year-round. A monthly newsletter with healthy recipes, food handling, storage and nutrition tips is included in each box. The program is open to all, regardless of age or financial situation, because the idea is to help provide access to healthy foods at an affordable price and promote healthy life styles.

“
AS YOU WALK INTO THE HALL, YOUR SENSES ARE INUNDATED WITH THE SMELL OF HOME COOKING, THE SOUND OF LAUGHTER AND THE SIGHT OF YOUNG AND OLD WORKING TOGETHER ...
”

The Healthy Living Program was brought about through partnerships with MNO Healing and Wellness programs, Gizhe-waadiziwin Health Access Centre, Fort Frances North-western Health Unit and Valley Diabetes Education, our Sunset Country Métis Council and Ventures. We must not forget our wonderful volunteers who show up month after month and make this a community driven program. Without their help we could never run this program.

The hall undergoes a transformation for Thursday mornings. Open the door anytime between 9:00 and 11:00 A.M. and you will be greeted by the sound of children at play. Our “Kids Being

Kids” program provides children with an opportunity to interact with their peers while engaged in free play. Riding toys, slides, a kitchen, reading and craft areas are just some of the activities offered. A healthy snack is provided, and of course coffee is available for parents, grandparents, and caregivers. The adults are encouraged to watch over and/or join their children at play, but the program has also provided them with a support group and a chance to socialize. Presentations or workshops on parenting, life skills, health and nutrition are also part of the program. The *Kids Being Kids* program came about thanks to networking and partnering with the *Fort Frances Best Start Hub Outreach* program and of course the generosity of our council.

The hall has been vibrating on Mondays and Tuesdays for the last twelve weeks to music and exercise with close to 50 participants at our “New Year, New You Diabetes Boot Camp”. Participants were put through a half hour exercise regime once a week, followed by a presentation on health issues and a healthy snack. This program was so popular that it has been opened to those on the waiting list and we are running another 12 week program to promote healthy life styles with the focus on diabetes prevention. The Métis Nation of Ontario Healing and Wellness Branch, Gizhe-waadiziwin Health Access Centre, Valley Diabetes Education, and Fort Frances North-western Health Unit are committed to reaching as many people from all walks of life as possible and providing a positive experience which they can pass on to family and friends.

As you can see, our Métis hall is very busy throughout the week, and this is not even looking at the rentals for other exercise programs, workshops with other agencies or social events. We are very fortunate to have this venue to use as a base for our participant-based events, for Métis gatherings, and meetings. Council and staff hope to start hosting dancing evenings on a regular basis.

As stated on our website: “The Métis Nation of Ontario Healing and Wellness Branch facilitates and coordinates activities to address the holistic needs of the Métis Nation in Ontario at the provincial, regional and local levels. Holistic Aboriginal health includes the physical, mental, emotional, spiritual and cultural aspects of life.” We encourage you to check out our programs and events by calling or visiting us at the office or the Métis hall.

Anne-Marie Armstrong
Tel: 807-274-1386
Fort Frances, ON

MNO Healing & Wellness Branch
is hosting a

RENDEZVOUS

Saturday, Sept. 17, 2011
11am to 7pm
Dutrisac Cottages
in
Sturgeon Falls, Ont.

Lunch and Supper provided
Book your craft table now
Activities for everyone

For more information contact:
Timmins - 705-264-3939
North Bay - 705-474-0734



MÉTIS WRITERS | K.D. Beckett

Métis citizen publishes first historical novel

Former MNO registrar, Karole Dumont-Beckett, has published her first book, an historical novel titled, *Rainbows in Time*. Born in Mattawa, she is a fourth generation Métis. Karole became interested in her family’s Anishinabe, Scots, and French history when she was only 17. Now a grandmother of three, Karole finds herself drawn into that history more and more.

It turns out that Karole has been writing since she was five or six years old and has always wanted to write and publish a book. *Rainbows in Time* is scheduled for release on June 17th, and in order to expedite some of the technicalities of publishing, she has formed her own company: Métis Publishing.

When asked about the content of this first book to hit the presses, she said it was “pure imagination”. She says she has a sense of creating the characters and then “letting them go”. However, as with all writers, a certain amount of the author inevitably ends up in the story because writers can only write what they know. Karole’s experience as an ambulance attendant, her work in search and rescue, her love of horses, and her dislike of cooking, all find their way into this story.

Karole believes that a good book, “makes you cry; makes you laugh; and, makes you think.”

This is the first book in the



"In Time Series", with book two, "Mists of Time", scheduled to be released for Christmas 2011, and book three, "Tides of Time", planned for next summer.

For more information on *Rainbows in Time* visit the web site: www.rainbowsintime.ca.

BOOK SIGNINGS:

July 22nd, Mattawa:
Mattawa Voyageur Days, official novel launch and book signing at the John Dixon Library from 1:00 P.M. to 3:00 P.M.

July 23rd, Mattawa:
Mattawa Voyageur Days
(www.voyageurdays.com)

TO BE CONFIRMED
July 29-30, Maxville: *Highland Games*

August 20-21, Parry Sound:
MNO Annual General Assembly
(www.metisnation.org)

ABORIGINAL ARTISTS | An Afternoon with LauraLee K Harris

Nibi-Anishinabe Kwewag

by **David Clark**
Community Wellness Co-ordinator
OWEN SOUND-GREY/BRUCE

On March 16th, Métis and community members gathered at the Tom Thomson Gallery for an afternoon with Laura K. Harris, an Aboriginal artist from the Grey-Bruce area. Ms Harris provided a tour interspersed with poetry readings, and talked about how she works on wood, using the grain as imagery and metaphor. Her show, “Nibi-Anishinabe Kwewag: Water and the First Nations Women”, was intended “to honour the water and the women who are the traditional keepers of the water, and is dedicated to the over 600 missing or murdered women in Canada.”

Each work was accompanied by a poem about the piece. She certainly had the attention of the audience; her works and poetry covered emotional, cultural,



and spiritual wellness, and reflect her personal life’s journey and Aboriginal teachings. At the end of the tour and readings, participants had an opportunity to chat with Ms Harris, and ask questions about her work, and herself. The Community Wellness Co-



ordinator partnered with the Tom Thomson Gallery to present this workshop to Métis citizens and the community. The Tom Thomson Gallery generously donated the use of the gallery and a common room for an after-event social. Following the tour, everyone (no one left

at this point) gathered to enjoy bannock, bison, sandwiches, fruit and berries, beverages, and each other’s company. Some gallery staff joined us as well. Ms Harris generously donated two of her books as door prizes, and Community Wellness provided a hand-crafted pottery plate from

the gallery gift shop. The work shown here is dedicated to Mr Harris’s grandmother. For more information visit: www.lauraleekharris.com.

MÉTIS VISUAL ARTISTS | Natalie Bertin

“Being Métis”

Nathalie Bertin mounts art exhibition

Using images that range from traditional trades to political statements, tied together by designs inspired by the art of the “flower beadwork people”, Nathalie Bertin celebrates her Algonquin and French heritage. She honours Métis tradition; recognizes the courage of early Canadian settlers; and, acknowledges the debt we owe to our First Peoples. For more information, visit: www.nathaliebertin.com.



Date: Tuesday, October 4 to Saturday Nov 5, 2011.
Reception/Walk & Talk: Wed, Oct 12th, 2011, 7:00 - 9:00 P.M.
Location: Great Hall Gallery, Aurora Cultural Centre, 22 Church Street, Aurora, ON. www.auroraculturalcentre.ca
Regular gallery hours: Tues to Sat 1:00 - 4:00 P.M.

POETRY | Reader Submissions

Listen to the Silent Drum

by **Raymond D. Tremblay**

Look, the multicoloured leaves are flying!
I was totally in awe - I couldn’t hear a thing.
Suddenly my sensitive skin felt the wind’s embrace.
Touched by love, my heart was overwhelmed with grace.
Eager to share my joy, I spontaneously danced in the forest.
Naturally, the trees and flowers applauded. I was doing my best.

Treasuring the moment, I noticed that the birds were keeping me company.
Oh, it was as if we were square dancing to the sound of a rich harmony!

Tears of joy flowed down my rosy cheeks. I was totally mesmerised.
How couldn’t I admire Mother Nature’s stunning beauty? My eyes
Embraced her with sparkles of tenderness and sheer adoration.

Suddenly, my heartbeat accelerated. A sound caught its attention!
I could not hear its waves vibrating upon my ears. I was left speechless!
Left on my own, I may have fled but my Creator held me against His breast.
Enough my child! Do not be fearful. Listen to the silent voice of the drum. It is
No other than the sacred voice of Mother Nature. It’s also my Voice. Be at ease!
Today, your heart is being blessed by the one and only universal and sacred heartbeat.

Deep within my heart, I knew I had received the gift of the drum. A divine present!
Recalling that I had clearly heard its silent beat, I felt secure living in the present.
Uplifted by Mother Nature’s splendour and God’s Spirit, I continued my dance.
My drum, my Métis heartbeat became my Maestro. I had heard its silence!

VIDEO | Métis Fishers



▲ An image from Trish O’Connor’s film about Ontario’s “Willing Seller-Willing Buyer” program and its impact on Métis.

Student video highlights struggle for Métis commercial fishing rights

The struggle of Métis people for commercial fishing rights is a story very close to the heart of Trish O’Connor, a Métis youth currently attending Lakehead University. Her parents, Ron and Mary O’Connor, were commercial fishers on Lake of the Woods whose livelihood was threatened by the provincial gov-

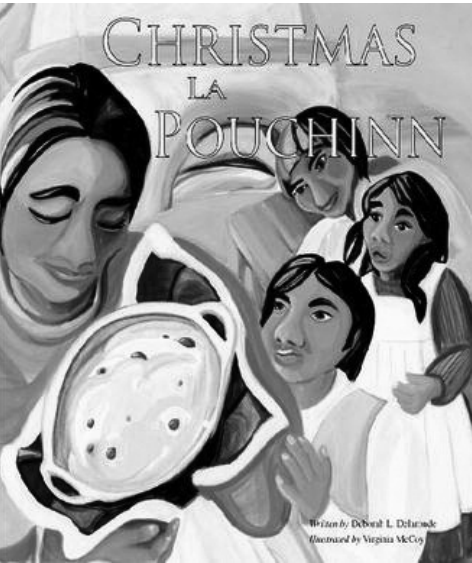
ernment’s “Willing Seller-Willing Buyer” program, which was initiated during the 1980s. As part of one of her classes at Lakehead, Trish produced a short film about the “Willing Seller-Willing Buyer” program and its impact on Métis people as well as its implications within the wider struggle for Métis rights.

The film provides important information about Métis rights and also tells its story in a personal way. To view the film, visit the link below: www.metisnation.org/news-media/news/new.aspx

Three new books worth reading

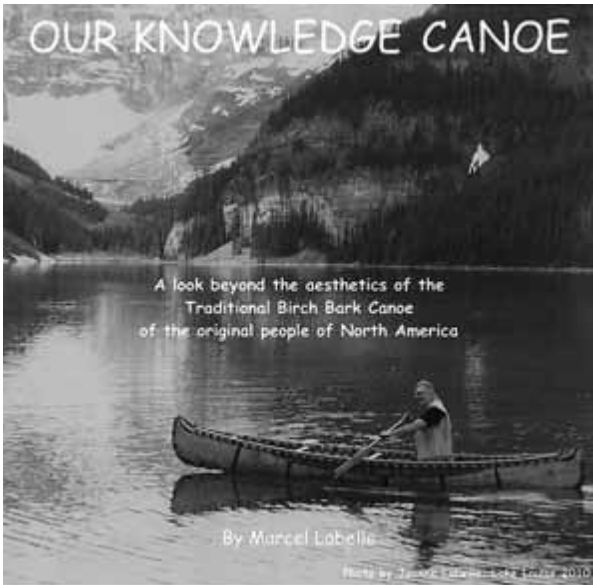
by **Chris Paci**

Some of you know that I read a lot of books. Every once in a while I share some of my impressions with *Voyageur* readers. I try to read new books by either a Métis author or on a Métis topic. In this article I want to introduce you to three very different books.



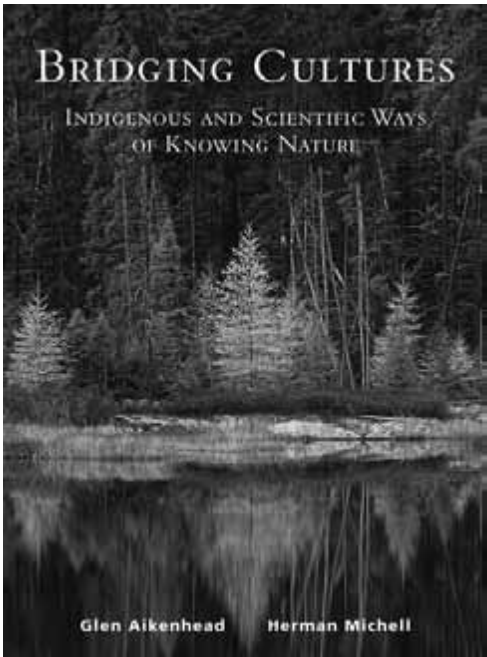
Deborah Delaronde & Virginia McCoy
Christmas La Pouchinn
Penticton: Theytus Books. 2010.

Christmas La Pouchinn is a gorgeous children’s book by Métis author, Deborah Delaronde, about a Michif Christmas pudding. While the story ends with Christmas celebrations, the illustrations by Virginia McCoy are stylistically attractive, with prominent Métis motifs. The story is in poem form, and follows a hard working family through the four seasons as they gather and harvest ingredients needed to make “La Pouchinn”. What I like about the book is that it has a page of vocabulary as well as the recipe to make La Pouchinn. This book is good for parents reading to their children and for early years.



Marcel Labelle
Our Knowledge Canoe.
Labelle, Boston and Labelle publishers. 2010.

Our Knowledge Canoe is a very attractive booklet from Marcel Labelle. He illustrates the story with photos from workshops and nature. Many *Voyageur* readers will know that Marcel, aka “Mahigan”, is a proud member of the MNO. He has been building traditional birch bark canoes for a few years now. In this book Marcel illustrates some of the teachings and gifts that are part of the process. This book is invaluable. The reading level is about grade 5 or 6. A table of Algonquin, English and French words used in the story is included. While intended for young audiences, the ecology lessons embedded throughout the book make it essential reading for all ages. I will read this book over and over and hope Marcel will keep writing.



Glen Aikenhead & Herman Michell
Bridging Cultures: Indigenous and Scientific Ways of Knowing Nature
Toronto: Pearson. 2011.

The last book I want to highlight for readers is “Bridging Cultures” by Aikenhead and Michell. Dr Aikenhead is Professor Emeritus at the University of Saskatchewan and Mr Michell is Director of the Northern Teacher Education Program at La Ronge. This is a mostly academic text, aimed at teacher candidates. The book seeks to assist teachers with thinking about how they can bridge Indigenous and western knowledge about science. This isn’t how the authors describe it. To them, Indigenous Ways of Knowing are very different from “Euro-science”. I disagree with this as a lot of science doesn’t come from Europe and many Métis have found innovations to balance Indigenous and western knowledge, often finding the best in both to develop something very new (but also old). As Indigenous people, Métis are cited in the book, as are a number of other Aboriginal authors. What I find most interesting about “Bridging Cultures” is that Aikenhead and Michell have gathered most of the literature and include a couple of real life stories, but on the whole they do not actually talk to Indigenous people. With this in mind, this is essential reading for students, teachers, and scientists alike. I hope it will fuel a great deal of discussion within Indigenous communities and academia. As I said, three very different books, each with something to offer: I hope that in future editions of the *Voyageur* all of you will share reviews on books you are reading so I can catch up on my work. Even more, I hope you will share your stories; write them down and get them published.

MÉTIS ARTISTS | Timothy D. Mohan

Wrestling with war through art

by **Linda Lord**

Métis artist, Timothy Mohan, has a new exhibit titled, “War Series: Wise Up”. Those who see it will be reminded that the purpose of art isn’t necessarily to create pretty pictures. In a recent interview Tim said, “I’m not sure what it was that changed my visions this past year, but deep down inside I feel that there are stories to tell and messages I must leave in my wake. I’ve always been a bit of a storyteller in my own way; many of my images tell a tale, but until recently those stories were plain and simple and relegated to proving that everything and everyone is, in one way or another, related, connected by our humanity and our love of life and liberty.” In many ways the new exhibit is not unlike Mohan’s earlier work. The colours are vivid. The images are bold, and they definitely tell a story, but buried within the pleasure of our shared



▲ **Tim Mohan’s exhibit at Huronia Museum in Midland.**

humanity is the relentless black and white cruelty of war. Like many of us, Tim has, until now, avoided the taboo subjects that may offend. “I’ve always avoided expressing my opinions on politics and the need for social change, but I can no longer do that. I think as both a human being and an artist, I do have a responsibility to share the truth, be it good or bad. I want to do my part to help open the eyes of the

world so that every person who sees my work will know that man makes mistakes, sometimes over and over again...”, he says. An exhibition of some of Tim’s other work appeared at the Penetanguishene Centennial Museum from May 1st to June 18th and the “War Series: Wise Up” will be shown at the Huronia Museum & Ouendat Village, 549 Little Lake

Park Road, Midland, Ontario, beginning October 14th and continuing throughout the month of November. In honour of Remembrance Day, grade 10 students at Midland Secondary School are currently writing poems related to the War Series. Their poetry will be included with the exhibit and proudly displayed for all to see and read.

If you would like a preview, visit Timothy’s web site. www.timothymohanmetisartist.yolasite.com. There you will find a short video that shows the “making” of one picture, but be aware that within days of posting, over 100 countries banned its viewing. Mohan was a bit surprised, but mostly disappointed by this reaction. “I’m just happy that I live in a country where freedom of expression is allowed. I know that some people will be disgusted with my latest work, just as some will be enlightened. Some will get the message and others will not. I didn’t plan it this way, but I think I’m using my Native artwork to make both a social and political statement and hopefully create opportunities for individuals to discuss the horrors of war...” Timothy D. Mohan is a citizen of the MNO.

MÉTIS YOUTH | WRITING CONTEST

“I Am Métis”

Mitchell McCron is 10 years old and in grade 5 at MacTier Public School. This is his submission to the James Bartleman youth writing competition.

By **Mitchell McCron**
Grade 5
MacTier Public School

Jean Baptiste Trudeau was born December 29th, 1783 in Montreal, Quebec. He was a French Voyageur. When he was 18 he signed a fur trade contract with the North West Company. His job was middle canoe man and he would travel to Grand Portage from Montreal. He would also work as a blacksmith. Jean later worked at Fort William in 1817 and 1818 and for the Indian Department on Drummond Island from 1820 to 1828 as the blacksmith. He met Angelique Papannaatyhiannecoe, an Ojibwa woman who was born in 1796 on Lake Huron. They had a “country marriage” on Drummond Island in 1820. This marriage would be the beginning of my Métis heritage.



▲ Mitchell (left) with his brother Dawson and their dog Nijii.

A war broke out in 1812 between England and the United States. A result of the war was the British surrendering Drummond Island to the Americans in 1822. The civilians, fur traders and their Métis families were forced from the island. Some of the Métis families were awarded land in the harbour of Penetanguishene, Ontario. Jean and Angelique were one of those families. They voyaged in a canoe to Penetanguishene. They had a Catholic marriage on Feb 9, 1836 at St. Ann's Church in Penetanguishene. They were my 5th great grandparents.

My first memory recognizing I was Métis was at a Métis Rendezvous in the fall of 2006 when I was 6. A Métis Rendezvous is when a group of Métis citizens gather to celebrate being Métis. Some of the things we do are clean and butcher animals, jig-

ging (Métis dancing) and voyageur games. The voyageur games include target shooting with pellet guns and sling shots, axe throwing, and pack racing (carrying packs over your shoulder while running).

Whenever I go to a Métis gathering or event I wear my sash (a wide woven colourful scarf). A sash was traditionally used for many things such as hauling heavy gear and even for carrying infants or children on their backs. Also in emergencies they would cut off a piece and use it to patch clothes and bags. The colors of a sash helped to identify different Métis communities.

One of the Métis things I do is to go hunting to harvest large game animals such as moose, deer, and bear with my parents to feed our family. When we shoot the animal we offer tobacco to the animal's spirit as a thank you

“
MY MÉTIS CULTURE IS VERY IMPORTANT TO ME BECAUSE IT HAS BEEN PASSED ON FROM GENERATION TO GENERATION AND I AM VERY PROUD TO HAVE IT IN MY BLOOD.
”

for its life and to Mother Earth as a thank you for providing the animals to feed our family.

When we get the animal to our house we have to wash it before we do anything with it. When the animal is washed we then skin it (take the hide off). Once it is skinned we can butcher the meat to put in our freezer. We would flesh the animal hide (remove fat and excess meat) and salt it so the hide doesn't go bad. When all these steps are done my mother brings the hide to a tannery so we can use the hides to make leather items. The things we make out of the hides are medicine pouches, moccasins, and vests.

My Métis culture is very important to me because it has been passed on from generation to generation and I am very proud to have it in my blood. I do many more things with my family besides hunting that connect me

with my Métis culture such as fish with gill nets, celebrate National Aboriginal Day and collect edible and medicinal plants. Also I live on the water and we rely on water every day to travel just like my ancestors but they traveled by birch bark canoe and I travel by a motorized boat. These are some of the things that inspire me about my Métis background.

Now for where I fit in! Jean Baptiste Trudeau and Angelique Papannaatyhiannecoe had six children. One of them was Antoine Trudeau who married Cecile Recollet on December 30th, 1851. They are my 4th great grandparents. They had fourteen children and one was named Suzanne.

Suzanne Trudeau married Isadore LePage but she had a child named John before they met. John's father is unknown but Isadore raised him like his own son and gave him his last name of LePage. Suzanne and Isadore had seven children of their own. Suzanne is my 3rd great grandmother.

John LePage married Ella May Melina Carriere on October 4th, 1910. They are my 2nd great grandparents. They had twelve children and adopted one. One of the children was named Henry.

Henry LePage married Edith Morson on September 16th, 1954. They are my grandparents. They had ten children. One of them was named Lisa.

Lisa married Keith McCron on September 18th, 1999. They are my parents. They had two children and one of them is me!

MARCH BREAK

Igniting youth interest

By **Brenda Laurin**
MIDLAND - PENETANGUISENE

During March Break students from Beausoleil Island First Nation, along with Métis students from Midland and Penetanguishene area took part in a three day IBM IGN.I.T.E. Camp at St. Theresa's Catholic High School in Midland.

IGN.I.T.E. stands for IGNiting Interest in Technology and Engineering. This unique opportunity was part of IBM Canada's national Aboriginal strategy to encourage First Nation, Métis and Inuit youth to stay in school, build self-confidence in their technical abilities and explore possibilities for their future.

The Simcoe Muskoka Catholic District School Board (SMCDSB) was one of 10 sites across Canada to deliver an IGN.I.T.E. Camp, in partnership with IBM. The hands-on science and engineering activities were designed to demonstrate that technology is fun and exciting. Guest speakers included local First Nation and



▲ First Nations and Métis students build robots at St Theresa's High School in Midland, Ontario.

Métis role models who emphasized the importance of technology, education and students working toward their potential.

This unique partnership also included York University teacher candidates as camp instructors. The faculty and teachers of the York University Barrie site welcomed the opportunity to support First Nation, Métis and Inuit

youth. They also explored new dimensions in education through this innovative model.

Georgian Bay Métis Council would like to thank our local education contact, Linda McGregor, Manager of First Nation, Métis and Inuit Education Initiatives (SMCDSB) for bringing this opportunity to our attention at our February Committee Assembly.

FAMILY HISTORY PROJECT



▲ Keira Cameron with her family history project.

History alive

By **Kristy Cameron**
MIDLAND - PENETANGUISENE

The students in Keira Cameron's grade two class were asked to research their family history and share their project with the class. Here we see Keira giving a presentation about her Métis culture to her classmates, who are eagerly awaiting their turn

to pass around her collection of objects.

“I liked learning about my ancestors and what they did, like doing flower beadwork and hunting buffalo. I enjoyed reading my project to my class, because then my class got to know about me and my culture.”

This year the Healing and Wellness Branch is excited to launch collaborative Rendezvous at locations throughout the province. We have heard from our community members that they can't always make it to the AGA due to distance, getting time off, or other variables, and

At the Rendezvous you can enjoy traditional foods, demonstrations of cultural activities including finger weaving, tanning and canning. Special activities are planned for the children, and our hunters and gathers have a wonderful opportunity to pass on oral

Join us in celebrating Métis people and culture, and participate in the events and workshops being hosted on that day.

COMMUNITY:	LOCATION:	DATE:	SITE CONTACT:
Windsor, Welland, Toronto, Hamilton & Mississauga	<i>Knoll Park, Port Colborne</i>	July 16	Windsor: 519-974-0860 Welland: 905-735-1112 Mississauga: 905-625-3351 Toronto: 416-977-9881 Hamilton: 905-318-2336
Owen Sound, Midland & Port McNicol	<i>Grey Roots Museum and Archives, Owen Sound</i>	July 23	Owen Sound: 519-370-0435 Midland & Port McNicol: 705-526-6335
Bancroft, Renfrew & Ottawa	<i>Post Office Park, Bancroft</i>	August 6	Bancroft: 613-332-2575 Renfrew: 613-432-7106 Ottawa: 613-798-1488 xt.113
Timmins & North Bay	<i>Dutrisac Cottages, Sturgeon Falls</i>	Sept. 17	Timmins: 705-264-3939 North Bay: 705-474-0734
Thunder Bay & Fort Frances	<i>Wilderness Discovery Family Resort & Conference Centre</i>	Sept. 17/18	Thunder Bay: 807-624-5022 Fort Frances: 807-274-6230
SSM & Sudbury	<i>Richard's Lake, Sudbury</i>	Sept. 17	SSM: 705-254-1768 Sudbury: 705-671-9855
Kenora & Dryden	<i>Lunam's Pit, Ritchie Rd, Kenora</i>	Sept. 24	Kenora: 807-468-5835 Dryden: 807-223-4535

A group of approximately 15 people, including children and adults, are posing for a group photo on a stone bridge. The bridge spans a river, and the background is a dense, green forested hillside. The group is dressed in casual summer attire. A yellow sign is visible on the bridge railing.

Grand River Métis Council hosts Cultural Camp

The Grand River Community Métis Council (GRCMC) held a youth camping expedition at Rockwood Conservation Area near Guelph on June 4 and 5. Approximately 20 youth and parents attended the event, where they set up their camps and participated

The youth also went canoeing and hiking, learned how to use a compass, and enjoyed an evening around the campfire.

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Nanabijou Aboriginal Graduate Enhancement
Lakehead University Aboriginal Alumni Chapter
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