# MÉTIS VOYAGEUR





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NEW ABORIGINAL
APPRENTICESHIP CENTRE
OPENS IN SAULT STE.
MARIE

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### nnouncements

#### Congratulations



Congratulations to Amanda and Brad Masulka on the birth of their daughter, Grace Suzanna Masulka, on January 12th, 2010. Amanda is the daughter of Claude Dupuis, a councillor on the Temiskaming Métis Community Council (TMCC).



▲ Lexy and big sister Mary Jay

Congratulations to Mario and Elizabeth Morland-Ethier on the birth of their, daughter, Lexy Elizabeth Morland-**Ethier**, on September 4th, 2009. Mario is the son of TMCC President, Liliane Ethier.



Happy Birthday wishes to **Irene Lanigan** on the occasion of her 80th birthday, April 16th! Irene is the big sister of Captain of the Hunt, Ken Simard. A retired nurse, Irene now resides in Chatham, ON. Best wishes from your "little" brother Ken, and the rest of the MNO.

Happy 50th Anniversary to Ken and Sigrid Simard.



Congratulations to Christopher and Tina Nichol on the birth of their daughter, Ekela (Lac) Deborah Ethier, on September 14, 2009. Tina is the daughter of Temiskaming Métis Community Council President Liliane Ethier.



Landyn France (pronounced Land-unn) Rowlinson arrived six days late on March 3, 2010, at 1:11 A.M. Weighing in at nine pounds, one ounce, he is the son of Scott Rowlinson and Melissa Rice, and the grandson of Community Relations Manager, Hank Rowlinson. Hank, who loves red heads says, "Yippee, we finally got one!"

Congratulations to the Powley Family! Jerry-Lee Powley is the proud mother of a beautiful baby boy. Rayden Preston **Powley** weighed in at 6 pounds 15 ounces.

#### **Obituary**



#### Clement Prévost

décédé a Sudbury le 23 octobre 2009 a l'age 65 ans.

dieu, parents bien-aimés Huleu, parenne - fréres et soeurs chéris. Bien jeune encore, mon pelerinage est déja fini.

Mon Dieu, je retourne a vous afin de vous aimer d'avantage et de vous prier avec plus de ferveur

pour ceux qui demeurent apres moi. Ne pleurez pas, je vous attendrai au Ciel, la famille s'y reformera et les larmes seront séchées.

Une communion, une piere, S.V.P.

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#### **Obituary**



#### Lorraine Marie Pinder

funeral for the late Lorraine Marie Pinder (nee Brabant) was held February 6th, 2010, in Etobicoke Ontario. Surrounded by family, Lorraine passed away at Credit Valley Hospital (Mississauga) on January 7th, in her 77th year. Lorraine was a loving wife to the late Elmer Pinder and cherished mother to Theresa, Kevin, Arthur (Janice), Stanley (Cathy), James (Cathy), Warren, Wayne (Susan), Vivian (Barclay) and Bradley (Paige) and the late Kenneth and James. She was also the cherished grandmother to 14 grandchildren and great-grandmother to four. Lorraine is survived by loving brothers Marcel and Oliver and predeceased by siblings, Allen, Stella and Theresa.

Lorraine was born in Penetanguishine, ON. In 1909, her grandparents Oliver and Charlotte (nee Vasseur) Brabant settled in the area that is now the home of Awenda Park (Kettle's Lake / Brabant Point). Lorraine and her family celebrated a plaque unveiling ceremony a few years ago at Awenda Park, which paid tribute to her family and their contributions to the area. Family members visit the park annually to revisit the plaques that pay tribute to the Brabant family and their Métis heritage.

"Lor", as she was called by friends, grew up in Penetang and was known for her lively character, great wit and gregarious laughter. She enjoyed off the cuff jokes and would share them with anyone who would venture into conversation with her. Not one to follow the rules of her French parents or the nuns at school, she often would fondly retell stories of getting herself into innocent trouble as a child in her small town. Lorraine enjoyed her weekends in Penetang as she looked forward to meeting friends at the dancehall and listening to live bands play. Later in life, her grandchildren looked forward to riding with grandma as she always turned the music up really loud on long road trips to the cottage. Around the age of 16, Lorraine moved to the bustling city of Toronto to work at a hospital. She met her husband Elmer shortly thereafter, returned to Penetang and later settled in the Mississauga area and began raising a family.

Lorraine's family was a large one and in essence, the way she lived her life was 'large.' She lived and loved life to the fullest and truly made every day count. Her spirit was contagious and people looked forward to her being around. She was often invited to many parties throughout the year and her house was continually busy with visitors. Lorraine welcomed anyone into her home; fame, status or finances did not influence her. She made friends with everyone she came in contact with from a person in line at the grocery store to the farmer she picked strawberries from each year. She was as down to earth as they come and will be missed dearly.

Memorial donations may be made to the Alzheimer's Society.

#### **Obituary**



#### Armand Joseph Lavallee

den death of Mr. Armand Lavallee Sr. at the age of 83 years. Mr. Lavallee passed away at Temiskaming Hospital on Saturday, November 14, 2009.

He was born in South Lorrain Township on March 29, 1926, to the late Moise Lavallee and the late Antoinette Ranger. He served his country during World War II with the Canadian Infantry Corps.

Mr. Lavallee lived at Mileage 104 for most of his life and had worked as a miner. He was an avid outdoorsman who loved fishing and hunting. He is remembered as a devoted family man and will be sadly missed.

Predeceased by his parents; his wife Doreen on October 17, 1997; and grandchildren: Gordon Merrill and Larry Leveille; two brothers Arthur and Edward

he family announces | Lavallee, as well as two sisters, with sorrow the sud- Marie Van Yperen and Marguerite Lavallee. He is survived by his children: May (Frank) Merrill of Sudbury; Armand Jr. (Diane) of Cobalt; Edward (Shirley) Lavallee of North Cobalt; Allan (Pauline) Lavallee of Haileybury; Diana (Bryant) Smith of Cobalt; Christopher (Diane) Lavallee of Cobalt; Julieann (Dereck) Hillman of Cobalt; and, Janet (Germain) Jacques of Sudbury. Also left to mourn are 27 grandchildren, 26 great-grandchildren; and his siblings: Florence Watson, Earnie Lavallee, and Jeanette Laisi.

The Lavallee Family received friends at the Buffam Leveille Funeral Home on November 18, 2009. Funeral service took place on November 19, 2009, with Father John Lemire officiating. Interment followed at the Cobalt Catholic Cemetery.

### **Métis Nation News**

ONTARIO PUBLIC SERVICE:

## **MNO President** Lipinski gives keynote speech at OPS forum

**BY PAULINE SAULNIER** 

he Métis Nation of Ontario now has a voice within the Ministry of Aboriginal Affairs at the third Ontario Public Servants (OPS) forum on working with First Nations and Métis.

On February 16, 2010, Senator Alis Kennedy and I attended the third OPS forum which was coordinated by the Ministry of Aboriginal Affairs. It was a very joyous occasion for us.

Both being OPS employees, we found it heart-warming to have Senator Ruth Wagner open the forum in our traditional Métis way with a prayer and fiddle playing of some of our Métis music.

As though that were not enough, we were both also very

fortunate to be present when our President of the Métis Nation of Ontario, Gary Lipinski, was recognized as the key note speaker.

President Lipinski talked about the history of the Métis Nation and how it is with equal voices that the Inuit, the First Nation and the Métis people should be heard, never at the expense of one another, but rather in conjunction through consultation, through cultural and traditional ways of life, and through collaboration. The Province of Ontario and the Crown are obligated to ensure that all Aboriginal people be

"The relationship between the Métis Nation of Ontario and the Ontario Government has not always been a positive one, but







▲ (left) MNO President, Gary Lipinski, gives the keynote address at an OPS forum held February 16, 2010. (middle) Senator Ruth Wagner opens the forum with some Métis fiddle. (right) Ontario Attorney General Chris Bentley.

having this type of forum and being able to express Métis issues and concerns can only serve to enrich the communities and the province." declared President Gary Lipinski.

Having the opportunity to educate the OPS forum about who the Métis are and to speak about the MNO and Ontario Government Framework agreement, signed on November 17, 2008,

will help to ensure that this document becomes a vital tool to enable more ministries to comprehend the importance of the Memorandum of Understanding

To have our working world join in harmony with our cultural world is the true definition of "diversity" for me. All too often in the past, being a member of the OPS meant a conflict between the

two sides of my life. Now it appears that my life is balanced with equal representation within the OPS. It is with lots of pride that I have been able to witness President Gary Lipinski speak about the Métis Nation of Ontario and represent the Nation with his words, passion and enthusiasm. Excellent job President Lipinski!



## Métis engagement for **Ontario Power Generation New Nuclear at Darlington Project**

ntario Power Generation (OPG) is an Ontariobased electricity generation company whose principal business is the generation and sale of electricity in Ontario. Our focus is on the efficient production and sale of electricity from our generation facilities, while operating in a safe, open and environmentally responsible manner.

OPG's 12,000 employees are from nearly every trade, profession and skill set. We encourage a culture of respect and we value each person's diversity, unique background, experience, perspective and talents. One example of our commitment is the \$4,000 John Wesley Beaver Memorial Scholarship, which is granted each year by OPG to two post-secondary students of Native ancestry (Métis, Status, Non-Status, or Inuit). Please visit the community section of our website (www.opg.com) for more information on OPG's scholarship programs.

In 2006, OPG was directed by the province to begin the federal approvals process for new nuclear generation at an existing site, including an environmental assessment (EA). The proposed

# ONTARIOPOWER

would involve the construction and the MNO have established a and operation of up to four reac- working relationship to docutors at OPG's existing Darlington ment traditional Métis uses of Nuclear site in Bowmanville.

To ensure that a Métis perspective was included in this EA, OPG established an Aboriginal Engagement Program which encouraged knowledge sharing with communities and facilitated their involvement throughout the EA study process.

The Métis Nation of Ontario (MNO), and the Oshawa and Northumberland Métis Councils have met with OPG staff on several occasions in the past year and have helped build a meaningful dialogue for this project. These meetings have helped OPG, MNO and the councils achieve greater understanding of the project and how it may relate to Métis interests. The MNO and participating councils have recently identified "Traditional Ecological Knowledge" as

Darlington New Nuclear Project an important area of work. OPG plants found on the build site.

> On September 30, 2009, OPG submitted the New Nuclear at Darlington Environmental Impact Statement and Licence to Prepare Site Application to a federally appointed Joint Review Panel. These documents will be subject to a six month public and technical review by federal and provincial authorities, technical experts, the public and the Joint Review Panel, which is currently scheduled to be complete in May 2010. OPG will continue to work with the Métis community during this time.

For more information about the OPG New Nuclear at Darlington Project, please visit:

www.opg.com/newbuild or call our toll-free number at: 1-866-487-6006

### Métis Nation seeking improved employment opportunities for Métis persons with disabilities

n January 18th, 2010, the Métis National Council (MNC) launched a new project to find ways of improving employment opportunities for Métis people with disabilities. With support from the Aboriginal Skills and Training Strategic Investment Fund, part of the federal government's economic stimulus initiatives, the MNC made the improvement of skills development and employment opportunities for Métis Nation citizens with disabilities a top priority.

During the launch of the project in Saskatoon, President Chartier said: "This project will help identify the best tools and services available to Métis Nation citizens with disabilities seeking skills development, and find innovative ways of improving their employment opportunities."

As part of this project, the MNC is partnering with the Canadian Council on Rehabilitation and Work (CCRW), the leading cross-disability organization promoting the equitable, meaningful and sustainable employment of persons with disabilities in Canada. The MNC and CCRW are cooperating in the establishment of a national advisory group, which will explore innovative and effective tools and services aimed at meeting the employment needs of Métis with disabilities.

"The CCRW recognizes a shared interest with the Métis Nation in ensuring public and private sectors have an understanding of, and support for, the economic and social benefits of improving employment opportunities for Métis persons with disabilities," said Bruce Smith, CCRW 1st Vice-chair. "We look forward to forging a productive partnership with Métis governments."

Gary Tinker, a leading Métis advocate for improving the lives of persons with disabilities, will be one of the MNC's representatives on the advisory group.

"Métis Nation citizens are valuable contributors to the Canadian



economy, but there is still much work to do in ensuring all our people have an opportunity to engage in the workforce," said David Chartrand, MNC Vice-president and Minister responsible for Social Development. "With the right opportunities, Métis Nation citizens with disabilities can play an important role in Canada's economic recovery.'

The MNC and CCRW will also be holding a National Training Forum for Métis Nation employment counsellors, giving them the tools to better serve Métis with disabilities entering or reentering the workforce.

#### PROVINCIAL:

#### **MNO** and **Ministry of Aboriginal Affairs** co-host workshop

ollowing a two-day collaborative workshop on "consultation and accommodation", there is more evidence that the relationship between the Métis Nation of Ontario (MNO) and the province, which began with the 2008 MNO-Ontario Framework Agreement, continues to develop in a way that benefits all Métis in Ontario.

The workshop was cohosted by the MNO and the Ministry of Aboriginal Affairs (MAA). In his opening remarks MAA Minister, Chris Bentley, said, "the relationship between Ontario and the MNO is stronger than it has ever been, but not as strong as it will be after this workshop."

The relationship between Ontario and the MNO is stronger than it has ever been, but not as strong as it will be after this workshop.

MNO President, Gary Lipinski, remarked: "The Collaborative Workshop and Ontario's \$60 million commitment to the New Relationship Fund reaffirm Ontario's commitment to help Métis communities build capacity so that they participate in a meaningful way in the resource economy in the province."

The Collaborative Workshop was part of an on-going series of workshops sponsored by MAA meant to encourage and stimulate discussion on a range of consultation-related matters amongst Aboriginal partners, government and industry. The Métis-specific Collaborative Workshop in Toronto on March 22 and 23, 2010, brought together 50 MNO leaders and citizens, 50 private industry representatives, and 50 government offi-

"By exploring best practices and discussion of the challenges in consultation and accommodation, all the participants came away from the sessions with a greater awareness of Métis issues and a better understanding of the MNO and its unique governing structure," President Lipinski said. "The end result is a strengthened relationship with industry and government."

For more information, contact Joanne Meyer, MNO Director of Intergovernmental Relations, joannem@metisnation.org

#### LANDS, RESOURCES AND CONSULTATIONS









# Promises Made, **Promises Kept**

LRC branch conducts Community Governance workshops and Finance/Administration Training across province

étis citizens are the heart and soul of the Métis Nation and are represented at the local level through MNO Chartered Community Councils which remain the cornerstone in our struggle for self-governance. With the province's commitment to provide funding through the New Relationship Fund, we were in a position to provide the long awaited training and resources needed to start building core consultation capacity at the local, regional and provincial levels, in order to more effectively work with government and industry.

It is essential that we provide enhanced capacity support to our community councils as well as bring our citizens together more often in order to share our culture and traditions, and to strengthen the bonds between our citizens. In January, 2010, the Lands, Resources and Consultations (LRC) Branch travelled to seven communities across the province to deliver training to 26 community councils on "Community Governance". This training was developed largely by the Community Relations team of LRC using their years of experience IT IS ESSENTIAL working with councils and devoting the time needed to pull together an effective two-day training module for community councils. The training included a "Council Vision" exercise, tools for conflict reso-

lution, tips for facilitating council meetings, and much, much

In February, the LRC Branch travelled across the province again, this time to deliver "Community Finance and Administration" training to community councils. This training was developed by the LRC Branch in collaboration with MNO's Finance Branch, and was based on feedback from the community councils during the "governance" training sessions in January. The training was specifically designed to build the confidence of councils and their secretary-treasurers to track council expenses throughout the year, especially



**COMMUNITY COUNCILS.** 



those related to consultation activities and the New Relationship Fund. The training included council bookkeeping, information on how MNO is funded, guidance on developing year-end reports, tips for managing councils' New Relationship Fund capacity budgets, and a tool-kit full of forms for budgets, purchases and reporting. The LRC Branch was thrilled with the excellent turnout and positive feedback we received from the participants.

If any citizen wishes to receive a copy of the materials provided during training, please do not hesitate to contact your council president.

### Award recognizes outstanding young Ontarians for leadership in challenging discrimination

The Lincoln M. Alexander Award honours youth who have worked to eliminate racial discrimination in Ontario. This award was first given in 1993. There are two student awards and one community award.

Who are the award recipients? Since 1993, The Lincoln M.

Alexander Award has recognized young people who have demonstrated outstanding leadership in eliminating racial discrimination. Each year, three young people, between the ages of 16 and 25, receive an award of \$5,000 each and a framed scroll.

#### Who can receive the award?

Student Award: Full-time students who attend high school or who will be going into a post-secondary education program can be nominated by their schools.

Community Award: Anyone who lives in Ontario and is between 16 and 25 years old can be nominated by a community

organization or agency that works in the field of race relations.

#### How are recipients selected?

Community organizations working in the field of race relations can submit nominations. A selection committee, representing the Ministry of Education, the Ministry of Citizenship and Immigration and community organizations, review the nominations and select each year's recipients.

#### How is the medal awarded?

A special ceremony is held at Queen's Park to recognize recipients. Recipients receive a personalized certificate as well as a \$5,000 cash award.

#### When is the deadline?

Nomination may be submitted at any time. Deadline is May 31 of each year. All nominations received after this date will be considered for the following year.

#### How do I submit nominations?

When nominations are being accepted for this year, you will find a nomination form on www.citizenship.gov.on.ca/englis h/honours/lincolnmalexander/ in both PDF and HTML formats.

#### Where can I get more info?

Do you have questions about Ontario's recognition programs? Call the Ontario Honours and Awards Secretariat at: 614-314-7526 or 1-877-832-8622

HOUSING:



#### **MNO HOUSING WELCOMES BACK** AN OLD FRIEND

The Métis Nation of Ontario Housing Branch is pleased to welcome Leafy Shaw back to the Thunder Bay office. Leafy is the Project Developer for the Housing Corporation which is being established with funding from the New Relationship Fund and the Tri-Partite Funding Agreement.

Leafy brings to the table extensive experience in housing as well as a solid grounding in training programs and partnership initiatives. Leafy's expertise is enhanced through certifications she holds in realty and investment. Finally, and perhaps most important, is the enthusiasm Leafy brings with her, especially when it comes to the possibilities for the new Housing Corporation and the generation of equity plus wealth for the MNO.

Leafy has always been proud of her heritage and is an excellent resource for historical information and knowledge. Leafy hit the ground running when she returned in mid February and it is a real pleasure to have her back!

- Jean McIsaac-Wiitala

#### **FAREWELL** TO HOUSING **STAFFER**

Best wishes to Senior Housing Policy Analyst, Dianne Lampi, who is leaving the MNO to join the Thunder Bay District Social Services Administration Board.

Dianne joined MNO just before AGA 2009 and with her social housing background made a considerable contribution representing the MNO on various housing committees, and assisting with Housing Branch new initiatives and agreements. Dianne, we wish you well.

#### T-BAY HOUSING **CONFERENCE &** RAFFLE WINNER

Thunder Bay was host to the 8th Annual First Nations Northern Housing Conference held at the Valhalla Inn. Congratulations to Rene Ducharme for winning the grand prize of a SolarSheat 1000G heating system valued at \$1500. The grand prize attendance draw was donated by I&M Electric of Thunder Bay. Rene is an intern with the Métis Building Systems Technical Advisor Intern Program (MBSTAIP). The two year pilot project is in partnership with Ontario Power Authority, Confederation College and the MNO.

MÉTIS BUILDING SYSTEM TECHNICAL ADVISOR INTERNSHIP PROGRAM:

# Students complete first phase of new internship program in Thunder Bay

he Métis Nation of Ontario, in partnership with Ontario Power Authority, Confederation College and Ontario Aboriginal Housing Support Services is offering a new, state of the art pilot project: Métis Building System Technical Advisor Internship Program.

Since the program commenced on the 18th of January, 2010, the students have completed courses in first aid, CPR, Basics of Electricity, Blue Print Reading, Safety Orientation, Introduction to Building Science, math and English. Additional topics to follow consist of Advanced Building Science, Ontario Building Code (OBC) training, EcoEnergy Audit training, Soils Investigations, Construction Materials and Methods, Green Building Technology, Alternative Energy, Energy Conservation Retrofitting, along with some additional math and English courses.

The program is based on the original curriculum developed by the Canadian Mortgage and Housing Corporation.

Anyone interested in additional information can contact the Métis Nation of Ontario, Housing Branch at **1-800-891-5882** or **807-626-9300**.



Left to right (back row): Kevin Muloin, Justin McCarville, Todd Childs and Jason Susin. (middle row) Dion Dick, Peter Ducharme, Rene Ducharme and Gilles Martineau. (front row) Edmund Indian (instructor), Terry Desaulniers (instructor) and Tiffany Sorokopud (instructor).

# THE ABORIGINAL APPRENTICESHIP CENTRE NOW OPEN

If you are an Aboriginal person that is interested in learning about opportunities that are apprenticeship based, or would like to pursue a career as an apprentice in a skilled trade, or even an apprentice looking for information, then you need to make the call or visit the Aboriginal Apprenticeship Centre located within Sault College at 443 Northern Avenue East in Sault Ste. Marie.

#### CONTACT:

Bob or Lynne at **705-759-2554 ext. 2587** or by email: robertk@metisnation.org or lynnes@metisnation.org



The Aboriginal Apprenticeship Centre is a Métis Nation of Ontario project in partnership with Sault College.





This project is funded in part by the Government of Canada



PROVINCE:

### Good news for Métis in Ontario budget

ary Lipinski of the Métis Nation of Ontario (MNO) says the commitment by the Government of Ontario to invest in resource development, job creation and education is good news for Métis in Ontario. Word of that commitment was included in the 2010 Ontario Budget brought down March 25th in Toronto.

"I am especially pleased to hear that the Government of Ontario has made a four year, \$60 million commitment to the *New Relationship Fund*," President Lipinski said. "Over the past two years, [New Relationship Fund] NRF funding has given the MNO and its community councils an opportunity to build the capacity necessary to ensure active engagement in duty to consult activities across the province."

That enhanced capacity will ensure that Métis are able to engage in meaningful consultation as development activities around the mineral rich deposit-located near Thunder Bay and called the "ring of fire"--ramp up. In a phone call to President Lipinski shortly after the budget came down, Minister of Aboriginal Affairs, Chris Bentley, reaffirmed the government's commitment to "Resource Benefits Sharing" as a way of including the Métis in the benefits flowing from resource development in the province.

As well, MNO welcomes the province's \$310 million investment in postsecondary education. "Training and skills development have always been priorities for the MNO and we recognize that investing in an educated workforce will have lasting and long term benefits to Métis in Ontario and the province generally."



The Government of Ontario has made a four year, \$60 million commitment to the New Relationship Fund.

By investing in resource based developments and postsecondary education, the province is demonstrating that it is committed to the plans outlined in the *memorandum of understanding* (MOU) signed with the Ministry of Training, Colleges and Universities (MTCU) in January. MTCU is the second government ministry to sign on to the MNO-Ontario Framework Agreement signed between the MNO and the province in November, 2008.

"Adding badly needed spaces at colleges and universities will help to ensure that Métis people have the skills and training they need to participate in the jobs that will result from the significant developments about to take place in Ontario's north," President Lipinski concluded.



### **President's Update**

#### PROVINCIAL RELATIONS | MEMORANDUM OF UNDERSTANDING



Gary Lipinski, President Métis Nation of Ontario (right) and Honourable John Milloy, Ontario Minister of Training, Colleges and Universities (center) and France Picotte, Chair of the Métis Nation of Ontario (left) sign a Memorandum of Understanding.

## **Métis Nation of Ontario signs** agreement with Ministry of **Training, Colleges & Universities**

Lipinski, and the Honourable John Milloy, Ontario Minister of Training, Colleges and Universities (MTCU) signed a Memorandum of Understanding (MOU) aimed at formalizing the working relationship between the ministry and the Métis Nation of Ontario Education and Training Branch (MNOET) to improve postsecondary education, training and employment outcomes for Métis in Ontario.

"The MOU is an important

n January 25th President step toward building a bilateral partnership with the province in the area of higher education," Gary said. "This MOU is a significant achievement for the Métis people in Ontario because it demonstrates a commitment by MTCU to forge a lasting relationship with MNOET and builds on the MNO-Ontario Framework Agreement signed with the province in 2008."

> "Ontario is committed to working with the Métis Nation of Ontario to provide more access to education and training for

Métis people all across the province. With education and training, people learn skills to help them participate fully in our economy," Minister Milloy said.

MNO Chair and Education Portfolio holder, France Picotte, pointed out that, "Like the other MOUs that have been signed, this one will help build Métis self reliance by providing the additional tools needed to improve education and training outcomes for Métis attending Ontario's colleges and universities.'

A working group of represen-

tatives from the province, MTCU, the MNO and MNOET will now develop a work plan that will guide the implementation of the MOU. "The signing of this very important MOU will help to ensure the MNO realizes its goal of closing the well-being gap that exists between Métis and other Ontarians because it will lead to well paying jobs and productive citizens. It is a perfect example of what was envisioned when we signed the Framework Agreement with the province in 2008," President Lipinski concluded.

### MNO President gives thumbs up to Ontario cabinet changes

n January 19, 2010, President Lipinski expressed his approval of the changes to the provincial cabinet announced by Ontario Premier, Dalton McGuinty.

"I have already spoken to the Honourable Chris Bentley, the new Minister of Aboriginal Affairs. I am pleased that Minister Bentley is committed to continuing to build on the productive relationship that has

developed between MNO and the province," President Lipinski said. "Continuing to deliver results through the MNO-Ontario Framework Agreement that was signed in November, 2008, will be central to how we move forward with the new minister.'

President Lipinski also offered his congratulations and best wishes to Minister Brad Duguid, who takes over as Min-

ister of Energy and Infrastructure. "We wish Minister Duguid well in his new assignment and look forward to continuing to work with him on specific initiatives related to the Green Energy Act. Over his tenure as Minister of Aboriginal Affairs he has been a friend of Ontario Métis and has overseen positive change in the Aboriginal Affairs Ministry and delivered results."

#### MNO annouces two partnerships

n February 3rd, President Lipinski announced the establishment of two new employment and training opportunities for Aboriginal people living in Ontario: The Aboriginal Apprenticeship Centre and Ready to Work, funded by Service Canada through the Aboriginal Skills and Training Strategic Investment Fund (ASTSIF). The Apprenticeship Centre is established in partnership with Sault College, and Ready to Work represents a partnership with OTEC, Ontario's Tourism Sector Council organization.

The Ready to Work project will be delivered in Ottawa, Midland and Sault Ste. Marie. It seeks to provide unique and specialized training to those interested in a career in the tourism and hospitality sector.

The Aboriginal Apprenticeship Centre project plans to recruit and engage 40 participants: to establish links with the Aboriginal community throughout the Algoma District; and, to develop a sustainability plan by the project end date of March 31, 2011.

#### Ontario Government committed to working with Métis people

n December, I attended my annual meeting with Premier Dalton McGuinty. He shared with me a copy of a letter he had sent on behalf of the Ontario Government to Prime Minister Stephen Harper calling on the Prime Minister to reconsider its position on the *United* Nations' Declaration on the Rights of Indigenous Peoples.

In February, I was back at Queen's Park for a meeting with the Honourable Chris Bentley, who was named "Minister of Aboriginal Affairs" in January. We discussed a motion that had tabled in the legislature calling upon the Government of Canada to reconsider its position on the UN Declaration.

This motion is proof that the Ontario Government remains committed to working with Metis people across the province to improve relationships and opportunities.

#### **BRANCH UPDATES**



he Registry Branch kicked off the new year by welcoming Cara Desjardins as "Acting Registrar". Cara takes over the position from Karole Dumont-Beckett who left the MNO in December. At the same time, we also said 'good bye' to Julie Meraw, the Regional Intake Officer based in Ottawa. We expect to have Julie's replacement in place soon.

The work of improving the application process and fine tuning the Registry database continues--although we were down another person during the last two weeks of January. That is because Rebekah Wilson was in Vancouver, where she represented the MNO at an indigenous youth gathering and took part in the opening of the 2010 Vancouver Olympic Games (page 14).



#### LANDS, **RESOURCES &** CONSULTATIONS

he LRC branch began 2010 with an ambitious community training schedule. Two highly successful training programs on "Governance" and "Finance and Administration" were developed and delivered to all 26 MNO Chartered Community Councils. The training was designed to build the skills of our councils and to better enable them to utilize the capacity funding provided to them through the Province of Ontario's New Relationship Fund.

The LRC branch, in collaboration with the Intergovernmental Relations branch, hosted the "Best Practices in the Duty to Consult" forum in January, which was well attended by council representatives from across the province. The forum highlighted MNO successes to date in consultations during the past year; encouraged councils to discuss potential new directions or approaches to consultation; emphasized the importance of on-going work by the LRC branch to gather Métis traditional knowledge through our Way of Life Framework; and, provided mini technical training seminars to citizens on "Aggregate, Mining, and Land Use Planning" to build council capacity for engaging in consultations.

On the "consultations" front, the LRC branch has facilitated numerous meetings already this year with proponents, as well as provincial and federal approval authorities, and is currently working with several "consultation committees" to negotiate Memoranda of Understanding (MOU) and Accommodation agreements.

TIMMINS | MNO REGION 3

# Stay Young, Stay Active and Stay Happy

Following in the paddle strokes of his ancestors Paul Rondeau builds canoes without electric tools, nails or screws

#### By NICOLE CHARRON

hose who know Paul Rondeau, knew he was up to something but no one knew what.

Paul is a man of many talents and keeps himself active--raising rabbits, harvesting berries, hunting wildlife, fishing and making Aboriginal crafts. Every Friday night, he goes square dancing with Les Amis Qui Dansent. Paul participates in all the Annual General Assemblies, Aboriginal days in the park, Northern College powwows and all other activities that are put on by the Timmins Council.

Many come to see him and ask what project he's been working on. They often wonder if he has been making moccasins; deer hide mittens; moose hide mukluks; a tikanagan (cradle board); dream catchers; antler earrings or netting snowshoes. All of these are great projects but the answer to the question was "No!" Paul had put all his other skills aside for a little while. He was working hard at building his fourth birch bark canoe, just as our ancestors used to. Paul is not using electric tools, nails or screws. He used only what Mother Nature offered him for this piece of art.

In 2002, Richard Aubin, the diabetes coordinator at the time, organized a trip to Whitefish Ontario, where Mr. Tom Byers was putting on a workshop on birch bark canoe making. That was the first time Paul Rondeau, Len Rondeau (our senator) and Richard Aubin had the chance to learn skills that would follow them forever.









Paul Rondeau building his birch bark canoe at his home in Timmins.

The first canoe is hanging in our local library for everyone in the community to see. The second canoe was built at Paul's residence with the help of eight other men from our community. It took these eight men, an incredible nine days! This canoe was raffled off as a fundraiser for the MNO Timmins Council and its programs. Bonny Cann of the Toronto office was announced the proud winner. Paul, Len and Richard then went to Ecole Publique Renaissance where they built the third canoe with the help of the students.

For this specific birch bark canoe, Paul's fourth, he built it on his own. It took him many

months to gather all the necessary materials but he was determined and he did it. Paul needed the perfect birch bark, spruce roots, spruce gum (sap), cedar and bear fat. Now, at the young age of 80, Paul got up every morning, rain or shine, and started his fire. He would then put the spruce sap and the bear fat in a large pot over the fire and melt it slowly. He'd put the spruce roots in the water to soften. While they were softening, he used a wooden pointed file to make holes in the birch bark. When this was done, he'd then sew the cedar to the birch bark with the spruce roots.

Paul worked on his canoe

from 8 to 10 hours a day, for approximately 2 ½ months.

His canoe is now complete; it is approximately 13 feet in length, 39 inches in width, and 12 inches in depth. This canoe is a real piece of art; one that definitely WON'T be raffled off or sold. This one will stay in our family for many, many years to come and we'll be proud to show it off and say, "Our dad built this canoe by himself with his own two hands!"

Paul has been invited to many schools to show off and talk about his canoe. He has many stories to tell the students about how our ancestors used these types of canoes as a means of transportation. What better way to teach? He brings with him some of the materials he used to build it. He answers all of the students' questions and will even let some of them get in the canoe and have their picture taken.

Anyone interested in seeing the canoe could call 705-264-7828 and Paul will be more than happy to show you his pride and joy!

I would like to take this opportunity to thank the Ministry of Natural Resources, Tembec Industries Inc. and Grant Forest Products for giving Paul the permits required to harvest the materials needed to build this birch bark canoe.

Way to go Dad! Keep up the great work! We are proud of you!

#### The Seven Rivers Métis meetings

The Seven Rivers Métis Community Council meets the **last Saturday of every month**, except July, August and December, at 2:00 P.M. at the residence of Scott Lloyd, located at 1679 Marble Lake Road, Clovne.

CONTACT: sevenriversmetis@gmail.com



Captain's Corner

**by KEN SIMARD**CAPTAIN OF THE HUNT
REGION 2

### **Summer Boating Safety Tips:**

- Hydroelectric dams or stations can be dangerous if you don't obey all warning signs.
- Stay away from booms and barriers when boating or swimming
- Stay well back from the edge of waters above and below hydroelectric dams and stations.
- Never stand below a dam, or anchor or tie your boat there.
   Rapidly changing water levels and flows can take you by surprise or swamp your boat or put you in
- the grip of an undertow.
- Stay off Ontario Power Generation (OPG) properties unless OPG has clearly indicated walkways, or observation points.

#### Before you go boating:

Be sure someone knows your point of departure, intended destination along with the proposed route, the time of arrival, and the name and telephone number of a relative or friend to contact in an emergency.

Describe your boat--the length and name, licence number, engine type, make and model, your telephone number and how many people are on board.

Leave a copy of a float plan at the marina office, or with a trusted neighbour or relative, or contact the Canadian Coast Guard Service Centre by phone before you leave. If you change your plan make sure the plan holders are notified.

### **Community Council News**

#### OSHAWA & DURHAM REGION MÉTIS COUNCIL | FIFTH ANNUAL WINTER GATHERING



▲ Legendary James Bay fiddler, James Cheechoo (centre) accompanied by his wife Daisy and daughter Trina.

# Driving the cold away

By ROB PILON

o kick-off 2010-the Year of the Métis-over 300 people gathered at our annual potluck supper at Camp Samac in Oshawa. With citizens from many councils-Georgian Bay, Grand River, Niagara Region, Credit River, Northumberland and others-along with guests from British Columbia and Quebec, we came together to celebrate the season.

The evening started with an amazing buffet meal, including numerous traditional foods such as moose, deer, rabbit, buffalo, bear, beaver and fish. Following the meal we had many wonderful musical guests including drumming, fiddling, Métis jigging, gui-



Métis gathering at Camp Samac in Oshawa.

the last James Bay fiddlers, accompanied by his wife Daisy and daughter Trina.

Another special guest was Denis Weber, a renowned Métis tar and singing. Special guest of artist from BC who provided all of

note was James Cheechoo, one of the artwork in David Bouchard's latest book. Dennis and his wife Sharon joined us for this special event, making available signed books as well as numerous prints of Dennis' paintings.

This evening was possible only

because of the many volunteers who spent hours in the planning and preparation of the event, and in making sure the evening went off without a hitch. From setting up and taking down tables and chairs, to organizing things in the

kitchen, to setting up the buffet table and staffing the welcome table and silent auction--a group of dedicated volunteers worked tirelessly to make everyone feel welcome at the gathering.

As president of the Oshawa & Durham Region Métis Council, I believe this type of event is very important for our people. Gatherings such as these provide us with the opportunity to celebrate our culture, listen to and appreciate our wonderful musical heritage, share stories, and continue growing as a community. I look forward to hosting the Sixth Annual Winter Gathering next year, and would warmly welcome even more Métis citizens to join us at this celebration.

CANNINGTON DOGSLED RACES

# **Boulettes & bannock**

**By ROB PILON** 

nce again the Oshawa and Durham region Métis Council (ODRMC) played a key part in the annual Cannington Dogsled Races.

The event started out on Tuesday, when Larry O'Connor, Mayor of Brock Township, hosted the mayors of GTA and surrounding areas for a day on the ice, including ice-fishing and a traditional Métis meal of bison burgers, boulettes and bannock. It turned out to be a great day on the ice, as well as a valuable opportunity for the local Métis community-including members from both the ODRMC and Northumberland councils--to educate local leaders about the Métis people and heritage.

On Friday, a number of women from the council gath-



The races began with smudging by our elders, complemented

were ready for the Métis Trading

by a strong Métis presence at the event. The tepee drew lots of interest, as did the numerous vendors, bison burgers, and hot bowls of boulettes set up in the Métis Trading Post. Members from numerous councils came to participate and enjoy the fresh air. It was especially great to see Elder Helen Bradley from the

Georgian Bay Council who came out to visit with everyone at this wonderful winter event.

Local Métis entertainers also played a key part in the event, with performances by the Olive Bousquet Métis Dance Troupe, the ODRMC Women's drumming group--who were thrilled with the presence of the World Drum-Alicia Bloor on the fiddle, Charlie Fife and the Métis Quartet. Combine that with everyone dressed in traditional clothing--capotes, Hudson Bay jackets, fur hats, buckskin and sashes. The Métis community was well represented at this growing event.



# Road Trip du Voyageur



#### By CHARMAINE LANGLAIS

t was a fun weekend of jigging, tobogganing, fiddling and more. Sunset Country Métis Health Branch led a group of eighteen participants to the annual Festival du Voyageur in Winnipeg, Manitoba.

At the largest winter festival in western Canada, we found entertainment and activities for everyone. With sashes given to each participant, we were ready to share in cultural events that celebrated the voyageur theme. Participants were encouraged to try some of the traditional games that the park had to offer. The toboggan chute and horse sleigh rides were two of my favourites. A snow and ice obstacle course maze was entertaining for the young. Bygone traditions had refreshingly surfaced at this unique venue. The event grounds were covered with massive yet magical snow sculptures. On the



Sunset Country Métis Council's Health branch staff organized a road trip to this year's Festival du Voyageur in Winnipeg.

menu was French-Canadian cuisine including sugar pie, tourtière, bannock and pea soup, and some of us made maple syrup taffy pops. We listened to lively entertainment with a unique style the majority en français.

The highlight of the trip for two teens was Fort Gibraltar. Originally built at the Forks of the Red and Assiniboine Rivers in **SUNSET COUNTRY MÉTIS HEALTH BRANCH LED A GROUP OF EIGHTEEN** TO THE FESTIVAL **DU VOYAGEUR IN** WINNIPEG.



1810, Fort Gibraltar was a North West Company fur trade post that also helped control the pemmican trade. Destroyed in 1852 by the Red River flood, Fort Gibraltar was rebuilt by the Festival du Voyageur in 1978 on the east side of the Red River.

Today, the major purpose of Fort Gibraltar is to reflect key elements of life in the Red River val-

ley from 1815 to 1821. Fort Gibraltar illustrates the roles played by the Métis, the settlers, the explorers, the Aboriginal peoples and the voyageurs. We were captivated by the costumed interpreters who shared their knowledge of the historical significance of each station. A trading post showcased the assortment of furs being prepared for shipment; a workshop demonstrated the techniques used in the upkeep of the fort; a highly skilled blacksmith performed technical demonstrations with traditional tools; a general store was stocked with pemmican and trade goods; a winterer's cabin featured the way of life during the fur trade era; a campfire offered cooking demonstrations and storytelling.

Celebrating our history with this unique event gave a sense of pride in our Métis heritage. From experiencing Fort Gibraltar's historical characters, admiring snow sculptures and sliding down that toboggan chute, Festival du Voyageur kept the group entertained from the moment we arrived until the time we said, "au revoir"

On behalf of the group, "Bravo to the Festival du Voyageur committee", the 1100 volunteers and the 115 partners that made this event such a success.

#### GEORGIAN BAY MÉTIS COUNCIL | MNO REGION 7

# The people of the Bay

#### By SENATOR HELEN BRADLEY

he Georgian Bay Métis Council participated in a "Traditional Study Feast" in Lafontaine on November 29, 2009, where it was nice to enjoy a lovely traditional meal. It gave many of our citizens an opportunity to meet up with other good and proud Métis people and share the knowledge of our culture. It was fantastic that we had our president, Gary Lipinpresent for this event.

Every year we look forward to the "Christmas Good Cheer" and the "Moose Milk" that the staff puts on for the citizens of the GBMC. A lot of hard work and attention goes into planning this event and it is always well attended and appreciated.

#### **∞ WINTERAMA**

Once again Dora McInnis and some more of our council members entered a float in the 52nd Penetanguishene Winterama on February 19, 2010, with the theme being the 2010 Olympic Games. Regional Councillor Pauline Saulnier could be seen waving proudly from the float with all the other volunteers. "It is always a joy to my heart when you can witness the unity of eld-

ers, youth, council members and those volunteers in between on one float just enjoying cultural awareness in this unique way," Pauline said.

A special thank you and recognition goes out to Leon Saulnier for providing his flat bed truck so the Georgian Bay Métis Council could display their culture.

#### ∞ Office expansion

Recently the Georgian Bay ski and other members of the Métis Council received funding held at the North Simcoe Sports PCMNO, as well as Doug Wilson through the North Simcoe Com- and Recreation Centre in Midland munity Development Corporation, which has allowed us to increase office space at our Cranston Crescent location in Midland. This expansion will permit the Métis Nation of Ontario Training Initiatives to increase services to local unemployed Métis citizens and Métis citizens seeking to further their education. Our new boardroom will be relocated to a larger size room in the revised plan allowing other programs that currently use the boardroom to expand. These programs include AHWS, Healthy Babies, Long Term Care, and MNOTI, available to the community as a whole. This expansion will permit the Georgian Bay Métis Council to host meetings and events.

> We are fortunate to have our citizen Jeannette Brunelle come

out to provide beading classes the second Monday of each month. It is also a great opportunity for me to gather and share stories, advice, and good laughs with other friends and citizens. We have learned so much from Jeannette, and we wish her well in her recovery after being ill these past few months.

#### ∞ Annual Meeting

Our General Assembly will be on Sunday May 30, 2010, from 2:00 P.M. until 4:00 P.M. Bring all your Métis friends and relatives.

Monthly council meetings taking place between September and June are held the first Wednesday of each month at 7:00 P.M. at 355 Cranston Crescent. Everyone is welcome to attend.

#### ∞ National Aboriginal Day

June 21st Aboriginal Day will be celebrated on Sunday June 20th, 2010, at McQuire Park in Penetanguishene. This will include a barbeque, and festivities will start at 11:00 A.M. Please feel free to call the office at (705) 526-6335 for more information on any of the upcoming events.

Hubert Charlebois is continu-

ing to research Métis genealogy for anyone seeking citizenship with the MNO. We welcome all those with questions to call the office for assistance.

As stated in the last issue of the Voyageur, please note the correction that Dave Dusome is the treasurer and not secretary as previously stated. Dora McInnis is the newly nominated secretary.

I would like to end by saving congratulations to Tim Garrett's son Jonathon, one of our Métis citizens, who was chosen to be a cook at the 2010 Winter Olympics in Vancouver. It makes my heart proud to seeing young Métis citizens making such great advances.



The Georgian Bay Métis Council's Christmas Good Cheer dinner.



left to right: Willard Folz; Mitchell Case, MNO Youth Rep; Rebekah Trudel; Anne Trudel; Bryon Brisard, Education Officer - Ministry of Education; Carol Trudeau-McEwen, Algoma District School Board; Mona Jones, Huron-Superior Catholic District School Board and Sarah Crowell, Algoma University.

SAULT STE.MARIE | MNO REGION 4

# Gathering at the Rapids

Algoma and Superior District Students find out what "Métis Means to Me"

By ANNE TRUDEL

he 2nd Annual "Gathering at the Rapids – Honouring Life Long Learners" Powwow was held March 5th to 7th at Algoma University/Shingwauk University in Sault Ste. Marie.

On March 5th, the educational component was held in the George Leach Centre sport facility of the universities. Eighteen stations were set up around the gymnasium and a separate room was set aside for hand drum education. The Algoma District School Board and the Huron Superior Catholic District School Board bussed in students from their regions, which included

White River, Iron Bridge, Chapleau and Elliot Lake to name a few. This meant that some of the students had to catch their buses by 6:00 A.M. to reach the event for the 10:00 A.M. start.

Grade 6 and a few grade 7 students from smaller schools added up to 835 youth participants. On top of this, there were teachers, student teachers, assistants, and volunteers who accompanied the students to the various stations. Friday's powwow was divided into three segments. The first segment was an educational rotation for the participants and each station was allotted 15 minutes for its presentation.

This year, the Métis Nation of Ontario had three of these edu-



Métis youth Mitchell Case and Rebekah Trudel carrying the Métis Flag for Opening Ceremonies.

cational stations. At the Historic Sault Ste. Marie location, Elder, Willard Folz, presented and demonstrated the art of smoking meats. A highlight to this booth was the tasting of his wares. Mitchell Case, the Youth Representative for the Historic Sault Ste. Marie council station, provided a discussion on "What Métis Means to Me". What an opportunity for the 11 to 13 year old students to hear a well-spoken teenager who displayed both knowledge and sincerity. At my station students learned about the history of the Métis, along with participating in Métis dance. When I asked one group which flag was older the Métis or the Canadian flag, one student impressed me with his deductive reasoning. He said: "The Métis flag is older, because the Métis have been here longer."

The second segment was for lunch and exploring. This gave the students an opportunity to attend stations not on their rotation and to further explore booths they had completed. At this time they could enjoy authentic Aboriginal meals and go to various Aboriginal venders' booths.

In the afternoon--the last segment of the day--an educational powwow took place. Opening ceremonies included the traditional carrying in of the flags. This year's flags, like last year's, included the Métis flag. The procession was led by the Eagle Staff, followed left to right in the next row by the Métis, the Canadian, and Anishinaabe flags. The last row of flags carried included the Four Nations flags of red (Aboriginal), yellow (Asian), black and white.

Mitchell Case gave Rebekah Trudel, my daughter a grade 6 student at Rosedale Public School, the honour of carrying the Métis flag. He also provided her with the instructions needed to fulfil her duties in the opening and closing ceremonies. He was attentive and remained close at hand to ensure she would have no difficulties. Other students carried the remaining flags. As a mother, I was very proud of my daughter's straight back, stillness

and the way she held the flag way up high. It brought my mother Myrta Rivers to tears to see her granddaughter given this honour and the pride with which she executed her duties.

At the afternoon powwow, the Master of Ceremonies explained the various types of powwow dancing. Drumming was provided by the Bear Creek Singers. Many First Nations' dance performers representing all ages, demonstrated and performed the various types of powwow dances in full regalia. All the youth participants were invited to dance.

It was a great surprise to me, when my daughter Rebekah Trudel and two of the other Métis Dance Club youth in attendance, Bailey Hansford and Tammy Hill, were asked to do a Métis special. The young ladies danced the Broom Dance/Red River Jig and the Butterfly Dance. Then, all of the participants were invited to jig with them to Big John McNeil. The inclusion of Métis dance in the powwow was unexpected, gave recognition to the Métis and was greatly appreciated.

I would like to express my appreciation to Carol Trudeau-McEwen, the Aboriginal Lead Teacher for Algoma District School Board; Mona Jones, Aboriginal Education Special Assignment Teacher for Huron-Superior Catholic District School Board, and Sarah Crowell, Anishinaabe Student Advisor for Algoma University.

GRAND RIVER MÉTIS COUNCIL | MNO REGION 9

# The game of hoops

By BARBARA RUSK

ho would have thought a woman 5 feet tall (yes, you can confirm this height with my doctor--just don't dare ask my children!) would be up for a game of hoops? Oh, but it's not just any game; it's the game of political hoops.

You know those hoops we all have to jump through to get funding from the government? Well, I'm in the game along with my council.

Politics aside, I had to take a step back and really look at why I am volunteering my time. My situation has changed from wanting to learn more about my heritage and culture, to being charged along with the rest of my Métis brothers and sisters to

listen to what the Earth is telling us. It seems most of society has stopped listening. That might sound a little melodramatic, but I feel like there is a huge weight on our shouldersdeservedly so.

I began digging deeper into myself, as most of us do, and wondering if I truly do have a role in all of this. Well, didn't my "self" come

in all of this. Well, didn't my "self" come back with a hearty "YES YOU DO!" We do our best to hush the inner voices that keep telling us what to do, and perhaps it is my Métis ancestors saying, "Smarten up Barbara; play your role".

So, I've begun. I asked all of my friends this simple question: "If you could do one

"IF YOU COULD DO ONE THING, JUST ONE THING, TO MAKE A CHANGE TO HELP MOTHER EARTH, WHAT WOULD YOU DO?"

make a change to help Mother Earth, what would you do?" Some of the answers were: "I will bring my travel mug to Starbucks so I am not getting paper cups anymore." "I'm going to hang my laundry year around so I less." Great answers! So. I

thing, just one thing, to

use the dryer less." Great answers! So, I added them to my own list. I had not really taken a look at how I would do my part, so I took stock. Less garbage, more compost, complete recycling including dehumidifier water for the plants. WOW! I was trying! I was proud of myself. I felt compelled to look again, and see what else I could do, and I have made, and will make many

more changes over the next year.

On to another role, and that is learning about my heritage and culture, which has pretty much taken a backseat to the political role. Yearning for it will force me to become a better president--a better delegator so to speak. I can't do it all alone, so I will have to rely on my amazing council for backup. If we all do our part to help with the consultation/duty to consult, we all make more time for all of us to get into the best part of it all--the dessert so to speak--tradition and culture.

It's something I want served up over and over again and best of all it has no sugar and no calories!

Barbara Rusk is President of the Grand River Community Métis Council. GRAND RIVER MÉTIS COUNCIL

#### Niimiki & Inouk on the move in 2010: the Year of the Métis!

By BARBARA RUSK

e all know that 2010 has been deemed the "Year of the Métis". Well, it's also going to be the year that starts the journey of Niimki the hand-crafted birch bark canoe, and Inouk the hand-crafted paddle in the Grand River.

It's been a long time since I've written of Niimki and Inouk, but only because I had to wait for the news that has had me bursting with joy. Niimki, the canoe handcrafted by birch bark canoe builder, Marcel Labelle, was graciously donated to our council so we could fund-raise for our community. Inouk, the hand crafted and beautifully painted paddle that will accompany Niimki was the generous gift of Micheline Boisvert. Both are spiritually charged, and in my opinion will provide a lifetime of special memories to the winner and all who are fortunate enough to go for a spin!

We've been on a journey of our own--a long year and a half of work to get this up and running--but, we have received our lottery license. The license is finally ours and the community fundraising has begun!

We have grand plans for this dynamic duo. We are selling tickets until June 4, 2010, with the draw to be held on Saturday, June 5, 2010. Only 2499 tickets will be sold at \$20 each

A ceremonial launch will be held on Saturday, June 26, 2010, at the West Montrose Family camp. We are arranging group rates for the campgrounds and invite all to join us as we celebrate the maiden voyage of Niimki and Inouk—together for the first time—as well as the Year of the Métis. We plan to have great music, great food, traditional stories, and so much more.

If you are interested in tickets, please contact Carol Lévis at: clevis423@rogers.com or barbara.gingras@hotmail.com

If you are interested in joining the festivities please don't hesitate to contact me at the above email address. Please advise ASAP if you would like to stay at the campground so that I can give the owner an idea of numbers.

I look forward to seeing Niimki and Inouk leave the nest and begin their life together.



The canoe known as Niimiki.

# The history of Niimiki

By JANIQUE LABELLE

ightning strikes a forest giant. A Métis artist sees more than a damaged tree. He sees a mode of transportation, a piece of priceless art, his ancestors' legacy.

Marcel Labelle is a descendant of the Algonquins and the French settlers. Being Métis, he was able to take the best of both worlds and become the link between the two cultures. After taking a spiritual journey across the country, Marcel was given dreams. In these dreams, his ancestors taught him the skills needed to make them a reality.

His dream was to build something with incredible beauty and strength; a craft that has been instrumental in the discovery of this land and its indigenous people.

The giant birch tree Marcel found in the forests of his hometown of Mattawa, Ontario, helped him with this task. This tree that had been struck by lightning became Niimki, Lightning Spirit.

The fourteen foot craft is made entirely of natural materials--cedar wood, birch and its bark, spruce roots and gum. Niimki was forged surrounded by fields of sweet grass on the shores of Antoine Creek. This waterway leads to the Ottawa River, which Samuel de Champlain himself travelled centuries ago. This canoe is not only a mode of transportation, it is a piece of art; an historical tribute to those who lived before us. Niimki is a vital part of this country's legacy. The birch bark canoe helped give Canada's first people, including the proud Métis, a

The giant birch tree
Marcel found in
the forests of his
hometown of Mattawa,
Ontario, helped him
with this task.
This tree that had
been struck by
lightning became
NIIMKI, LIGHTNING
SPIRIT.

means to build the vitality of our culture and the longevity of our heritage. Riel himself said that it would be the artist that would give new life to our traditions and

With the building of this canoe, Marcel has brought an important piece of our history back to the forefront. It is time for us all to embrace our differences and celebrate what makes us who we are. The Métis people of Canada.

Niimki, Lightning Spirit, was crafted by Métis artist Marcel Labelle using only hand tools and traditional methods. This 14 foot, one piece, birch bark canoe has a market value of \$9,990.00.

Marcel Labelle is recognized by the Ontario Arts Council as an Aboriginal artist.



The paddle known as Inouk.



 $\label{eq:Niimiki} \textbf{N} \textbf{iimiki} \ \textbf{on the move.}$ 

# Niimiki builder invited to create canoe installation for Smithsonian

n February, Marcel Labelle and his wife Joanne were in New York City. An American philanthropist fully funded the trip and Marcel was featured at the Smithsonian where he agreed to create a canoe installation for the museum.

He packed a roll of bark, his roots, resin, tools and "Minododem" (good spirit), the canoe he chose for the occasion. The Ontario Arts Council funded the building of "Minododem" after Labelle approached them about building a canoe he could keep and use as a teaching and healing

tool. Marcel learned canoe building from the bush and spirit world and is writing a book about his life journey to master birch bark canoe crafter.

In addition to a trip to the "big apple", Marcel was part of Toronto's Winterfest at Nathan Philips Square. Wearing a warm fur hat and buckskin coat, he explained how he uses the same materials to build his canoes as were used 400 years ago. He had a large, continuous audience throughout the day. "I've been this way for always but now people are listening," Labelle said



Marcel Labelle.

OSHAWA & DURHAM REGION MÉTIS COUNCIL

### A very heartfelt thank you

By ROB PILON

want to take a moment to say a heartfelt thank you to everyone who pitched in and helped out at the potluck. It is because of all of your efforts that we held a very, very successful event that will be talked about for some time. The commitment and community spirit was very evident and I believe gave many of us a great sense of pride in our local Métis community. If I try to thank everyone individually I will forget someone, so instead I'd like to recognize:

- all those who helped with the organizing by attending the planning meetings and doing all of the upfront work necessary--calling people, booking facilities, tables, etc.
- The set-up crews--a lot of work went into organizing the hall, setting up tables and chairs, and decorating; it looked awesome!
- The kitchen crew--wow-they organized, labelled, laid out, and cleaned up food for over 300 people and I don't know how many pots of coffee and tea! It was a ton of work, and went off like clock-work.
- The helpers at the various stations--welcome desk, silent auction, 50/50 draw, council activities display--all key parts of making this successful.
- Those who participated in the entertainment and those who spoke at the event--it's so wonderful to see people in our community step up in this capacity.
- The clean-up and takedown crew--again, a lot of work in a short period of time, not the most fun of jobs but necessary and appreciated.
- Everyone else who played a role--big or small--in making this a wonderful, happy, community gathering.

It may be 2010 but this had the feeling of an older traditional Métis gathering where we could reconnect with old friends, meet new friends, and enjoy our time together. The fact that we can do this for not only the many Métis people along with their friends and family in our community, but also draw people from across the province and beyond, is something that we should collectively be very proud of.

So again, a very big and sincere thank-you to everyone!

Robert Pilon is the President of the Oshawa & Durham Region Métis Council

#### NORTH BAY MÉTIS COUNCIL | BLUE SKY COUNTRY



# **Around Blue Sky**

By BRIAN COCKBURN

he wind is blowing hard and cold, the snow engulfs the highway--slippery and thick. Ahead of me, embossed in the darkness are the car lights of Walter Deering, President of the North Bay Métis Council. After a three hour evening meeting of the council and members in West Nipissing over 30 people returned through the snow to their homes in Sturgeon Falls, Field, Cache Bay and Verner. The winter Métis Nation community meeting echoes like the wind through the whole of Ontario.

The previous evening, February 22, the council had its first general meeting in North Bay. Senator Marlene Greenwood opened with a prayer before Chair Austin Acton, introduced the council members: Walter Deering; Doris Evans; Marc Laurin, and Nelson Montreuil with special guests, MNO Chair, France Picotte; Community Relations Manager, Hank Rowlinson; PCMNO Councillor Region 5, Maurice Sarrazin; and Captain of the Hunt Region 5, Richard Sarrazin.

Then the Cultural Approach Research Manual (CARM) committee chair, Mel Jamieson, sepa-





(left) MNO Chair, France Picotte, and Walter Deering of Mattawa; (top right) Brian Cockburn photographing Brian Cockburn; (bottom right) BINGO caller Lise Malette, Long term Care.

rated the room into groups and we discussed being Métis for an hour or so--the "memory harvest" being gathered to fill a web site which is now in the works.

Afterwards, Chair Austin Acton went over the North Bay Métis Council's objectives for 2010 – 2011: community relations, capacity building, and medium and long range plans.

Questions and answers followed, and of course the Captain of the Hunt was very busy.

On March 2nd the council visited Mattawa where a good crowd-including France Picotte and Richard Sarrazin--went through a wide range of discussions.

The council members were not the only ones busy since the New Year. Shelly Gonneville visited North Bay for a diabetes project, and on February 16th there was a community consultation via video conferencing with Ottawa, Timmins and North Bay discussing the Child and Family Services Act. Thanks to all who showed up and to Lise Malette and Jason Jamieson who were in charge of the mute button.

Linda Krause of MNOTI and her Métis Advisory Committee chose a large number of students to receive this year's bursaries for colleges and universities in the area. Jaynne Jansen settled into her office on March 1st, taking over the Healthy Babies program until Amanda returns in the fall.

The final card of the night, full card needed and there are only three balls left in the bingo cage; under the "I" twenty-one, "I" twenty-one. All the grey owls rise at the same time with a loud "hurray". Oh no! They all seem to have the same card! Prizes for everybody! An end to a day of games, cards, Wii bowling and food, a Horizon project through Long Term Care, but all the staff joined in.

Send your email to north-baymetis@gmail.com for updates or type in, "North Bay Métis", on Facebook to see videos of the council meeting, photographs of the past, or just to check on updates.

#### OPG IS SEEKING PRICING PROPOSALS FOR THE SUPPLY OF BIOMASS FUEL FOR ATIKOKAN GS

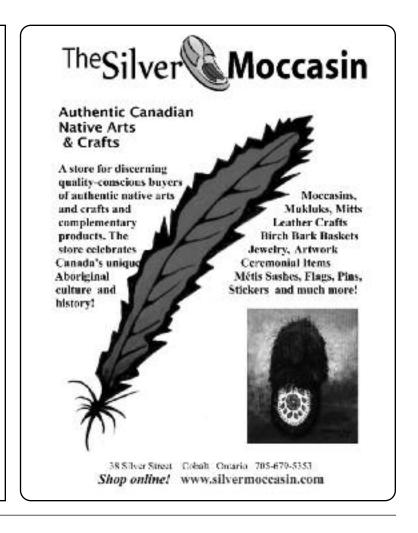
In the future, we could be making electricity at our Atikokan coal-fueled generating station using wood fibre fuel that's clean, renewable and made in Ontario. We are seeking companies that can supply us with this greener fuel.

Using solid biomass as a replacement for coal could help move us toward a greener energy future. It could also make use of existing electricity generating assets owned by the people of Ontario.

OPG will make a final decision on the conversion of Atikokan GS in the coming months. Supply and price of fuel will be an important consideration in that decision.

If you are interested and wish information on how you can submit a pricing proposal, visit: opg.com.

ONTARIO POWER





# Great community events make Métis Council thrive

By BARBARA RUSK

have been with the Grand River Community Métis council since its inception in March of 2007. I first served as the Women's Representative on the Interim Council, and now hold the position of President

It has been a learning journey for all of us as we find out what our roles are, and get to know the area we represent along with our citizens. It's been both fun and rewarding. I can only speak for myself, but I have had the good fortune of meeting wonderful people, and I am generating relationships that will carry on for many years to come.

We are beginning to see many citizens come out to meetings and events. On December 5th, 2009, we held our second pot luck feast. It was a huge success with over 70 citizens and families attending. We had great food, uplifting music, dancing and crafts.

Oshawa President, Rob Pilon, was happy to teach the dancing; he's definitely got the moves! And we found out that we have a talented fiddler in our community-what a hidden gem! We had no idea that the amazing young fiddler, Rajan, was amongst us, and he wowed us

with his traditional fiddling. It was enjoyed by all.

We look forward to holding many more successful events, and to growing them to be as big as the events we've attended in Oshawa. Council sends out a special thank you to Rob Pilon and his council for their support and offer of traditional knowledge and cultural assistance. Thanks to all who attended and helped make this the most successful event we have had.

Cheers to a united cross Canada Métis Nation in 2010, the Year of the Métis!

#### OBITUARY

# A family remembers Dohlie

ow many TV shows have you seen about missing people? They usually seem far away. We don't know the people and there is nothing we can do. They are stories or mysteriesentertainment. We turn the TV off and go back to our lives.

A few weeks ago I received a phone call from Rose Thrones who wondered if we could put a "memorial" to her daughter in the Voyageur. This is a pretty average request. We print obituaries and memorials in virtually every issue. However, as I talked to Rose, it quickly became obvious to me that this was like no obituary and no memorial we had ever printed. This is the kind of horror story that no one should ever experience.

With the help of Family Services Worker, Clarice Wilcox,
Rose put together the following memorial to her daughter. It's been a year since Doblie went missing, but as Rose said, a year ago the family was so worn out they couldn't face one more thing-even a memorial to a beloved daughter. — Editor



#### In loving memory of Whitney Van Der Wouden

ohlie is sadly missed by her parents, Paul Van Der Wouden and Rose Thrones; her sisters Tiphany and Hillary Van Der Wouden; her brothers Paul, Terry Woods, James St. Louis and Quincy Van Der

Whitney Van Der Wouden, most affectionately known as Dohlie, was taken from her loving family when she was just 15 years old. The energetic and caring teen did most of her growing up in Kapuskasing, and was excited about the family's upcoming move back home from Sudbury. She had made long-term plans, "a sign" her mother Rose says that Dohlie was growing up. Dohlie had also finally embraced her heritage and signed her Métis card just a few short days before her disappearance. Dohlie was friendly and this is noticeable from the many friends at her memorial page on Facebook. She was good in school, cooking and crafts. In continued page 21



Whitney Van Der Wouden

#### NORTH BAY | THE GATHERING PLACE



Métis Nation of Ontario citizen, Stephen Leroux, joined American Air Force volunteers in North Bay this past December to help deliver a Merry Christmas to those who assembled at "The Gathering Place".

# NORTH BAY: U.S. airmen lend helping hand to soup kitchen

By JACQUES LEROUX

he United States Air Force (USAF) donated their time and energy, as well as the use of a warming tent for those waiting outside the soup kitchen for a hot Christmas dinner. The Gathering Place can only sit 30 people, but those who waited their turn outside

sipped hot chocolate in the tent and were well entertained by Steve Leroux who had set up speakers through which he played holiday music.

The US Air Force had connected with the soup kitchen in November when they were looking for a place to donate left-overs following the celebration of American Thanksgiving.



By **SHAWNA HANSEN** 

Spring has sprung, or at least in Sault Ste Marie it has, and many people are itching to get on local trails for some exercise after the winter months. Here are a few things to remember before hitting the trails this summer.

- 1. Always tell someone where you are going, what route you are taking and when to expect you back. Try your best to make it back on time.
- Before you leave, check the weather forecast.
- 3. Make sure you know where you're going. If you're headed somewhere new, bring a map and compass (know how to use them). Bring a friend, too.
- 4. Watch out for bikers! More than one hiker has been taking a quiet walk in the woods, only to have a neonclad daredevil launch over a hill towards them. Keep your ears and eyes open for bikers and dirt bikers too.
- 5. If you're going back-country or into the mountains, learn what a mud slide slope looks like and stay away.
- 6. Stay hydrated. You will sweat and you will need to drink water. Chilled tea or lemonade in a thermos is also nice.
- 7. Especially in the changing weather keep warm and dry. Again, you will sweat–and when you stop for a break, you'll get clammy. Dress in light layers so that you can shed layers if you become too warm.
- 8. Know your limits. Fatigue can set in quickly and that could be dangerous.

# High profile for Métis at Olympics



Gary Lipinksi MNO President

would like to take this opportunity to add my voice to the chorus of congratulations heard across the country. Both the organizers and participants of the 2010 Vancouver Olympic Games are to be commended for an outstanding job. From the spectacular Opening Ceremony to the over-the-top excitement of the final goal in the gold medal hockey game, the Olympics served up equal offerings of great sports television and moments of national pride.

I am extremely pleased with the high profile role of the Métis, Inuit, and First Nations during that spectacular opening, when indigenous youth from across Canada danced for nearly two hours--a gold medal performance in itself. My hat goes off to Métis Nation British Columbia (MNBC) President, Bruce Dumont, and his team as well, for their persistence in ensuring that not only were Métis represented, but that the contingent included Métis from across the Homeland.

"I am extremely pleased with the high profile role of the Métis, Inuit, and First Nations during that spectacular opening."

No one will have more Olympic memories than the young people who represented the Métis Nation of Ontario so well: torchbearers Jessica Contant of Cochrane, Roxanne Derouard of Kenora, Alexander Young of Hamilton and James and Nicholas Callaghan of Sudbury; flame attendant Janine Landry; opening ceremony performers Rebekah Wilson (See page 15) and Kristy Corbiere (See page 16). Sandy Schofield (daughter of Senator Earl Scofield of Windsor), another proud Métis, composed the music that backed up the marathon performance by the indigenous youth. In addition, the Métis Fiddle Quartet (page right), who grew up within the MNO had another opportunity to showcase their incredible talent for the world and share a little bit of Métis culture at the same time.

On behalf of the Métis Nation of Ontario, I salute you all for a job well done!



The Algoma Métis Dance Club at the Sault Ste. Marie Olympic Torch Ceremony on January 2, 2010.

# Métis Dance Club perform at Olympic torch ceremonies

By **NEIL TRUDEL** 

he Métis Dance Club of Algoma had the privilege and honour of performing at the Olympic Torch Ceremonies held in Sault Ste. Marie. They were the only local dancers and youth group that performed on this special occasion. The event was held at the Essar Centre on January 2, 2010, following a speech by well known local First Nation hockey player and coach, Ted Nolan. All 15 dancers plus their leaders Anne Trudel, Senator Brenda Powley and her grand-daughter Jeri Powley were on the Olympic Transport Stage.

The troupe was asked to perform for seven minutes--enough time for two great dances. The 15 dancers presented a warmup, choreographed version of the Red River Jig danced to the music of the Métis Toe Tappers CD. This was followed by the Orange Blossom Special danced to Darren Lavallee's version, from his CD, "Le Métis". These dances not only provided clear examples of our distinctive Métis dance to the spectators, but also highlighted some of the dancers doing the "fancy step" part of the Red River Jig.

Attendance at the Olympic

Torch Ceremonies was estimated at 8,000 to 9,000 people—a full house. The event was originally planned to take place outdoors but was moved indoors due to the cold weather.

What an opportunity this provided the local Métis community to share our culture. The following announcement was made before the Métis Dance Club took the stage.

"The Métis Dance Club of Algoma encourages all people of all ages to enjoy their culture through Métis dance which consists of jigging to fiddle music in groups, squares and quadrilles. Some of the Métis who are performing tonight are direct descendents of the original employees, fur traders and voyageurs of the Hudson's Bay Company. The 'Orange Blossom Special', a newer dance, relates to the Métis heritage and the influence of the train connecting our great Canadian nation. If your feet are cold, the group leaders encourage you to jig along.

As the current Hudson's Bay Company was one of the sponsors of the 2010 Olympic Winter Games, it was fitting that we perform in blanket coats on an outdoor stage. Anne sported the traditional Hudson's Bay coat



The Algoma Métis Dance Club

our Métis ancestors would have worn. She had won this coat in a fundraiser at the 2006 MNO Annual General Assembly held in Sault Ste. Marie. This coat was the inspiration for the youth dance attire which included warm black pants, matching hat and gloves with the Métis sash pin decorating the hats for all to see. In total, 17 blanket coats were made specifically for this event. Anne obtained the patterns and material and cut them out while Joan Duffour helped with her time and her serger sewing machine. These coats were made by the club to keep the cost down. This enabled all youth who wanted to participate to have outfits for future use in winter weather. Unfortunately, the cost of Hudson's Bay blankets put them out of our reach.

Many hours of practice and preparation went into the group's seven minutes of fame. The young Region 4 dancers come from both the Historic Sault Ste. Marie and the North Channel Métis councils; some youth travelled over an hour for practices in order to be part of the event. Councillors from both groups were in attendance giving us support and encouragement. The club greatly appreciates Trevor Zachary of the Essar Centre for his management and assistance on this special day.

The Métis Dance Club continues to practice every second and fourth Saturday of the month at 2:30 P.M. at the Sault Métis Centre, Region 4 office. All are welcome to dance or watch and spend some time with the community

# Métis Fiddler Quartet puts Métis music on Olympic stage

roudly showcasing their Métis roots, the youthful Métis Fiddler Quartet, exhibited the unique and distinct sounds of traditional Canadian Métis and Native fiddle music to the world. This versatile, bilingual, Toronto based, family ensemble has travelled far and wide to study with surviving old time fiddlers in order to reintroduce the music that kept the dancehalls of western Canada clapping and tapping their toes until the introduction of "hi-fi."

Siblings, Nicholas (age 19), Conlin (age 21), Alyssa (age 23), and Danton (age 13) began this musical journey in 2006 when the classically trained family learned of elder Métis musicians in Winnipeg still playing old native fiddle tunes in the unique and distinct Métis tradition. There, they met and played with descendents and protégées of the locally revered Walter Flett. That year, Alyssa Delbaere-Sawchuk released her debut CD, Oméigwessi Reel Métis: A Tribute to Walter Flett, and in



November, 2008, she was thrilled to receive two Canadian Aboriginal Music Awards for 'Best Fiddle Album' and 'Best Instrumental Album'. In 2009 their talent was broadcast nationally as they performed

with the Asham Stompers for the 2009 National Aboriginal Achievement Awards.

To learn more about this Métis family and their musical discoveries, go to their website: www.metisfiddlerquartet.com



Several of the Métis participants came with capotes but couldn't wear them during performance. left to right: Kymber Palidwar, Daniel Oliver, Jenna McLeod, Rebekah Wilson and Bradley Brown. photo: K. Palidwar

# Jigging at the Olympics

#### An historic coming together of Canada's first people



#### by REBEKAH WILSON

n late January, I had the opportunity of a life time. I was asked to represent the Métis Nation of Ontario at the 2010 Indigenous Youth Gathering in Vancouver. The not-so-secret focus of the gathering was to prepare indigenous youth from across Canada for a performance during the Opening Ceremony of the 2010 Vancouver Olympic Games. It was a life changing experience and it began in Ottawa when I spent the day working with resident capote expert Lisa Pigeau to sew my own capote (see page 17). I had no idea I was capable of making something so incredible and owe Lisa great gratitude for her guidance, patience and support.

The request was that we arrive with authentic traditional Métis clothing to wear during cultural activities and performance so in addition to the capote, I wore an Ojibway Strap Dress which was made by Ruth Quesnelle of Midland. Ruth was also the artisan behind a capote and strap dress made for a new friend

of mine, Jenna McLeod. I left for Vancouver on Saturday, January 30 and for two solid weeks I didn't look back! I wasn't too busy, however, to keep a daily journal.

I met many inspiring people including Michaëlle Jean, the Governor General of Canada; the first Aboriginal astronaut, John Herrington; the second Native American to win a gold medal in the Olympics, Billy Mills; Aboriginal pop singing sensation Inez, the winner of four awards at the 2009 Aboriginal People's Choice Music Awards; Ontario's own Crystal Shawanda, a rising country music star;

and Dr. Evan Adams, a former actor who is now the Aboriginal Health Physician Advisor of British Columbia. The most inspiring people I met at the gathering, however, were my peers--people just like me who proved that together, we can change the world.

#### Day 1: January 30, 2010

I arrive at my accommodation late in the afternoon. I'm told there are many more youth expected to arrive late tonight and I'm nervous about meeting them. I have never been comfortable meeting new people but I know that the point of this whole gathering is to create connections and that's what I plan to do. My first roommate has just arrived. Her name is Janell and she's Métis, from Winnipeg, MB.

#### Day 2: January 31, 2010

66...for two

solid weeks

I didn't look

back!

I wasn't too

busy, however,

to keep a daily

journal.99

After spending a long day in planes and airports, I was so exhausted last night I was asleep before 8:00 P.M. When I woke up, I found two new roomies had moved in. Kara is from Medicine Hat, AB and

> Colette, from right here in Vancouver, is the Director of Youth for the Métis Nation British Columbia (MNBC). I'm glad that I decided to take this opportunity and continue to encourage myself to meet new people. It's empowering and I feel like my memories have already been enriched by making new friends.

We attended an orienta-

tion lunch today at Totem Hall in the Squamish Valley where we are staying. It's been raining since I arrived and I get the feeling this is a common occurrence. The trees are covered in brilliant green moss and a cloudy mist covers most of the mountaintops in a way that takes your breath away. They call this land "supernatural"; that's exactly what it feels like!

The speakers at our orientation lunch included the Chiefs of the Four Host First Nations: Squamish, Musqueam, Lil'Wat and Ts'leil Waututh; VANOC CEO John Furlong; a representative of the Hon. Chuck Strahl, Minister of Indian and Northern Affairs; as well as several witnesses, including Métis National Council (MNC) President Clement Chartier; MNBC 2010 Coordinator, Marcel Chalmers, and youth representatives for the Métis Nation, Inuit Nation as well as First Nations.

Each of the speakers had equally inspiring and touching words for the 300+ youth in attendance but a few things resonated throughout.

"It's in your hands what you do," said one of the First Nations leaders. "You can win a gold medal in life."

Many of the speakers highlighted the importance of our participation in the opening ceremonies; we were about to make history. Never before had so many indigenous youth from across our nation come together for a common purpose.

The experience is still surreal. Not only are we able to share our culture and experiences with each other we will also share it with the entire world.

**Day 3:** February 1, 2010

Rebekah and Sumi,

one of the

official mas-

cots of the

2010 Olympics.

This morning, my new friend Janell invited me to join her around the campfire. She told me there was a young First Nations man who had attended an indigenous high school and he was going to sing the morning song he had learned there. It was great to hear from youth so in touch with their culture.



As he began to sing, several others

began to crowd around. Some shared sto-

ries while others danced or played along.

Jeremiah and Dallas, two of the Métis par-

ticipants, played a traditional song with a

guitar and fiddle. Moments like this make

ited B.C Place Stadium where we met our

producer, David Atkins, our choreogra-

pher, Alejandro Ronceria, and our regalia

open arms and they officially invited us

into the Olympic family. They paid due

respect to our elders who have been wait-

We were welcomed by the crew with

coordinator, John Powell.

Today was also the first day that we vis-

me feel part of a bigger, national family.



# Dancing for the ancestors, dancing for the world

by KRISTY CORBIERE

would like to thank De Beers Canada for assisting me in my endeavour to attend the Vancouver 2010 Indigenous Youth Gathering. I left for Vancouver on January 30th and returned home on February 14th, 2010. During my two week stay in Vancouver, I worked with some world famous choreographers, and over 300 Aboriginal youth to make history as the first Aboriginal performers in all of Olympic history. I also heard a rumour that we may get into the Guinness World Records as the longest performance in an Olympic opening ceremony!

While in Vancouver I had an opportunity to meet Olympian, Billy Mills, the only North American to win the 10,000 metre race (an Aboriginal from the U.S.). I also met the first Aboriginal astronaut, John B. Herrington, and sang for Her Excellency the Right Honourable Michaëlle Jean, Governor General of Canada.

"I was given the honour of performing the dance of my ancestors in the opening ceremonies"

Last, but not least, I was given the honour of performing the dance of my ancestors in the opening ceremonies.

This is a day in my heart that I will never forget. It was so much more than dancing on the world stage for 65,000 spectators or even the 3.5 billion people watching on television. It was a chance for Aboriginal people to move forward from the many hardships that we have faced. February 12, 2010, was the day that we danced for the world; but more important, for our ancestors, for our grandparents and great grandparents, great aunts and uncles who were not allowed to dance or practice our culture. It was the day when our co-workers, communities, friends, and families felt overwhelming pride for Native youth; it was also the day that our ancestors' spirits danced beside us. Thank you for supporting me.



#### from page 15

ing years to be accepted as we have been today. This is a world-wide change--not just local or national--international! As they say, go big or go home and we're not going anywhere!

We're told this vision for the opening ceremonies has been in the making for several years. "All of you in this room right now are the culmination of a dream for me," said Mr. Atkins, who was also the director of the opening and closing ceremonies at the 2000 Olympics in Australia.

#### **DAY 4:** February 2, 2010

Today we received our official Vancouver 2010 "accreditation passes" which we will be required to wear around our necks for the remainder of our time here

Then we travelled two hours to Whistler village where we visited the Squamish/Lil'Wat Cultural centre. I learned today that the two tribes shared traditional land and instead of fighting over it, they agreed to share it. If only the rest of the world could do the same when faced with conflict!

We're told the caterers usually provide pre-selected menus but for our gathering have agreed to serve us many of the traditional foods our people would have eaten, like wild game, salmon and bannock. Tonight's meal included dried salmon, venison and fried bread--yum!

Following supper, we were welcomed into the main area of the cultural centre where a representative of our sponsor Deloitte spoke to us about vision mapping. The activity he instructed us to participate in was terrifying for me. "Introduce yourself to four strangers and ask them the following questions," he told us. The questions were: "What's your name? What's your passion? What do you hope to get out of this gathering? And what would be your dream career?"

The first two strangers I spoke to approached me first as I froze in fear. Unexpectedly, it wasn't that terrible. I approached two more strangers and introduced myself confidently, feeling my shy shell crumble as we spoke.

#### **DAY 5:** February 3, 2010

When I woke up this morning, I was feeling pensive and decided

to go for a walk around the grounds. I found myself by the river side. The Squamish Valley is recognized as one of the most significant areas for wintering bald eagles in all of North America. On my walk, I saw two of the incredible birds perched in tall trees. It was quiet, with just the sound of water rushing like music to my ears. The forests surrounding the North Vancouver Outdoor School feel so old and full of the old spirits of First Nations elders protecting and watching over us. This was just the refreshing escape I needed to prepare for a busy day ahead.

We started our day with cultural on-site activities such as cedar and wool weaving. Many groups started their own recreational activities like soccer, volleyball, basketball, throwing Frisbees, as well as music and storytelling by the fire.

At 11:30, we loaded onto buses and travelled into Vancouver, led by a police escort as they practiced for bringing in the athletes from around the globe. We waited in the stadium for some time, watching the busy workers put everything together. It was unbelievable to see all the hard work that goes into making a positive presentation to the world!

Today was the day we've all been waiting for. We finally put on our regalia!

Our choreographer began teaching our routine for the athlete's parade. Afterward, we ate quickly then dressed in our regalia. It was incredible and breathtaking to see everyone in their colourful outfits.

Everything is starting to feel real now--while also still surreal. We did one final run-through of what we have learned so far in our regalia. Our performance in total will last about an hour and 15 minutes, the largest part of the opening ceremonies allocated for one group. After our first full rehearsal, the director was speechless.

They also let us in on a big secret today about the Canadian performers who will be on stage during our performance--Bryan Adams and Nelly Furtado! Mr. Atkins told us that when they approached Nelly Furtado about the performance she was excited to be part of the opening ceremonies and was even more

ecstatic about her involvement when she learned she would be performing with all of us. How incredible!

#### **DAY 6:** February 4, 2010

Many of the Métis participants, while familiar with their culture and history, are not skilled jiggers. Lucky for us, one of our group members, Madeleine McCallum, is a pro! Today she set aside time to teach us the basic steps we would need to know in order to perform our best on the big night. It was interesting to see youth from other nations joining in as well, eager to learn more about our Métis traditions.

This brief lesson certainly paid off though. We received many compliments on how much we had improved and it can only get better from here.

Our rehearsal today was long and tiring. We did our first run through today with two other casts, the "athlete marshals" and the "audience leaders". Members of the audience will receive a drum-shaped kit that will contain a drum stick, a flashlight, a minitorch and a white poncho. The white poncho will make it easier for images to be projected into the audience and be seen from a distance, the drum stick will allow audience members to bang along during the Aboriginal performances and the lights will be used for other interactive purposes throughout the show.

During moments of free time today, many of the youth took time to get acquainted with each other. It is incredible to see how empowered our youth are, how inspired they are to make change in the world. Colette is the youth director for MNBC and expressed interest in creating a national youth conference to bring together all of the Métis youth across Canada. Alicia Allard, originally from Toronto but now living in Victoria BC, is living her dream as a youth/family counsellor. Janell Melenchuk, born a Saskatchewan Métis, now calls Winnipeg home, and is currently studying Aboriginal self-government and hopes to learn more about indigenous culture.

#### **DAY 7:** February 5, 2010

After our long rehearsal day yesterday, our coordinators treated us to a day off and we were given four options for bus tours. Our choices included visiting Whistler and Blackcomb, the Museum of Anthropology at UBC, Grouse Mountain and the Capilano Suspension Bridge, or Stanley Park and the Vancouver Aquarium.

Several new friends and I opted for Whistler to see the torch relay and travel up the mountain in the gondola.

It was a nice break from rehearsals, long bus trips and jam-packed schedules to spend a day on our own. On our way to Whistler Village, we got the chance to see the hill which will be the ski-jumping venue.

My new friends Sheila, Janell and I took a relaxing ride on the gondola and took time to reflect on our adventures so far. It's great to meet such like-minded and motivated youth. These are the types of friendships that will last a lifetime!

Whistler held its community celebration today and we were overjoyed to be a part of it. Later in the evening, we made our way to the Cultural Centre to witness the Torch Relay. It's exciting to think that in a week's time it will have made its way to Vancouver to light the Olympic Cauldron and officially kick off the games!

#### **DAY 8:** February 6, 2010

We began our day with lunch at Kentizen Restaurant, a refreshing cuisine change. We were also treated to a performance by Inez, an award winning Aboriginal R&B singer from B.C. It was a surprise to also find out that one of our peers, Maddy, is Inez's back-up dancer. Our group is just teeming with talent. Two of our other group members, Kathleen and Ann-Marie, performed a chilling throat-singing number and we observed a moment of silence for a young Aboriginal woman missing in Vancouver.

All of our rehearsals from now on will be conducted in full regalia. We are gearing up for our first dress rehearsal which will take place in front of 25,000 audience members. We are each entitled to four tickets for family members or friends interested in seeing the show before it airs on live TV. Unfortunately, I have no close relations here in Vancouver but I am still very excited about the performance.

continued next page

#### from page 16

Our final and official performance on Friday, February 12th, will also be in front of an audience of 60,000 with over 3.5 billion people worldwide watching us on television. We better get our moccasins on and jig our hearts out!

#### **DAY 9:** February 7, 2010

Today was the first and only day aside from a short meeting and practice session with our choreographer, spent entirely at our accommodations. We were shuttled to a nearby high school in our nation groups. The choreographer talked to us about being proud of our traditions and our regalia despite the fact that it may not be as flashy or well-known as that of the First Nations and Inuit groups. It's an honour that the Métis Nation is finally getting the respect and recognition it has been fighting for and deserves! As Alejandro would say to us, 'you've got to be proud, you've got to be present and show up!'

I spent most of my day recharging, relaxing and reading. Being here is starting to feel like home and it is hard to believe that in just a week, I will be on my way back to Ottawa.

I also took the opportunity this evening to gather around the campfire with several of my fellow delegates. There was quite a crowd and several rousing performances. I'm sad that when I return home, I won't be exposed to moments like this. Raw expressions of emotion and culture! As a child, I thought all Aboriginal music and dance was the same, but I have begun to recognize the differences between the regions.

The prairies, northwest and eastern First Nations all have unique traditions and I can't wait to learn about all of them.

#### **DAY 10:** February 8, 2010

Today is our first dress rehearsal. We have only two more performances after this, the second of which is the big show! I'm starting to get nervous but feel better after yesterday's practice with Alejandro.

Last night, some new friends and I went to the Big House, a longhouse built for the North Vancouver Outdoor School where students can sit around a campfire to share music and stories. We are honoured to have been invited here. One young man talked about his plan to discover and preserve indigenous cultures around the world. Another young man talked about his experience so far, admitting that while he is sometimes loud and negative, he is glad to be here and cares for all of the other delegates as if they were his own family. We are all here to change the world but to do so we must first change ourselves and the way we see the world.

A Squamish elder sat by the campfire with us and conducted a spirit name ceremony. I was nervous as he approached me and asked my name. "Your spirit name is..." he began and paused as he called upon advice from his ancestors. "Techtechni's", he said, finally. "The hummingbird." Immediately after this, I borrowed a friend's laptop to look up the spiritual meaning of this choice and found it to mean one who achieves the impossible, one

who savours the nectar of life and always sees the bright side of things. I'm a "glass is half full" kind of girl so this certainly sounds like me!

#### **DAY 11:** February 9, 2010

Today we enjoyed a delicious catered lunch and listened to a presentation by BC Hydro. I expected it would be a presentation about their services and recruitment but instead it focussed more on leadership and our potential to be the leaders of tomorrow but also today. One of the speakers predicted that, much like the U.S. has just sworn in its first African American president, Canada will one day soon have an Aboriginal Prime Minister. In fact, I believe that all of us in the room today will one day be leaders in one way or another!

I wish I could tell everyone more about this experience and what we're doing because it's so incredible and life changing. We're sharing our culture with the entire world. Nothing like this has ever happened before. I'm going to be part of history in a big way!

Today has been an emotional day for me. It has been two years since the passing of my Uncle Dave and while I think of him often, I think of him especially today and have been increasingly during this experience. I think about how proud he would be of me. I also think about others I have lost; my aunt Marilyn, who learned of her Métis heritage a few years before she fell victim to lung cancer; my uncle Bob, whose Métis roots showed proudly through his love of music; and my great-grandfather,

Rudy Couture, who embraced his culture and ancestors like no one I had ever met, never turning down an opportunity to share his stories with family and friends.

It is my mission on this trip to represent their impact on my life and share their pride with the rest of the world!

#### **DAY 12:** February 10, 2010

Today was pretty low-key, beginning with onsite activities and plenty of time to relax. Our bodies are beginning to get tired from physically demanding rehearsals, very little sleep and being put in situations of high stress. It is difficult to share such small living space with new people but the strength of our ancestors lives deep inside of us; we were born to survive and to adapt!

Our first dress rehearsal took place tonight. It is a completely different dynamic to perform for an actual audience and I think this and our next dress rehearsal will better prepare us for the big show!

I have to admit that I am a little sad that I will not be able to wear my hand-sewn capote out onto the "field of play" for our performance. Our regalia coordinator, John Powell, thinks all of our capotes are beautiful and unique and wishes we could showcase them but they are much too warm to wear while dancing for in excess of an hour! We did, however, model them around the dressing room today for everyone else to see. Most people commented that HBC has been such a mainstay in our society but they had no idea of its Métis significance.

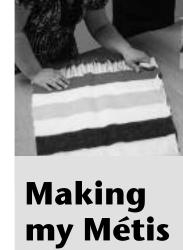
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left: Rebekah standing in front of the ski-jump hill at Whistler, BC. above: Fiddler Dallas Boyer and fellow Métis musician Jeremiah Rawlings jam around the campfire. below: Whistler Village buzzes with the excitement of community celebration for the Torch Relay.





# capote

#### By REBEKAH WILSON

"We'll just need to see you in your traditional regalia," John Powell, regalia coordinator for VANOC (Vancouver Olympic Committee) told me, as though this were an ordinary task.

Having learned of my Métis heritage less than a decade ago, I had to be honest--I had no idea what my traditional regalia was! In my possession, I had a pair of moccasins made for me by my grandmother and a Métis sash gifted to me by the local Community Council in Owen Sound for my participation in council events. What else would my ancestors have worn?

I asked around and was directed to Lisa Pigeau, a colleague known for her passion for culture. Lisa offered to bring in several pieces of her personal regalia so that I would at least have a photo that could be sent along with my application to attend the Indigenous Youth Gathering in Vancouver.

"Lisa volunteered to spend one of her days off helping me to make my own capote."

One of the pieces was a Métis capote, a jacket made by Lisa herself from a Hudson's Bay point blanket. Its colours were brilliant and it was unbelievably warm. As soon as I put it on I felt like I should be traipsing through snow and trading furs. I felt like a real Métis!

I was accepted and I knew that soon I would need my own regalia to take with me to Vancouver to wear during cultural activities. Little did I know these cultural activities would include dancing in the opening ceremonies of the Vancouver 2010 Winter Olympic Games!

Lisa volunteered to spend one of her days off helping me to make my own capote. In the days leading up to its creation, I was full of uncertainty. There was no way I would be able to successfully--single-handedly--

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#### **DAY 13:** February 11, 2010

We boarded buses extra early this morning-6:00 A.M. Anticipation for the big day continues to build. The first event on today's agenda was the 2010 Olympic Truce, Youth Forum Dialogue with Michaëlle Jean, Governor General of Canada at the Vancouver Public Library. It began with a few speakers, some performances and continued with an open forum about youth leadership and what needs to be done to allow indigenous and non-indigenous people to live in harmony. It was uplifting and inspiring.

We had the rest of the afternoon to explore downtown Vancouver. It is a beautiful city and it still amazes me to be downtown and have such a great view of the mountains.

Our evening event was the Power of Sport Gala at the Commodore Ballroom. We were treated to a wonderful catered meal, entertainment and motivational presentations. A representative of N7, an Aboriginal partnership with Nike, talked about their efforts to encourage healthy active living in Aboriginal communities. They also presented each of us with a pair of shoes unique to their partnership that will be officially released this summer. Some of the evening's presenters included Four Host First Nations leader Tewanee Joseph, Aboriginal gold medalist Billy Mills, a performance by Aboriginal country sensation singing Crystal Shawanda and one of our coordinators Jackie Blackbird.

#### **DAY 14:** February 12, 2010

This is the big day. I didn't sleep much last night--too excited about today's events. I know it has been barely two weeks that we have been preparing for this but it feels like it took a lifetime for this moment to finally arrive and at the same time, as though no time has passed at all. It still doesn't feel real that I am about to share my little piece of the world with the rest of the world, alongside 300+ of my new friends!

I bought a t-shirt to have signed by all of my new friends, to take a tangible piece of this mem-



Colette Trudeau and Janell Melenchuk were in the Vancouver 2010 spirit with temporary tattoos.

ory with me. While we sit here in our dressing room, cheers in the hallway for the arriving athletes exhilarate us. Their part in the show is our only uncertainty as we have never rehearsed with them. We're excited about their arrival. It is surprising and humbling that they are equally excited to meet us.

Every night at rehearsal when I see it all come together little piece by little piece, I find myself becoming more emotional and more attached to the cause. I've always considered it important to preserve culture for future generations but I never imagined it could occur on such a large scale.

It's almost show time. I can't believe that this is the last time I will be performing in B.C. Place and the last time I will be wearing my regalia. It has been a tough struggle. Long hours of rehearsal, eating boxed lunches and not getting enough sleep but the culmination of this evening will be more than worth it. I'm ready to wake up tomorrow morning and feel like a whole new person, a person who can and has made a difference in this world.

There are lots of last minute preparations. We get our make-up done; ensure there will be no wardrobe malfunctions. Our regalia coordinator gave us a parting gift this evening: a collectible Olympic coin and a bottle of Cold-FX to fight off the jet lag! The room is buzzing with excitement as we watch live coverage of the programming that precedes our entrance. 5...4...3...2...1, Show Time!

#### **DAY 15:** February 13, 2010

We are all exhausted this morning while also feeling energized after last night's performance. As I exited the stage and returned to the dressing room, my eyes began to well up and I was full of emotion. Excitement about the whole experience, joy because we had just set in place a huge change for Aboriginal people around the world merged with sadness that all of this would soon be over.

We boarded our buses quickly, all of us calling family members and friends to see if they had seen us on the live broadcast. We travelled to the Chief Joe Mathias Centre for a celebration dinner and watched a playback of our portion of the opening ceremonies. It was incredible to see it in the way the rest of the world would be seeing it.

Today we visited the Aboriginal Pavilion where they honoured us and our contribution to Aboriginal culture. We saw presentations by John Herrington, the first Aboriginal astronaut; Dr. Evan Adams, the Aboriginal Physician Advisor for British Columbia as well as Inuit, Métis, First Nations and Indigenous New Zealand performances.

Next on our agenda was an actual Olympic event. We watched the Team Canada Women's hockey team compete against Slovakia at Canada Hockey Place. It was a great way to end our time in Vancouver!

#### **DAY 16:** February 14, 2010

Today was our final morning in

Squamish. My bus was set to leave at 7:30 for the Vancouver airport. I woke my roommates to say goodbye and found myself feeling like I had known them for an eternity. Although I know I will see them again, my heart broke to have experienced these two wonderful weeks with them only to be separated so abruptly.

It will be good to return home to my roots and to the people who mean so much to me, but I also feel as though a large part of me will remain in Squamish, in the valley, in those old trees and mountains and rivers.

These two weeks, full of unforgettable moments will be something I carry with me throughout the rest of my life. I can't wait to tell my children, grandchildren, great-grandchildren about how I was part of this catalyst, this momentous change in the world for all Aboriginal people.

A special thanks goes out to the Métis Nation of Ontario for supporting my involvement 110%, the Four Host First Nations for welcoming us to their land, VANOC, the City of Vancouver, our director David Atkins, our choreographer Alejandro Ronceria, our regalia co-ordinator extraordinaire John Powell, our coordinators, North Vancouver Outdoor School (NVOS) for graciously accommodating us with a place to stay and wonderful food, and most important our ancestors who I know, in spirit, were dancing right along with us that night, giving us the strength and power to change the world.

### **Capote**

#### from page 17

hand-sew something so incredible. But with Lisa's patience, support and two full days of hard work, my very own capote was complete! I had never been so proud of something before

Unfortunately, because our performance took place inside B.C. Stadium beneath hot stage lights, I was unable to wear the capote during the opening ceremonies. However, I was given another chance to put it to good use when I was asked by the Métis National Council (MNC) to carry the flame on behalf of the Métis Nation at the Paralympic Torch Relay kick-off in Ottawa, along with representatives of the Inuit Nation and the Assembly of First Nations.

Now that my Olympic adventures have finally come to an end, Beverley Newton (Manager of Human Resources) arranged to have the capote displayed at the MNO Head Office in Ottawa for all to see. The Ojibway strap dress I wore, which was made by Ruth Quesnelle of Midland, will also eventually be displayed.

It was a real honour to represent the Métis Nation of Ontario on the world stage. I especially want to thank Jennifer St. Germain and the Education and Training Branch for funding my experience, Lisa Pigeau for her time and patience and Janet Leader, who agreed to grant me the time off-then made me work anyway!



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#### **GREAT LAKES | MNO REGION 7**

# Youth & the justice system

An innovative risk screening tool in early identification by police: Introducing the Youth Level of Service Inventory – Screening Version

#### By LOUISE LOGUE

he Youth Criminal Justice Act is the federal law, implemented provincially that governs what police and courts can do when a youth is found to have committed a criminal offense. All too often, police officers are left to their own discretion to determine whether a youth should be charged and brought before the formal justice system, (i.e. brought before a judge for sentencing). However, many youth found to be in conflict with the law are at low or moderate risk for re-offending. Recent research findings reveal that these youth can be better served through a more community-based justice response, commonly referred to as community justice diversion programs. In order to assist police officers in determining which youth are good candidates for community-based justice efforts, the Youth Level of Service - Screening Version (YLS-CMI SV) was developed.

The YLS-CMI SV is intended to assist front-line police officers or those assigned to work with youth, such as School Resource Officers, with a validated standardized tool to use when deciding what course of action to take in addressing a youth found to be in conflict with the law.

BY COLLECTING
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FAMILY, AND
SOCIAL ENVIRONMENTAL RISK
FACTORS.



By collecting information, an officer becomes more aware of the youth offender's individual circumstances and the individual, family, and social environmental risk factors that may be fuelling his/her propensity towards criminal conduct.

The user-friendly, YLS-CMI-SV is a risk screening tool which was standardized through two and one half years of research and evaluation by Carleton University's renowned professor, Dr. Robert Hoge and then PhD candidate, now graduate, Dr. Jennifer Van De Ven in 2001. The research phase in the development of this standardized instrument took place at the Ottawa Police Service (OPS).

Its application operates on the concept of early identifica-

tion of risk factors in a variety of domains, such as 1) substance abuse, 2) educational situation, 3) family situation, 4) personality traits, 5) peer associations, etc. Its findings afford police officers increased information that can be applied to ensuring timely, meaningful and appropriate referrals to community based youth serving agencies for effective intervention.

The parent version of the YLS-CMI-SV, namely the YLS-CMI, is used worldwide and has been well documented in published criminology and psychology journals.

Information gathered with the risk screening tool serves several purposes including but not limited to:

- **a**) Identifies youth who would benefit most from intervention through identification of the domains where intervention services can best be targeted for youth as individuals;
- **b**) Screens out no-risk or low-risk youth from others at greater risk so as to minimize net-widening in the justice process:
- **c**) Identifies trends in youth criminality;
- **d**) Identifies gaps for community capacity building;
- **e**) Ensures consistency in how police address youthful offenders;
- **f**) Ensures a greater awareness for both youth and police of risk and protective factors;
- **g**) Affords more accuracy for case management planning in intervention. (*Hoge 2008*)

The risk screening tool is not intended to absolve youth offenders from being held accountable for their criminal conduct, but rather to help provide an informed, timely, meaningful and appropriate response to a youth's criminal conduct through the development of targeted interventions and case management plans at the community level.

Please contact: Louise Logue at the Ottawa Police Service for additional information.

Louise Logue RN, invites any concerned individual to send their questions to her at louiselogue@botmail.com

All questions will be answered directly and confidentially via return email. However, each Voyageur edition will highlight one common issue where no names will appear in the general response.

#### **OUR STORIES**



# A little piece of me

By **LESLEY HAGAR** 

here is something special about our ancestry, something that some of us carry close to our hearts, and some of us have all but forgotten, but in all cases, these are the things that shape us, help to fuel who we are, and who we've become.

"Métis" is a word that for some people lacks definition. There are people who think you have to be a certain type or amount of "Métis" to be Métis. Then there are others who are happy just to share the heritage, and enjoy the culture.

I come from a mixed family. My father is First Nations, and my mother was raised in a wonderful French, Native and Irish family. Although it was never spoken about, we all knew there was Native blood in us, and heard stories of the past, stories that always held me in awe when my Memere chose to share them with us.

I'm proud of where I come from. Proud of what makes me who I am, and proud of all my family has done to be who they are. Whether some people would describe my blood line as "Métis" or not, in my heart I am and always will be.

I grew up listening and dancing to my Pepere playing the fiddle, Memere in the background cording on the guitar, lots of songs, laughter and love were shared.

I want to share some of my upbringing, some of where my

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family has been. So I asked my mother to tell me some of the memories that she has of growing up, of her Memere and Pepere and of the stories they told her.

I didn't know whether these stories would be about us being Métis or not. The application to the Métis Nation of Ontario for registration has only just been made, but in the end these words are about our past, where we have been and what we know.

My mother sent me the following letter and I want to share that with you now, and I do hope that you enjoy it:

"The word 'Métis' was never used in our family when I was growing up. We always knew we had Algonquin roots, as my grand-mother's ancestors were from Maniwaki and surrounding villages. It wasn't until well into adulthood, did I learn that our ancestry was from the reservation

and was called 'Kitigan Zibi'.

"Not much was known of my grandfather, as he was an Irish orphan, brought up by his 'English speaking' aunt and uncle. All of the immigrants adapted well to the French/Native community, and by the time my grandparents met, they fell in love and the language barrier proved no problem for them.

"My Pepere (grand-pere) eked out a living working in lumber camps. Years later, when I listened to stories, I wondered how he survived and didn't get swallowed up beneath those logs! The life of those men on the "drave" was perilous as well as back breaking! They had big families and lived solely off the land in those days. The men were gone for months at a time working, leaving the women and children to fend for themselves deep in the wilderness. They coped well using all the resources at hand for survival. In the summer they grew their vegetables, which were to be their main staple through the winter months. These were stored under a trap door beneath the kitchen floor of the house. They would hunt and smoke meats at times, but mostly their diet was quite vegetarian. Listening to them share stories, it was quite evident that the hardships they told of, were in no way complaints and that the happiness simply shone through the memories they relived in their minds! They were poor, but rich in love! While visiting relatives as a child, my parents would point

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#### GREAT LAKES MÉTIS COUNCIL | MNO REGION 7

# New name, same great **Métis Council**

By RAY RACICOT

ouncil attended "governance training" in January and "financial training" in February. These training sessions are presented by the Lands, Resources and Consultation branch (LRC) of the MNO, thanks to the New Relationship Fund from the Ontario Government.

Council has received New Relationship Funds as well, to assist with capacity building for the fiscal year beginning April 1, 2009, and ending March 31, 2010. This is good news for council and has been a big help.

We have some new office equipment on order and are working on some community events. Three genealogy workshops were held on March 4th, 11th, and 18th, hosted by Susan Shank. Please contact Melanie Hamilton at 519-370-0435 if you'd like to be contacted about future workshops

Vice-president, Jeff Wilson, and I attended the "Best Prac-



tices" workshop in Toronto in January to assist us with the Duty to Consult procedures. Our council has become very involved in consultations with proponents at various levels of government.

Since the beginning of 2010, the Georgian Bay Traditional Territory Consultation Committee (GBTTCC) has met with Grey County, Simcoe County, the Ministry of the Environment and the Ministry of Housing and Rural Affairs. We've also met with proponents such as Miller Group, regarding an aggregate application, the Municipality of Brockton and the Town of Hanover, regarding their application for a landfill expansion.

On February 19th, 2010, the GBTTCC met about the Lake Simcoe Protection Project with the Ministry of the Environment. Consultation on these various projects is very important for protecting your harvesting rights and way of life in the present and for future generations. The GBTTCC and the LRC Branch are working on setting up consultation meetings with Nextera Energy for their wind farm project, the Municipality of Meaford for their Official Plan Review, Grey County about the proposed application of herbicides throughout the county to deal with cow parsley, and we're working with the MNR about the much disputed butternut tree slated for removal at the east end of Owen Sound.

Many projects have the possibility of affecting the Métis way of life and we are working hard to protect your interests.

If you are concerned about a project do not hesitate to contact me at 519-363-3663 or knowledge@distributel.net.

### A little piece of me

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out the house that had once been shared with her family and I would wonder how that 'little' place could possibly have housed 17 of them! While most facts shared with me were interesting, some were harder to grasp or understand. It was difficult to believe that eggs were a rarity and they only delighted in them once a year, at Easter! It sure made me appreciate my daily intake of them at breakfast time!

"Memere (Grand-mere), as all the women then, was very inventive, as she canned, smoked, sewed and stretched all meagre supplies to feed and clothe the family. Nothing went to waste and it was even common for her to re-use sugar and flour bags, bleached and sometimes dyed, to serve as material for new dresses for the girls. Having no access to a hospital or clinic, she learned of the many herbs found in the woods that could be picked, to then be boiled or crushed, to aid with the family's health needs. Many a 'tisane' was steeped, to cure or relieve numerous little ailments. Cloves were commonly used to calm an aching tooth. Cinnamon was one of her favourites, with its many healing agents. It was added to many of her recipes! Coal oil was added to the soap to ward off and kill lice, contracted in the lumber camps. Upon the arrival of my Pepere and uncles, to the homestead my mother recalls water, boiling on the woodstove, then adding to the huge vat in the kitchen (the warmest room) and that served as a bath back then! Their clothes were then burned, to ensure that no reinfestation would occur.

"There are many stories to recall about how life was in my Memere's youth. One of my favourites is when they would gather together to listen to Pepere's fiddling music and dance around, while Memere would weave or knit some much needed garments to keep her children warm through the frigid winter days! Then they would snack on some 'galette blanche' for a treat, which were made mostly of flour and lard.

"All these and more, was I fortunate enough to hear. One of the most treasured memories I have, was that I actually heard my Pepere's tunes, as a little girl! He certainly had a style of his own! He is long gone, but never will he be forgotten.

My own youth was filled with my own father's fiddling. And my mom continued a lot of the traditions and ways-shadows of the past. The wisdom of yesteryear and all of my ancestors' knowledge was applied in throughout my own life, as it should be, as the circle of life goes on!"

#### MORE GREAT LAKES MÉTIS COUNCIL NEWS

#### **COUNCIL ANNUAL MEETING HELD IN MARCH**

he Annual General Meeting was held on March 14th,

By Jeff Wilson

2010, at 1:00 P.M. followed by a potluck meal. This meeting determined the name of the newly amalgamated community. Many adventures await our community in the near future.

Do you wonder what it's like to walk into the base of a wind turbine; to canoe and portage the Saugeen River; to explore the former Métis community site at Hibou Park; a community fish fry; share in a harvest feast; learn to use traditional plants; discover more about your heritage with genealogical support; learn cultural crafts (beading, moccasin and vest making); or to have your business known across Ontario? As a community member you are invited to enjoy all of these opportunities.

COMING EVENTS CALENDAR:

#### **BRUCE WIND TURBINE TOUR IN MAY**

resident Ray Racicot is working on scheduling a tour of a 1.8 MW wind turbine located on Bruce Peninsula near Ferndale. He has spoken with Glen Estill of Sky Generation Inc about this tour for council and all citizens, possibly in May of

He is also making arrangements for Glen to speak to the citizens about his experience with wind turbines. Due to the amount of negative publicity we need to organize some information sessions to help guide us on this issue. Call the office if you are interested.

#### **RECURRING EVENTS**

Line Dancing every Monday at 1:00 P.M. Grey-Owen Sound Métis Office. 380-9th St. East, Owen Sound (downstairs).

Wii Exercises every Tuesday at 10:30 A.M. or call 519-370-0435 in advance to book a time. Grey-Owen Sound Métis Office. 380-9th St. East, Owen Sound (downstairs).

Weekly workouts every Thursday at 10:00 A.M. Grey-Owen Sound Métis Office. 380-9th St. E., Owen Sound (downstairs).

#### **VOLUNTEERS NEEDED FOR FISH FRY**

olunteers and helpers needed for proposed fish fry, canoe race event on July 17th and 18th, 2010. Call 519-370-0435 now and get involved.

#### O'zogooshagah (RAY OF **LIGHT) GATHERING SLATED FOR OCTOBER**

By Linda Boyle

he "Restoring the Circle" Committee was formed in May, 2008, in response to the national Truth and Reconciliation process and the call for communities to provide events.

The first gathering, "Maandigeh", was held in the fall of 2009. Another gathering will be held at the Harry Lumley Bayshore Community Centre in Owen Sound on Monday, October 25 and Tuesday, October 26,

The impact of residential schools on our communities and individuals and the loss of Aboriginal family, culture and identity and how it affects all of us will be shared at the gathering. Please keep these dates in mind and we look forward to seeing you there.

#### **LOCAL MÉTIS MAN SURVIVES HAITI EARTHQUAKE**

ob Thornley, son of Allan Thornley and brother of Liz Shantz of our community, works with a Haiti Christian ministry and was there when the recent earthquake struck. Apparently things are slowly returning to order. Although there remains a lot of uncertainty with what needs to be done each day.

Bob is able again to contribute to a blog on the website: www.downinhaiti.ca. If you select his blog (upper left corner) it will take you to his updates which really give you a picture of life in Haiti. He is situated about 3-4 km from downtown Port au Prince and was fortunate not to be injured.

His ministry group is working to get a feeding program up and running again as they get supplies replenished.

#### **COMMUNITY FREEZER NOW IN OFFICE**

ouncil is working on fundraising to provide MNO citizens with staple foods in an emergency. If you know of someone who could use this assistance, (e.g. homebound senior, out of work, health problems, etc) please let them know that we are there for their benefit. A freezer has been purchased for the office to hold donated harvest (Sorry, MNO citizens only, due to health regulations).

#### **GREAT LAKES MÉTIS COUNCIL WEBSITE**

Be sure to visit our new web site www.greatlakesvoyageurs.com and our online archive. http://issuu.com/toonguy85

The web site will make it easier for council to keep you informed about what is going on in your community and to assist you in becoming more involved.

Now, all citizens can keep in touch with upcoming events, training initiatives news, MNO information and links to other sites of interest, stories (local and distant), etc. Feel free to submit ideas and stories that can benefit the Métis community. Call 519-370-0435 to post your upcoming event.

#### LANDS, RESOURCES AND **CONSULTATION**

auline Saulnier reports that Moon River Métis Council, Georgian Bay Métis Council, Great Lakes Métis Council, and the MNO have been keeping the Land Resource and Consultation staff quite busy.

Consultations have dealt with nuclear energy, storing of nuclear waste, waste plant treatment, aggregate, hydro, wind power projects, landfill site, forestry, and road allowances, just to name a few. Pauline said that she was honoured to be part of such a dedicated group who takes the Métis way of life so seriously and devotes its time freely to the good of the cause.

# Wind in our sails

#### Best Practices Workshop attracts Métis from across Province

**"We've got the wind in our sails."** With those words, Métis Nation of Ontario President, Gary Lipinksi, welcomed about 200 MNO citizens, Regional Councillors, Community Council Presidents, Captains of the Hunt, industry partners, and invited guests to the first ever MNO Best Practises Workshop.

The event was a strategic planning session organized by the Lands, Resources and Consultation (LRC) and Intergovernmental Relations branches to update delegates on "duty to consult and accommodate" activities to date, to review best practices and to plan for 2010. (See page 4 for more)

In his opening remarks, President Lipinski spoke briefly on the work that had been done by the LRC Branch in the seven months since its inception, touching on ongoing *duty to consult and accommodate* activities and making reference to the Governance and Financial Training modules developed to enhance capacity at the community level.

LRC Director, Melanie Paradis, elabortated on the work currently being done by her branch in consultation with the Regional Protocol Consultation units and industry partners like Hydro One, Ontario Power Generation (OPG), Nuclear Waste Management Organization (NWMO) and the Ontario Power Authority (OPA) to name a few. She also talked about progress on capacity building at the community level and some of the traditional knowledge studies currently underway.

Following her update, Paradis invited Métis lawyer Jason Madden to provide an overview of court cases related to Métis rights across the Homeland. Madden, using harvesting as an example, said that if Métis rights are to be recognized, those rights must be borne out in law. According to Madden, MNO's success in negoitiating a Harvesters' Agree-

ment with the province lies in the recognition of Métis by the courts. He went on to say that in Ontario, much Métis history remains unknown and unpublished. Unearthing that history will help to support Métis efforts to have their rights recognized in Ontario and across the Homeland. Madden also suggested that Métis in the province pay close attention to court cases in other provinces because Ontario may eventually benefit from them in the same way other provinces were able to make gains because of the Powley case in Ontario.

With regard to the *duty to consult*, Madden said the three phase model for consultation developed by the MNO has now been adopted by the Métis Nation British Columbia (MNBC). The three stage "Pre-Consulta-





tion, Consultation and Accomodation" model is the envy of Métis governments in other provinces and Ontario Métis have been quite successful in engaging industry and government in *duty to consult* activities in several different areas of the province. He also pointed out that land use mapping will be a valuable tool for the MNO in asserting Métis rights across the province.

#### **INDUSTRY PERSPECTIVE**

Next to take the podium was John Bonin of Union Gas. Bonin's assertion that Union Gas is looking for a long-term relationship drew a round of applause from the audience. "Meaningful consultation is about more than handing out pens", Bonin said, adding that from Union Gas's perspective, consistency is extremely important and the consultation process developed by the MNO provides the consistency necessary to ensure that engagement results in a win/win situation.

Brian Hay of the Ontario Power Authority (OPA) congratulated the MNO for the way internal capacity within the MNO has increased. He said that the relationship between the MNO and the OPA may have gotten off to a rocky start, but it has evolved and he is confident that a long-term relationship benefiting both parties will result. Hay went on to say that things move quickly in the energy sector and OPA is committed to ensuring the Métis have the tools to take advantage of upcoming opportunities.

In her presentation, Donna

Pawloski of Ontario Power Generation (OPG) mentioned recent information sharing sessions with the Oshawa and Northumberland Community Councils and suggested that the result is increased sensitivity among OPG staff to be on the lookout for evidence of indigenous cultures that sometimes come to light during project development. Pawloski spoke of the positive working relationship that has developed between OPG and MNO and noted the high level of interest from Métis on procurement and employment opportunities with OPG.

#### **AFTERNOON SESSION**

The afternoon included break out sessions to enhance regional dialogue and to share ideas about effective practises around consultation and accomodation as well as a presentation by Victor Lytwyn on the "Georgian Bay Traditional Knowledge Study" that was completed last fall.

#### **DAY TWO**

MNO President Gary Lipinski began day two of the Best Practises Workshop with a review of MNO progress to-date on securing funding and promoting the Métis rights agenda. He pointed out that it was court battles which MNO had won (Powley and Lemieux, Lemieux, Laurin) that resulted in a Harvesting Agreement with the province. That Harvesting Agreement, the only one between a Métis government and a provincial government across the Homeland, is respected by the Ministry of Natural Resources on behalf of the province. Lipinski added that the Harvesting Agreement is what ensures the inclusion of the Métis when the duty to consult and accommodate is triggered in many regions of the province. He reminded delegates of the importance of traditional knowledge studies--such as the one they had heard about that Saturday--if litigation should be necessary in the future to further assert Métis rights.

President Lipinski also said it is important to recognize that there is always work to be done and that there is a real need to improve internal communication. He spoke about the excellent work being done by the Education and Training Branch in securing funding to support Métis education and skills development, and pointed to the opening of the Aboriginal Apprenticeship Centre at Sault College and the Aboriginal "Ready to Work" tourism programs now being offered in Sault St Marie, Ottawa and Midland as evidence of that success. In closing, the President re-iterated the need for all MNO citizens to work together to ensure that MNO gains to-date are not squandered.

Joanne Meyer, Director of Intergovernmental Relations, then provided updates and answered questions on the New Relationship Fund, Resource Benefit Sharing and the Treaty Commission of Ontario--new provincial government programs that will benefit Métis throughout the province. Joanne also reviewed the status of the Growth Plan for Northern Ontario and provided an update on plans for economic development initiatives meant to generate wealth for the MNO in coming years.

After lunch, delegates were divided into three groups for a series of mini technical training sessions delivered by the LRC Branch. Topics covered were Mining 101, Aggregate 101 and Land Use Planning 101. The abbreviated sessions were designed to give community representatives a taste of some of the programs currently being developed by the LRC Branch for delivery this year.

A closing prayer by Senator Ruth Wagner concluded the two day session.

### A family remembers Dohlie

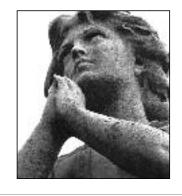
HOMELAND.

from page 13

fact, Dohlie had handcrafted a beautiful Christmas ornament and it was hung on the Tree of Remembrance at the Guenette funeral home in Kapuskasing in 2009.

She is mostly remembered as out-going, friendly, generous and having a broad perspective, treating everyone equally. Dohlie was compassionate; her mother remembers how she sat and cried when she realized that children in Africa were going hungry and she even volunteered to go without food for a week to feed a hungry child. Dohlie was very close to her family being "little mom" to her brother Quincy. "All for one and one for all," best describes the bond between Dohlie and her sisters Hillary and Tiphany; breakfast in bed was one of the many ways Dohlie expressed her

love for her dad. Cooking entire meals, keeping the house clean and sleeping with her mom expressed the close love only a mother and daughter can experience. Dohlie's love for the family also reached her extended family; she was always willing to help. There is so much more that could be shared, evidence, that although she was just 15 she took on life fully, challenges and all.



# She never had a chance to soar

By ROSE THRONES with help from CLARICE WILCOX

Just about this time, one year ago, our daughter Whitney (Dohlie) Van Der Wouden went missing. She was 15 years old at the time. Although we filed a missing person's report with the Sudbury Police it was through perseverance that we managed to get action on the case. We started with our own search and began placing "missing" posters throughout the city. It wasn't until local television-Sudbury CTV--aired Dohlie's story and how we were looking

for her, that any productive action was taken. We are very grateful to the police and reporters for how they dug in and looked for her. We also wish to thank all the families and friends who searched and provided support throughout.

A while later, between May 30 and June 2, Dohlie's remains were found in the vicinity of Moon Lake. A Canada-wide warrant was placed for the arrest of Kristopher Lavallee and a 17 year old male that cannot be named. Sometime later the two accused were arrested in Quebec and were brought back to Sudbury. This was and still is a terrible ordeal for our family. We are waiting for the court to proceed.

After a three month wait for Dohlie's remains, that were being held at Laurentian University, we finally had her brought to our hometown of Kapuskasing. A funeral was held for Dohlie on September 1, 2009, in Kapuskasing. We intend to place the headstone on her resting place in time for Dohlie's 17th birthday on June 12.

We have had a long struggle with the loss of a young woman who could have led a productive and adventurous life; she never even had the chance to soar here on Earth. We find solace in knowing that Dohlie is in a joyful, special place, but at times, such as special occasions, we feel the loss. However, it is comforting to remember the good times we had and the good times to come beyond this life. We love you Dohlie and may your 17th birthday with Jesus be a joyful one; we will remember

We ask for your support and prayers as we go through the court procedures. Our hearts and minds will be coping with a lot of pain at this time.

Thank you for your support.

#### Health

#### TIMMINS | MÉTIS SENIORS PROGRAM









Some of the seniors involved with the New Horizons program in Timmins.

# Timmins Métis seniors share and socialize

By LOUISE CLOUTIER

he Métis Nation of Ontario has received funding from Health Canada through the New Horizons for seniors program. Timmins was fortunate to be among the 13 communities who participated in this project.

The project was called "Ndototan" which means "I come from." The anticipated objectives, activities and outcome of this project were to encourage interaction between Aboriginal seniors to reduce isolation. "Isolation is a complex phenomenon, with different meanings for different people. A simple but elegant description of it is, 'a lack of meaningful contact.' There are a number of recognized causes

of isolation-physical reasons, circumstantial, family-related, and personality. People want to eliminate isolation because it can lead to depression, grief, anxiety, health problems, alcohol and drug use, and suicide."

Continuing to be involved in activities that enhance the mind, soul and spirit is the main goal of this project. By reducing isolation, the Aboriginal seniors and clients in the Timmins community were able to engage in activities such as quilting, knitting, and crocheting. Timmins began this gathering on January 14, 2010, and has had weekly sespart of a learning circle. sions, which will be ongoing. The expected outcome of this project was for the seniors to socialize and to share their knowledge and skills with each other. The bene-

CONTINUING TO BE INVOLVED IN ACTIVITIES THAT ENHANCE THE MIND, SOUL AND SPIRIT IS THE MAIN GOAL OF THIS PROJECT.

fits which the clients and the Aboriginal seniors obtained from this project were the chance to meet new friends, a boost of selfesteem and self confidence, motivation to try new tasks, and to have the satisfaction of being

Participants were asked in a post evaluation to summarize their experience and the results exceeded our expectations. In general, participants found the

workshop to be participative, interesting, sharing, well presented, and stated that it was an enjoyable outing. The seniors involved, as well as the workers and volunteers have enjoyed their experiences and continue to look forward to the workshop every Thursday.

Louise Cloutier is the MNO's Long Term Care Coordinator in Timmins, ON.

SUDBURY:

### Spring: a time of growth and change

By **DESNEIGE TAYLOR** 

pring is upon us. It's time to take out the bicycles and tune up the garden tillers. With spring also comes a new fiscal year for the Métis Nation of Ontario Health Branch. This year we are happy to be sharing some interesting and fun workshops with our Métis communities.

Many of us like to do some spring cleaning. With society's fast pace a lot of us don't have time to get things that we want to get done, done. Sometimes our elders are unable to complete tasks because of disabilities brought on by age. It is important to be aware of these simple problems.

A strength the Métis Nation has, is working together as a team. Just think how pleasant all of our lives could be if we spent one week of our spring time to redirect our team skill toward helping one another to complete and overcome a simple task, such as our spring cleaning. An elder may not be able to wash walls for example, but that does not mean the individual cannot cook, or air out the rugs, or make the beds. Now if we spent the time working with our mothers, fathers, aunties, uncles, grandparents we could task share one home for one or two days, then, the other person's home for one or two

Why am I writing about this you may ask--because living in a clean environment is good for our mental health. As well, the quality of air is linked to our quality of health.

Spring is a time of growth and a time of change, not just for nature but within us too. I encourage every one of you to embrace a change in yourself, whether it is helping with the spring cleaning or trying to overcome an addiction. With great work and effort we can accomplish our goals and in turn learn and grow as people. Thank you for reading.

Desneige is MNO Health's Community Wellness Worker in Sudbury.

KENORA | MÉTIS SENIORS PROGRAM

## Métis Warmth & Wellness gives to community

By CYNDY LALIBERTE

e are happy to say that our group is still functioning and donating to the Kenora community. Last July 22, 2009, we celebrated our one year anniversary. During the summer months we took part in the July 1st celebrations in Keewatin, participated in the farmers' market four times and held a

fall sale in Oct '09.

We are proud to be networking with Ontario Works, and have donated items to those in need in the community and made our way into the school system. It was through our networking with the O.P.P. community team that we received a referral from the child care programs at Cameron Bay Nursery and Lakewood School. Our

group also has made items for our local hospital's Chemotherapy and Dialysis Unit. Patients have expressed their thanks for chemo hats, lap blankets, shawls and slippers.

We have sent items to Sioux Lookout schools and our name is being recognized in the community. Our group was interviewed by a reporter from our local TV station and the coverage we received made us all feel proud of what we are doing. After the broadcast we received many donations of wool and added a few more members to our "knit at home" group.

We continue to strive to network with other organizations. To date our group has helped 214 people and we hope to keep adding to our numbers. We thank all those who have been

so very supportive of our group. The Happy Krafters of the Kenora Métis Warmth & Wellness Group.

For further information please contact Wendy Langlois @ 807-548-4289 or Cyndy Laliberte @ 807-547-2570 or cyrol@kmts.ca.



### Family skate in **Port Colborne**

**BY TERRYLYNN LONGPRE** 

ne has only to look at the pictures of our little ones to see the world through their eves! Such excitement and determination!

On Saturday, January 23, 2010, the AHWS program put on a "family skate" for our citizens, at the Teeder Kennedy Arena in Port Colborne, Ontario. There were 35 in attendance. Though most were children, we did have some adults out there enjoying the ice too!

After the skate, we warmed up with hot chocolate topped with whipped cream, and of course some pizza for our hungry skaters.

Our children's behaviour

both on and off the ice exemplified the meaning of the word, "well-mannered". They were polite, patient, jovial and gracious to the Métis to have this opportunity.

In the end, much to our chagrin, the children all lined up and in unison chanted, "Thank you Tammy and Terry." Besides being truly touched, Tammy and I chose the opportunity to capture our first, "Nation in Motion," Peewee Skating Club. Who knows, we may have a future Olympian amongst us!

Special thanks to Clayton Latham, Jim Latham, Aunt Rita and Donna Labbe.

Terry Lynn Longpre is MNO Health's Community Wellness Worker in Welland



**SAULT STE. MARIE** | FAMILIES

## **SSM** domestic violence program sunsets

BY JAMIE PANCO-FOX

he Aboriginal Healthy Baby Healthy Children program in Sault Ste Marie is happy to announce that its partnership with Waabinong Family Resource Centre program hosted a great event on March 11th, 12th, and 13th.

Waabinong was able to secure funding for a program to address the issues of domestic violence against women and the impact on children. The program has been successful over the last year at addressing some of the needs of our community regarding domestic violence. We were able to meet bi-weekly, provide childcare, transportation and a great meal as well as give the women a chance to socialize, tell their stories and meet new community members. The program was called "Mino Anngoodiwiw Noojimwin Temegak".

During the last year we provided the families with education, awareness, tools and skills that we hope will last a lifetime. The program allowed children of all ages to attend, and at times this was challenging, but nevertheless rewarding.

This program enabled the MNO to offer services through the Aboriginal Healthy Baby Healthy Children and Community Wellness programs and workers enjoyed meeting new families and hearing their stories. We became a part of family routine two Thursdays a month from 5:00-8:00 P.M.

To end the year and thank the families for all their hard work and accomplishments the program planned a three-day retreat ending with a family dinner and dance at the Water Tower Inn. Our hope is that everyone will find an outfit that they have for special occasions, pick out a comfortable pair of shoes and come out to enjoy a night filled with food, humour, friends and music.

The Aboriginal Healthy Baby Healthy Children worker wishes all the families the best and looks forward to a great end of a good thing. Baa maa pii!

#### HEALTH TIDBITS

by JESSICA CAMERON

#### **Gaining weight?** Blame your brain

Recent research suggests that your brain may be to blame for your over - indulgence in particularly tasty foods. A study done on rodents indicates that some types of fatty acids can signal the brain to keep eating even though you've had enough.

One of the sneakiest fats, palmatic acid, is found in beef and dairy products, such as butter, cheese and milk. More research is required to fully understand these findings, but it further supports the idea that moderation is the key--even if your brain doesn't agree.

#### Throw me a bone

The vast majority of women don't get enough calcium, which is vital for bone health and to prevent osteoporosis, a condition that affects one in four Canadian women over 50.

The human body can't create calcium on its own, so it's vital to get the recommended amount each day. Dairy products, and canned salmon or sardines with the bones are the best sources. Calcium is also found in almonds, spinach and other foods, but it is not as readily absorbed.

Although supplements are another option, food sources are always the best choice.

Women aged 19-50 should consume about 1,100 mg of calcium per day, and nursing or pregnant women should be getting 1,500mg a day.

#### **Fun Facts**

- Consuming cheese after meals can help prevent tooth decay
- There are over 500 pasta shapes. Translated into English, some are called "worms", "little ears" and "twins'
- Mustard has been used for over 5,000 years for medicinal and culinary purposes
- The word soup comes from an Old World custom of pouring hot broth over a piece of bread known as a "sop"
- It takes 400 cacao beans to make a pound of chocolate. Each cacao tree produces 20 to 50 beans per fruit



#### The Place for teen parents and "mommas-to-be"

Bancroft Bible Chapel - 106 Hastings Street North Mondays from 9:30 to 12:30

Meet other teen parents. Lunch and child care provided Open, teen-driven atmosphere Get High School Credits Win gift cards

Achievement certificates awarded for workshop attendance

#### Weekly topics: • Prenatal health

- Personal well being
- Child development
- Parenting tips
- Nutrition
- Breastfeeding

For additional information call Tammy Hoover: 613-332-2575 ext.24 or tammyh@metisnation.org OR Julie Wiltshire: 613-332-3807 ext.253

Facilitated by: Children's Mental Health & the Métis Nation of Ontario

**HAMILTON** | COMMUNITY HEALTH & WELLNESS

## Small gestures and self-worth

BY SANDRA MORGAN

he MNO Health Branch here in Hamilton has been making every effort to follow procedures in terms of safety measures pertaining to the H1N1 crisis. We have been very fortunate that none of our staff members and clients have been affected. We appreciate the health and safety supplies that were quickly shipped to our office. Early in the fall we had a workshop with the Victorian Order of Nurses who brought in a guest speaker with much needed information on what can be expected for this year's flu season. We had a tremendous turn out. The participants were thankful to us for taking the time to bring this valuable information to them. This presentation was done with a group of older

and concerns. Because of lack of knowledge, often times the older adults can experience anxiety and fear when society is hit with a health crisis. As a frontline worker I hope to bring some knowledge and understanding to the community to help relieve any anxiety.

Another area of service to the community was one of communication. I had the wonderful privilege of doing a workshop highlighting language and literacy. It was wonderful in the sense that it was held just before Christmas. For some people, Christmas can be an emotional time and spark some unpleasant memories. It is especially at this time that people need to feel loved and accepted. This workshop provided opportunity for the participants to express their

adults who had a lot of questions hearts through art and journal-toba. This was certainly a time ing. What people paint and journal can often speak with a volume that words alone cannot express. This two hour workshop empowered and encouraged the participants to express themselves through the heaven born possibilities within their hearts. It was awesome to see the gifts and talents stirred up and brought forth to inspire all of us who were there.

The Garden Canning Workshop was also inspiring. It was a delight to all who attended and participated. It was special because it gave this group the time to reminisce about growing up on a farm when some of them had gardens. It was especially encouraging to our Métis citizens, because it was a time to reflect on the days of growing up in their Métis homeland of Manithat gave an opportunity for some wonderful pieces of conversation and social interaction which helped to break any barriers of social isolation.

As a Community Wellness Coordinator one of my goals is to bring a sense of belonging to the Aboriginal people living in urban areas. Often it only takes one small gesture for someone to feel a sense of self-worth and value; one small gesture can often be found in the delivery of the programs of the Health

I am delighted to be a part of an awesome team whose mandate is to foster healing in every respect.

Sandra Morgan is MNO Health's Community Wellness Worker in Hamilton ON.



#### **Service Provider** Wellness **Gathering** & Grand **Opening** in Welland

#### BY TERRYLYNN LONGPRE

n Monday March 1, 2010, the Aboriginal Healing and Wellness (AHWS) program had the opportunity to hold its first Service Provider Wellness Gathering at our new office. The purpose of this gathering was to share fun, educational activities with community partners to promote networking and raise awareness of our facilities and what we do.

Simultaneously, I thought it would be a great idea to hold a "Grand Opening" for the new additional space we have acquired. The AHWS partnered with LTC, AHBHC, LRC and NRMC for this exciting event. In the spirit of the event, the Niagara Regional Métis Council dressed in full regalia.

Clayton Lathem smudged and blessed our new facilities. We received full support from our local politicians. Provincial MPP, Peter Kormos, honoured the Métis Nation of Ontario Welland, with a Certificate of Acknowledgement and congratulations on our new facilities. Federal MP. Malcolm Allen. honoured us with a Certificate of Congratulations from the House of Commons, offering his full support to our efforts.

Representing the Welland Mayor was Paul Grenier, one of our very own who was late because he had to run home and get his sash; there was a great chuckle over this.

Overall we had 40 Service Providers attend our function from all over the region.

We were interviewed by the Welland Tribune and the following day there was a half

"...we continue to strive for even greater service and more programs for our Métis citizens."

page story outlining our event, our services, history of the Métis (provided by President Rick Paquette) and a beautiful picture of the staff and council members. What great exposure for the Métis Nation of Ontario, Welland office!

The event went well past its time and in the end, the staff was tired. However, this day provided the impetus for all to move forward in 2010 as we continue to strive for even greater service and more programs for our Métis citizens.

#### **SUDBURY** | HEALTH AND WELLNESS

# **Upcoming in Sudbury**

By DALE XILON

e've made it through another long winter. As spring approaches we look forward to the time of renewal and growth. The Sudbury Health staff would like to take time to "grow", our community participation by reminding people of our Sudbury Métis Council web site. www.sudburymetiscouncil.org

We are working on becoming more diligent about updating the site. We are also compiling a list of people who would like to be notified via email of up-coming Métis community events. To be included on this list please send email to dalex@metisnation.org (please include "Event Notification" as the subject line).

Below is a short tentative list of up-coming events and workshops--times and locations have yet to be determined:

#### Local school teachings

Target date of April (AHBHC and CWW)

Métis people, significance of our sash, flag and symbols with youth. As well, a cultural craft will be completed.

#### **Diabetes information Session**

Target date of May (All health branch staff)

The goal of this event will be to inform and educate Métis and other interested partici-

pants about the importance of maintaining a healthy life style with regard to diabetes, while living in a rural community. We hope to include an instructor from the Diabetes Association and other wellness-based community leaders from the Webb wood area at this all day event.

#### **Proper Nutrition/Cause and Effect Series** Target date of June

(All health branch staff)

All will be invited out to take part in this series of four workshops.

• The first workshop will be a presentation In this culture-based workshop workers will on the importance of proper nutrition, and share their knowledge of the history of the brain storming session on how to achieve proper nutrition on a budget.

- The second will focus on "life mapping" talking about life when the majority of food was not purchased in a store, and how the size of the nuclear family has changed the way we eat and how we look at eating (from married to widowed or living alone, or single to family) and tips that may be used to make this transition easier.
- The third session will focus on creating a nutritious meal / menu plan x 2, based on what is on sale in flyers (one meal will be cooked and shared as an evening meal; the other will be packaged individually for participants to take home, based on the number of participants).
- The fourth will be a cooking and sharing celebration.

As always, we look forward to "growing" our community, to be strong, healthy and together.

Dale Xilon is the MNO Health branch's Aboriginal Healthy Babies Healthy Children Coordinator in Sudbury.

## It's happening in Renfrew

By **SHANNON DAVIS** 

n February 3, 2010, the Renfrew site served a dinner and offered a Pilates class afterward. Several of the participants were teenage girls who appeared to have enjoyed themselves. We would like to give a special thanks to Russel Borden from Bonnechere Manor who instructed the class.

The employees would like to give a big welcome to Chantal Coupal our new co-op student from Everest College. Chantal specialized in the Addiction/Community service worker program. She has been observing the Métis culture, traditions, health and wellness presentations. Chantal has learnt about what the centre has to offer the community around her. She has become familiar with the surrounding service agencies that work together in the Renfrew County area helping families.

In the months ahead we look forward to offering the community a chance to participate in our cultural based activities and presentation.

Shannon Davis is the MNO Health branch's Community Wellness Coordinator in Renfrew, ON.

GAMBLING ADDICTION | SIGNS, SYMPTOMS & TREATMENT | PART ONE

# Regain control of your life

By ERNEST MATTON

roblem gambling can strain your relationships; interfere with responsibilities at home and work, and lead to financial catastrophe. You may even do things you never thought you would, like stealing to get money to gamble or pay your gambling debts.

You may think you can't stop, but problem gambling and gambling addiction are treatable. If you're ready to admit you have a problem and seek help, you can overcome your gambling problem and regain control of your

#### **UNDERSTANDING GAMBLING ADDICTION** & PROBLEM GAMBLING

Gambling addiction, also known as "compulsive gambling", is a type of impulse-control disorder. Compulsive gamblers can't control the impulse to gamble, even when they know their gambling is hurting themselves or their loved ones. Gambling is all they can think about and all they want to do, no matter the consequences. Compulsive gamblers keep gambling whether they're up or down, broke or flush, happy or depressed. Even when they know the odds are against them, even when they can't afford to lose, people with a gambling addiction can't "stay off

Gamblers can have a problem, however, without being totally out of control. Long before an addiction has fully developed, gambling can have a negative impact. Problem gambling is any gambling behaviour that disrupts

your life. If you're preoccupied with gambling, spending more and more time and money on it, chasing losses, or gambling despite serious consequences, you have a gambling problem.

There are two types of compulsive or problem gamblers. While their behaviours are similar, they gamble for very different reasons:

Action gamblers are addicted

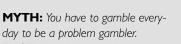
to the thrill of risk-taking. Gambling itself is their "drug." They usually gamble with others, since part of the rush is beating the house or other gamblers. Action gamblers usually prefer games of skill, such as card games, craps, and sports betting. They may also

play the stock market. Escape gamblers gamble to escape emotional pain, worries, and loneliness. Rather than gambling to feel a rush, they gamble to feel numb. Escape gamblers prefer more isolated activities such as slot machines, bingo, and online poker. They also prefer games that don't require much thought, so they can "zone out."

If you have any comments, questions or suggestions please write me. For more information, or to book an appointment please call (705) 533-1579. In upcoming articles I will talk about how to build and maintain healthy relationships, anger release, signs of addictions, and specific workshops that I will be conducting in the near future.

Ernest Matton provides this column free-of charge. He is an Addictions Behavioural Specialist with international certification as a drug and alcohol counsellor.

### PROBLEM GAMBLING



**FACT:** A problem gambler may gamble frequently or infrequently. Gambling is a problem if it causes

**MYTH:** Problem gambling is not really a problem if the gambler can afford it.

**FACT:** Problems caused by excessive gambling are not just financial. Too much time spent on gambling can lead to relationship breakdown and loss of important friendships.

**MYTH:** Partners of problem gamblers often drive problem gamblers to gamble.

**FACT:** Problem gamblers often rationalize their behaviour. Blaming others is one way to avoid taking responsibility for their actions, including what is needed to overcome the problem.

**MYTH:** If a problem gambler builds up a debt, you should help them take care of it.

**FACT:** Quick fix solutions may appear to be the right thing to do. However, bailing the gambler out of debt may actually make matters worse by enabling gambling problems to continue.



# Dr. Brenda Macdougall inaugurated as Chair of Métis Studies at UOttawa

t's official. On March 25th, 2010, Dr. Brenda Macdougall was inaugurated as "Chair of Métis Studies" at the University of Ottawa. At a reception that afternoon, hosted by UOttawa's Institute of Canadian Studies, Dr. Macdougall shared her plans to attract students to Ontario Métis research. In addition to teaching both undergraduate and graduate courses, the intention is to establish the "Métis Family Research Centre".

Dr. Macdougall was named to the "Chair" in late 2009 and joined the faculty at UOttawa

**OTTAWA** | PROVINCIAL RELATIONSHIPS



Dr. Brenda MacDougall, Chair of Métis Studies at the University of Ottawa. on January 1, 2010. Métis Nation of Ontario Chair, France Picotte, said, "To date Dr. Macdougall's work has been rooted in Métis families and Métis communities. She and her students can build on the methodologies she's developed to unearth the untold stories of Ontario Métis and to help all Canadians come to a better understanding of the significant role of Métis in building our province.

Some of Dr. Macdougall's research is captured in her recently released book, "One of the Family," which explores Métis culture in 19th century north-western Saskatchewan.



## New Minister committed to growing existing relationship with MNO

ne of the most rewarding relationships the Métis Nation Ontario (MNO) enjoys is with the Ontario Ministry of Education. On Monday, March 15, 2010 the recently appointed Minister of Education Leona Dombrowsky dropped by the MNO head office in Ottawa to express her desire to continue to build on the positive relationship that had blossomed under former Minister Kathleen Wynne.

"The Métis in Ontario have benefitted greatly from engagement in a collaborative process that will result in an inclusive education system that addresses the needs of all learners including Métis, Inuit and First Nations," Métis Nation of Ontario President Gary Lipinksi said. "I am confident that, under Minister Dombrowsky's leadership, the MNO and the Ministry of Education can work together to ensure the vision articulated in the MOU signed last summer is realized."

Last year, Education became the first Ontario government Ministry to sign on to the 2008 MNO-Ontario Framework Agreement. MNO Chair France Picotte says "by signing the MOU the Ministry of Education demonstrated its confidence in the ability of the Métis to contribute, not only to an education system that serves all learners, but to the overall quality of life in the province."

Monday's meeting concluded with a commitment by both the MNO and the Ministry of Education to complete the 2010 Work Plan and to continue efforts to identify potential partnership opportunities.

MICHIF



#### Happy to be learning Michif

#### ch't'assez fiere d'apprende le Michif

A few years ago the *Voyageur* included a Michif word or phrase in every issue. With the assistance of the Michif Committee we are pleased to reinstate this feature.

"Happy to be learning Michif", "ch't'assez fiere d'apprende le Michif" will present a Michif word or expression in every edition.

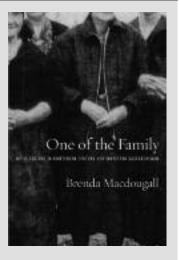
Can you guess the meaning?

The word is "**contente**". The English translation is inverted below.

If you would like to contribute, ask a question, or provide a synonym write to chrisp@metisnation.org.

idəiM ni "ydqbd" snoəm "əinəino)"

#### MÉTIS STUDIES:



#### New book links land, family & Métis identity

One of the Family: Métis Culture in Nineteenth-Century Northwestern Saskatchewan By Brenda Macdougall

n recent years there has been growing interest in identifying the social and cultural attributes that define the Métis as a distinct people. In this path-breaking study, Brenda Macdougall employs the concept of wahkootowin - the Cree term for a worldview that privileges family and values interconnectedness - to trace the emergence of a Métis community in northern Saskatchewan.

Wahkootowin describes how relationships worked and helps to explain how the Métis negotiated with local economic and religious institutions while nurturing a society that emphasized family obligation and responsibility. This innovative exploration of the birth of Métis identity offers a model for future research and discussion.

Dr. Brenda Macdougall is the current Chair of Métis Studies at the University of Ottawa.

"The central concept that underlies this important new book is wahkootowin, 'a worldview linking land, family, and identity in one interconnected web of being.' This original and richly researched work follows four generations of widely connected Métis families in the Île à la Crosse region, illuminating their lives and histories as concrete expressions of this powerful organizing principle learned from their Aboriginal mothers and grandmothers."

— Jennifer S.H. Brown, Director, Centre for Rupert's Land Studies, University of Winnipeg

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#### Arts

## Painter exhibits in T.O.

enowned Métis artist, Timothy D. Mohan, whose work was featured at the Midland Huronia and Penetanguishene Centennial Museum last year, is scheduled to exhibit later this year at the Grey Roots Museum.

Presently, the InterContinental Toronto Centre--one of Toronto's leading luxury hotels located in the heart of the entertainment and financial districts--is partnering with Mohan in showcasing his stunning original work in the Grand Lobby Gallery of the hotel.

"I just can't express how pleased I am to have this beautifully designed, magnificently located hotel interested enough in my work that they have agreed to showcase it on their walls and allow prospective buyers the

opportunity to add one of my paint-

ings to their private collections. It's a

real honour that has already given me

new inspiration, new direction,"

Mohan said.

Tim Mohan is far from being an unknown artist. In fact, over the years, his paintings have been used to promote products, stage solo exhibitions and to help non-profit organizations like Mothers Against Drunk Driving (MADD) and the Big Brothers/Big Sisters organization. In 2004 and 2006 his artwork and designs were incorporated into the now nationally famous Linda Lundstrom 'La Parka' clothing series.

Although financial gain has never been at the top of his priority list, Mohan, like everyone else, would like to earn a living from his work. He hopes that partnering with the InterContinental will help make that happen. "I appreciate the opportunity to share my visions, my work, my talent," Mohan said.

The InterContinental Toronto Centre is located at 225 Front Street West, the site of the former Crown Plaza. Timothy Mohan's painting will be on display at least until the

end of the G20 Conference in June.

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Look the neighbouring lake

Look, the neighbouring lake is completely calm!

There is not a ripple to be seen by the naked eye; only total peacefulness, total heavenly bliss and graceful beauty craving to be enjoyed by those who wish to accept its invitation. It is no wonder that you feel drawn to the majestic lake and deeply moved by its calmness. It was as if you were being cleansed by its exquisite beauty and crystal-clear essence.

As the lake is calming, so is prayer.
As the lake is heavenly bliss, so is prayer.
As the lake is soothing and cleansing, so is prayer.
Prayer helps us to realize that the Divine Spirit is very alive within our total being. It is our Creator's way of keeping in touch with each and everyone of us. It's as if God is the One praying.

Prayer! Moments of venerable words being expressed. Moments of precious silence and sacred stillness. Simply spirits keeping in touch





SOUTHERN ONTARIO'S LARGEST MÉTIS EVENT!

JUNE 26 & 27, 2010 OSHAWA - ONTARIO

MEMORIAL PARK

Celebrating Four Great Years





#### Fun for the whole Family

- Experience Métis culture
- Enjoy award winning live Métis music
- ·Appreciate traditional art
- Build your own inspired crafts at the youth tent
- Visit our various vendors
- Taste customary foods
- See it with your own eyes exhibits & demonstrations
- Special fundraising opportunities for your council reserve a table today
- Exceptional Métis hotel rates through Travelodge – call 1-888-484-6045 Code "METI"
- •Google Oshawa Métis Council for a current entertainers' list

contact Senator Cecile Wagar cecilewagar@gmail.com 905-668-1612



#### *My Childhood Memories*

By Laurette Marion

For many years in thoughts and dreams, I've gone back to Porcupine,
To the mining town where I grew up,
Amongst the towering, northern pine,
To the tranquil birch,
To the hills and fields,
To the lake where I fished and swam,
To the precious image of long-lost friends,
And the carefree, childhood times.

Then at this point my dream would end,
And with a start I'd realize,
The things that I had visualized,
Were seen only from my eyes.
I embraced and treasured the few memories left,
Of the place so dear to me.
The longing to return could have justly been termed,
As "sentimental loyalty".

I thought my dream would never come true, That my old home I'd never see.
Then to my surprise I was going back,
But this time in reality.
Mixed emotions clutched my heart,
My head roared like the humming of bees,
For if after all these years,
What if naught remained,
Of my childhood memories?

We drove for miles, each taking me nearer, To the place I longed to see.

My heart was full, and behind my eyes,
Tears seemed to be blinding me.
Then all at once, a feeling unknown,
Did gently my heart entwine,
And I knew right then, I'd arrived at last,
In my beloved Porcupine.

I closed my eyes and silently prayed,
"Dear God, please let there be,
A familiar face or a familiar sight,
If it asks not too much of thee."
We headed towards my home, called "Cosy Corner".
Standing proudly on Hunter's Hill,
When we reached the top, I stared in awe,
For here, time had stood still.

In a sudden wind I seemed to hear a voice that greeted me.

"Welcome child," it said, "you're home at last,
I've preserved this spot for thee.
This is your treasured town's reward,
For your 'sentimental loyalty'.
Fish in our lake, walk our paths and streets,
Many a familiar face you'll see,
And though I give you no gift from my heart of gold,
Nor wealth from my towering trees,
I give you instead, unspoiled, unchanged,
Your childhood memories."

NORTHUMBERLAND MÉTIS COUNCIL

# On the Bridge

#### Trenton area Métis pay respects on the Highway of Heroes

by **KATHY BAZLEY** 

n Monday afternoon, February 15th, I was on my way home when I heard on the local radio that there would be another repatriation ceremony taking place in Trenton and another Canadian soldier would be making the journey along the Highway of Heroes later that afternoon.

Everyone was encouraged to support this soldier and his family by being on the bridges and overpasses to pay our respects. My husband and I immediately headed for the bridge over County Road 45 in Cobourg, parked and joined other people who were already there.

It was with great pride that I saw many Canadian flags, Legion flags, Soldier flags all being held

up by the people there. It was quiet—much quieter than I thought it would be. I had assumed that people would chat, but everyone seemed focused on waiting for the cavalcade.

It was very heartening to see the response from the people in cars, trucks and transport trailers. As they drove under the bridge they honked their horns, rolled down their windows and waved to us. The lady next to me finally turned and smiled at me and quietly asked if it was my first time on the bridge and I said "yes" because most times when the fallen soldier and his/her family were going by I was at work and not able to attend. She then asked if I had someone in my family in the military. I proudly told her that my father was a now deceased Métis veteran of WWII and that I also had a nephew who was a soldier and had had a tour of duty in Afghanistan. He had made it home safely but was shortly heading back for another tour. She quietly told me she had a son who had been on five missions, had been injured and sent home and was now coping with post traumatic stress. Her sadness was easy to see in her eyes and I told her that at least he had made it home alive. At that time, a soft buzz emanated from person to person advising that the cavalcade of cars was on its way. Everyone straightened up; all flags came to attention as did all the people.

There was complete silence. First we saw the flashing lights as the police escort cars came into view; then the car with the family appeared and they were kind

"In a flash they were gone, almost as if it had not happened, but it had..."

enough to roll down the windows and wave to us; finally the hearse and other accompanying cars came into sight. In a flash they were gone, almost as if it had not happened, but it had, and as I turned to look behind me with tears in my eyes, the cars were making their way to the next bridge in Cobourg and those people on that bridge waited in respect and admiration for someone who had made the ultimate

sacrifice for people he didn't even know but had wanted to help.

To the day my father died, he was always a very proud veteran and expected that all of us children would respect anyone who had served for his or her country in any of the wars. On Monday, February 15th I felt that I was living up to my father's expectation as I waited on that bridge in silence and respect.

The only regret I had is that I did not have the Métis flag with me but the next time I am able to be on the bridge, I'll be sure to bring the flag so our fallen soldier and his/her family will know that the Métis citizens of Ontario also respect what they do.

Kathy Bazley is the Secretary of the Northumberland Métis Council.

CANADIAN ARMY VETERANS

# Métis veteran continues to serve

by LINDA LORD

étis veteran, Tim Majovsky, served Canada for 26 years, retiring in 2000. He joined the "CAV" in 2006 and goes by the road name of "Badger". Tim is the members' coordinator for the Vimy Unit.

'We are Canadian Army Veterans (C.A.V.), a national brotherhood of Canadian Army, Air Force and Navy veterans who are motorcycle enthusiasts. We volunteered and earned Canadian Forces qualifications; we served in regiments, on bases and ships in Canada and overseas. Now we volunteer mounted on motorcycles across Canada, supporting each other and our communities in charity rides and events. Our membership also includes actively serving military personnel and civilian supporters.

"Members gather in units named to honour Canadian battles. The "CAV/VAC" ride as Canadian veteran motorcyclists, gaining strength and fellowship. Our "mission" is to provide our members with a "unit" that continues to serve our country, our communities and each other. We are not a gang, or a club. We are a "brotherhood" of Canadian Army veterans, mounted on motorcycles of all different types. There are other military veterans' organizations and we support them, but we stand alone united under our connection to all military motorcyclists, past and present.

"We maintain the values of our

uniformed service: integrity, legitimacy, honour, strength and duty to our community. Ours is an honourable veterans' organization. The physical hardship we endured, the mental discipline we needed to conquer obstacles has made us stronger, smarter and uniquely qualified to continue serving our communities and country. We hope to keep alive the bonds formed during our military service.

"Since the Canadian Army Veteran (CAV/VAC) Motorcycle Units were started in 2003, they have assisted, and continue to assist, numerous charities in achieving their monetary goals. Charity Event Riding and Community Support Events are an integral part of CAV/VAC. No one 'has' to participate in these events, but there are always those willing to assist international, national and local charities.

There are some charities, such as ICROSS (International Community for the Relief of Suffering & Starvation) and the Tony Stacey Centre for Veterans Care that the CAV/VAC supports directly with all the monies raised going directly to these charities.

"The national CAV/VAC rendezvous in Kenora is the first long weekend of August. It is an annual event that begins with members arriving from across Canada - raising funds for the world's poorest people--lately we've seen the purchase of a blood analysis machine and then an x-ray machine for Africa, next,





feeding facilities and renewed vision for the poor and blind of Madagascar.

"The CAV/VAC also assists other events such as the "Red Ride" (Red Rides include the Support Our Troops Rally) and "Ride for Dad" (fighting prostate cancer) by providing volunteers and participating in the rides.

"Vimy Unit of 1st CAV will host their annual Motorcycle Show at the Thompson Drill Hall at CFB Kingston, the 1st and 2nd of May, 2010, in support of its chosen charities: ICROSS, The Military Blind Children's Fund, Hart School of Smiles and Fisher House, where families of our wounded soldiers stay while visiting their sons or daughters."

right: Tim Majovsky is a member of the Seven Rivers Métis Council.



# Back to Batoche Bus Tour

hat better way to commemorate this important year than to make the trek to Batoche? Thousands of Métis citizens from across the country will be meeting on this, the 125th anniversary of the Métis Resistance and the Battle of Batoche, to celebrate their common history, rich culture and colourful heritage.

This is going to be an unforgettable experience!

We'll be travelling across the country through many Métis communities, including a full day in Winnipeg to visit a number of important sites such as the St. Boniface Museum and the gravesite of Louis Riel. There will be four full days in and around Batoche, checking out the community as well as the Métis Museum in Duck Lake, the historic Fort Carlton, and Waneskewin Museum in Saskatoon. As all of these details are

worked out, further updates will follow.

*Note*: Bus will be departing and returning to Oshawa, however, arrangements can be made to pick people up and drop them off enroute. Details of the route will be made available within the next few weeks.

There are limited seats on the bus, so book your spot early! Please indicate your interest in joining us by sending us the following information by reply email:

#### **COST ESTIMATES:**

BUS:

\$480/person

(*Note*: price may increase dependent upon gasoline prices, estimate 20% cushion)

HOTEL:

\$650/person - double occupancy \$1180/person - single occupancy (Estimate for 10 nights)

#### **IMPORTANT DATES:**

Departure from Oshawa: Saturday, July 17th, 2010 morning

Return to Oshawa: Tuesday, July 27th, 2010 evening

#### CONTACT

Rob Pilon Tel: 905-725-1635 wpilon5188@rogers.com



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