

# Eagle Feather NEWS

FREE

## Saskatchewan strikes hockey gold

Team Saskatchewan celebrates its first gold winning performance by a girls team at the National Aboriginal Hockey Championships.

(Photo by Darla Read)



## First bonanza for girls team

By Darla Read  
For Eagle Feather News

Saskatchewan is home to some golden boys and girls. Both teams won their respective gold medal matches at this year's National Aboriginal Hockey Championships in Saskatoon in two exciting and intense games as both teams faced off against Eastern Door and the North.

The girls played first, and while the final score was 7-3, for most of the game, it felt much closer.

However, if you ask the girls, they felt it was their destiny to win all along.

"I knew it from the start. I knew we were going to win the tournament," said Jessica Gardipy from Beardy's and Okemasis.

"I was just confident in our team coming into the game. We had a great shot and we did it! I'm really proud of my team."

Goalie Briana Workman, who is also the goalie for the University of Saskatchewan Huskies female hockey team, felt the same way.

"I believed it before the game. I did. But, probably, the last 30 seconds, it really did hit. I just kind of got those goosebumps."

Even coach Jean Fauchon admits he could sense

the confidence. Going into the game, he told them the coaching staff and parents would be proud no matter what, and that they were making history.

"One of the parents asked me before the game, 'What's it going to be?' I said, 'It's going to be close for the first period, they may even be ahead, but after that, second and third, we're going to turn it on, so yeah, there was that feeling amongst the group that it was going to happen.'"

He says as soon as the tournament's Most Outstanding Player Jamie Fedler scored the team's fifth goal in the second period, they knew they were going to win.

Then Fauchon turned to his team with about 13 minutes left and said, "you're national champs."

The girls had never won before, making it a year of firsts, as it was also the first time the team finished first in the round robin. Team Saskatchewan's best showing was two years ago when it won the bronze. Last year the girls lost in the bronze medal game.

"It's wonderful. To be the first female Team Sask to be in the gold medal and to win it, the best feeling ever," says Shalyn Cowan of Hudson Bay.

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Chaske Yuzicappi competed at the First Nations University Pow Wow in Regina.

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Welcome to our  
Sports & Youth Issue  
Coming In May:  
National Aboriginal Day Issue  
CPMA #40027204



Students from Saskatoon's Nutana Collegiate shot a tourism video at Wanuskewin Heritage Park as part of their tourism industry training. (Photo by Lana Binning)

## Nutana students focus camera on top tourism destination

By **Andréa Ledding**  
For Eagle Feather News

**N**utana Collegiate students shot a tourism video clip at Wanuskewin on May 4 for inclusion in a national video. Featuring tourism jobs across Canada, the video emphasizes how fun tourism jobs are and why people in the industry love their jobs.

"The class chose several tourism careers and destinations that they felt were of strong interest and importance to Saskatchewan," explained Nutana instructor Sara Loewen.

"Wanuskewin was unanimously chosen as a top

tourism destination in Saskatchewan by the students."

Nutana Collegiate is the only school in Saskatoon that has the Gold Level Canadian Academy of Travel and Tourism (CATT). CATT is a national tourism education program designed to teach youth about the tourism industry, while also giving them the necessary experience to pursue their dream careers in a growing industry.

Students learn about essential tourism skills such as positive attitude, work ethic, communication and leadership skills, and teamwork.

"CATT is an incredible opportunity for students to

gain practical skills for their future, and experience that will grow their strength of character," noted Loewen.

Wanuskewin is beginning their busy school season now, while training and hiring more students on as interpreters, project co-ordinators, and groundskeepers. But CEO Dana Soonias was pleased to assist with Nutana's project.

"It's a good fit with us and what it means to them as students, and as a tourist attraction. It's an honour we were their first choice," said Soonias, adding Wanuskewin's policy is to employ students every year to complement staff at peak time.

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# First Nations University of Canada 33rd Annual Pow Wow

**Yes!  
There's  
Still Time.**  
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**Aug. 1, 2011**  
see page 11

APRIL 16 - 17  
REGINA

Photos by Mike Dubois



Junior girls traditional dancer Naomi Stewart.



Chaske Yuzicappi poses confidently after his performance.



Tara Thompson and son Caige take a moment to share a hug.



The Young Generation, crowd favourites in the hand drum competition.



Winners of a teen girls jingle special doing their victory round

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## Editorial

# Opportunity knocking

**B**ack in the dark ages – often lovingly referred to as the 1980s in Saskatchewan – there was not a whole lot of career planning and information for young people. Memories of standardized tests that would spit out a potential career for you had many people pondering becoming a leader of a marching band because you liked music or a marine biologist because you were an avid swimmer.

Nowadays there are giant career fairs like Stepping Stones in Regina and The Future is Yours Opportunity fair in Saskatoon that show youth the myriad of careers out there. We hope that one particular job will catch their imagination enough that they will focus on that goal, continue their education, and then ultimately wind up in their dream career.

The province of Saskatchewan is in a huge labour deficit. There are 6,500 jobs on Saskjobs.com and the province estimates that we will need 12,500 skilled labourers a year for the next ten years to feed our economy and the growing resource sector. And that's just the tip of the iceberg. That's good news for our young people and lots of opportunity.

Businesses are now turning their attention to the young First Nation and Métis population in Saskatchewan, a population that has almost 100,000 people under the age of 30 with many being under or unemployed. But we have our challenges to face before we take our rightful place alongside others in the labour market. Shockingly there is a 45 per cent reliance on welfare on reserves in Saskatchewan and we all know that on-reserve education is always facing a severe funding shortage.

The good news is we are directing resources to where they should be. Over half of the First Nations in Saskatchewan have signed onto the Active Measures pilot program that is designed to steer more young and employable people on reserve who are currently on welfare into proper education and training and eventually into the labour force. Great idea and we hope it is wildly successful.

The Province of Saskatchewan, in the last budget, upped the budget in First Nations and Métis spending by 10 per cent and directed it straight into education and training programs with an emphasis on apprenticeship training. Brilliant. Now we need Prime Minister Harper and the Conservative government to commit to the program and we can make some serious progress.

The resource industry is a natural place for many future Aboriginal employees to wind up. Lots of mining, forestry and oil drilling takes place in the traditional territory of First Nation and Métis communities and close enough for commuting. We have seen the success and inclusion of Aboriginal people in the uranium industry up north. Perhaps it is time to mirror that success in the south.

Every potash company in Saskatchewan is investing in their mines and expanding. The demand for the fine fertilizer they make will never cease. We know that PotashCorp needs over 600 employees in the next five years to feed their growth and to replace retirees. Four of their mines are within a stone's throw of Saskatoon. The other mines are looking for employees, too.

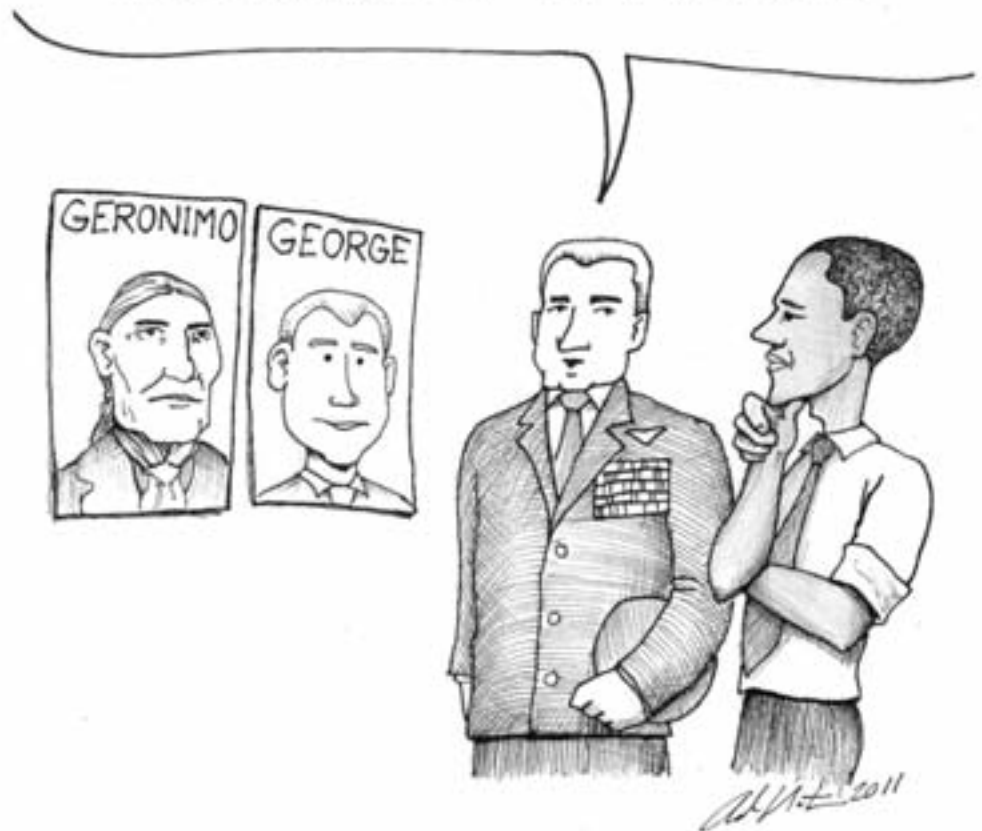
What happens if BHP Billiton gets approval to develop their greenfield in south eastern Saskatchewan? There are several reserves around that site that will have amazing business and employment opportunities. What happens if Shore Gold gets approval to create their diamond mine in the Fort a la Corne area? People will be looking at the James Smith Cree Nation with envy.

So spread the news to your children, nephews, nieces and cousins that the mining industry needs them. Tell them to get their math and sciences and to take high school seriously and to know that there is a career out there for them. The demand has never been higher and the time has never been better for our young people. They just have to seize the opportunity and we have to help them.

## Rank Comix

Adam Martin

MR. PRESIDENT, TWO NAMES FROM  
AMERICA'S PAST HAVE BEEN CHOSEN  
AS CODE WORDS FOR THE SUCCESS  
AND FAILURE OF THE MISSION...



## What's coming in June

June is National Aboriginal History Month and National Aboriginal Day and always home to our annual Aboriginal History Trivia quiz, the only way to welcome summer.

Joining us in June are journalism students from the First Nation University of Canada, Indian Communications Arts Summer Institute.

Our editor went down and spent a day with these students and they have all received special Eagle Feather News assignments, many of which we will share with you in June.

Also the much anticipated return of super columnist Dirk Dashing! What?




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Phone: 306.978.8118 Toll Free: 866.323.6397 Fax: 306.978.8117

**Publisher/Editor:** John Lagimodiere, johnl@eaglefeathernews.com

**Associate Editor:** Warren Goulding, warrengoulding@yahoo.ca

**Advertising and Sales:** Peggy Robillard, peggy.robillard@sasktel.net, 306.202.8005

Publications Mail Agreement No: 40027204

OSSN #1492-7497

Return Undeliverable Canadian Addresses to: EFN Circ, P.O. Box 924 Saskatoon SK S7K-3M4

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**SUBSCRIPTIONS:** Annual subscription rate is \$25 per year, \$26.25 with GST.

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THIS ISSUE...LAST ISSUE...PAST ISSUES.

# We need to think more about the naming game

Some of the sports team names really leave me scratching my head wondering “why?” You find football, baseball, hockey, basketball, lacrosse, rugby, and tons of high school teams named Chiefs, Braves, Indians, Warriors. Some names are terribly disrespectful like Savages, and even others are named after different nations like the Eskimos and Seminoles.

There’s still a lot of controversy over the use of these terms for team names from Indigenous peoples and our supporters. In some instances, where specific tribal names in the USA have been appropriated, most tribes are fighting teams to change their names. Many of the American high school and college teams have since changed their names, like the Eastern Michigan Hurons are now the Eastern Michigan Eagles, and the Seneca College Braves are now the Seneca College Sting. Some of the nastier names were also changed like the Southeastern Oklahoma State Savages changed their name to Southeastern Oklahoma Savage Storm in 2006, and the Grand Forks Central Redskins are now the Knights. A few tribes gave permission to teams to use their names like the Central Michigan University Chippewa and the

Florida State University Seminoles, but this happens rarely.

What is in a name? Who has the power to name and how do they get that power?

When we are born we are named. We are given a first name, often called our Christian name. Then, in the Western European Christian tradition, we are given

our father’s surname. If our parents were not “legally” married or if our mothers did not change their surnames when they married our dads, we get our mother’s surname. The surname or ‘last name’ tradition is new to our people. It comes from an old European tradition which organizes families according to the father’s line.

In most Western European traditions men were considered the ‘heads of the household’ and their wives and children were their property. Upon marriage a woman’s surname, which she got from her father, was changed to the surname of her husband. People knew by her name that she was either still the property of her father or had become the property of her husband.

In our traditions there were no surnames. No one ‘belonged to’ or was the

property of another person and everyone had their own names. We were given a baby name at birth and were often referred to by a nickname. But we could receive

different names over the course of our lives to commemorate an important deed or event or we could be gifted with a name through ceremony. Many of our extended

families were organized by clans so we had clan names, and we had our own unique names for our bands or nations that reflected our language and territories.

Our names were descriptive and had meaning. The name of our great-great-grandfather Askinoow (nehiyowpwat) meant Worker of the Earth, then he was baptized Charles Pratt. His first name tells us something about the man but what does his baptized name mean? He was named after the secretary of a missionary society, he was given a good Christian name which was intended to tell the world that he was now a civilized Christian man.

We need to think more critically about naming and we need think about the power of naming in relation to colonialism. The ability to name things, actions, ideas, even

people, is a source of power. When Europeans first arrived here one of the first things they did was to name everything new they came across and most of those names are still with us today. And it didn’t just happen here, it happens all over the world where one people move into the land of another people and forcefully take over.

An Irish scholar named Seamus Deane wrote: “naming, or renaming, of a place, the naming or renaming of a race, a region, a person, is, like all acts of primordial domination, an act of possession.” In other words, “I name it, therefore, now I own it.” And, now that I own it, I have the power to define what it means.

So when sports teams name themselves using derogatory terms like Indians and Savages, what does that tell us about what they think of us? When they appropriate names of specific Indigenous nations, are they paying respect to those people or is it all about stereotype image-making? What image do they want people to have of them? By taking the name of a people they believe are warlike, fearsome, savage and wild they are trying to convey to their opponents that their team is warlike, fearsome, savage and wild.

It is no honour to be presented as a cartoon stereotype.



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Karen LaRocque is the CEO at the Regina Métis Sports and Culture Centre.

(Photo by Barbara Woolsey)

## Father's memory inspires LaRocque at Métis Sports and Culture Centre

By Barbara Woolsey  
For Eagle Feather News

To the community, the Regina Métis Sports and Culture Centre is an institution. It's where special occasions, from birthdays to funerals are held, or simply a place to get together for coffee and bannock.

To CEO Karen LaRocque, it is so much more. It is her father's legacy.

The centre was founded in 1997 by Clifford LaRocque, who passed away three years ago. Karen has been running the facility ever since on an unpaid, volunteer basis.

"He was here, this was his and I'm trying to fill the shoes of somebody who I'm not sure I ever can," she said. "It's very difficult. But it's about keeping his memory alive and (also) what he saw for our community."

"I have to keep it going."

LaRocque is driven by memories of her father's generous spirit. Growing up, the house would always be stocked with canned goods for those in need. There was usually a guest staying on the couch.

The tradition continues through LaRocque, who does everything at the facility from cooking, cleaning bathrooms and keeping the books.

The Regina Métis Sports and Culture Centre is located at 1235 2nd Avenue North, and shares a building with the Gabriel Dumont Institute. The space was

purchased from the city in 2001 and recently became self-funded, with no government support. Through the facility, the organization offers community programming including life-skills classes, job-shadowing and healing workshops, with a focus on helping those at-risk of becoming homeless.

"We want to start looking at the organization as a business, but it's hard because of the community connection," said LaRocque. "One day, we would like to make it entirely self-sufficient, hire a staff and continue to implement our own programming."

LaRocque – who has lived in North Central Regina most of her life – also serves as Area Director of Western Region Three of the Métis Nation Saskatchewan. She is a single mother of three children.

"Everybody says family comes first, but not in my household," LaRocque laughed. "First is the centre, which has my heart because of my dad."

This spring, the facility will undergo major renovations. LaRocque continues to work towards turning Regina Metis Sports and Culture Centre into a self-sustaining organization, while continuing to help the community.

"It's a giving thing, but it's never been big for me because it's just the way we were raised," said LaRocque. "Because of my dad, that was the life we have always lived."

Did you know?

June is  
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*Aboriginal*  
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**Week 3: Embracing our Culture and Traditions**

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# Ahenakew family will be forever proud of Freda

**D**id you have the pleasure of meeting Freda Ahenakew? Much has been written about this amazing woman. She was born on the Ahtahkaop First Nation to Annie and Edward Ahenakew.

Freda married Harold Greyeyes from the Muskeg Lake First Nation and together they had 12 amazing children.

Freda was first and foremost a mother and extremely devoted to her children and grandchildren. When her marriage ended she went on to finish her education and take care of her family.

She was a mother to many children who didn't have mothers of their own. One of her sons told me she was child and family services before there was child and family service organizations.

There was always room at Freda's house and somehow enough food to feed everyone that was around the dinner table.

Our family has always been so proud of her academic accomplishments and her dedication to the Cree language. Freda was so very humble that she often remarked that she didn't know what the fuss was about.

Aunty Freda held me the day my

mother was buried and she was there when my father died. She was always there for me and for all my cousins who were motherless.

She taught me that I would make mistakes as a Mom. I should love you and be there for my children; to hear them cry, to cheer them, to laugh or cry with them, to protect them with my life; and sometimes to tell them things they don't want to hear.

Aunty Freda I will love you for eternity with all my heart.

The following is



a letter from one of many extended family members.

I didn't know my kokum Freda on a personal level; all I really knew about her is the stuff I heard from the stories my family would tell about her or articles I read in the paper. It makes me sad when I think about all the chances

I had to talk to her and ask her about herself and her life, the chances that I never took.

There were a number of occasions when we would be at the same gathering and I would

watch her, how she interacted with her family.

From what I could tell she was a quiet woman, the kind of person that preferred to sit off to the side and observe the people around her ... this is something we had in common?

There was something in her eyes, like she had some secret or knowledge about life that she kept to herself. There was also this almost child-like essence about her, like she just wanted to get up and dance around or something.

When she passed away I was filled with this overwhelming regret, regret over another relationship that I would never get to have with someone I always loved and admired from a distance.

I vowed to myself, as I stood beside her saying my goodbyes, that she would be the last person to pass away that I never took the time to get to know.

I loved my kokum Freda very much, it's a shame that I never told her that.

I know that we were all blessed to have her in our lives and she will be missed.

## Beginning an intimate relationship

By Flo Lavallee  
For Eagle Feather News

"It will never happen to me!"

Herpes infections are not new. Over 25 centuries ago Hippocrates, the father of medicine, coined the word "herpes" from the Greek word "to creep."

Medicine in his time was descriptive. Diseases were classified according to their appearance. In fact the disease called "herpes" by this ancient physician is known to be several different maladies with several different names and causes.

With genital herpes ("on your sexual") organs, sores will generally look like a cluster of small blisters filled with a clear whitish fluid, usually red and inflamed. Sores may vary in size from very small to very large. The skin becomes raw and painful and itchiness is the rule.

There is a lot of inflammation going on at this time because the body is attacking the virus. If the sores are present at the end of the penis or in the vagina, urination is quite uncomfortable. The urine stings where it touches the sores. Sores may appear on the thighs or on the "butt" or around your anal canal. Sores maybe present in other areas, for example the mouth.

If oral contact has occurred with the same area as genital contact, there is a possibility that a mouth infection might result. Raw sores of infection will be the fingers, the breast or the eyes. Often the

lymph nodes are swollen in the groin region. This means that the immune system is fighting off the virus.

Lymph nodes are the glands the doctor often feels for in the neck when you have a cold. In women or young girls the doctor can see herpes sores on the cervix (the mouth of the womb). Infection of the cervix may cause a runny vaginal discharge. Herpes infections may cause anything from no symptoms to painful sores, from a sore throat to headaches and muscle pains.

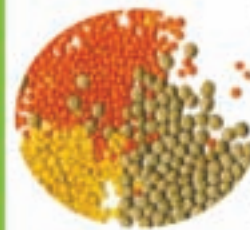
You need to know if you have herpes if you plan on having sex. It is only passed on when there are active sores on the skin. Sexual contact within the area of the sore is not advisable. The known trigger factors include the menstrual cycle, emotional stress, another illness, especially with fever, sexual intercourse, surgery, injury, sunlight and certain medications.

To find out if any pimples or itching is herpes, seeing your physician immediately is very important. Taking megavitamins is very important during this time. Building your immune system with herbs such as echinacea or olive leaf extract is advised.

You may not wish to mention your herpes casually or socially. It is simply not anyone else's business unless you plan to have sexual contact with another person. Gossip is painful and useless, but it is a social fact. It stems from ignorance.

## good food bites

### SPOTLIGHT ON LENTILS



Did you know that Saskatchewan is the world's largest exporter of green lentils? Or that lentils are an inexpensive source of protein, folate, fiber and iron? Whole lentils make a great addition to soups and stews, and pureed lentils can be added to just about

anything. To puree lentils, boil in water until soft, drain, then blend in a food processor or blender. Don't have a blender or food processor? Just cook them until they're super soft and mash with a fork. Why not stretch your budget and boost your health by trying this fabulous lentil meatball recipe?

#### LENTIL MEATBALLS

1 pound lean ground beef  
1 cup lentil puree  
1 egg  
¾ cup fine bread crumbs  
½ tsp. salt

1 tsp. dry mustard  
½ tsp. pepper  
2 cloves garlic, minced  
½ tsp. onion powder

#### Here's how:

Combine all ingredients in a large bowl.

Roll a tablespoon full of mixture into a meatball. Repeat until all mixture is formed into 20 to 25 balls.

Bake at 375 degrees until all meatballs are cooked, about 30 minutes.

This recipe can also be used to make a large meatloaf or hamburger patties. Enjoy!!

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## POTASH SUPPORT FOR CORE

Rhonda Speiss Manager, Corporate Philanthropy for PotashCorp presented a \$25,000 cheque to the Core Neighbourhood Youth Co-op that was accepted by youth representative Bryson Ebach. "Youth are a priority for all of us, particularly those who need support in meeting their educational needs and working outside the box and the standard framework," said Speiss at the presentation during the Youth Co-ops Annual Art Auction fundraiser. "PotashCorp is keen to support these students as they continue their education in alternative settings, and learn practical work skills, such as running a greenhouse." The funds go towards renovating their current greenhouse, which needs major repairs, so that it can be used year-round.



Warren Wagner, Saskatchewan Regional Director of Canadian Diabetes Association accepted a \$10,000 donation from Pat Cook, Vice President Corporate Affairs SIGA at the diabetes gathering (Photo by Darla Read)

## Conference tackles diabetes

Blending modern life and tradition was the focus of Traditional Living in a Modern World, the 8th Annual Aboriginal Gathering on Diabetes, hosted by the Canadian Diabetes Association (Saskatchewan).

The conference, according to Heidi Estrada, of the Canadian Diabetes Association, was chock full of opportunity and learning for all.

Guest speakers included MP Rod

Bruinooge, who has a personal connection to diabetes and Dr. Veronica McKinney, who shared her thoughts on how traditional practices can complement present-day activities.

Participants also took part in a variety of educational sessions, including TAR, the Tobacco Addiction Recovery Program, Cooking Using Traditional Ingredients in a Modern Way, the Health Benefits of Traditional Foods and more.

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Attorney General

## Open letter to members of the SASKATOON TRIBAL COUNCIL

On March 11, 2011 the Saskatoon Tribal Council and four other Tribal Councils from Saskatchewan signed an historic Memorandum of Understanding with the provincial and federal governments. This agreement is a formal commitment to work together to address barriers and support solutions that will contribute to an increase in First Nations participation in the workforce.

The MOU is more than a symbolic gesture. It is a promise to seek improvements in training, mentorship, transition and support for individuals, families and communities. It is a commitment to explore new ways of helping our people, and encouraging our people to help themselves.

First Nations people have been, and will continue to be a proud and influential force in this province. Providing individuals with the tools and opportunities to work – whether at home, on reserve or in a new center – will give our communities pride, purpose and will tap into the extraordinary potential of our youth. Contributing to the social, economic and political fabric of our province is essential to grow and prosper in this and future generations.

In the next few months, the signatories will be identifying priorities and setting performance expectations to track our progress. We will share these with you, and report regularly on activities and actions emerging from this agreement.

We look forward to working with you to break the cycle of dependency that confines too many of our people. Talk to us about your ideas, your plans and your ambitions. Together we will improve the quality of life for our First Nations people.

[www.sktc.sk.ca](http://www.sktc.sk.ca)

**Official Court Notice**



**September 19, 2011 is the deadline for  
Common Experience Payment applications.**

**The Indian Residential Schools Settlement Agreement.  
The healing continues.**

On September 19, 2007 the Indian Residential Schools Settlement became effective. At the time, it was estimated that 80,000 former students were alive in 2007. As of January 1, 2011, Common Experience Payments have been issued to 76,623 former students. An important deadline is now approaching.

**Under the terms of the Settlement, September 19, 2011 is the Common Experience Payment (CEP) Application Deadline.**

**What is a Common Experience Payment?** It is a payment made under the Indian Residential Schools Settlement Agreement to former students who lived at a recognized Indian Residential School under the Indian Residential Schools Settlement Agreement and who were alive on May 30, 2005. Payments are \$10,000 for the first school year (or part of a school year) plus \$3,000 for each additional school year (or part of a school year).

**Which schools are included?** The list of recognized Indian Residential Schools has been updated. Six Indian Residential Schools have been added; decisions regarding a number of other schools are in progress. A complete and updated list of recognized residential schools is available at the website listed above.

**How do I apply for CEP?** To apply for a Common Experience Payment, please complete and submit an application form

by **September 19, 2011**. To get an application form, please call 1-866-879-4913, go to the website or visit a Service Canada Centre. Service Canada staff members are available to help applicants complete the CEP application form.

**What if I have already applied for a Common Experience Payment?** If you have already applied please do not submit a new application. If you have not received a decision or have questions about your CEP application, please contact the phone number below.

**What about the Independent Assessment Process?** The Independent Assessment Process (IAP) is a separate out-of-court process for the resolution of claims of sexual abuse, serious physical abuse, and other wrongful acts suffered at residential

schools. The IAP is a complex process and it is strongly recommended that you hire a lawyer if you wish to submit an IAP application. CEP and IAP are separate processes and former students may apply for the CEP, or for the IAP, or for both the CEP and IAP. The deadline to apply for an IAP payment is **September 19, 2012**.

More information on both processes is available at 1-866-879-4913 and at the website. The IRS Crisis Line (1-866-925-4419) provides immediate and culturally appropriate counselling support to former students who are experiencing distress.

**For more information call  
1-866-879-4913 or visit:  
[www.residentialschoolsettlement.ca](http://www.residentialschoolsettlement.ca)**

# Traditional teachings empower girls to ditch their dramas

By Diane Adams  
For Eagle Feather News

Life in the schoolyard can be stressful for girls. One group of Regina pre-teens are learning to overcome their conflicts and dramas by learning traditional First Nations teachings.

"It changes you 'cause it helps you smudge, pray and everything," said 11-year-old Tasheena Desjarlais. "It changed me."

Called the Sage Girls, these students from M.J. Coldwell Elementary were once battling each other in the halls, at recess, even over Facebook. There was even hair-pulling and talk of gangs. Now these girls are learning to solve personal problems, do better in school, and grow into strong women through the teachings of Betty McKenna, a resident Elder at M.J. Coldwell.

"This is a system that was not designed for children, but was designed for adults," McKenna said. "When they come here they need all the (strength) they can get to make good choices for themselves while they're in that school and do the best they can with their learning."

The Sage Girls say the key to staying out of trouble is having a space to deal with their schoolyard struggles. Thirteen-year old Sidney Dieter says the group uses confidential talking circles and prayers to find solutions to their classroom problems.

"When we leave the group, it all stays in the talking circle, nothing goes back to school. We just trust one another," Dieter said.

For Sage Girl Jocelyn MacDonald, understanding is a key to solving conflicts.

"People have become closer because they know what people are going through with their family and what their life is like," she said.

McKenna also teaches the girls First Nations teachings meant for young women – including family values, integrity, sharing and honesty. For Dieter, those teachings are helping her adopt a better attitude and make others happy.

"If someone's sad at school or at



(Back row left to right) Savanna Smythe-McArthur, Faith Morin, Mildred Rincon and Tasheena Desjarlais (Front row) Joceyln MacDonald and Ivey Kay with Elder Betty McKenna. Missing is Sidney Dieter. (Photo by Diane Adams)

home, we go up to them and ask them what's wrong, and talk to them, until they come to have a smile on their face," Dieter said.

Since the Sage Girls started a year ago, the group have also become school leaders. They do projects for the entire school – such as making bookmarks or handing out bannock.

Leatha Bird teaches some of the Sage Girls. She hopes their leadership role will improve their self-esteem.

"(I hope they carry) that sense of self that regardless of what someone else says, they are strong women, and that they will take leadership in any role that they choose to be in," Bird said.

Thirteen-year-old Savannah Smythe-McArthur says Sage Girls has improved her self-esteem.

"I used to read magazines, and think 'oh I have to be like that,'" Smythe-McArthur said. "When I was introduced to Elder Betty, she told us we're just supposed to be who we're supposed to be.

Those are my beliefs now," she added.

Betty McKenna hopes each girl will use what they've learned as they head off to the city's high schools. She also hopes the Sage Girls will pave the way for the next generation.

"I think they have that common thread of caring, McKenna said. "They know that they're the lifegivers of the next generation and they don't want this to be a horrid place, but a welcoming place for generations to come."

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**- Kayla Morrison**

For more information, please contact:  
**Josephine McKay, A/Director, Aboriginal Initiatives**  
Rawlco Resource Centre  
**306.966.1307** [aboriginal.initiatives@edwards.usask.ca](mailto:aboriginal.initiatives@edwards.usask.ca)

Check out admission requirements and how to apply at:  
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# Students welcome Elders' perspectives

By Diane Adams  
For Eagle Feather News

First Nations and Métis Elders are changing the Regina Public School system from the inside out. The school board has 10 Elders working in 30 schools across the city.

They offer the First Nations and Métis perspective that can't be found in textbooks. Calvin Racette, the school board's aboriginal education coordinator, says the contribution of the Elders brings a fresh approach to education.

"The Elders bring knowledge into our system that has not been there before," Racette said.

"It is the voice of our community that has not been represented in the public school system or any education system."

Racette says one-quarter of the city's students are aboriginal. The elders-in-residence program aims to enhance the aboriginal content already in the curriculum – in a variety of subjects.

Brittney Matthews teaches English and Social Studies at Winston Knoll Collegiate. She says Elder Betty McKenna has helped her teach everything from psychology to literature.

"There's a particular novel in Grade 9 that I teach that talks about voicelessness of young people and finding their voice," Matthews said.

"Elder Betty really helped me to understand how voicelessness can be overcome through music, and attending ceremony, and things like that."

Matthews says McKenna's teachings are changing the way she and other teachers look at themselves.

"It makes so much sense. It's not anything that was taught to me when I was growing up. I think anyone can



Elders Dick Byrd and Norma Jean Byrd work at three inner-city schools in Regina.

connect with them," Matthews said.

Norma Jean Byrd works as an Elder at three inner-city schools in Regina, alongside her husband, Dick. She helps teen moms succeed at Balfour, while he teaches history and treaties.

"Canada has been very sad about their history," Byrd said. "Now if we can tell it in a good way so that people can understand the history, we're going to have better understanding throughout the world, and the people, especially Canada."

Taylor Bellegarde is a student at Winston Knoll

Collegiate. She also says the Elders help create understanding between aboriginal and non-aboriginal students.

"Just to see where I came from, and my background, and why I sometimes might be wearing moccasins and not runners," Bellegarde said.

Bellegarde stressed the importance of the Elder's hands on teaching methods.

"You'd rather go and listen to a speaker than go and read a book," Bellegarde said. "It's easier and you get a better grasp on it, and you can't exactly ask books questions."

For Corey McCowan those hands-on teaching methods are bringing environmental issues to life. McCowan is a Grade 10 student at Knoll.

"It's so people can learn, 'how can we live a better life with the planet instead of just killing it?'" McCowan said.

McCowan says it's important for all Canadian students to learn First Nations history.

"They were here first, this is their land, so we should understand where they're coming from, what they're

about," McCowan said.

But, he says, First Nations education should be just the beginning

"I think you should learn about every culture there is. You should understand people," McCowan said.

Calvin Racette also hopes students will have the opportunity to learn from Elders from other cultures.

"I think it's significant that Elders from other cultures be involved in the schools too," Racette said. "They know so much, they're such good people."

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# Children's Advocate wants to see more First Nations, Métis input in system

By Leisha Grebinski  
For Eagle Feather News

Saskatchewan's Children's Advocate Bob Pringle says one of his top priorities is to work more closely with First Nations and Métis leaders to ensure proper care of family, children, and youth who come into contact with Social Services.

"The vast majority of children are Aboriginal and many parents do not relate to the traditional system that is court driven and focused on getting evidence as opposed to finding ways to helping families stay together," he says.

The Advocate's report called, *Growing for Saskatchewan*, was tabled in the Saskatchewan Legislature on May 4.

Pringle says he is asking the government to give First Nations and Métis people more control over the system.

"I think it was pretty clear that the system was broken and requires a totally new look," he says.

Pringle says keeping families together needs to be the first goal of the Ministry. Right now he says, there is too much focus on apprehending children.

Pringle also says wider issues need to be addressed such as the skepticism many families feel towards the system.

He says families need to feel comfortable approaching the Ministry for help so that the issues they are facing can be addressed.

"We need to focus on what makes families vulnerable and it's poverty."

Pringle is also asking the government to provide legal services for children and youth who are caught up in child welfare proceedings.

The government implemented a temporary legal service in 2007 for young people, but Pringle says it has been overwhelmed with cases.

In 2010, the government hired a pro bono lawyer who turned down half of the requests.

The Advocate's report also stated that 34 children died in care in 2010 compared to 31 in 2008 and 2009.

However, both Pringle and the Ministry say the deaths are not alarming.

"Any death is a concern," says Louise Greenberg, Associate Deputy Minister of Social Services. "We investigate each case but often many children in care are medically fragile."

Meanwhile, a former Deputy Minister of Social Services, Tim Korol, blasted the ministry in a press conference with Carol Lafayette Boyd, a former social worker, and Brenda Dubois of the Aboriginal Family Defense League, the same day the Advocates report was released.

Korol, who was dismissed from the Ministry in 2009, says what he saw during his tenure can not be ignored.

"Children and families are being brutalized by the very government Ministry that we wrongfully believe is protecting them," he says.

Korol says the Ministry is not following legislation and there is no accountability.



BOB PRINGLE

Dubois stated that power needs to be returned to First Nations and Métis leaders so that fewer Aboriginal children end up in the care of Social Services.

"I can't handle another generation of kids being raised by the system," says Dubois.

Korol says he plans to incorporate a non-profit organization called Saskatchewan Child and Family Advocates.

He is also considering legal action against some civil servants not following proper procedures.

Now accepting applications for the Fall 2011 intake

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- Image Courtesy of Gabriel Dumont Institute

## Gabriel Dumont (1837 - 1906) man of action

By Darren R. Préfontaine  
For Eagle Feather News

**G**abriel Dumont — the name conjures up a host of images: the diminutive but courageous “chef métis” who led his people in armed struggle against the Dominion of Canada; a nineteenth-century Che Guevara passionately concerned with his people’s self-governance; the quintessential l’homme de prairie who lived freely as a bison hunter and entrepreneur and a humanitarian who shared his bounty with the less fortunate.

Gabriel Dumont was a man of action, whose many admirable qualities, including his selflessness, courage, sense of duty and love of his people, have inspired generations of Métis.

Despite being so lionized, little is known of Gabriel Dumont prior to the 1870s. He was born in December 1837, in St. Boniface, Red River Settlement, the third child of Isidore dit Ecapow (Aycapow) Dumont and Louise Laframboise. He was named for his uncle, a hard-drinking bison hunter and leader of a Métis and Cree band. From an early age, his family was involved in the bison hunt.

Alongside other Métis from St. François Xavier, Red River, Dumont participated in the hunt in present-day North Dakota for the first time in 1851. In time, the boy who embraced the hunt with so much gusto would become a

bison hunter par excellence.

Another event happened in 1851 that would profoundly impact upon young Dumont’s psyche — on July 13 and 14, he and 300 other Métis decisively defeated, through disciplined marksmanship and the use of barricaded rifle pits, a much larger party of Dakota at the Battle of Grand Coteau. The ease of the Métis victory — only one fatality — made a huge impression upon Dumont. However, when he used the same defensive rifle pit system in 1885, he would be less successful.

Dumont’s life as a young adult was typical of other Métis. He married early and hunted bison, although he was already earmarked for leadership. In 1858, he married Madeleine — daughter of Jean-Baptiste Wilkie, a Métis bison hunt leader and trader — at St. Joseph (Walhalla), in present-day North Dakota.

They had a warm, loving relationship, although they had no children of their own. However, the couple adopted a daughter, Véronique called “Annie” (born in 1864 at Big Lake, Alberta) and a boy, Alexandre Fagnant (born in 1869). Other children “adopted” Gabriel and Madeleine as parents.

The couple’s early years were spent on the hunt, constantly moving between the South Saskatchewan River and the rich bison-hunting grounds of the Dakotas. By the 1860s, the great herds of bison, which provided many Métis

with their livelihood, rapidly dwindled.

Seeking new economic opportunities, Dumont operated a ferry service at “Gabriel’s Crossing” in the 1870s and even owned a general store. Dumont had become the leader of several hundred Métis living in and around St Laurent de Grandin, in what is now central Saskatchewan.

The Métis community, which was steadily being augmented by émigrés from Manitoba, elected him Chief of the Hunt in the 1860s. At age 25 Gabriel became the leader of the Métis wintering along the South Saskatchewan River as well as the Métis bands in the Touchwood Hills. In 1873, he became president of the St. Laurent Council. Dumont presided over the Council until 1878, when the NWMP disbanded it after it attempted to levy a fine against those Métis who contravened the conservation measures of the Law of the Hunt.

Gabriel Dumont’s role as the Métis’ military leader during the 1885 Resistance is where he is best remembered. Under Dumont’s leadership, throughout the 1870s and 1880s, the Batoche area Métis were desperate for redress from the federal government, particularly regarding their land tenure.

However, being uneducated in a formal sense and uncomfortable with Euro-Canadian politics, Dumont knew his limitations.

• Continued on Page 15

# New book contains fresh insights into life of Dumont

By Darren R. Préfontaine  
For Eagle Feather News

**T**he Gabriel Dumont Institute is about to publish a first-of-its-kind, large coffee table-style book about Métis leader, Gabriel Dumont. Not a standard biography, *Gabriel Dumont: Li Chef Michif in Images and in Words* focuses on visual and journalistic images of Dumont from 1860 to the present.

Gabriel Dumont is an iconic figure in Métis and Canadian history. In the popular imagination, he is well known for leading the Métis forces during the 1885 Resistance, and for being a renowned bison hunt leader, a Wild West show performer, and a husband to his beloved Madeleine. He’s always been a hero to the Métis, and he is now a Pan-Canadian hero: institutions, streets, and buildings bear his name from British Columbia to Québec. He is also an inspiration for artists throughout North America.

But outside of printed history and a fragmented oral history what do we really know about Gabriel Dumont? How has he been imagined over the past 125 years? This book answers these questions by focusing on visual and journalistic representations of Gabriel Dumont through time and space. Many of the book’s images — some commissioned for this project and several newly found — have never before been published. Compiled together for the first time, these eclectic sources provide poignant vignettes of Gabriel Dumont’s life, which will greatly enhance our knowledge about him, while further contributing to his legend.

This book required several years to complete and contains many “new” insights to Dumont’s life and mission lost to history. It is divided in the following

sections: 1) Gabriel Dumont: Hero of the Métis Nation (an overview of the importance of Dumont to the collective memory of the Métis people); 2) Gabriel Dumont in Historical Photographs; 3) Illustrated Historical Images of Gabriel Dumont; 4) Material Objects, Places, and Events Related to Gabriel Dumont; 5) Gabriel Dumont in Film, Documentaries, and Theatre; 6) Artistic Representations of Gabriel Dumont; 7) Images of Gabriel Dumont in Books, Magazines, Graphic Novels, and Blogs; 8) The Public Commemoration of Gabriel Dumont: Métis and Pan-Canadian Hero; 9) Remembering Gabriel Dumont in Newspapers, Magazines, and Antique Books (a thorough listing of various journalistic and first-hand accounts of Dumont since the 1860s); and 10) a Gabriel Dumont archival document listing. The Institute is very proud to be named after the famed Métis leader, and is pleased that this book, which will be available for purchase in mid-June, will allow readers and viewers to better understand Dumont’s impact upon our collective imagination.

*Gabriel Dumont: Li Chef Michif in Images and in Words*

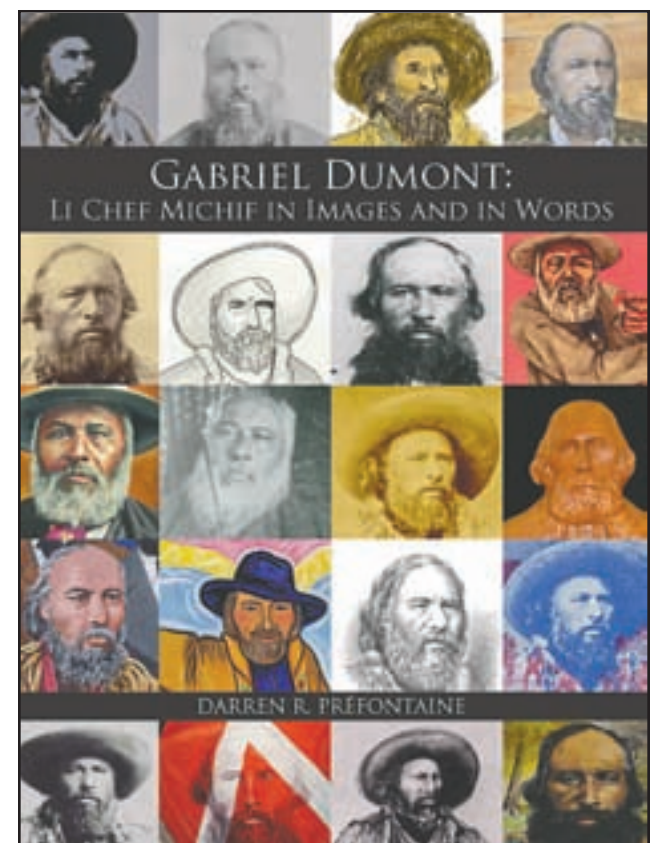
ISBN: 978-0-920915-87-5; soft and hardcover; \$60 and \$80; English and French text; 433 pp.

### Gabriel Dumont Fast facts:

- Gabriel Dumont was a pipe carrier.
- In 1890s Montréal, Gabriel Dumont saved several small children from a burning home.
- In 1888, a rich widow in Montréal proposed to Gabriel Dumont. While flattered, he declined out of love for his people.
- In the 1870s, Gabriel Dumont was the “Président” of the St. Laurent commune for what is now the

area around Batoche.

- In 1886, Gabriel Dumont was a star attraction in the Wild West show — billing higher than Annie Oakley.
- Gabriel Dumont spoke at least seven languages, most notably Cree and Métis-French.
- Gabriel Dumont claimed his patent to his homestead in 1902 — only four years before he died.
- Gabriel Dumont was a lieutenant in the Canadian militia in the 1870s.



# Number of SUNTEP graduates tops 1,000 mark

By Lisa Wilson and James Oloo  
For Eagle Feather News

In 1984, 20 students, 13 in Regina and seven in Saskatoon, became the first graduates of the Saskatchewan Urban Native Teacher Education Program (SUNTEP).

In 2011 37 SUNTEP students will graduate and with this Gabriel Dumont Institute (GDI) exceeds 1,000 graduates of the SUNTEP program, the first and only permanent professional degree program delivered under the auspices of GDI.

While celebrating the graduation of the Class of 2011, GDI Executive Director Geordy McCaffrey told the graduates that the “community needs all of you more than ever.”

“Graduation marks a milestone in the SUNTEP graduates’ academic careers, and a start of another journey.”

McCaffrey noted that the SUNTEP program makes a difference in the lives of thousands students and families.

“If 1,000 SUNTEP graduates each teach a class of 20 students every day, then educational outcomes for more Métis and First Nation students are likely to improve” and parental engagement in their children’s education is also likely to get better.

In 1980, when SUNTEP was established, then-Saskatchewan Education Minister Doug McArthur said that the advantage to having “native teachers for native students” is that “they understand the lifestyles and cultural backgrounds of the students and students can identify with them as role models.”

McArthur noted that there were “eight native teachers in Saskatchewan’s major urban centres out of a total teaching staff of 3,700.”

Around the same time, Merv

Houghton, assistant superintendent of public secondary schools, stated: “We would like to place teachers of native ancestry in our school programs now, but the difficulty is there are not that many qualified and for every one qualified there are a number of job opportunities.”

The need for more Aboriginal teachers was again emphasized in a Leader Post article in 1980.

“A high percentage of the 3,400 native students in Regina and Saskatoon schools are two to three years behind their proper grade-age level” and suffer a dropout rate of “well over 50 percent” before reaching high school.

Almost three decades later in 2008, John Richards, a professor of public policy at Simon Fraser University and the Roger Phillips chair in social policy at the C.D. Howe Institute suggested that communities with low education levels are condemned to poverty because in the present economy there are few well paying jobs for those without formal education. Richards concluded that high school diploma is the minimum requirement for most jobs, and that good jobs, including those in the trades, usually require further training that is inaccessible to those without high school.

SUNTEP was established to help meet two main goals: to ensure that Métis people are adequately represented in the teaching profession, and to ensure that SUNTEP graduates are educated to be sensitive to the individual needs of all students, particularly those of Aboriginal ancestry. The direction for SUNTEP is taken from the grassroots community and includes such points as ensuring that SUNTEP teachers are well prepared to teach from an Aboriginal/Métis perspective, to draw upon and



SUNTEP Saskatoon grads join the ranks of students who have benefitted from the program over almost three decades.

work within the resources of their community, to strive for close parent-teacher relationships and communication; and to aim for high standards of performance. The program is delivered from a critical pedagogy framework.

“Critical pedagogy considers how education can provide individuals with the tools to better themselves ... to create a more egalitarian and just society, and thus to deploy education in a process of progressive social change.” (Douglas Kellner, 2000)

In partnership with the University of Regina and the University of Saskatchewan, GDI operates three SUNTEP delivery sites in the province – Prince Albert, Regina, and Saskatoon. Their training combines a sound academic education with extensive classroom experience, and a thorough knowledge of issues facing students in our society.

SUNTEP fosters accountability and excellence not just of its students and alumni, but also within its own operations. This has included producing periodic ‘SUNTEP Update Reports’ and a report by

an independent consultant, The Saskatchewan Urban Native Teacher Education Program: Are the goals, principles, mandate and philosophy being realized?

As well, in 2007, Saskatchewan Ministry of Advanced Education, Employment and Labour commissioned EKOS Research Associates Inc. to conduct an evaluation of GDI programs, including the SUNTEP, for the period between September 2004 and June 2007.

The findings of these evaluations concluded that SUNTEP has consistently met or exceeded its goals. Today, SUNTEP graduates are viewed as role models for all students.

As Professor Michael Tymchak, a former Director of Northern Teacher Education Program (NORTEP) and former Dean of Education at the University of Regina puts it, “SUNTEP has been a major success story for GDI, SUNTEP and the Métis people of Saskatchewan.”

GDI congratulates the Class of 2011 and all 1003 SUNTEP graduates and wishes them well.

## Dumont buried at Batoche

• Continued from Page 14

Therefore, he, Michel Dumas and James Isbister brought Louis Riel back to Canada from the Montana Territory in order to negotiate with the federal government. Riel then became the undisputed political leader and Dumont, the military commander.

However, once the resistance broke out, Dumont knew that his force of 100-300 could not defeat the Dominion’s larger, better-equipped army, backed ultimately by the might of the British Empire.

Thus, despite successfully employing guerilla tactics and superior marksmanship at Duck Lake, against the NWMP, on March 25 and on April 24, at Tourond’s Coulée, against General Middleton’s forces, the Métis’ resistance was doomed. On May 9-12, the Métis fought an entrenched battle at Batoche against a larger, well-armed force. Tired and out of ammunition, the Métis valiantly succumbed to a hasty charge by Canadian volunteers. Thus ended Gabriel Dumont’s role as military leader.


After 1885, Dumont lived a varied existence: a political exile in the United States; a widower — Madeleine died of tuberculosis in October, 1885; a Wild-West Show performer; a brief stint as a political speaker in French-Canadian nationalist circles; a raconteur of the events of 1885, which he dictated in January 1889 and in 1902-03; a farmer — he received title to his land in 1902; and a hunter and trapper.

On May 19, 1906, he died suddenly at Bellevue, Saskatchewan, likely of a heart attack. He was buried at St. Antoine de Padoue Cemetery at Batoche.


## The Good Medicine Show

Artifacts and contemporary work from the collection of the Gabriel Dumont Institute, honouring the culture and history of the Métis.

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of Native Studies and Applied Research  
www.gdins.org

Planning by: Christi Holmberg



The staff of the Clarence Campeau Development Fund is expecting a boom in business tied to the resource industry.

## Campeau helps Métis entrepreneurs participate in resource boom

The resource boom in Saskatchewan is real and it is bringing business and career opportunities to everyone in the province.

To help Métis entrepreneurs and communities capitalize on the boom, the Clarence Campeau Development Fund has the Métis Energy and Resource Program to provide funding for community development initiatives, development of management skills and assistance to new and existing Métis businesses.

Two programs were developed under the program, the first being the Equity Contribution Program designed to assist

Métis entrepreneurs start, expand or acquire a business in the energy and resource sector.

The second program is the Community Business Infrastructure Program. This program is intended to identify and address the lack of capacity and infrastructure required to develop and sustain a Métis community owned business.

"We would like to add that there are partnership opportunities with businesses that are not Métis owned and operated

under the Resource Program initiative," states Steve Danners, Director of the Program for CCDF.

"If a business is looking for an investment partner, someone that can bring access to contracts, labour and money, we may be the right fit for you.

"We are excited with the new programs under MERP. We feel the timing

for this program could not be better given the economic position Saskatchewan is fortunate enough to be in," Danners says.

"We also believe strongly that the benefits and spinoffs from energy and resource should benefit all people of Saskatchewan, and that benefit can only be achieved through hard work, opportunity and joint ventures."

## Consultation demanded

First Nations in south central Saskatchewan are asking the provincial government to facilitate a meaningful consultation process between the Kawacatoose First Nation, George Gordon First Nation, Daystar First Nation, Muskowekwan First Nation, Beardy's and Okemasis First Nation, Fishing Lake First Nation and BHP Billiton regarding the Jansen Mine project.

Last month BHP Billiton told the First Nations they had until May 6 to respond to an environmental impact statement conducted on the Jansen Mine project.



GLEN PRATT

"The 30 day deadline notice is unacceptable. We want a separate consultation process in order for us to engage in meaningful discussions with the Crown and BHP Billiton," said Kawacatoose First Nation Chief Darin Poorman in a press release.

"We want to meet with the Province and BHP Billiton to establish a process so we can engage in these consultations."

The First Nations involved believe that the provincial legislation, regulations and policy fall short of mandating industry to consult meaningfully with First Nations on

the environmental impacts of their development and the impact it has on the First Nations' Aboriginal and Treaty rights.

The First Nations have been trying to consult with and negotiate an agreement with BHP Billiton, but believe a huge obstacle to negotiations is that the province has granted industry virtually free reign to begin its exploration program.

"First Nations are more than stakeholders here. We are rights holders that are constitutionally protected," added George Gordon First Nation Chief Glen Pratt.

"We have inherent rights to the land in our traditional territory. First Nations use the area for hunting, fishing and gathering. We have burial sites and other sacred and ceremonial sites located in the region too."

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# ROCANVILLE TOUR

As a sideline to the paper business, we also go out and talk to groups and businesses that want to learn more about Aboriginal issues. We recently had the good fortune to go out to PotashCorp's Rocanville operation to deliver some education seminars. While there we received an underground tour. The Rocanville mine is currently undergoing a multibillion dollar renovation. PotashCorp is investing billions of dollars into expansions at all of their mines in Saskatchewan. They estimate with the growth and in the mines production and with future retirements, they anticipate the need for over 600 workers in the next five years. PotashCorp mines are in Rocanville in the south eastern part of Saskatchewan by Moosomin, Alan, Lanigan, Patience Lake and Cory.

(Photos by John Lagimodiere)



Tour guide and Mine Production Supervisor Chris Machiniak (left) shows Winston McLean the emergency services ambulance. The vehicle is out fitted with first aid supplies, a stretcher and oxygen. The mines in Saskatchewan take health and safety very seriously and boast some of the safest mine working conditions in the world. They also have refuge stations throughout the mine site where miners can escape from smoke and other bad situations.



Richard Cozens is a Journeyman Miner Operator at the Rocanville site. After a 45 minute truck ride to his mining site, Cozens uses a laser, gauges on his machine, his eye and intuition to guide the giant miner. The machine has four giant discs with metal teeth on them that grind the front of the wall. The crushed ore is then channelled towards a conveyor belt that moves it to hoppers before it is shot to the surface 3500 feet above. Two workers join Cozens at his machine and they are kept busy adding conveyor belt posts and stringing plastic that helps direct air. There are literally hundreds of miles of conveyor belts in these mines.



One last glimpse out of the hoist before takeoff up to surface 3200 feet above. The trip takes 2 to 3 minutes to surface and your ears pop just like in an airplane. The lanes to reach the mine sites underground in Rocanville were smooth and wide and interesting to drive over except for the ceiling hanging about 9 feet above your head in spaces. That was a little disconcerting.



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Dan Peake, mine operator, Rocanville

# Northern labour market means opportunity for young, ambitious aboriginal workers

By Diane Adams  
For Eagle Feather News

In Saskatchewan's Far North, development in the mining industry could mean big opportunity for high school students looking to choose a career.

Twenty-nine-year-old Kathryn DeBruyne started her career as a summer student for Cameco in 2001. In ten years, she's moved up the ladder to environment specialist – and her company paid for her degree.

DeBruyne, a single mother, says she chose to work in industry because she's passionate about the environment.

"It's something that's really important to me being from the North, so environment was the field I really wanted to get into," she said.

DeBruyne is Métis and grew up in La Ronge. She says she always had a passion for math and science. After graduation from high school, she took two years of engineering physics, but realized what she calls "rocket science" was not for her. She says her summer job in mining helped her make the decision to go to college to be trained as an environmental monitoring technician.

"I love the lakes and trees," she said. "When I worked (at Cameco) as a summer student, the things that we did, we minimized waste, and tried to minimize our impact as much as we could."

DeBruyne was hired back at Cameco before she even completed the program. Once working, she was accepted into the company's career transition program and

enrolled at the University of Regina in Environmental Systems Engineering.

Cameco covered the cost of tuition, accommodations and books while she studied to be an engineer. They also paid her 80 per cent of her salary which she says helped her succeed while studying and caring for her young son.

Glen Strong says stories like DeBruyne's are not uncommon. Strong is the Community Relations and Training Coordinator for Points Athabasca. He says mining companies like Potash Corp, Cameco and Areva are looking at the northern aboriginal population to fill their growing number of vacancies.

"The aboriginal population is young, it's the fastest growing population nationally, so rightly so that they would look at those people to fill those positions," Strong said. "This is the best time in history, I think, for Aboriginal people to move ahead," he added.

Strong says aboriginal people need not worry about tokenism when it comes to being recruited in the North's booming industries. He says the days of hiring token aboriginal employees are over.

"It's not quotas that companies are going to take on," Strong said. "It's going to be the realization that these are the people to fulfill those places in the workforce."

Despite his optimism, Strong says there is still much work to be done before Aboriginal people can fully succeed in all areas of the industry.

"Unfortunately, right now, a lot of those positions aren't in the management positions or the technical positions," he said.

Strong says many Northerners aren't prepared for those positions because they haven't had access to quality math and science education. He says innovation thinking will help train the province's most northern – and isolated – residents in those all-important fields.

"They are bilingual, which really shows a lot of intelligence. They can do this. We just have to give them the tools to do it."

Strong says many residents already have a firm grasp of scientific knowledge.

"Even the dissecting, if you're going into sciences," Strong said. "They skin caribou all the time, they know what it's all about."

"But you have to go sometimes a little bit into their language, their type of thinking."

• Continued on Page 19



KATHRYN DEBRUYNE

+
Positive energy for  
**job creation**

# SRC cleaning up mining debris in North

Hidden in the rugged beauty of northern Saskatchewan, near Lake Athabasca, lie remnants of long-abandoned uranium mines and mills. The open mine shafts, deposits of mineral tailings and dilapidated buildings left behind tell a story of the province's first uranium mining boom.

Located near Uranium City, in the province's northwest corner, the uranium mines and small prospecting sites were developed and operated by private companies during the 1950s and 1960s. The exploration sites and mining operations were later abandoned with little consideration to environmental protection or aesthetics – a common occurrence in that era. At that time, there was insufficient environmental legislation in place to enforce site decommissioning.

While interest in the area's mines has faded, more than 50 years of mining debris continues to pose a risk to the local population and the environment. The Saskatchewan Research Council (SRC) is working to reduce that risk.

In 2006, SRC was contracted by the governments of Saskatchewan and Canada to manage Project CLEANS (Cleanup of Abandoned Northern Sites) – a multi-year, multi-million dollar project to remediate, or clean up, 36 abandoned uranium mine sites (satellite sites) and two larger uranium mine and mill complexes, the Gunnar Mine and Lorado Mill sites.

"The approach to mining fifty years ago was find the ore, get it out of the ground and get out. The remediation practices of the day were essentially non-existent," says Mark Simpson, an SRC geologist who has worked on Project CLEANS for the last four years.

The end goal of the project is to return the sites to a state that supports safe, future use by local residents for traditional purposes, such as hunting and fishing.



An aerial view of the buildings and structures left at the abandoned Gunnar Mine site. (Photo courtesy of the Saskatchewan Research Council)

To date, remediation work has been conducted at 18 satellite sites since work began in 2008, and will continue over the next three to four years. Due to the sites' remote locations, most of the remediation work can only be done in warmer months when the ice and snow have melted. Even with this challenge, SRC disposed of more than 1,500 cubic metres of debris during the 2010 work season; more than half the volume of an Olympic-size swimming pool.

In addition, the Canadian Nuclear

Safety Commission issued an order to SRC in July 2010 to address public safety concerns on the Gunnar Mine site.

The existing mine and mill sites have

During the months following the order, SRC developed and implemented a demolition plan and other documentation outlining safe work plans in accordance with the Canadian Nuclear Safety Commission order. Demolition activities included taking down more than 13 buildings and structures, cleaning up site debris and constructing a barrier around the open mine pit. Demolition activities have resumed in 2011 and will continue through to summer 2012.

Engaging the surrounding communities is also a high priority for SRC.

"We make every effort to ensure the communities are involved in the cleanup, especially by providing training and employment opportunities," says Tamara Yankovich, SRC's Remediation Manager, responsible for overseeing the Gunnar Mine site work.

"They want a safe environment for their families and for future generations, so that they can maintain their traditional way of life."

Although SRC has made significant progress, there is still a large amount of work to be done in the coming years. During the project's 2011 work season, SRC's main priority is safely demolishing buildings at the Gunnar Mine site to remove the remaining safety hazards.

Call 306-933-5400, email [media@src.sk.ca](mailto:media@src.sk.ca) or visit [www.saskcleans.ca](http://www.saskcleans.ca) for more information.

## Education key to tapping into robust resource job market

• Continued from Page 18

Despite the challenges, Strong says there's still numerous career opportunities for those willing to seek out some training.

"The opportunities that are open for them are fantastic right now, even with a Grade 12 education," Strong said.

Strong says that employees who show leadership and initiative can expect to get promotions and chances to work their way up to better positions. He added that companies will be looking for people who work well on a team.

"People who show those type of leadership skills are those people who are going to get promoted," Strong said.

"Not always (those with) the top education either – it's those who show the 'get up and go.'"

That's exactly what DeBruyne hopes to do.

"Having this position, there are so many doors that are open now, in different areas, project management, or senior level, but I need to work my way up there for sure," DeBruyne said.

DeBruyne credits Cameco for helping to open those doors.

"It was great. Having support of the company, my supervisor, it really made things easy and having them see that I was able to do it pushed me harder," she said. "They've gone above and beyond," she added.

DeBruyne hopes other aboriginal people will see her as a role model. She also urges people to get the education and training they need.

High school is the first thing, you really need to get your high school," she said.

"Find out what you want to do and go out and find the opportunities that are out there. There's tons of them."

hazards related to structures, contaminants and low-level radiation. Maintaining high-standards of safety onsite for workers and the public is a key component of the project for SRC.

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Saskatoon Public School Board Director of Education George Rathwell, Whitecap Dakota Chief Darcy Bear and School Board Chair Ray Morrison sign the education agreement. (Photo by Darla Read)

## Whitecap expands education agreement

A significant event in Canadian history is going to be a new element of a renewed partnership between the Saskatoon Public School Division and the Whitecap Dakota First Nation.

Earlier this month, the two parties renewed a Memorandum of Agreement that focuses on ensuring a smooth transition of Whitecap elementary graduates who go on to school in Saskatoon.

Whitecap Chief Darcy Bear says the agreement, which has been in place since 1995, means there are supports for students.

"If there is any barriers or challenges they are experiencing or facing, they have a place to go to or someone to contact and say, 'I'm experiencing these difficulties.' And, it's led to things like

having tutoring programs, so they can achieve their academic success we want them to see."

A new element to the agreement will come next year, marking the bi-centennial celebration of the War of 1812. Bear says, originally, Heritage Canada just had celebrations focused in Eastern Canada.

"We said this should be a story that should be told to the rest of Canada. This is about nation-building. This is the birth of our nation, the birth of Canada."

He says Heritage Canada has agreed to extend the celebrations to Saskatchewan, and Bear also notes the province is on-board with developing curriculum around the War of 1812 so students understand the key role First Nations people played in it.



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**SG**  
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# Atleo has long list of priorities following May federal election

By **Andréa Ledding**  
Of **Eagle Feather News**

**A**ssembly of First Nations (AFN) Chief Shawn Atleo held a national teleconference call one day after the federal election, after meeting with regional chiefs and executive.

"I think coming out of my discussion was a shared consensus we don't work with political parties we work with governments," said Atleo, adding priorities included "land claims, education, basic equity and fairness – building our economies, creating jobs, basic health and safety – and the real vulnerability that our people face."



**This break dancer performed at Rock the Vote at the Core Neighbourhood Youth Co-op during the federal election campaign. The event was initiated by the Métis Nation-Saskatchewan and the Federation of Saskatchewan Indians as their part to encourage First Nation and Métis people to vote in the federal election.**

(Photo by Darla Read)

Atleo said the Conservatives had a real accomplishment in their majority and the NDP made significant gains. Also notable was the victory of the Green Party's first elected MP, leader Elizabeth May.

"This election there was really, as always, a diverse range of participants by First Nations in the election – over 30 candidates – seven who self-identified as being Aboriginal who were elected," said Atleo. Some numbers were from Saskatchewan, including candidates in the northern riding of Desnethé-Missinippi-Churchill River, won by Conservative incumbent Rob Clarke, with 10,504 votes, followed closely by former FSIN chief Joseph Lawrence for the NDP at 9,715. Liberal candidate Gabe

Lafond, former treasurer for Métis Nation – Saskatchewan and Green Party candidate George Morin trailed behind.

Atleo said about 200 communities were contacted to encourage voter turnout. Both FSIN and MN-S hosted candidate forums in an attempt to engage electorate while increasing awareness of issues for candidates and elected officials.

"We were making every effort to make all candidates and parties see First Nations as the key if not the top justice issue in the whole country," Atleo said, adding almost every party responded in their platforms – Bloc, Liberal, NDP, and Green. The Conservatives only had a December agreement written by Harper, but he hopes moving from minority to majority, there should be no change to it.

"Maybe it could be moved along quicker."

FSIN Chief Guy Lonechild expressed hopes to those expressed by Atleo: a majority government could mean positive changes because now the power is there if political will exists. He also hoped funding to FNUC would be restored.

MN-S President Robert Doucette congratulated elected officials and activated Aboriginal voters sending a message about priorities to Ottawa.

"It's now about getting back to work. Now that we know the results we just need to pick up the relationship we've established with Harper and the government and the commitments he made," Atleo said, adding that Harper had written commitments he would be holding him to. "The opposition had progressive proposals to put forward – both the NDP and Green Party were listening. First Nations issues do count, not just to us but to the whole country."

Atleo emphasized basic equity and fairness in education – each First Nations learner receives an average of \$2,000 to \$7,000 less per person, a deep inequity "that will take more than a generation to close."

Other education issues include supporting all Canadians to understand past and present realities in a shared history, and become allies through understanding. Also key were a labour market gap and safe drinking water. Atleo pointed out when the prairies are flooding, emergency funds must be taken out of the same envelope at INAC as health care and education. He calls this "divide and conquer" – when 40 schools are needed and there are only funds for 12, it pits communities against one another.

AFN will continue to educate newly elected parliamentarians on the issues and look to solutions like First Nations auditor generals and ombudsperson or joint policy development such as the successful claims tribunal – and continue to reach out to all Canadians to raise awareness of the realities faced, from missing women to clean

drinking water.

"We inherited an Indian Act that hasn't served any of us. The treaties need to be honoured, respected, and implemented. Our population is so young, the majority of it. We cannot lose another generation," Atleo noted, calling for a First Nations/Crown Gathering.

"We need to get back to the treaty based relationship, which is nation to nation. We can't let another generation not be supported to achieve their full potential.

"We've got the fastest growing most dynamic segment of the Canadian population who are more apt to end up in jail than



**SHAWN ATLEO**

to graduate. We need to support them to lift themselves up out of poverty and create education and success.

"We're looking for a transformative agenda, and commitment must be expressed by political will."



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# Artist discovers works still resonate after three decades

An artist whose most recent exhibit consists of work from the past three decades says it's all still relevant.

Ruth Cuthand: Back Talk features Cuthand's work from 1983 to 2009 and is currently on display at Saskatoon's Mendel Art Gallery until June 12.

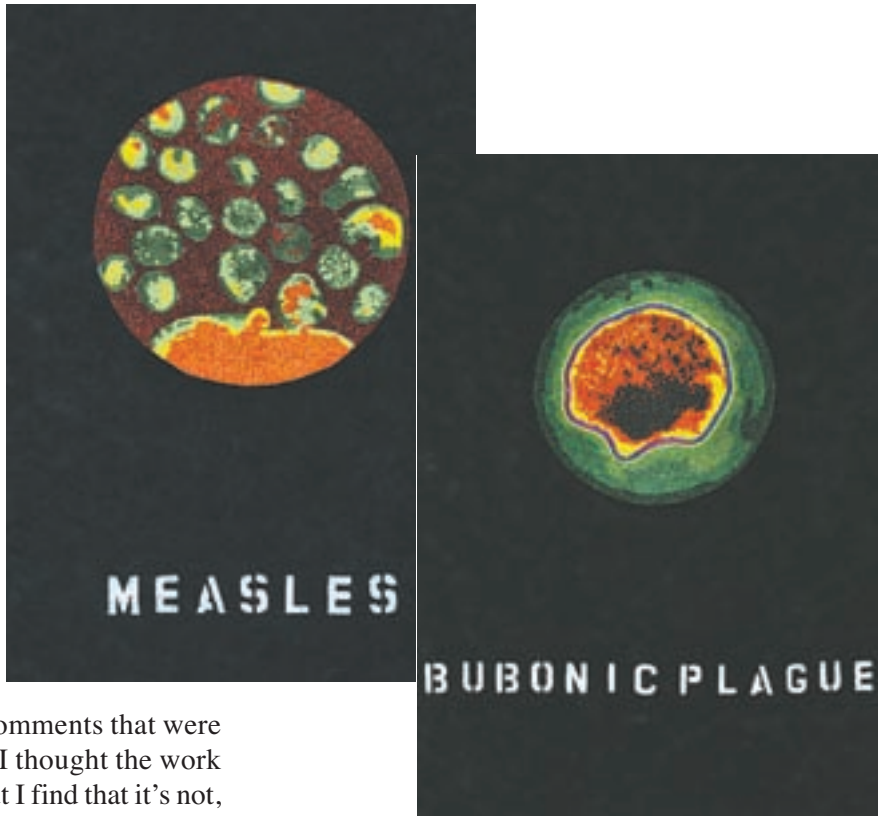
She says over the years, her work has stirred up lots of comments from people, remembering back to an exhibition in 1989.

"About how things have changed, and there's not so much racism in Saskatchewan," she chuckles.

She says when this exhibition opened, it was déjà vu.

"It's 2011, and at the opening, there were still the same kind of comments that were made, what is that, 20 years later. I thought the work would be maybe a little bit dated but I find that it's not, so not much has changed."

Cuthand's work explores issues around colonialism



Jason Chamakese is a self-taught musician making beautiful music. See Jessica Iron column on page 23.



Ruth Cuthand says her art educates and serves as a type of therapy.

and the relationships between First Nations and non-First Nations people. The exhibit also features the complete suite of 12 award-winning beadworks, the Trading series, that depict diseases on a cellular level that ravished First Nations after European contact.

Cuthand doesn't set out to inform but rather uses art as a type of therapy.

"And so I kind of do these sorts of cathartic things, but they really resonate with other people. It's not something like I set out to educate. It's something I do for myself that happens to educate other people."

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# Jason Chamakese is someone to watch ... and listen to

Christmas morning this past year, my whimsical mother began raving about a Saskatchewan flute player that I absolutely had to hear because he was "Sooo talented!"

Before we sat down to our dinner and gift opening, she insisted on creating a little neechie ambience and popped in Jason Chamakese's CD, Volume 2 - Native American Flute Songs. She was right. You hear that, Mom? You were right!

His music is positively hypnotizing. As I began writing this month's column I was having a particularly frenetic day and three extra-large mochas certainly weren't helping. But I put on Chamakese's self-titled CD and I was amazed at how quickly my nerves were soothed. I became unaware of time and space and felt as though I was instantly transported to a relaxing spa somewhere exotic. I mentioned this to my fiancé, and his response was, "Really? When I hear it, I feel like the Karate Kid." Haha.

It's hard to believe when listening to his songs that Chamakese is completely self-taught.

"I never had a teacher," says Chamakese. "I learned at my own pace, and I'm still learning to this day. When I began I listened to other flute players' recordings and often learned some of their songs. But as I progressed, I began composing my own

songs and learning to play the melodies from songs I learned from my parents and peers."

Most of his inspiration came from south of the border.

"My interest in flute playing really began when I heard a recording by a noted Lakota flute player, Kevin Locke," says Chamakese.

"His style of play was something I really enjoyed listening to and in addition to this, he told stories behind his songs or he would also sing the melody of the song he was playing."

Chamakese is a relatively new flute player. He bought his first flute 13 years ago for \$75 which he bartered for with CDs. His first paid gig was at St. Mary's School in Saskatoon in 2001. But it wasn't until 2006-2007 when he made his first album that he realized he could make a living as a musician. Then, opportunities began to materialize.

"My strongest memory, hands down, is playing at the Four Host Nations Pavilion during the Vancouver Winter Olympics. It wasn't so much being at the Olympics as it was realizing a dream I had set out for myself. In 2003, when they announced that the Olympics were

coming to Canada, I thought it would be really awesome to go there and perform and it happened."

However, you get the distinct impression that he doesn't play for all the glory.

"My inspiration comes from what I have learned about

being Nehiyaw, a Cree. It's a beautiful gift, this way of life. I'm proud of where I come from and I believe that comes through in the music I play on my flutes."

Although, if you search this province, there really aren't that many flute players.

"To my knowledge, Plains Cree did not have the flute traditionally," says Chamakese.

"There are no stories that I have heard that would support that we at one time had the flute in our history."

Interesting though, is how he has adapted the style to merge with traditional Cree stories and songs, into breathtaking arrangements. He is often accompanied by a hand drum singer.

"If I were to go by my favourite songs nowadays, I would lean toward the songs I play when I am accompanied by Robert Gladue, who is an exceptionally talented singer," says Chamakese.



Arts & Entertainment

Jessica Iron

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SIEF Conference: "Growing Together, Community..." will focus on First Nation Economic Development & Entrepreneurship and will consist of breakout sessions and a keynote address.

The SIEF Commemorative Calendar for 2012 will be unveiled at the conference showcasing our client business successes.

SIEF Customer/Client and Partner Appreciation Day will feature an outdoor picnic with various dignitaries and will offer entertainment and prizes.

SIEF Anniversary Golf Classic will be held at the new Legends Golf Club in Warman, SK.

We hope you will help to celebrate our success. We look forward to welcoming you at one or all of our events.

For more information, please contact:

Charlene Keewatin, Administrative Assistant  
Saskatchewan Indian Equity Foundation Inc.  
202A Joseph Okemasis Drive  
Saskatoon, SK S7N 1B1  
Phone: (306) 955-4550  
Fax: (306) 373-4969  
Email: [ckeewatin@sief.sk.ca](mailto:ckeewatin@sief.sk.ca)

SCHEDULED EVENTS

SIEF Customer/Client and Partner Appreciation Day  
Wednesday, June 15, 2011  
Noon - 4PM  
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SIEF Anniversary Golf Classic  
Thursday, September 8, 2011  
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Conference: "Growing Together, Community..."  
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# Mistawasis runner heading to Bolivia

By Jesse Robson  
For Eagle Feather News

Brandon Sand is a 17-year-old long distance runner. This May, his passion for running will take him to all the way to Bolivia.

Despite having the talent, Sand says that it's the support his parents have given him that has had the biggest impact on his success.

Sand is originally from Mistawasis First Nation. Now, he's living in Saskatoon with his family. He's thankful for the role his family played in his confidence as an athlete.

"My family always made sure they were the loudest ones cheering me on," he says.

His parents encouraged him to get involved in sports at an early age.

The first race he competed in was a 100-

metre dash at the First Nations Summer Games.

"I think I must've been 11 or 12 years old."

And, he was racing against his older brother.

"He actually beat me and that motivated me to take running seriously, so I could beat him," Sand says. Since then, he has taken it seriously.

Sand attends the Oskayak High School in Saskatoon. It was there that he got involved in long distance running. He entered a mini marathon with his school's running club. After that, his gym teacher encouraged him to keep running.

His trainer is Shannon Louttit, a Métis woman who has completed the Boston Marathon. Not only did Louttit teach Sand the ins and outs of long distance running but she's inspired him to one day run the Boston Marathon as well.

A living example of how aspirations can lead to incredible life experiences, Sand will be travelling to Bolivia to do more than just run. He'll be participating with a group called impossible2Possible (i2P). Sand, along with three other youth ambassadors will be running the equivalent of one marathon per day, for up to one week – that's over 250 kilometres. Sand has been selected from more

than 1,500 applicants throughout the Americas.

The i2P team will be broadcasting their journey using streaming video. In addition to the marathon and the streaming video, they'll be answering questions from students around the world, while conducting research in the remote area.

"I'm looking forward to that," Sand says, as he laughs with anticipation.

Running has played such a big role in the experiences Sand has had, but it's more than that.

"If I got upset or stressed out, I would go run. Running certainly helps clear my mind and helps bring focus. And not to sound lame, but it's an excellent way to stay in shape," he adds.

Admitting that running isn't easy, Sand says, "There are moments where I ask myself if I can finish the run or if I should quit. We call this hitting the wall."

In order to get past this Sand thinks about all the people who have doubted him in the past.

"I want to prove them all wrong."

"It's quite a commitment but it all pays off," Brandon says. He wants to see others get involved, like he has. "No matter your age or size, anyone can run. You have to start somewhere."



Brandon Sand, middle in blue, ran over 75 kilometres in one day as he and several honour runners joined Shannon Louttit for a run to honour Métis veterans during the Year of the Metis. They ran from Saskatoon to Batoche to kick off Back to Batoche Days. Now he is off to run in Bolivia. (Photo by John Lagimodiere)

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# Human body serves as inspiration for bodybuilder artist

By Andréa Ledding  
For Eagle Feather News

**M**étis artist and athlete George Gingras brings art to bodybuilding, and bodybuilding to art, when he combines his passion for both. At TCU Place Competition on April 27, to support both endeavours and give back to the community, he presented a painting to the bodybuilder who he felt posed best, Malcolm Clark.

“To be able to move fluidly, like water, which is soft yet can penetrate rock, is a real skill, and the best way to represent the ‘formless form’,” said Gingras.

His artwork would be priced about \$2,000 based on size and time put into it – and now that it's autographed by the inspiration behind it, probably worth more, he speculates. Based on Jay Cutler, a Mr. Universe who was the special guest presenter at the provincial competition, Gingras' work blended the male musculature of Cutler into a canvas form of artistic “posing” without being a formal portrait, but not quite an abstract painting either. The painting filled the large canvas with an artistic arrangement of Cutler's upper body.

In informal conversation after the presentation, which took place during the awards for the top bodybuilders at the Saturday night Gala on the TCU stage, Gingras said that in combining the two worlds of art and bodybuilding, he sees a lot of crossover.

“The human body is art, and inspiration for art. Body-building is an art which develops the human body in specific ways,” Gingras said, adding that he hopes to



**George Gingras has been able to combine art and bodybuilding, seeing the artistic values and similarities in both pursuits.**

(Photo by Andréa Ledding)

help develop a symposium in the next few years, maybe at the same time as his final art degree exhibit, combining the two worlds again.

“To be able to call in professors who could speak to art history, Greek sculpture, for the body-builders, and have available for artists the human form to study and sketch and learn from.”

Although he hasn't been competing recently, he is considering combining body-building with his final

exhibit for his art degree at the U of S. With two years left, his basement studio is filled with various artwork generated from classes, assignments, and commissions. Many of them incorporate elements of Aboriginal worldview with contemporary and traditional approaches – one more way he blends different worlds together.

He is also currently working at Wanuskewin, where he is able to use some of his skill sets and his knowledge base along with a flexible schedule for school.

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# Team Sask sweep icing on the cake

## • Continued from Page One

The boys' game was a fast-paced, heart-stopper. Team SK looked poised to win going into the final minute, leading 3-2, when Eastern Door and the North got one past Saskatchewan goalie Kamil Przepiorka, who's originally from Regina, with just 25 seconds to go.

Here's what went through his mind.

"Oh crap. To be honest, nothing really, just knew I had to keep calm, keep my composure. I knew we could battle back. We had a strong team and could easily take it in overtime. I did that first shot in overtime, I controlled, and I knew we were going to go from there."

He was right. Damien Kulynych scored just over six minutes into overtime.

"I just saw Jared Iron wind up for a big slap shot and I figured I'd better head to the net. I saw the rebound and I just poked it in. And, I can't remember much from that."

It was a huge relief for fans, and probably a huge relief for the boys. They had won the championships for the past three years, which put some extra weight on their shoulders.

"We've been hearing about it all week. Like, how we need to go for four in a row, and everyone's been gunning for us since the first year we won it. So yeah, there was a lot of pressure," says Kulynych.

Colton Laroque, who played on last year's winning team, also felt the target on their backs.

"There was definitely a lot of pressure because we won it three years before, so we wanted to keep it going, especially on home soil."

He also notes there was a bit of added pressure, since the girls won their game. He jokes the guys didn't want to be "one-upped" by the girls.

Coming into the tournament, the girls thought their toughest competition might be Team Manitoba, as that team won it last year. Team Manitoba lost the bronze medal match to Alberta 8-3.

The boys Team Manitoba also lost in the bronze medal match: Ontario won 6-3.

This event almost didn't happen. Saskatoon Tribal Council stepped up to host it when no other community



Team Sask's boys team celebrates their gold medal winning effort.

would. It was a last minute decision, which meant organizers only had about two and a half months to pull it off.

However, they say feedback from the event has been mostly positive.

NAHC co-chair Mark Arcand says the teams were pleased with the hotel they stayed at, because they got breakfast every morning, and they were also happy to each have their own bus for transportation, something that hasn't happened at past NAHC.

He says Team Sask sweeping the gold medal matches was the icing on the cake.

"We put on this event for them. So when they both won gold, it was like a satisfaction for us because we'd accomplish our goal, which was to have our kids play along with other kids from other provinces around Canada, and they all enjoyed the experience."

STC Tribal Chief Felix Thomas says this event is great not

only for those participating, but for any young person – Aboriginal or non-Aboriginal – who had the opportunity to watch the tournament.

"Gives them pride. Gives the kids a sense of hope that one day, if they stay in school and if they work hard, whether it's hockey or any other event, that they can be successful."

Saskatoon will be hosting the event again next year, and Arcand says planning will begin in the next few weeks.

He says the only downfall this year was the lack of seating for the final games, so he says for 2012, they hope to find a larger venue for the gold medal matches.

Anyone who wants to help plan or volunteer at the 2012 NAHC should contact Mark Arcand at 306-280-5394.



The girls Most Outstanding Player went to Jamie Fedler of Team Saskatchewan.

(Photo by Darla Read)



The boys Most Outstanding Player went to Kamil Przepiorka of Team Saskatchewan.

(Photo by Darla Read)

# Program delivers exciting results for Patti Bergen

Rookie body builder Patti Bergen recently took part in her first competition. We caught up to her for five quick questions with an athlete. Even though she didn't win, she loved the experience will continue on with her healthy lifestyle.

**Why did you get into body building?**

Last year a few of my friends from the gym competed at a Novice show in Prince Albert. I was very inspired by the amount of changes that occurred with them in terms of body image and their ambition to make changes with food and exercise. They had asked me last year to compete with them and I was not ready to take on the dedication and determination that would have been required. This year I was so eager and knew that if I had a specific goal in mind, I would do it. My goal all along has been to lose weight and feel great. That is exactly what has happened.

**What has been the most challenging part of the transition?**

I went from eating whatever I wanted, whenever I wanted, to eating clean. After a few months into the clean eating program it became very normal to eat this way but I definitely struggled throughout. My trainers, my fiancé, my family members and friends were all very supportive.

**What has been the most rewarding thing?**

I have always struggled with weight and body image and I can honestly and proudly say that I feel like a million dollars. Every time someone compliments me, I feel so grateful for the decision I made. In January my doctor told me I was finally within my BMI (Body Mass Index)



Patti Bergen has embraced a healthy lifestyle and is thrilled with the outcome.

range. A huge reward was that I completed all of my goals that I had set out for myself. I had many and I achieved them all.

**Did you have to buy new clothes? Was it fun?**

Yes I have had to buy some new clothes along the way. The best shopping experience I have had throughout this process is when I had to ask the store clerk to find me a size medium instead of a size large or extra large. I have not been a size medium in over 15 years.

**Any tips for someone who wants to get fit and feel good?**

If you want to compete or just lose a few pounds, then talk to someone about it. Talk to a personal trainer and someone who is able to create healthy meal plans. It is worth the effort to talk with a trainer for a few minutes because change will happen, it definitely did with me. I never thought I could feel so happy about myself and look at me now. It's all about determination and reaching a personal goal.

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# Annual Graduation Powwow

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## Dance Competition

Category	1st	2nd	3rd
Tiny Tots		Day Money	
Junior	\$75	\$50	\$25
Teen	\$150	\$100	\$75
Adult	\$300	\$200	\$100
Golden	\$300	\$200	\$100

## Drum Competition<sup>1</sup>

Category	1st	2nd	3rd	4th
Youth	\$400	\$300	\$200	\$100
Adult	\$1,500	\$1,000	\$800	\$600

<sup>1</sup>10 non placing drums honoured.

## Three-man Hand-Drum Competition

Category	1st	2nd	3rd
Youth	\$75	\$50	\$25
Adult	\$300	\$200	\$100

## Schedule of Events

- 9–10:45 a.m. Registration – singers, dancers, grade 12 graduates, dignitaries
- 10:45 a.m. Drum Roll Call (points will be awarded to all Adult and Youth drums)
- 11 a.m. First Grand Entry
- 11 a.m.–3 p.m. Campus Expo
- noon–3 p.m. Youth competition (singing, dancing and hand drum)<sup>1</sup>
- 4:30–6 p.m. Multi-cultural program and adult hand drum competition
- 5–6 p.m. Registration – singers, dancers, U of S graduates, dignitaries
- 6 p.m. Second Grand Entry
- 6–9 p.m. Campus Expo
- 7 p.m. Adult competition (singing and dancing)
- 10 p.m. Retiring of the Colors

<sup>1</sup> All youth competition and awards will be completed by 3 p.m.

### Masters of Ceremonies

Tom Christian  
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Sheldon Wuttunee

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