

# Eagle Feather NEWS

FREE

## Good food, great idea for neighbourhood

Nicole Ermine, Supervisor at the Good Food Junction shows off some of the staples that shoppers can pick up at the store located in Riversdale on 20th Street and Avenue L. (Photo by John Lagimodiere)



By John Lagimodiere  
Of Eagle Feather News

In the middle of a food desert, people suffer. Getting basic groceries becomes problematic and there is usually no good source for great food like fruit, dairy and neck bones.

Costs rise due to transport and the inability to drop by and pick up just a few items that you really need. Sadly, most food deserts occur in poorer neighbourhoods and impacts people who can't afford transportation.

Riversdale and Pleasant Hill in Saskatoon are a prime example. Recently, things improved significantly. Giant Tiger opened up and for the past six months the Good Food Junction Co-op has been serving people in the core.

The Good Food Junction Co-op is located in the new Station 20 West building and is a testament to community effort. The building was developed with little help from government and mostly on the back of community champions and donations.

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An Ontario court ruling is being praised by Justice Murray Sinclair.

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Victoria Marie Bourassa is a young goaltender but she already has her sights set on a hockey scholarship.

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Welcome to our  
Health & Wellness Issue  
Coming In March - Women's Edition

CPMA #40027204



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Heritage Park

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MC/STORYTELLER ERROLL KINISTINO

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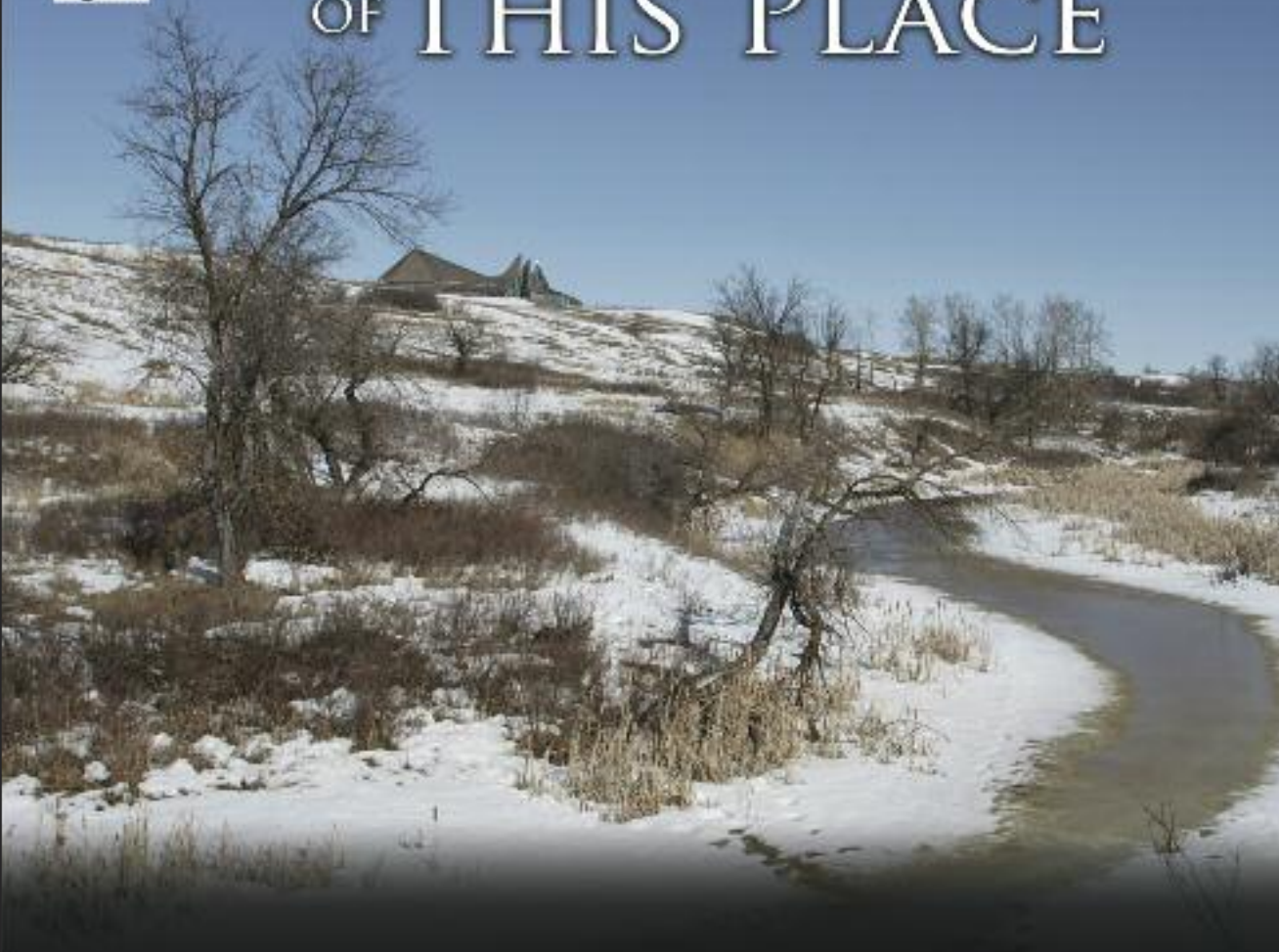
FEB 19 - 22	JULY 22 - 26
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JULY 8 - 12	AUG 12 - 16
JULY 15 - 19	AUG 19 - 23

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photos by: Dawn Marie Green



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- Dance Performance @ 2:00pm - Sat. & Sun.
- Cultural Programming @ 3:00pm - Sat. & Sun.

# Saskatoon Health Region making health care less daunting for Aboriginal patients



Maura Davies, President and CEO Saskatoon Health Region addresses the media as Gabe Lafond, Director of First Nation and Métis Health Services and Representative Workforce for the Region looks on.

(Photo by John Lagimodiere)

By John Lagimodiere  
Of Eagle Feather News

First Nations and Métis patients and their families will soon have better access to the health services they need in two Saskatoon hospitals. Strange language, weird procedures and lots of bureaucracy and rules have often led to bad experiences for Aboriginal patients from the North and for those with English as a second language.

This means patients are often being overwhelmed by the health system and it impairs their ability to heal properly, oftentimes costing the health system more than it should.

To address this issue work has started to create a First Nations and Métis health service in St. Paul's and Royal University hospitals. The service will provide clinical and traditional care. Health educators will facilitate navigation service, act as a cultural support, including the ability to interpret in a First Nation language, coordinate service and be a liaison person for those who request assistance. Elder Services will be a foundational piece of the First Nations and Métis Health Unit.

"This new unit is going to help us ensure that First Nations and Métis patients and their families are comfortable with the care they are receiving," says Maura Davies, President and CEO Saskatoon Health Region.

"Many of our First Nations and Métis patients come from outside the region and need extra support like access to interpreters to communicate with health care providers."

The development of this unit is an initiative of the recently created First Nations and Métis Health Council which is part of Saskatoon Health Region's Aboriginal Health Strategy. The role of the council is to advise the health region on changes needed to ensure facilities are culturally responsive and client and family centered for First Nations and Métis patients, clients and families.

Gabe Lafond is the Director of First Nation and Métis Health Services and Representative Workforce for the Region.

"We intend to hire a manager immediately and then three health educators," said Lafond during a press conference at St Paul's Hospital.

"The educators will work on the renal and medicine departments with self-identified First Nation and Métis patients. There are lots of challenges for these patients to work with the First Nation and Inuit Health Branch and some of the roadblocks to access to information and some of the administrative challenges.

"We will see what the demand is once the service is in place but we are sure that it will be high."

Aboriginal people are the highest per capita users of the health system in Saskatchewan. Diabetes rates are high and chronic health conditions are stressing the system. Many Elders don't have a good understanding of English and it creates frustration and extended stays.

"Our advocates will be able to address the language issues and translate for them," added Lafond who said that many of the recommendations came about after much research and long discussions with their partners at the Saskatoon Tribal Council and Métis Nation-Saskatchewan.

"This kind of service is not new in Saskatchewan. The Regina-Qu'Appelle Health Region has had a service like this for the last 30 years. It will be nice to get it off the ground here at the Saskatoon Health Region.

"By making this investment in service if we can shorten the length of stay for these patients with complex care and we can work with their families to get them home quicker, the patients and the Region will win."

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At PotashCorp, we have always been committed to the well-being of the communities in which we operate. First Nations and Métis people are essential partners in our future success. This is why we have pledged to strengthen ties with the Aboriginal community, to increase opportunities for First Nations and Métis people and businesses, and to continue our commitment to environmental stewardship.

See current scholarship opportunities at:  
[www.potashcorp.com/scholarships](http://www.potashcorp.com/scholarships)



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Mark Delorme, Rozarville

# Lots of sickness to report in health and wellness edition

This month is our health and wellness edition. Sadly we could almost fill an edition each month on some of the illnesses that prevail in the Aboriginal community.

A recent study noted that young First Nation girls are starting to show increased rates of Type 2 diabetes. This is scary. Type 2 diabetes occurs because of poor diet but many of these girls had moms who had diabetes while they were pregnant. Now you have to feel sorry for these girls because they are born into it and being fed by their parents. At the same time, many families have difficulty buying proper foods because of where they live.

Many northern and remote communities struggle to get affordable fruit, dairy and vegetables. Transport costs are high and the government tends to turn a blind eye. As the late great Jim Sinclair once famously pointed out, you can get a bottle of whiskey in the North for the same price as in Regina, but add on an extra \$5 for milk in the North. There is something wrong with this picture when we subsidize alcohol but not food.

In the inner cities, major grocery chains have spent the last two decades moving their stores to the suburbs forcing traditionally poor folks to take cabs and or busses to find affordable food and adding to the cost. So thumbs up to stores like Giant Tiger and the new Good Food Junction Cooperative for investing in inner-city neighbourhoods and trying to serve a group of people that were once deemed not worthy. And a big stink eye to the big chains, and yes, even the local Co-op that refused to move into the needier community and provide service.

...

Speaking of illness, I have noticed a bit of sickness on the old Facebook. With Idle No More elevating issues lately, there has been a bit of a backlash from the average Canadian citizen. Most of these people do not understand the issues and often post ignorant statements or call for an end to the Indian Act, or ask that everyone be equal or even to get rid of

the Treaties.

The reaction is fast and vitriolic often with people immediately labelling them racist. Those statements are not inherently racist, just ignorant (But at the same time I do see some absolutely racist postings that scare the heck out of me ... worst, though, is that these people are some kids' parents and the kids are learning this ... say hello to another damaged generation ... but I digress).

Once most Canadians learn the reality and how it all fits in the Constitution, they back down a bit and start talking rational. Now is the time in Canada for dignified and respectful dialogue on our history, present situation and on how we are all going to go into the future together. Attacking those that question Idle No More, Chief Theresa Spence or the Indian Act isn't the way to go. Do not stoop to the lowest level. Bring those people up to yours.

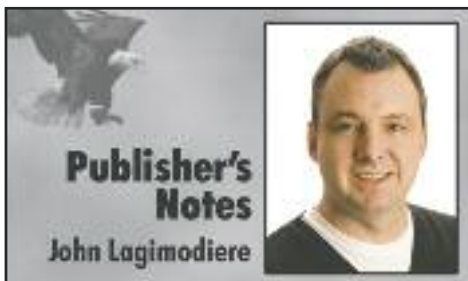
And ignore the racists, they just want a rise out of you.

...

Continuing on the theme of sickness, Patrick Brazeau has been dropped from the Conservative caucus of the Senate.



PATRICK BRAZEAU



Besides regularly embarrassing the government with his childish antics, snide comments, Twitter feuds, sketchy dealings with Senate living allowances and a horrible attendance record, it took a domestic violence incident for the Conservatives to finally kick Stephen Harper's pet Indian out of their Caucus.

It is long overdue. This man's behavior has been so erratic he needs to be evicted from the Senate. But just think, as an independent Senator he has the potential to make almost \$5 million dollars in his lifetime. \$5 million and have a job until he is 75 all because Brazeau endorsed Stephen Harper when he led the Congress of Aboriginal People. This is a great reflection of our Prime Minister's judgement. We vote bad.

...

Speaking of people that punched out Patrick Brazeau, Liberal Leadership candidate Justin Trudeau made a whirlwind pass through Saskatchewan recently. He stopped and visited First Nation and Métis leaders and spoke at several Liberal gatherings.

You got to say, he sure is pretty and has great hair. He says lots of things too, but as one Métis leader said off the record, he doesn't say much of anything with substance. We are sure he is being super careful to not say anything that the Cons Gang can use in an attack ad to make him look bad once he wins the Liberal race, but a man's got to stand for something and Justin better start telling people what that exactly is.

I also wonder what kind of shampoo he uses; maybe he could tell us that.

...

Excitement is also building in Saskatoon as the Indspire Awards come to town on February 15. Not only is there an awards show, the entire week is filled with engaging events for youth, designed to inspire them into post secondary education.



JUSTIN TRUDEAU

So heads up this week as students at SIAST, SIIT and the U of S will have many young people come through experiencing post secondary education for the first, and we hope, not the last time. We can't wait for the show, the set, the talent and the dignitaries. It is going to be a fun week.

...

Last but not least, we have never seen kerfuffle on the Hill in Ottawa like we did in January. The impassioned speeches, the rallies, the tears and the grandstanding and politicking was absolutely fun to watch. And that was just at the Assembly of First Nations meeting on January 10!

There was lots of speculation that the AFN was finished and that Shawn Atleo was going to get a dagger in his back (his people kept a sharp eye on Pam Palmater you bet!) Anyhow, once the dust settled and National Chief Atleo came back from his sick leave, he actually came out looking like a very pragmatic and forward thinking leader.

Job well done, National Chief.

...

Hey, we will see you next month for our annual Women's edition ... which also happens to be our 15th anniversary too! Come looking for big surprises and a long overdue announcement. See you then.

**Eagle Feather NEWS**

Box 924 Saskatoon, Sk S7K 3M4  
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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 Canadian subscription rate is \$25 per year, \$26.25 with GST. Bulk subscriptions are also available, call our office for details. Subscription requests can be mailed or faxed to our office. Forms are available on our website.**

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**This issue printed on: February 9, 2013 Next issue to be printed on: March 10, 2013**



JENNIFER CAMPEAU

## Premier Wall announces secretary appointments for Campeau, Lawrence

Premier Brad Wall recently appointed a number of new Legislative Secretaries with responsibilities for specific important policy areas. Included were two Aboriginal MLAs. Jennifer Campeau has been named Legislative Secretary to the Minister of Education (Anti-Bullying Initiative), and Greg Lawrence named as Legislative Secretary to the Minister of Social Services (Foster and Child Care).

“By making these appointments, we are aligning the depth of talent and experience in our caucus with the priorities and challenges facing our government,” Wall said. “I know that each of these MLAs will provide a valuable service to their Minister, to the government and most importantly, to the people of Saskatchewan.”

Wall said he has asked Campeau to also chair a new Premier’s Aboriginal Youth Task Force.

“Jennifer has already had many discussions and meetings with First Nations young people and I look forward to hearing their ideas and perspectives on improving economic opportunities and quality of life for aboriginal youth in our province,” Wall said.



GREG LAWRENCE



Prince Albert Grand Council Chief Ron Michel addresses Aboriginal Affairs and Northern Development staff at an invite only education consultation meeting in Saskatoon that was crashed by PAGC and FSIN Chiefs and allies. This photo was snapped just before the media was politely ushered out. (Photo by John Lagimodiere)

## Chiefs stand up to Conservative gov’t

Much to the chagrin of Aboriginal Affairs and Northern Development staff, the Indians weren’t doing as they were told. Led by Grand Chief Ron Merasty of the Prince Albert Grand Council, several Chiefs from the PAGC, the FSIN and other concerned citizens stormed a meeting hosted by AANDC.

The meeting was an invite only affair to get feedback on AANDC’s proposed education legislation. The sneaky Cons Gang have been using events like this to say that they have ‘consulted’ with the Indians on legislation.

The Chiefs stood up and said no. Ron Michel and several Chiefs made statements about Indian control of Indian education. Shoal Lake Chief Marcel Head summed it up succinctly: “This government is a dictatorship. They are not properly informing nor consulting.”

NEW FUNDING DEADLINES

## Funding Available for Cultural Activity

SaskCulture offers a variety of funding programs to support cultural activity in communities throughout Saskatchewan.

**Métis Cultural Development Fund**  
In partnership with Gabriel Dumont Institute, this fund supports community-based cultural activities and initiatives that preserve and pass on the Métis culture and traditions.  
New deadlines: April 30, October 31

**Aboriginal Arts & Culture Leadership Fund**  
Aims to increase capacity in Métis and First Nations communities through the development of arts and cultural leadership opportunities involving youth and mentors.  
Deadlines: April 15 and October 15

**Capacity Building Grant**  
Supports capacity-building opportunities in existing, new and emerging cultural organizations.  
New deadlines: May 7, October 15

**Multicultural Initiatives Fund**  
Supports, multicultural, ethno-cultural and Aboriginal cultural initiatives and activities, as well as initiatives that contribute to the advancement of cultural understanding in Saskatchewan.  
New deadlines: March 15, September 30, January 31

For more information, contact Damon Badger Heit at (306) 780-9251 or toll-free at 1-866-476-6830, email: [dbheit@saskculture.sk.ca](mailto:dbheit@saskculture.sk.ca), or visit [www.saskculture.sk.ca](http://www.saskculture.sk.ca).



CULTURE BUILDS COMMUNITY

# Lifting the fog on the Daniels case

Seldom have I seen or heard media reporting as bad as the public was fed on the recent Daniels case.

Prominent TV stations reported that the federal court decision meant the federal government would incur huge costs in providing the same programs and services to Indians and Métis who are not recognized in the Indian Act as they now do for the latter. At least one TV station went so far as to interview a representative of the Canadian Taxpayers Federation who got his shorts in a knot about the increasing costs of maintaining peace with indigenous people in Canada. Let us get a few things straight right at the beginning.

The Daniels case is a trial level decision that is being appealed, first to the Federal Court of Appeal and from there likely to the Supreme Court of Canada, with the result that little if anything may be expected to result from it for several years at least.

The Daniels case decides that s. 91(24) of the Constitution Act 1867 which gives the federal Parliament exclusive authority (not responsibility) to make laws about the subject-matter of 'Indians' includes within its scope Indians and Metis people who are not included in the Indian Act.

The Daniels case is NOT about:

- Programs and services and what any

government ought to do about them.

- Aboriginal rights or Treaty rights.

- The meaning of s.35 of the Constitution Act 1982.

- The Indian Act or any entitlements or obligations in it.

It is hard to explain the reasons for the gross and widespread

misunderstanding of the case. Surely some of it must be related to the complex nature of constitutional issues. Some of it must be due to the unacceptable level of uncertainty that Aboriginal people must live under in Canada because of the lack of developed law that applies to them.

Certainly some of it is due to the influence of politicians who dismiss the meaning of the Rule of Law when it comes to the rights of Aboriginal peoples. A case in point is provided in the report of the Daniels case where the federal justice minister's pompous pettifogging in reply to a question by Harry Daniels amounts to saying that he does not care or want to know what s.91 (24) means. This attitude should be of great concern to all Canadians. The law of the Constitution binds governments and courts and determines what governments can do and

cannot do and it is dangerous to have a government that has little interest in what the constitution provides.

Another issue that should arouse great public concern is the unconscionable obstruction of litigation on behalf of Aboriginal people by federal government

lawyers, all funded of course by the government's pipeline to your wallets via its convoluted taxation system. The federal government fought every inch of the way, and brought indefensible motions to the court over many years in a number of earlier versions of the Daniels case, seeking to avoid a court decision. The federal lawyers came back three times with the same kinds of arguments and were shot down by the court each time.

When it comes to the litigation limbo, it is hard to go lower than federal government lawyers. Presumably these lawyers are acting under political instructions, in which case one feels sorry for their having to say things they must feel morally incapable of supporting. And in case the reader is tempted to interpret this as bashing the current federal government, let me quote what was said in an earlier Daniels tussle in the courts in 2002 when the

lawyers, acting for a government of a different political stripe tried to get the judge to agree to toss the case out. "I would remind the Crown ... that unreasonable difficulty ought not to be thrown in the way of procedures in which claimants, acting bona fide, bring questions of great importance to the courts in order to obtain declaratory relief."

One of the issues on which the court faltered and which one hopes may be redressed on appeal is the 'race-based' concept which the judge applied to the jurisdictional power under s.91 (24). As a trial judge he may have felt bound by the Supreme Court of Canada's own similar racist views in the earlier Canard case. However his protestations about politically-correct language are washed away by his reliance on the concept of 'race' to arrive at his decision.

Another question that may interest readers is how safe is the legislation behind the Alberta Metis Settlements after Daniels? It seems that the issue has probably been decided in the Supreme Court decision in Cunningham which characterized the Settlement legislation as a valid 'ameliorative' program saved by the Charter of Rights.

Regardless how this issue is ultimately decided, it is clear that traditionally the courts will not render decisions that will upset long-standing rights, interests and expectations.



Comment  
Paul Chartrand



## Arts Board Deadlines

The Saskatchewan Arts Board announces the following deadlines for applications to programs that support the work of Saskatchewan artists and arts organizations:

**Creative Partnerships - Explorations\***  
Deadline: February 15, 2013

**Independent Artists**  
Deadline: March 15, 2013

**Indigenous Pathways Initiative - Grants to Artists**  
Deadline: March 15, 2013

**SaskFestivals - Multi-Year and Annual\***  
Deadline: April 15, 2013

**Creative Partnerships - Innovations\***  
Deadline: May 15, 2013

**Premier's Centennial Arts Scholarship**  
Deadline: May 15, 2013

For grant descriptions and applications, visit:  
[www.artsboard.sk.ca/grants](http://www.artsboard.sk.ca/grants)

**APPLICATIONS AND SUPPORT MATERIAL MUST BE POSTMARKED ON OR BEFORE THE DEADLINE DATE UNLESS OTHERWISE INDICATED.**

*\*Funded in part through the financial assistance of SaskCulture Inc., with funding from Saskatchewan Lotteries Trust Fund for Sport, Culture and Recreation.*

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or call at 659-7311



GREATER  
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# Fort Qu'Appelle region introduces new doctor

The All Nations Healing Hospital (ANHH) along with the File Hills Qu'Appelle Tribal Council have proudly introduced Fort Qu'Appelle and area's newest family physician, Dr. George Tuwor.

Dr. Tuwor comes from United Kingdom and practiced in the Shetland Isles for 15 years prior to coming to Canada. Dr. Tuwor and his wife, daughter and son arrived in Fort Qu'Appelle mid December.

"After discussions with a recruitment team and a visit to Fort Qu'Appelle this past June, I determined there was a greater need for a physician here," said Dr. Tuwor a family physician.

"Since our arrival, I have literally hit the road running. This is a very busy practice and I am looking forward to working with the team of local health care professionals."

The All Nations Healing Hospital in Fort Qu'Appelle, serves a wide geograph-



From left All Nations Healing Hospital Executive Director Gail Boehme, Dr. Tuwor, File Hills Qu'Appelle Tribal Council Chairman Edmund Bellegarde and recruiting firm Waterford Global Inc CEO Karen Swystun at the press conference to welcome Dr. Tuwor.

(Photo Cherish Francis)

ic area in southeast Saskatchewan. Its catchment area has over 20,000 permanent residents with that number increasing to 100,000 during the summer months. Since 2009, ANHH has been the only 24/7 emergency hospital in the Regina Qu'Appelle Health Region rural west service area.


"After a highly successful focused recruitment process we are delighted to

have Dr. Tuwor and his family here and we are working with him in meeting the needs of our clients in our communities. He is an excellent addition to our team," said First Nations Health Services Executive Director Gail Boehme.

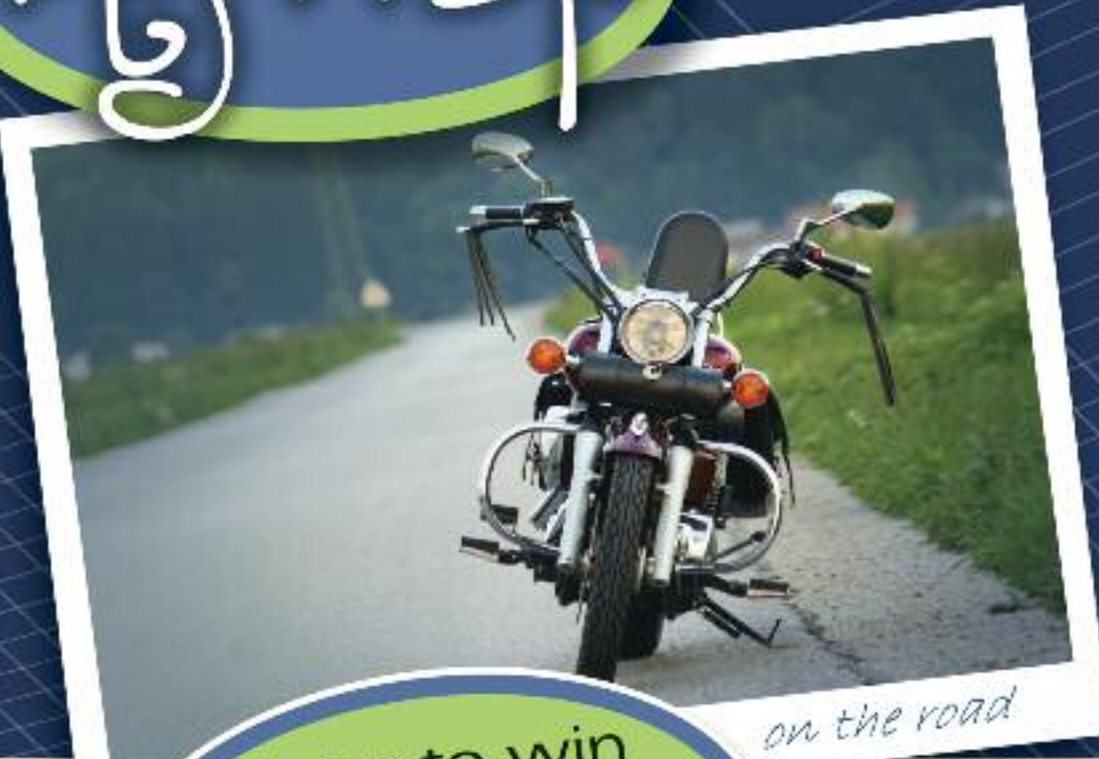
"The All Nations Healing Hospital was in desperate need of a full time permanent family physician and we independently recruited Dr. Tuwor without

any help from government," said File Hills Qu'Appelle Tribal Council Tribal Chairperson Edmund Bellegarde.

"Our organization's founding principles recognizes our Treaty Right to Health for our First Nations. We will continue to ensure the All Nations Hospital provides the best health services for both First Nations and non First Nations in the Fort Qu'Appelle area."



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Contest closes 3:00 pm March 1, 2013

# Food Junction takes care of customers

## • Continued from Page 1

In February, they finally hit six months in existence and after a slow start are beginning to hit their stride.

"We are still in a growth period," says Ralph Winterhalt manager of the Good Food Junction.

He has 16 years in the grocery industry and he knows the importance of bringing in what the people want.

"We opened in September and it has really been an evolution for us to pick the right product mix of what community members want to see in their grocery store. Some products we have added are gluten free bread, rice flour and gluten free flour. And of course neck bones!

"People in the neighbourhood are quite pleased that we have neck bones and we have sold quite a few."

The staff of three full-time and one part-time employees keeps the store very clean and bright and they pride themselves on their customer service.

"The best thing about working here is the community and people," says Nicole Ermine who is a supervisor.

"I like meeting new people and seeing new faces

every day and learning the neighbourhood. I like the job as it is full time employment and it keeps me busy and out of trouble.

"I like being busy. I have to be out and about, not sitting at a desk. It's good taking care of the people and the other staff."

The location of the store has allowed many people to abandon cabs and busses for their regular grocery trips, but the challenge for the store has been the product mix.

"We may have smaller quantities because we are a smaller store, so rather than having 32 things of condiments, we only have 14. But the things that you want we have them in the store for you, or we will bring it in," added Winterhalt.

The feedback from customers has been positive because of the service, location and product mix, including neck bones.

"Lots of people don't have transportation and would rather walk or take the bus and save money. This allows the elders and senior citizens around the area to come in



here and grab their milk or a loaf of bread or whatever they need," said Nicole Ermine.

"And they come to see us. We are friendly, helpful, have everything you need and we look forward to having them back. We take care of our customers."



## 12th Annual SIMFC Jigging Competition

4:00 - 5:00 pm  
Introductory and advanced  
warm-up jigging workshops

5:30 - 6:30 pm  
Soup and Bannock

6:00 pm  
Registration

7:00 pm  
Competition



Friday March 8, 2013



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Golden Age

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no later than midnight, April 12, 2013

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# First ever We Day Saskatchewan welcomes Sheen, Hedley

Free The Children founder, Craig Kielburger, alongside Luke Bilyk and Aislinn Paul from the hit television series *DEGRASSI*, and Lee Knafelc, Vice President of Human Resources and Administration for Regional Title Sponsor PotashCorp, recently announced the highly anticipated lineup of world-renowned speakers and performers set to inspire 15,000 youth and educators from more than 300 schools at the first ever We Day Saskatchewan.

Hundreds of enthusiastic students from schools across the region gathered at St. Joseph's High School in Saskatoon to hear the news and to celebrate the commitment they have made, through the We Act program, to take action locally and globally to create positive social change in the world. Among the star-studded lineup are JUNO and MMVA award-winning recording artists Hedley and Shawn Desman, Mia Farrow and legendary actor and activist Martin Sheen.

"As a long-time supporter of Free The Children, I'm excited to be a part of We Day Saskatchewan and help provide youth with the knowledge, support and confidence to become leaders in social change," said Sheen.

"We need to send the youth of today a message that resonates and reiterates

that one person can make the difference of a lifetime".

Free The Children is an international charity and educational partner that has more than 1.7 million young people involved in its programs. Founded in 1995 by international activist Craig Kielburger, Free The Children believes in a world where all young people are free to achieve their fullest potential, and empowers youth to remove barriers that prevent them from being active local and global citizens.

Its international projects have brought more than 650 schools and schoolrooms to youth and provided clean water and sanitation, health care and food security to one million people around the world, freeing children and their families from the cycle of poverty.

Believing in the power of youth to make a difference, the lineup of performers and speakers will come together to address pressing world issues and ignite the students' passion to be a part of the solution. Leading the electric crowd will be host, television personality and recording artist, Jesse Giddings, along with internationally acclaimed children rights activists and founders of Free The Children, Craig and Marc Kielburger.

We Day is a stadium-sized educational event and the movement of our time



Oskayak students surround activist and Free The Children founder Craig Kielburger (green T-Shirt middle) at the announcement for We Day.

(Photo by Dawn Deguire)

– a movement of young people leading local and global change. We Day is tied to the year-long We Act program, which offers educational resources, campaigns and support materials to help turn the event's inspiration into sustained activation. Together We Day and We Act provide a blueprint to raise a generation of active global citizens.

"We Day proves to youth that a better world is possible and they are not alone in their commitment to social justice," explains Kielburger.

"It isn't just a day, it's a movement

sweeping this nation. Last year alone, together, students across North America who committed to the We Act program raised \$6 million for local and global causes and volunteered 1.7 million hours of their time.

"With the support of Regional Title Sponsor PotashCorp and other wonderful community companies and organizations.

"We Day is now a reality in Saskatchewan. I can't wait to see how these young people taken action!"

We Day happens Wednesday, February 27 at Credit Union Centre in Saskatoon.

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# UN visit stresses value of good nutrition for students

By Fraser Needham  
For Eagle Feather News

A group of inner-city kids in Saskatoon are learning about the importance of nutrition in their own community and developing countries around the world.

As part of International Development Week, officials from the United Nations World Food Programme and the Canadian International Development Agency visited W.P. Bate School in February.

The UN world food programme and CIDA chose the inner-city school to launch a photo exhibit showing the benefits of the WFP in developing countries around the world.

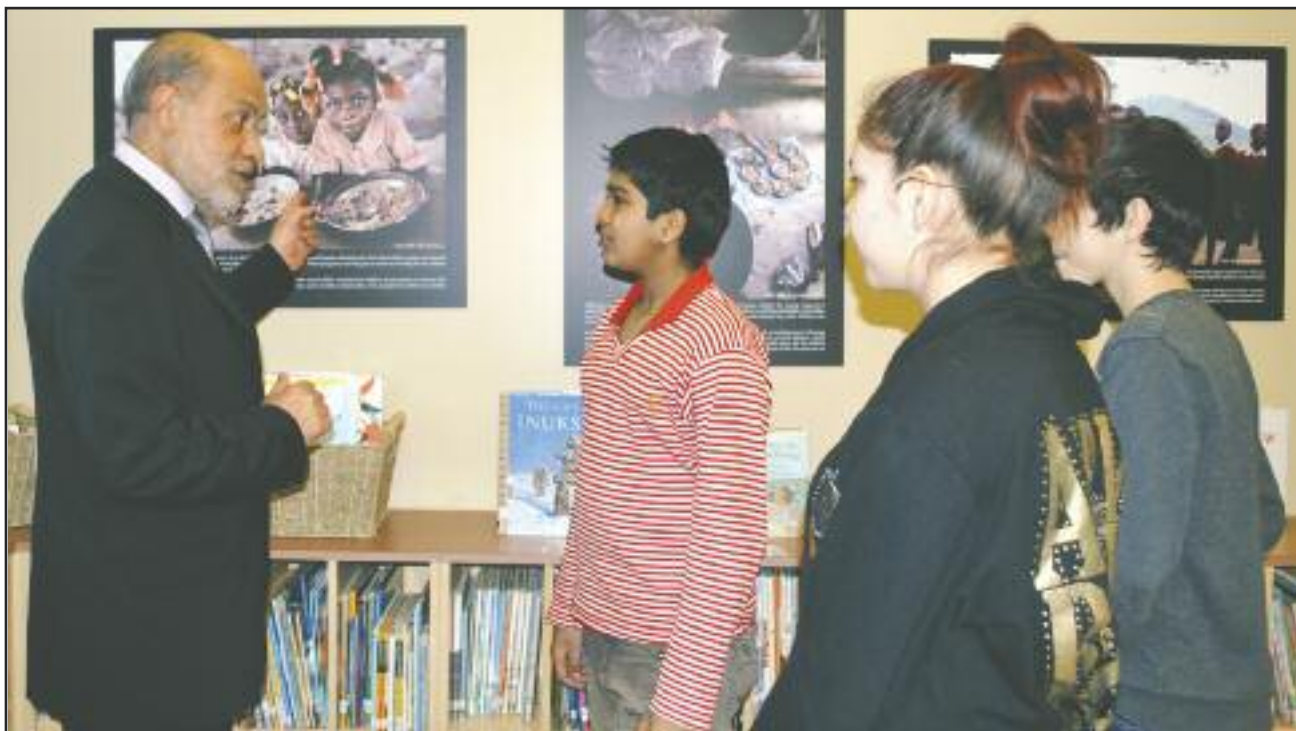
Behind the United States, Canada is the second largest donor to the World Food Programme and is part of a five-year strategic partnership with the WFP that will see \$225 million go toward the funding of healthy meals for 26 million school children in 60 developing countries around the world.

The organization estimates it costs about 25 cents a day to fill a cup with porridge, rice or beans and a child in a developing country can be fed for \$50 per school year.

The photo exhibit is being showcased in schools across Canada and includes interactive lesson plans to help teachers explain to their students about how school meals can change the life of a poor and hungry child forever.

Ramiro Lopes da Silva is the assistant executive director of the United Nations World Food Program. He says the nutrition a child receives from inception to the end of the first 1,000 days of its life is critical in terms of development.

"It impacts fundamentally on the brain and on the health of that individual," he says. "It is an intellectual capacity issue but also a physical capacity issue. And in



Assistant Executive Director of the United Nations World Food Programme Ramiro Lopes da Silva shows students at W.P. Bate School in Saskatoon the importance of maintaining a healthy diet. Lopes da Silva was in Saskatoon on Feb. 5 as part of International Development Week and to launch a photo exhibit showing the importance of school meals in developing countries. (Photo by Fraser Needham)

reality this impacts on the economic growth of these countries."

Lopes da Silva estimates developing countries can lose as much as four per cent of their potential gross domestic product per year because of child malnutrition. He adds girls are the most vulnerable to malnutrition in these countries and children often miss large segments of the school year as they stay home with their parents and try to produce food.

Jan Butler, principal of W.P. Bate School, says the school has its own challenges trying to ensure students are receiving the nutrition they need on a daily basis so

they can learn within a healthy environment.

"Many of our students struggle financially in the home and many are newcomers to Canada," she says.

"And, it is important that you are properly fed so you can learn."

Butler says for these reasons the school provides breakfast to about 25 students, a universal snack at recess and lunch to about 125 students on a daily basis. Funding for the meals is provided by the Saskatoon Public School Board and the Potash Corporation of Saskatchewan.

"We have a saying, 'Hungry tummies don't learn,'" she says.



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# Fat chance chubby folks won't be chastised

Most people don't take kindly to discrimination these days. Watch the news and you'll hear some public figure apologizing for racist remarks. But have you ever heard a public outcry when someone is discriminated against for being fat? Probably never!

I have been overweight most of my life and the insults I've had to put up with are disgusting. Society, it would seem, has a real issue with people who are obese, fat, overweight, chunky or whatever term is used to describe someone who is bigger than average. There is widespread contempt for people who are fat. In fact, most people blame the overweight person for their weight issues.

"They should stop eating so much, it's their own fault they are fat."

A popular theory is that fat people lack the will power to control their weight. But do these same people consider the possibility that medical conditions may be the cause? Maybe it's genetics? I doubt that the average person entertains any other explanation than the fat person just eats too much. Did you know that some medicines can make you gain weight? Imagine how these people feel knowing that the very drugs intended to help them with their medical diagnosis

are also the reason they are gaining weight.

Have you ever gone to an all you can eat buffet? Now imagine going to fix your plate and having everyone in the place staring at you and watching you eat. It's insulting, demeaning and downright ignorant! It's acceptable to have a thin person fill their plate but watch the way people look at an overweight person; many people have an expression of disgust on their face as if the fat person is actually doing something offensive. Get a grip people and mind your own plate.

Don't get me wrong I am not defending unhealthy choices. Some of us live on junk food and get very little or no exercise and this is a recipe for early death. I am not promoting this lifestyle. What I am saying is that it is not okay to poke fun, make rude remarks or discriminate against people who are overweight.

So as the old saying goes, "If you don't have anything nice to say then don't say anything at all."

There are many organizations making millions of dollars on the latest

diet fad. There are reality shows like The Biggest Loser that do nothing more than add fuel to an already burning fire. Why does society have a morbid curiosity with people's pain? Do thin people feel better about themselves when they make fun of fat people?

Obese people can be tormented by their own family, friends and spouses. They often suffer from depression, low self esteem and are more than twice as likely to face discrimination when seeking employment.

The average North American is overweight yet television programs and magazines show us images of the minority of the population – the thin people. What is our obsession with thinness? Why on earth do clothing stores sell clothes with a size zero? Being overweight is not contagious so stop treating the overweight people like you're afraid you'll catch it. With more and more people being overweight you would think that attitudes around obesity would be changing but they are not. In fact I would say it's getting worse.

In one study of obesity in the United

States, researchers at Yale University searched through medical studies on weight bias and found that over half of the doctors surveyed viewed obese patients as "awkward, unattractive and ugly." Some doctors went even further and painted the obese as "weak-willed, lazy and sloppy."

So it appears that even our own doctors have a fat phobia – ever sick!

I recently traveled to the Caribbean. My 'skinny' friend and I were walking down the street when we heard these men whistling at us. I assumed they were whistling at my friend but guess what? They were whistling at me! That's right – voluptuous me. North Americans are obsessed with thinness but places like the Caribbean, South America and Africa appreciate women with a little meat on their bones. So put that in you pipe and smoke it.

Let's get real with the images we show to this society, we are not all a size four. Overweight people can live happy successful lives and it's time to stop picking on us.

I thank you for your letters and emails. You can write to me at Eagle Feather News C/O Sandee Sez PO Box 924 Station Main Saskatoon S7K 3M4 or email Sandra.ahenakew@gmail.com



Sandee Sez

Sandra Ahenakew



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- Demonstrated ability to develop, support and to motivate a team of First Nations and Métis staff in order to fulfill organizational mandate.
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- Strong strategic thinking, visionary, creative, solutions-based focus.
- Ability to speak or understand a First Nations or Métis language would be an asset.

For detailed specific information, contact Rosanne Glass at (306) 655-3950.

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## TWEAKS FOR HEALTHY EATING

With the holidays behind us, many people are looking to "make a change" in their lifestyle habits. Completely overhauling eating patterns and exercise routines is not realistic to our lives and, in-the-end, not very sustainable over time. Cheating on your diet or skipping an exercise session often leads people to feel disappointment and failure. Quitting often follows feelings of failure. The best way to make a change is to "tweak" what you are already doing. Small changes in your lifestyle habits can have HUGE impacts in health outcomes.



#### SOME TIPS:

- Add nutrition to your meals with vegetables
- Use healthy cooking methods such as steaming or grilling
- Substitute salt with spices and/or herbs
- Substitute sugar with cinnamon, vanilla or fruit to add sweetness
- Choose a polyunsaturated or monounsaturated fat versus Trans or saturated fat (examples to try: non hydrogenated margarine, plant oils, and fish oils).
- Amp up the fibre – use brown rice and whole wheat products including flour, pasta, and bread.

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# Appreciating the gift of medicine

I've heard it said that morning is the universe shrugging itself into wakefulness. I like that thought. I like it because it suggests that it's possible to be part of that event every day.

I like it because it promises a fresh start, with a new approach and a new spirit to every day. Just like waking up from a good, sound sleep, you become aware and then you rise and move into the day with hope, acceptance and open mindedness.

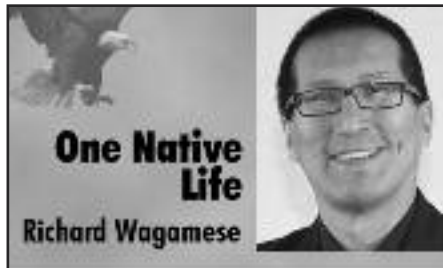
Or at least, you may. I remember days when mornings were painful haze. Some days were totally lacking in direction, motivation or inspiration. There were times in my life when a morning represented yet another in a line of bleak, despairing days devoid of anything resembling energy. But that was then. These days in our mountain home morning is a reconnection experience like none I've ever known.

See, in our home we start every day with meditation, prayer and a smudge with ceremonial medicines. Before we do anything we do this. We use sweet grass, sage, cedar and tobacco. It's held in an abalone bowl, lit with a wooden match and fanned with a traditional eagle wing fan. It represents the creative,

nurturing, healing energy of the universe. Creation. Creator. Harmony. It represents our earnest desire to be a part of that vital affirming energy.

I bless my wife with it and then myself and then, in slow, measured, solemn steps, I carry that sacred medicine around the rooms of our home. I say a prayer as I have been taught. I offer thanks for everything that is present in my world and ask for nothing more. As I make that solemn walk through our home I connect to everything. I recognize it. I reclaim it. I comprehend that it is all a gift and I am grateful and I am filled with the knowledge that I walk in a particular grace.

That part of our mornings is special. Not only because we are approaching life in a spiritual manner but because we do it together. Another thing I've heard said is that spirituality expresses itself most strongly in community. It doesn't matter whether that community is two or 20. What matters is a gathering of spirits, a meeting of hearts and minds in a purposeful approach to the energy of Creation. We are joined. We are made



more. We are strengthened.

Then when life gets hold of us, when the busyness and the issues of our life lays hold of us and tugs it in

wholly different directions, we'll walk through a waft of that sacred smoke and remember. We remember how we started the day. We reconnect to the idea of prayer, meditation and peace – and we're calmed.

That's the particular gift of medicine – its lingering scent reminds us that we went into ceremony, we went into prayer, we went into peace and it allows us to bring those moments into the ongoing moments of our days and our lives. Or, at least to try our best to. We're human. We have failings. We are prone to choosing a different sort of energy at any moment and we forget. But the gift of medicine is in our home to return us to that morning place.

The smoke and scent inhabit a room. It lingers on your clothes. It clings to your hair. When the travels of the day get you weary or irritated or anxious, there's

always that frail scent of medicine to bring you to ceremony one more time. I'm grateful for that. It's easy to be spiritual in a quiet room. It's out in the world where the real tests are. The presence of medicine always returns us to our natural state – harmony. That's not just a natural state for Native people. It's true for all of us.

Medicine burns when touched by fire. The smoke climbs higher, curling into the corners of the room where you sit watching it, following it with your eyes and there's a feeling like desire at your belly and a cry ready at your throat. There's a point where smoke will disappear and the elders say that this is where the Old Ones wait to hear you, your petitions and your prayers, the Spirit World where all things return to balance and time is reduced to dream.

It vanishes. There's a silence more profound than any words you've ever heard or read and when you close your eyes you feel the weight of ancient hands upon your shoulders and your brow and the sacred smoke comes to inhabit you and in its burn and smolder, a returning to the energy you were born in - and the room and the world is filled with you.

That's the gift of medicine.

## TRC welcomes Ontario court's clarification of its mandate

The Truth and Reconciliation Commission of Canada (TRC) has welcomed a decision by the Ontario Superior Court of Justice regarding the Commission's mandate to gather documents related to Indian Residential Schools in Canada.

The decision, by Mr. Justice Stephen Goudge, concerned the scope of Canada's obligations under the 2007 Indian Residential Schools Settlement Agreement (IRSSA) to produce to the Commission documents housed in Library and Archives Canada. Justice Goudge found that the Government of Canada must produce all relevant documents housed in Library and Archives Canada to the Commission under the terms of the IRSSA.

TRC Chair Justice Murray Sinclair welcomed the decision.

"The TRC asked the Ontario Superior Court of Justice for clarification of its mandate as laid out in the Indian Residential Schools Settlement Agreement, and this is precisely what we have received today," said Justice Sinclair.

"We're grateful to be able to continue the Commission's work of gathering and protecting for future generations documents that are relevant to the history of the Indian Residential Schools in Canada. We look forward to carrying out this work in cooperation with the Government of Canada.

"We especially acknowledge the clarity of Justice Goudge's decision."

Justice Goudge based his decision on the "plain meaning" of the language in the IRSSA.

He found that Canada is required to "provide all relevant documents to the TRC ... unlimited by where the documents are located within the government of Canada."

The Court recognized that the TRC was charged with the task under the IRSSA of "compiling an historical record ... (which is) accessible to the public in the future," and that "... Canada's documents, wherever housed, would have been seen as vital to this task."

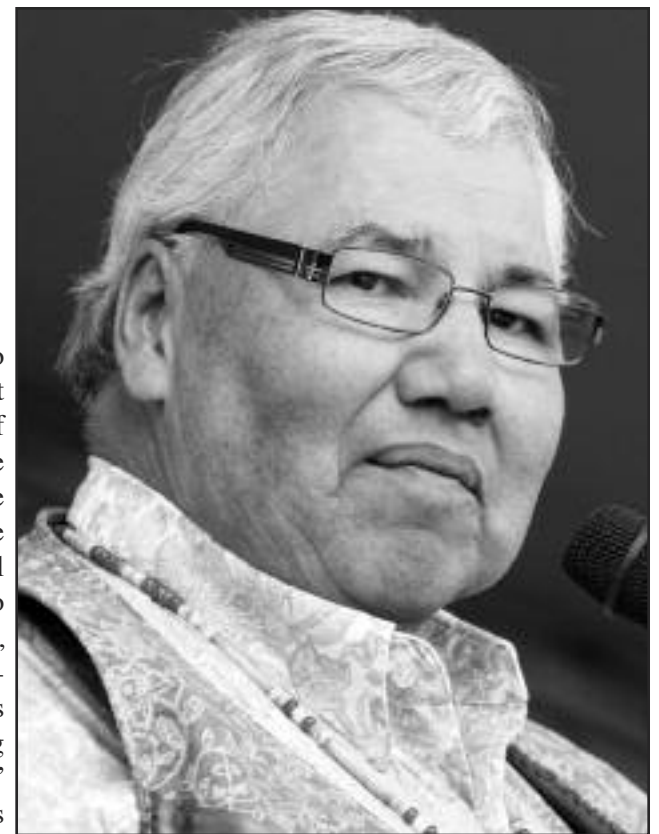
Justice Goudge also found that the task of identifying and organizing documents from Library and Archives Canada was never intended to be borne by the TRC, given its budget and time-limited mandate.

Justice Goudge also provided important guidance on the definition of "relevance" under the IRSSA. He found that the TRC's mandate to examine the legacy of Residential Schools was not subject to "an arbitrary cut-off date", nor could Canada's obligation to produce documents be limited to those relating to "policy and operations." He found that documents relevant to the devastating and ongoing impact of Residential Schools on the health of survivors and communities must be produced by Canada to the TRC.

TRC counsel Julian Falconer explained that prior to the decision, Canada had released a number of documents from a pre-existing litigation database, but the larger issue of federal archives was unresolved.

"This is truly a landmark judgment," Falconer said. "The Court's answers to the Commission's reference will ensure that this dark chapter of Canadian history that is the Residential Schools story will never be forgotten. The question of whether the Government of Canada was required to go into its own archives and produce documents to the Commission under the Settlement Agreement had been a significant roadblock.

"Now that this issue has been resolved by the Court, the TRC can complete its work of preserving the historical record of Residential Schools for future generations."



JUSTICE MURRAY SINCLAIR

# Bellegarde fighting the good fight on several fronts

By John Lagimodiere  
Of Eagle Feather News

Federation of Saskatchewan Indian Nations Chief Perry Bellegarde has a lot on his mind. After a month of controversy in Ottawa surrounding the emergence of Chief Theresa Spence as a national figure, the rise of Idle No More, the near implosion of the Assembly of First Nations where he acts as a Regional Vice Chief and a media spat with Premier Wall over resource revenue sharing, the man likely needs some rest and down time. But for him, there is too much work to do.

Asked to describe the past month in a few words, he is succinct.

“It has been hectic and stressful but there have also been very moving moments that have been fulfilling and the times have left me with a lot of hope,” said Chief Bellegarde during an exclusive interview with Eagle Feather News.

“Chief Spence and her principle statement were supported by the AFN, and now her job is done. She has moved the issues forward and helped elevate them. We are now at the table with the prime minister and cabinet.

“I do not have faith in government promises though because actions speak louder than words. For example, Prime Minister Harper apologized for the residential schools but has done nothing since then and in fact has cut budgets to organizations. The FSIN is losing \$1.2 million next year. But you have to have hope or you have nothing.”

Chief Bellegarde also acknowledged he has a bit of a battle in his own back yard. Premier Wall went on record in the media saying there was no room for resource revenue sharing in Saskatchewan. This has Chief Bellegarde’s hackles raised.

“We have a process to meet with Premier Wall and his cabinet four times a year to talk issues instead of through the media,” said Bellegarde.

“The Premier said he believes he has constitutional certainty regarding resource revenue-sharing, but we know that we have constitutional certainty. You know, when we talk about our rights, there’s actually a solid legal basis for our position. All we need do is look to the United Nations and Canada’s Constitution.

“The Province of Saskatchewan’s unilateral approach and exclusion of Indigenous Nations flies in the face of the human rights standards for indigenous peoples that Canada has adopted and which the Province is bound to uphold. Saskatchewan’s resource-rich economy is booming right now and it will be even better when First Nations peoples are fully involved in resource development.”

The FSIN is also hosting the annual winter Assembly on February 13 and 14 and there will be lots on the agenda. On top will be the renewal of the gaming agreement. Many Chiefs believe they should be benefiting more from the gaming industry into which the province has not invested a single dime.

“We have given \$211 million to the province since gaming began. We have created 2,000 jobs but we also need to find ways to increase profits,” added Bellegarde. “We don’t believe we should be giving them 25 per cent.”

Also coming down the pipe are the Indspire Awards, the FSIN Powwow in October, and the North American Indigenous Games in 2014, mixed in with a resurgent community that has been buoyed by the Idle No More movement.

“These unifying rallies have brought everyone together, including non indigenous people and it is beautiful to see,” commented Chief Bellegarde.


“It helps shine a light on the Bills the government wants to pass that affect the land, water and environ-




This picture was taken during the Friday January 25, 2013 news conference in Ottawa following the end of the hunger fast by Attawapiskat Chief Theresa Spence and Elder Raymond Robinson. From left to right, FSIN and AFN Regional Chief Perry Bellegarde, Interim Liberal Leader Bob Rae, Elder Raymond Robinson and Attawapiskat First Nation spokesperson Danny Metatawabin.


ment for everyone. This movement as well as our political and legal streams will help move our agenda forward.

“I hope the government sees this because their actions fly in the face of democracy and abrogate parliament.”




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# AFN finds consensus on eight points

After all of the hubbub around Chief Theresa Spence and the proposed meeting with the Prime Minister and the Governor General, the Assembly of First Nations had dialogue and strategy sessions that led to consensus on the following eight elements.

These eight elements were presented by National Chief Shawn Atleo and several Chiefs to Prime Minister Stephen Harper and his cabinet in the second week of January.

- Commitment to an immediate high level working process with Treaty Nation leadership for establishing frameworks with necessary mandates for the implementation and enforcement of Treaties on a Treaty by Treaty basis, between the Treaty parties Nation-to-Nation.

- Facilitating fair, expeditious resolution of land claims through reforming the comprehensive claims policy based on recognition and affirmation of inherent rights rather than extinguishment

- Resource Equity, Benefit and Revenue Sharing – building on treaty implementation and enforcement and comprehensive claims resolution there must be a framework that addresses shared governance of resource development and the fair sharing of all forms of revenues and benefits generated from resource development.

- All legislation must be unquestionably consistent with s.35 of the Canadian Constitution and the UNDRIP. Legislation and provisions of legislation as in C-38 and C-45 that contravene our Treaty and inherent rights must be reconsidered and implementation of these provisions be put to a halt. We must have an environmental regulatory regime in this country that respects our rights. Legislation that tinkers around the edges of the Indian Act must stop and be replaced with support for First Nation government and nation re-building including a mechanism for our Nations to push away from the Indian Act as they determine. To fulfill the original relationship, Canada must put in place an ongoing process that all new bills and policies of the federal government must be in full compliance with section 35 and consistent with international human rights standards.

- Fundamentally transformed fiscal relationship guaranteeing fairness and sustainability and removing all arbitrary caps and burdens on the current inefficient, ineffective and unfair funding relationship for First Nation programs and services.

- Immediate Commitment to the establishment of a National Public Commission of Inquiry on Violence Against Indigenous Women and Girls, including special focus on murdered and missing Indigenous women, and the

broader factors that lead to increased vulnerability among Indigenous peoples.

- Guarantee, as in Shannen's dream, of First Nation schools in every First Nation that each and every First Nations parent and child can be proud of, that fully reflects our languages and cultures and provides a safe and supportive place to learn.

- In order to be effective, progress on these areas will require fundamental change in the machinery of government including direct political oversight, a dedicated Cabinet Committee with a secretariat within the Privy Council Office with specific responsibility for the First Nation-Crown relationship to oversee implementation.

After the meeting, Chief Atleo was somewhat optimistic.

"At the end of the meeting the Prime Minister committed to a process for high-level talks on Treaty Implementation and discussions on comprehensive claims, as well as conceding the need for highest level political oversight out of his office and PCO oversight of matters related to the relationship with First Nations," Atleo said.

"He also gave initial feedback on the other areas of action First Nations had put forward which will require further analysis and strategies," Atleo added in a news release.

"We have achieved movement and it



AFN Chief Shawn Atleo

is seems the door has been opened for some progress in these areas. However, we need to do the hard work on our side to make this progress happen. Work will need to start immediately with Treaty leadership on how they wish to move forward on these high-level talks now that a clear mandate has been expressed. Similarly, a process needs to be put in place on comprehensive claims."

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# Wasacase thrilled with Indspire involvement

By John Lagimodiere  
For Eagle Feather News

Over the last ten years Dawn Wasacase been a part of the Indspire Awards production in some way, whether as a talent associate, an assistant coordinator, the Head Talent Associate, the Co-Producer for the opening ceremonies, and now as Back Stage Manager for the show in Saskatoon.

These have been some of the most memorable performances of her life ... and she insists she is not done yet. We interrupted her busy schedule to get her insight into a few behind the scene experiences at the Awards.

**What is the best thing about being an assistant producer for the Indspire Awards?**

It is an honor to work so closely with the co-executive producer of such an outstanding production. Jennifer Podemski has opened my creative mind to a world I didn't know I could apply my skills to.

**You have likely met a lot of amazing talents and celebrities over the decade. Was there a particular celeb that left you star struck? Why?**

The first time I remember seeing a female Indian on black and white television was Buffy St. Marie. She looked like my mom with dark hair and just as wise.

Buffy continues to amaze me with her spunkiness and determination for cultural preservation.

**Without using any names, has there ever been a prima donna that was insufferable to work with?**

The Indspire Awards also celebrates the dynamic talents of our Indigenous performers. My team of Talent Associates are like the performer's own cheerleaders. We pump them up and treat them special. I rarely have to exercise my ego management skills.

**Producing a show is tense. Has there ever been a catastrophe backstage?**

We had a short power outage a few years back, right in the middle of the live show. This business is for professional problem solvers so we just rolled with it.

**Close calls? How did you handle it?**

I train a team of 30 people in a few days to work closely with each other and to work within the larger production crew. They know what's expected within their immediate team and ultimately work for a common goal. People drop the ball sometimes and we are there to pick it up.

**What has been a personal highlight for you?**

Each year I am fortunate to work within a team of true professionals. The work environment is courteous and respectful to everyone involved. I have never experienced such inclusion.

**How does a young person get into doing this?**

Get your feet wet whenever you can. Volunteer for local gatherings. Exercise and strengthen what you know and further develop

yourself with each given opportunity. Even if you think your community has nothing going on, look again. Us old people are eager to share. Practice your communication skills and I don't mean texting! Pick up that ancient telecommunication device and speak up. You never know who's listening.



On the right is Dawn Wasacase with her old pal and former host of the National Aboriginal Achievement Awards show Andrea Menard.

# Indspire Awards in Saskatoon Feb. 15

By Darcy McKenzie  
Of Eagle Feather News

The national spotlight will once again shine brightly on Saskatchewan on February 15 when Saskatoon hosts the 2013 Indspire Awards.

Formerly known as the National Aboriginal Achievement Awards, Indspire is a celebration and honouring of select Indigenous people who have made significant contributions to their people and communities.

The new name of the awards combines Indigenous and inspiration to highlight Indspire's mandate and purpose. The organization not only recognizes the achievements of Indigenous Canadians, it is a foundation that provides scholarships, bursaries, youth career conferences, interactive classroom learning modules through the Indspire Institute.

This is a special year for the Indspire Awards and Saskatchewan and 2013 is the 20th anniversary of the national Indspire Awards, which will honour three distinguished achievers from our region.

"We are delighted to have two remarkably talented co-hosts and the cream of the crop of Indigenous performers to help us celebrate our landmark 20th anniversary," said President and CEO of Indspire and Awards Executive Producer, Roberta Jamieson.

"The team is gearing up for an exciting evening to honour our recipients who have achieved excellence in their field."

Fourteen outstanding Indigenous Canadians will be recipients of the national Indspire Award.

Among the Saskatchewan recipients is none other than well-known Saskatchewan First Nations entertainer, writer and storyteller Winston Wuttunee, who is being honoured with the Indspire Award for Culture, Heritage & Spirituality.

Joining Wuttunee on the awards stage this year will be two outstanding

Saskatchewan youth. Graham Kotowich will be the recipient of the Métis Youth Award and Gabrielle Scrimshaw will be honoured with the First Nation Youth Award.

The Indspire Awards and Institute are all about Indigenous youth and creating opportunity for success and a good quality of life through education.

The focus of the organization is on the support, innovation and the fundamental transformation of Indigenous education. In 2011/2012 the Indspire Building Brighter Futures program provided a record \$6.2 million to 2,220 individual bursary and scholarship recipients.

"Each and every one of our Award recipients is a role model and a leader who has made a profound impact in their communities and across Canada," Jamieson said.

"By honouring their achievements, we continue to inspire others to demonstrate their own potential – which is why the work we do at Indspire with First Nation, Inuit and Métis students is so essential."

Inspiring youth is exactly what the organizers have planned for this year's event, which includes a week of events, conferences and other special engagements leading up to the February 15 awards gala at TCU Place.

Beginning February 13 to the 15th, 900 indigenous students will be able to partake in Soaring – Indigenous Youth Conference at TCU Place and the Saskatchewan Indian Institute of Technology (SIIT).

The students will be engaged at the Soaring Conference by interactive workshops, career booths and a trade show featuring Canada's top corporations providing the path to reaching education, training, employment or a career with one of the country's premier employers.

The Soaring Conference will also provide one day specifically for post-secondary students, who will spend a day touring the facilities of the Saskatchewan Indian Institute of Technology and talking to instructors and students about a post-secondary education with SIIT.

At the close of the Soaring Conference on February 15, the focus shifts to the Indspire Awards and the entertainment and production of the gala.

This year's gala is being producer by Co-Executive Producer Jennifer Podemski, nationally recognized actor, writer and film producer.

Podemski states that her first priority for the 2013 Indspire Awards was to consult a cultural advisory, in this case renowned Wanuskewin cultural advisor Tyrone Tootoosis of the Poundmaker First Nation.

Podemski along with Tootoosis have designed a set for the awards gala that will capture the essence and vision of Indigenous culture, language, dance and ceremony.

Podemski says the set is based on the survival of Indigenous culture with a vision of the Wanuskewin buffalo jump.

"You are only as good as the sum of your parts," Podemski says rings true in the set design for the Indspire Awards.

In the forefront of the set for this year's gala will be co-hosts Cheri Maracle and Darrell Dennis.

Cheri Maracle is an actor, singer and songwriter from the Six Nations of the Grand River, Ontario. Theatre trained, Maracle has performed professionally across North America and Europe. She is perhaps best known for her role in the TV series Blackfly and Moccasin Flats.

Funny man Darrell Denis of the Schuswap Nation in B.C is sure to bust a few bellies! Denis is an accomplished comedian, actor and screenwriter. He has starred in the CBC TV series Northwood and The Rez, and wrote the acclaimed film Moccasin Flats, which was also appeared at the 2002 Sundance Film Festival. His one-man show Tales of an Urban Indian was nominated for two Dora Awards and also toured North America.

The entertainment line up for this year's awards gala is sure to impress and please the crowd too as Métis music superstar Terri Clark headlines the musical guests. Clark recently released a new album titled Classic, which features duets with Reba McEntire, Tanya Tucker



ROBERTA JAMIESON

and Jann Arden. One other note of important distinction for Clark is that she is the only female Canadian member of the Grand Ole Opry.

A finalist in the first season of Canadian Idol, Métis artist Sherry St. Germain will also perform at the gala. St. Germain's credits include producing the theme music for Slice TV's The Mistress and a new hit single climbing the charts entitled Steel Eyes.

• Continued on Page 17



JENNIFER PODEMSKI



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CANDY PALMATER



Cheri Maracle and Darrell Denis will co-host Indspire on Feb. 15



WAB KINEW

# National jury selected 14 award recipients

• Continued from Page 16

Other notable performers at this year's gala include; Burnt Project 1, A Tribe Called Red, comedian and film maker Candy Palmater, and the multi-talented comedian, hip-hop artist and motivational speaker Wab Kinew of the Onigaming First Nation.

Support for Indigenous youth comes in many forms with the Indspire Awards, which would not be possible without the contributions of private sector companies like Cameco and BHP Billiton.

The Presenting Sponsor for this year's 20th annual Indspire Awards, Cameco Corporation President and CEO Tim Gitzel said the company is thrilled and honoured to be part of Indspire. "Being able to celebrate and honour this year's Indigenous recipients and the contributions they have made across Canada is truly inspirational."

BHP Billiton is a host sponsor of the awards and is fast becoming a major sponsor of the awards and the Indspire Institute for education.

"We see our relationship over the past year with Indspire and the support of the Indspire Awards and Soaring Youth Conference as a powerful platform to acknowledge, support and celebrate achievements within Canada's Indigenous communities today and support the leaders of tomorrow," said Tim Cutt, President Diamonds and Specialty Products, BHP Billiton Canada Inc.

One of the changes to this year's awards process was the selection of the recipients. This year, a national jury of former award recipients reviewed the nominations and decided to recognize 10 career achievement awards, three youth awards and one lifetime achievement award.

- The 14 recipients of the 2013 Indspire Awards are:
- Jacqeline Guest, Alberta – Arts
  - Charlie Evalik, Nunavut – Business and Commerce
  - Winston Wuttanee, Saskatchewan – Culture, Heritage & Spirituality
  - Shawn A-in-chut Atleo, British Columbia – Education
  - Lloyd (Sonny) Flett, Alberta – Environment and Natural Resources
  - Ruby Jacobs, Ontario – Health
  - Viola Robinson, Nova Scotia – Law & Justice
  - Duane Smith, Northwest Territories – Politics
  - Gail Cyr, Manitoba – Public Service
  - Theoron Fleury, Manitoba – Sports
  - Graham Kotowich, Saskatchewan – Metis Youth Award
  - Gabrielle Scrimshaw, Saskatchewan – First Nation Youth Award
  - Elizabeth Zarpa, Newfoundland and Labrador – Inuit Youth Award
  - Alex Van Bibber, Yukon – Lifetime Achievement Award

The Indspire Awards will be held February 15, 2013

at TCU Place in the Sid Buckwold Theatre. Tickets for the gala event are on sale now and can be purchased online or at TCU Place. If you can't make it to the gala in person,

you can catch the awards night live on either one of the Indspire Awards official broadcast partners APTN and Global Television.

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Image ©Kevin Tee-Ace, Yellowquill First Nation

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# Report says Sask falling behind in First Nations education, employment

By Fraser Needham  
For Eagle Feather News

A new report says Saskatchewan is falling behind when it comes to the education and employment of First Nations people.

Employment of First Nations People: Saskatchewan Lags Behind was written by University of Saskatchewan economics professor Eric Howe and commissioned by the Federation of Saskatchewan Indian Nations. It was released on Jan. 21 in Saskatoon.

The report says although educational rates of First Nations people are improving in the province, the gap is widening when compared to the general population. For example, the number of First Nations people without a high school diploma dropped from just under 66 per cent in 1996 to just under 56 per cent in 2006. However, in the general population, this number went from just under 41 per cent to just under 27 per cent during the same time period.

The report also shows Saskatchewan is falling behind both Alberta and Manitoba when it comes to employing First Nations people. In 2006, the province employed just under 37 per cent of the First Nations population 15-years-of-age and older. However, this number was 52 per cent in Alberta and just over 39 per cent in Manitoba.

Perhaps, even more alarming, Howe's



Vice-Chief Simon Bird and Prof. Eric Howe chat prior to the release of report.

report shows Saskatchewan lost about 4,200 First Nations jobs – or 25 per cent – in 2009 in spite of the fact the province was in an economic boom.

“If you look at it as an economic forecasting problem, it is like shooting fish in a barrel. It is obvious that Saskatchewan is going to be majority Aboriginal in the foreseeable future,” Howe says.

“If the gaps between education and employment are not addressed, they will result in a social upheaval in Saskatchewan not seen since the Great Depression.”

Howe says the provincial government made two policy decisions in particular that have exacerbated the First Nations unemployment problem in recent years.

One was the cancellation of the Aboriginal Employment Development

Program, which he says had helped bring a number of indigenous people into the workforce. The other was the government's decision to expand the Saskatchewan immigrant nominee program to include unskilled labour.

Howe says service industry jobs are a point of entry into the labour market for many Aboriginal people and by opening these jobs up to a whole new group of people, many First Nations people are getting squeezed out in the process.

For his part, Premier Brad Wall says his government is fully aware First Nations education and under-employment are serious issues in the province and the Sask Party is working toward solutions. The Premier cites provincial funding of on-reserve adult basic education and the

Northern Career Quest program as two such examples where the government is addressing these problems.

However, Wall says reinstating the AEDP or restricting immigration into the province are simply not on the table for his government.

“I think it's a dangerous thing to say that if you didn't have all these newcomers, it would have been better,” he says. “I don't think the facts bear it out and I am not sure it's particularly helpful because we need all sources of labour right now, that's how acute the labour shortage is.”

Federation of Saskatchewan Indian Nations Vice-Chief Simon Bird says in spite of the dire numbers in Howe's report, he is confident that his organization can work with the Province in implementing upcoming recommendations from the Joint Task Force on education as well as other solutions. However, the time to act is now, he adds.

“I think we need to pay attention to the joint task force report,” says Bird. “I have sat down with the provincial government so far and right now there are inclinations as to what we can do together. I think now is the time to work together and it's more important now than any moment in our history.”

A copy of Professor Howe's report can be found on the Federation of Saskatchewan Indian Nations website at [www.fsin.com](http://www.fsin.com).



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# Northern Career Quest program trains workers for mining industry jobs

By John Lagimodiere  
For Eagle Feather News

Northern workers and industry received a big boost recently when a pile of new money was approved for the very successful Northern Career Quest program. The program trains people for the mining industry and this new set of money opens the door to employment for 800 more people.

“The initial success of the Northern Career Quest program has created approximately 1,450 jobs in northern Saskatchewan,” Northern Career Quest Inc. Chair and Vice-president of Corporate Social Responsibility for Cameco Gary Merasty said.

“By going ahead with a second expanded program, communities, industry and government are ensuring that progress continues for First Nations and Métis people in northern Saskatchewan.”

The Canadian Government injected \$7.5 million and the Province of



Elder Walter Linklater, Meadow Lake Tribal Council Chief Eric Sylvestre, MLA Rob Norris, MP Rob Clarke and Cameco Vice President Gary Merasty posed for a photo after the funding announcement for Northern Career Quest.

Saskatchewan invested \$1.5 million. The project will also be partly funded by industry partners, including Cameco and Areva, as well as Northlands College.

“Our government’s top priorities are job creation, economic growth and long-term prosperity,” said Rob Clarke, Member of Parliament for Desnethé–Mississippi–Churchill River.

“That is why we work with organiza-

tions like Northern Career Quest to ensure that Aboriginal people are able to take full advantage of economic opportunities.”

Cameco and Areva operate several mines in Northern Saskatchewan and they will benefit from a stable and well trained workforce that is close to their sites. The communities as well will benefit.

“Funding provided for the original Northern Career Quest program produced

extremely positive benefits for industry, communities and most importantly individual Northern families,” Northern Career Quest Chief Executive Officer Steve Innes said.

“We are very confident that with similar strong federal, provincial and industry support, we will achieve the same, and even enhanced, levels of success from this initiative.”



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# Conservative MP gets rough ride at Saskatoon meeting

By Fraser Needham  
For Eagle Feather News

Conservative Member of Parliament Rob Clarke and a group of people he met with in Saskatoon on Jan. 12 were able to agree the Indian Act needs to go but that's about all they were able to agree on.

The northern Saskatchewan MP currently has a private member's bill before Parliament which seeks to repeal the Indian Act and he had come to a meeting hosted by the Aboriginal Affairs Coalition of Saskatchewan to try and explain it.

However, Clarke was only a few minutes into his presentation when he started to get interrupted by members of the 50 or so people in attendance, a number of whom questioned the motives behind the bill. Others asked why the Conservative MP was getting ready to move his bill forward to third reading after doing very little consultation with Aboriginal people.



ROB CLARKE

Rachel Snow, a University of Saskatchewan law student, said Clarke is only carrying on a federal government approach to the Indian Act that has already been proven to fail for hundreds of years.

"They want to replace it (Indian Act) with legislation," she said. "They want to replace it with legislation they have developed and driven from a federal perspective."

"And, it's a paternalistic approach that has not worked for the past 200 years and none of the colonial movements have worked for the past 500 years and I just see failure with this."

Monique Walter, who traveled from the Waterhen Lake First Nation to attend the meeting, echoed Snow's sentiments that the Indian Act needs revising but any changes must be done with input from grassroots Aboriginal people.

"Changes do need to be made but they need to be made in consultation with the people that are affected by the Indian Act," she said.

The meeting also followed hot on the heels of the Idle No More rallies that have been taking place all over Saskatchewan and the country over the past number of weeks. A number of people in the audience also asked Clarke why he and his government continue to push through Bill C-45 in spite of the fact large numbers of people are protesting against it.

Dion Tootoosis, one of Idle No More's organizers in Saskatoon, pleaded with Clarke, who is a member of the Muskeg Lake Cree Nation, to stand with his own

people and oppose Bill C-45.

"You have a chance right now, to rescind and abolish this bill," he said. "You have this incredible opportunity to join us in thinking the same thing. Let's save the earth, let's work together."

Dustin Fiddler, also from Waterhen Lake, also questioned why Clarke supports Bill C-45 when few others at the meeting seemed to share his opinion.

"I don't think there's a First Nations (person) in this room that supports Bill C-45, except for one – yourself," he said.

Nevertheless, Clarke said he had voted in favour of Bill C-45 because it is part of the omnibus budget bill which he believes is good for the economy and he has no regrets about it.

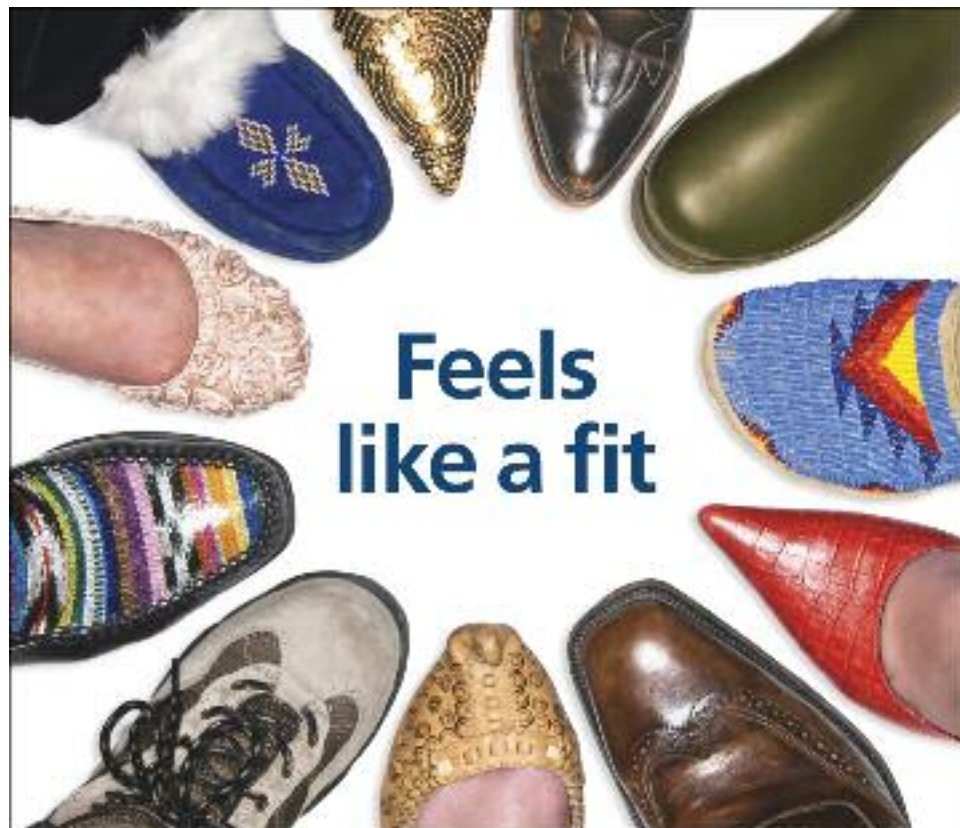
In terms of the Indian Act and the rough ride he received at the meeting, the Conservative MP said he remains adamant that the act must be repealed as soon as possible as all it has done is create a government "Indian industry" rather than truly helping Aboriginal people.

"The bureaucracy for one, over 5,000 people working for the government to make decisions for First Nations people," he said.

"I think First Nations are capable of making these decisions for themselves

and what I am trying to do is wake people up and have a debate."

Clarke said he hopes to move his private member's bill to third reading in Parliament sometime this spring.



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# IT engages FN communities

By John Lagimodiere  
Of Eagle Feather News

The 1st Annual Saskatchewan First Nation Information Communication Technology Conference was a tremendous success. The conference planning committee anticipated 200 delegates in the planning stages but keen interest in the content of the conference from First Nation communities, organizations and mainstream ICT companies increased the registration to 250 people.

web streaming and video conferencing for over 60 sites across Saskatchewan and Canada for those who could not travel to the conference," noted Greyeyes.

"Our First Nation communities can leverage their fiber infrastructure to meet their communities' Internet bandwidth needs. First Nation Communities are very engaged and aware of their Internet technology options as they are planning their local community networks. This conference was a valuable resource to spreading

accepting the director position and she knows the power of technology, but also knows the funding roadblocks to achieve high technology levels.

"There is no direct funding for technology for First Nation schools and we had big problems with infrastructure and Internet was very slow.

"After years of struggling, we finally found a good supplier and for the last several years, use of technology has grown leaps and bounds and great things are happening.

"We have smart boards in 11 classrooms and 50 computers. Chief and Council are using smart boards in their meetings and we even have elders engaged."

O'Neill Gladue is an account executive with SaskTel and he knows the important role that the telecom giant plays in getting this service to reserves.

"We garnered the support inside SaskTel to bring fiber to the rural areas and we worked closely with the FSIN as well. So hopefully by this time next year every Saskatchewan First Nation will have fiber," said Gladue during a break in the conference where SaskTel was also a major sponsor.

"Every project has to have a business case and there was a shortfall of millions to do the schools and clinics on reserve. Thankfully AANDC invested but SaskTel still had to cover lots of cost but when industry and government work together that makes it possible.

"The future is highly technical. Everyone has a smart phone, Facebook or twitter account. Once there is fiber in all these



O'Neill Gladue calls technology on-reserve a game changer.

communities, it brings the world to these youths doorstep. This is a game changer."

The momentum from the event is strong and Greyeyes added there was thunderous applause in response to having a second annual conference. The proof of return on the investment in technology is in the communities.

"We have all our kids in any given time on the Internet doing research and the engagement of technology in the classroom is incredible," added Shantelle Watson.

"We have kids that are going home and teaching their parents and Elders about computers. We also do door prizes for community events and what we are doing is using computers as part of that. Now we are using technology to transition our students to the mainstream schools," Watson says.

"Technology stops the isolation. We have 206 students now. You can walk up to any child and they will tell you what to do with a computer. And for me, that's powerful."



Shantelle Watson, the Director of Education and Health for the Mistawasis First Nation, told the conference that the engagement of youth with technology is changing her community for the better. (Photos by John Lagimodiere)

The conference took place over the two coldest days of the year and participants showed how important engagement with technology is by not running back to their homes fires until the conference was over.

"We were really amazed with the turnout and the commitment from people in the room to engage their communities with technology," said Cara Greyeyes of KCDC, the host for the conference.

"The conference also provided live

the word.

"Mistawasis First Nation has grabbed on to technology use in their school and that has led to technology use across the community.

"We find the passion in technology with the kids. Before, the kids would walk by the lab not even embracing it," said Shantelle Watson the Director of Health and Education for Mistawasis.

She was an educator and principal on the reserve for several years before

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There is a significant time commitment involved in serving as a Bencher. Meetings are held approximately five times each year for up to two days per meeting, at various locations across the province. Travel will be required. In addition, there is preparation time, committee work and hearings. Successful applicants will be expected to spend a minimum of 15 days per year in their work as Benchers. An honorarium is paid and expenses are reimbursed. For further information, please contact Tom Schonhoffer, Q.C. at tom@lawsociety.sk.ca.

To apply, please submit your resume by March 8, 2013 to:

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# Gathering celebrates northern education advances

By Colleen Cameron  
For Eagle Feather News

Northern Saskatchewan stakeholders gathered at the University of Saskatchewan in late 2012 to celebrate advances in northern education programming and applied research.

The half-day event kicked off with a faculty researcher panel highlighting the preliminary results of a multi-year Northern Aboriginal Political Culture survey led by ICNGD co-director Bonita Beatty, director Greg Poelzer, and member Loleen Berdahl. The study examines the political participation of Northern Saskatchewan communities, exploring such areas as influential factors, voting behavior, and attitudes towards government.

Following the political participation panel discussion, students in the Master of Northern Governance and Development (MNGD) program were invited to give a brief overview of their applied research projects. These research projects are being carried out in Northern Saskatchewan communities in partnership with industry, the U of S, and community-based organizations.

The research findings – pertaining to such areas as industry-community communications, opportunities for biomass-based energy development, northern housing policies, and community-driven education strategies – will be used to evaluate and

even improve programs, approaches, and general practices.



The first graduates of the Masters of Northern Governance and Development Program were (from left) Mark Korthuis (Saskatoon), Nathan Ray (Sandy Bay), and Cathy Wheaton (La Ronge).

even improve programs, approaches, and general practices.

The final item on the event itinerary was a dinner program celebrating the accomplishments of the first graduates of the MNGD program. This groundbreak-

ing program was designed in 2010 to prepare Northerners and those working in northern development to lead the future governance and development initiatives in Northern Saskatchewan communities.

The first group of graduates included: Mark Korthuis (Saskatoon), Nathan Ray (Sandy Bay), and Cathy Wheaton (La Ronge).

Sponsors and supporters of the MNGD program who were present to add their congratulations as well as to speak to the importance of northern-tailored programming and research included: U of S President Dr. Ilene Busch-Vishniac; the Minister of Advanced Education, the Honourable Don Morgan; the Legislative Secretary to the Premier on First Nations Engagement, Rob Norris; Prince Albert Grand Council Grand Chief, Ron Michel; Cameco VP of Corporate-Social Responsibility, Gary Merasty; Lac La Ronge Indian Band Chief, Tammy Cook-Searson; as well as northern municipal leaders and senior U of S educators and administrators.

For more information on the International Centre for Northern Governance and Development's Master's and research programs, visit [usask.ca/icngd](http://usask.ca/icngd) or email [info.icngd@usask.ca](mailto:info.icngd@usask.ca).

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# Whitecap partners with schools to build new home

By John Lagimodiere  
Of Eagle Feather News

A lucky family on the Whitecap Dakota First Nation received a new house in mid-February. This is not an uncommon experience in that community as it continues to grow, but what was uncommon is that the house arrived on a truck after being built at Mount Royal School by students at the Saskatoon high school.

At a ceremony in January, the High School Carpentry Apprenticeship Program (HCAP) presented the keys to a new house to the Whitecap Dakota First Nation Senator and Elder Melvin Littlecrow and Chief Darcy Bear and Councillor Frank Royal.

“We are a small part of this process,” said Chief Bear at the event. “We give all the credit to the students and we are very pleased and proud to support them.”

In 2003, HCAP began as a pilot project at Bedford Road and Mount Royal, two Saskatoon collegiates. It has grown to become a city-wide program that all public high school students can apply to attend. Upon completion of a semester with HCAP, students receive six high school credits and various industry certifications, along with several hours of hands-on experience in a number of home construction disciplines.

The three-bedroom house is the third home that HCAP students have built for the First Nation, which is a partner of Saskatoon Public Schools. Students from the program have also completed the foundations and framing for several Habitat for Humanity houses.

“Dakota translated means ‘Ally’ and we like to work in partnerships,” added Chief Bear. “Our community is growing and we polled the people who work in our community and 240 said they would like to reside there. So thanks to these young workers, another family gets a house. And with the big demand for trades in this province, the students have a bright future.”



Whitecap Dakota First Nation Senator Melvin Littlecrow accepts the keys to the new house from Public School Board Chair Ray Morrison as students and dignitaries look on. (Photo by John Lagimodiere)



## NEWS THAT NOT ONLY INFORMS, BUT INSPIRES.

Trust Larissa Burnouf, your Saskatoon correspondent, to gather stories from an Aboriginal perspective. APTN National News reports each weeknight from 11 bureaus across Canada, hosted by Cheryl McKenzie and Michael Hutchinson, delivering the national stories that affect us all.

Visit [www.aptn.ca/news](http://www.aptn.ca/news)

# Indigenous visions and images featured at the Mendel

By **Andréa Ledding**  
For **Eagle Feather News**

“**S**teeling the Gaze: Portraits by Aboriginal Artists”

opened the prairie leg of its tour on January 25 at the Mendel Art Gallery in Saskatoon.

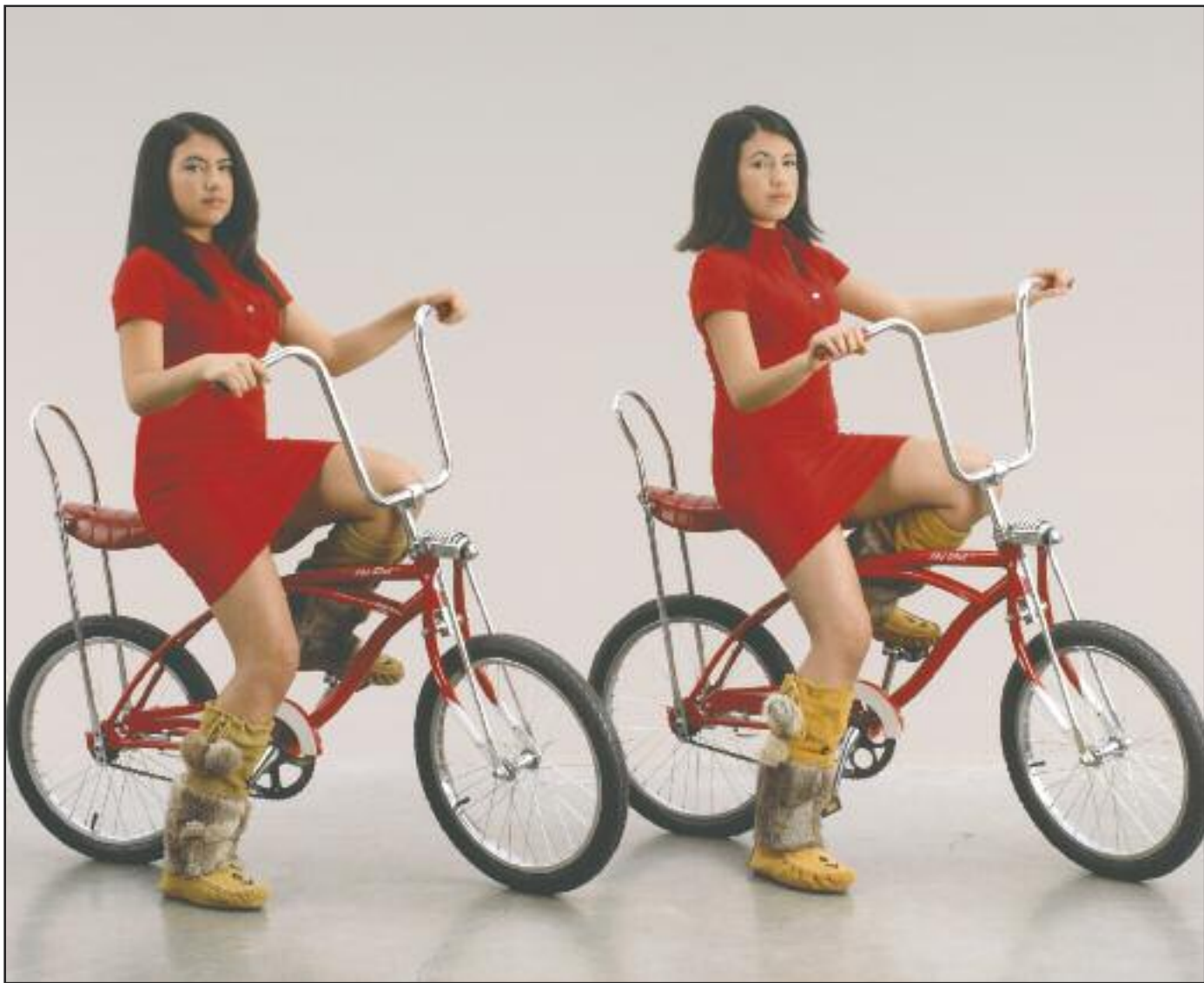
Local Saskatoon artist Thirza Cuthand, one of several leading Aboriginal artists showcased, spoke with Eagle Feather News about her two media/video installations included in this powerful collection of 51 works from the National Gallery of Canada.

“Through The Looking Glass deals with issues of race and identity and being mixed race,” explained Cuthand, adding that when she read the Lewis Carroll sequel to Alice In Wonderland as a kid, she imagined one queen being Aboriginal and the other being non-Aboriginal, and Alice being both.

“I wanted to make a feature film about it originally, but in the end it was a 14-minute video.”

She began with first a three-minute video, then a five-minute video, so almost tripling that felt a bit like a feature film. The final version was produced during a residency in Winnipeg at Video Pool, with performance artist Shauna Dempsey as the White Queen, and Thirza’s aunt, Lori Blondeau, playing the Red Queen.

Interesting feedback was passed on by a teacher.



One of Thirza Cuthand's favourite pieces in the exhibit was made by Dana Claxton, *Baby Girlz Gotta Mustang*, 2008, dye coupler print. (Photo National Gallery of Canada)

“Students in the class who are mixed race get the feeling of choosing between one race and another. She sees something going on in their heads about how they don’t have to choose between, they can be both, they can be themselves.”

Cuthand’s second video in the collection also addresses her sexual identity, and has screened interna-

tionally. Entitled “Lessons in Baby Dyke Theory,” she made it in her late teens, addressing being a teenaged lesbian in high school. Cuthand says she has always been interested in TV, and was drawn to create her first video at the age of 16.

“I wasn’t seeing people like me – no teenage lesbians, no Native people, no urban Indians or mixed-race Indians – or even humorous Indians. There was only North of 60, and that was a pretty serious drama. Or sad stories in the media, and that wasn’t me.”

She encourages beginning artists.

“Make art with whatever you have at hand, don’t wait for grants or money or the most perfect equipment. You can still make a good piece of art.”

Cuthand gives rave reviews for the show, which includes a lot of her own favourite pieces from her studies of Aboriginal contemporary art, such as the masks, or Dana Claxton’s photographs.

The exhibition, co-curated by Stephen Loft and Andrea Kunard, runs until March 10.

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# GDI Publishing incorporating technology for promotion

Being a small department/publishing office, it's often challenging to promote our resources as much as we'd like. To get some help doing this, the Gabriel Dumont Institute (GDI) Publishing Department has decided to make our books available on amazon.ca.

We anticipate that people who don't know about the Institute will be able to find our books on the Amazon site via general Internet searches.

Since first joining the site in January 2012, we've received 93 orders with a total of 112 books being sold amounting to over \$3,500 in sales.

In addition to the sales, the efficient work of Ryan Nordmarken and the quality of GDI's resources has garnered 10-five star ratings from customers happy with the books and the service provided.

Here are some of the comments:

- "Excellent service," "An excellent item. Happy it's part of my collection!"
- "GDI always has very good products. This book is awesome, very simple and detailed, DVD is very good. One of my favorite books."
- "Excellent service, and surprised at how prompt this was shipped, once it had cleared my credit card. And the materials themselves are gorgeous in quality. Thanks, GDI!"

While the number of orders made through Amazon is comparable to our online shop at <https://shop.gdins.org>, the number of items ordered differs greatly. Since migrating to the new site in July 2011, we've had 114 orders totalling 729 items, amounting to just over \$12,500 in sales.

Facebook has also been a part of the Publishing Dumont's promotion strategy. GDI's page is currently up to 163 "likes," which translates to a reach of 44,328 unique people if each person were to comment or like a post.

Twenty different communities are represented from Île-à-la-Crosse to Missoula, Montana, and from Vancouver to Montreal.

The majority of our fans come from Saskatoon with 47 per cent, followed by Prince Albert with 14 per cent, and Regina with 9 per cent.

there are 72 active installs with 64 from Canada, seven from USA, and even one from Korea!

The app is currently in development

GDI Publishing is pleased to incorporate peoples' increased use of technology as another means to learn about and access GDI's offerings.



Gabriel Dumont Institute is using the latest technology to boost its publishing promotion and sales efforts.

Another online project that the Publishing Department has been able to track is the Michif Dictionary Android App.

Since its release, it has been downloaded by 105 people. Of those 105,

for Apple platforms, which will see further features and more content, and is estimated for release in March 2013. All the new features and content will be added to the Android version as well with the same timetable for release.

These efforts, in combination with word of mouth and printed catalogue promotion, help to keep up the public profile of our available resources.

—Article by David Morin



**GABRIEL DUMONT INSTITUTE**  
of Native Studies and Applied Research

## Information requested for the Gabriel Dumont Institute Project, Road Allowance Communities of Saskatchewan

The Gabriel Dumont Institute is working on a Saskatchewan-based Métis Road Allowance project that will include an atlas as well as oral histories.

The "Road Allowance" period (roughly 1885-1960) is a key period of Métis history in the Prairie Provinces, which began following the 1885 Resistance and marked a time when the Métis would be largely a landless, marginalized people, many living on land to which they did not hold title. This period is frequently cited as a key component of Métis history and identity, but is often little known. Moreover, very few Métis community members have a sense of how widespread these communities were in the province. The Institute hopes to work with Métis community members to fill in this knowledge gap.

Here is a partial list of Road Allowance communities that we are interested in knowing more about:

Dead Horse Lake (near Yorkton)	Fishing Lake Métis Settlement	Little Chicago (Chicago Line)	Egg Lake (Perigord)	Park Valley	Alberttown
Crooked Lake (Marieval, Lac-Croche)	French Man's Flats (Saskatoon)	Coxby (near Prince Albert)	Mont Nebo (Camp Lake)	Horseshoe Bend	Suake Plains
Sonningdale (south of Battleford)	Fox Farm (near Prince Albert)	The Hamlet (Willow Bunch)	Baljennie (Willowfield)	Nisbit Forest	Cochin
Kalepwa (Lebret, Qu'Appelle Valley)	Goshen (East Flat, Prince Albert)	Prince Albert National Park	Glenmary (Kilwinning)	Lac Pelletier	Punnichy
Algrove (Archerwill, Rose Valley)	Lily Plain (near Prince Albert)	Crescent Lake (Tokyo, Togo)	Prairie Ronde (Dundurn)	Bonne Madone	

We also want to know if there are any other Métis Road Allowance/northern trapping communities in Saskatchewan.

If you would like to contribute—by way of information, photographs—or if you would like to be interviewed for this project, please contact Darren Prefontaine at 306.657.5711 or at [darren.prefontaine@gdi.gdins.org](mailto:darren.prefontaine@gdi.gdins.org).

# Performance gives voice to residential school survivors

By Andréa Ledding  
For Eagle Feather News

On March 8, “Ka-Kwa-Ta-Ke-Ta-Cik/Silent Survivor,” an interpretive Traditional Dance presentation will premiere at 7 p.m. at the Broadway Theatre in Saskatoon.

Thunder Spirit Consulting, in partnership with the Truth and Reconciliation Commission of Canada and Dance Saskatchewan, will shine a spotlight on a dark chapter in Canadian history through the power and beauty of song, traditional dance and creative expression, as performers explore the Indian Residential school experience.

Lorin Gardypie, choreographer and member of the cast and crew of about 15, explains that the physicality and expression of dance reaches the audience in a different way, and that he was inspired by exploring his own impact as a third-generation survivor.

“Silent Survivors is about all those generations who didn’t or couldn’t talk about it, and all our inter-generational survivors — the impact of surviving, being taken away from parents, and acknowledging all those who didn’t survive,” said Gardypie.

A panel of Residential School survivors and invited representatives will field questions after the performance. The following day all are invited to the Feast and Round Dance held at Constable Robin Cameron Memorial High School on Beardy’s. Plans are also underway to direct premiere proceeds towards repair and maintenance of the St. Michael’s Residential School children’s graveyard.

Hugh Tait, Gardypie’s business partner in Thunder Spirit Consulting, said he hopes other non-Aboriginal people, like himself, will participate in the event, and grow in awareness and understanding of how our shared colonial past impacts the present reality for everyone.

“There can be no reconciliation without truth. Non-Aboriginals have to acknowledge the past too, it requires both parties,” noted Tait. “The wound needs to be exposed, in order to heal.”

Telling the story using the very culture



Lorin Gardypie, far right, explains a dance to fellow members of the cast for the show *Ka-Kwa-Ta-Ke-Ta-Cik/Silent Survivor*. The show runs on March 8th at the Broadway Theatre in Saskatoon. (Photo by Marcel Petit)

and traditions that the Residential Schools tried to obliterate is a path to healing through reclamation of identity.

“It’s also about honouring the people who didn’t come home, and the people that are still lost,” added Gardypie.

He began the work a few years ago, producing a smaller version with the support of Dance Saskatchewan and personal investment. Thanks to the support of the TRC and continued support of Dance Sask, an expanded version will reach audiences, and they hope perhaps it will continue to be run here or elsewhere, to touch more people.

“Our kids on the streets are lost and looking for ways to abuse themselves. None of them were born that way. You have to stop and look at the reasons why they’re like that, where does it come from, and what is it going to take to alleviate. The more awareness there is, the more we can begin to heal.”

The shame, anger, blame, hurt and dysfunction that has been the main “lesson” of the residential schools needs to be met with validation and awareness from all Canadians, and countered with tools like the spiritual healing power of dance, so that negative cycles can be broken and replaced by positive and healthy ones for upcoming

generations.

“One powerful aspect of our identity that remained and continues to grow is the gift of dance,” Lorin noted, sharing how important it had been to him on his own journey towards growth and healing, and to be able to dance for those who can’t, including his own parents.

“It was a good way to stay sober and release anger and frustration. To say

something without speaking.

“I wanted to have non-Native performers as part of the performance too. I wanted them and their families and their friends to understand the whole story and why we’re doing this. This is Canada’s history not just Indian’s history, the residential school era. It’s not just impacting First Nations, it’s impacting all of us in ways that we can’t even imagine.”



## Silent Survivors

The story of the Residential schools told through the power and beauty of traditional dance. Followed by a Q+A with a panel of Indian Residential School Survivors.

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# Checking out the classics good for aspiring artists

Recently, I was following a story where a jury was stuck deliberating for a long time. They couldn't reach a verdict and wanted to declare a mistrial. The judge urged them to try and reach a decision and after another lengthy night of deliberation they finally did.

It reminded me of a movie I watched not long ago, 12 Angry Men. It is a very old movie, released in 1957 and starring Henry Fonda. It was such an amazing film and I'm sure anyone watching it now would also think it a great story.

It was simply done, too, with one room and 12 jurors, reflecting its original theatrical roots, and proving that solid characters, interesting dialogue and entertaining plot twists are enough to carry a story successfully through. It was a classic and timeless. Fifty-six years after it was released, I loved it.

There are movies I've seen in the past year that I wouldn't recommend to anyone, movies that were so badly done, they were unintentionally comical. When you think of how many people it takes to make a movie, I always wonder how terrible movies ever get released. Is it a conspiracy? Are people afraid to be honest with the writer, the director, the producers or the actors? Are they only concerned with receiving paycheques?

Of course, I get that most things creative are subjective. What I appreciate in art might be very different from that which my neighbour two doors down appreciates.

However, a classic or very famous work will be popular decades later because it has surpassed technique and passion and delved deep down into something so incredibly human, that it can be understood by anyone at any time. It speaks to truth, not trend

I happened across 12 Angry Men by Googling IMDB's 'Top 250 Movies'. I decided that I would start with the most popular movie and work my way down from there, just for fun. The movies I had already seen I would skip and the movies in between would be my goals. So movies that I had never thought to watch, like 12 Angry Men, suddenly became important to me.

I have a nerdy book list much like this too, with hundreds of books on it that will likely take me forever to read, but because I was curious to find out why some books have been considered classics, I have been fortunate to discover



some very brilliant writers.

By studying great works, you begin to understand the elements that make a piece memorable. You could do this with

music, studying great artists, great songs, great albums, and how their work forever changed the landscape of their genres. Sometimes artists are so wildly creative, entirely new genres result.

Going back in time, you can trace how great artists either embodied the characteristics that defined great works in their specific time period, or how they challenged expectations and dared to take a new direction, forever shifting how people defined art.

If you are an artist, writer, musician, dancer or photographer, you will do yourself a huge favour by doing research into the greatest works in your chosen field. Don't just stick to one genre either. Read books you would normally never pick up. Listen to music you don't prefer. Study paintings that you've never been attracted to. If they are classics, there is a reason for it, so try your best to discover what that is.

I would even suggest going one step

further and studying the biggest flops in your chosen field. By taking apart the terrible movies, jarring dance routines and awkward photographs, you will begin to understand what is missing and what went wrong.

After studying the greatest of greats, and their opposites – those forgettable works – you will, hopefully, gain new insight into your own artwork and be able to identify where you need improvement.

Sometimes with the discovery of new styles, you will be able to unlock that voice that has lay dormant inside you, awaiting the right key.

You will expand your own repertoire and possibly even find the courage to take chances that you had never before dreamed of.

If nothing else, studying classics will be incredibly entertaining, and will always give you an interesting conversation starter with anyone you meet. I promise to be suitably impressed when you tell me nerdy facts about the greatest artists in your field.

Trust me, your favourite artists studied others before them too because great artists are always learning!

If there's an artist, entertainer or event that you think should be featured in Eagle Feather News, give me a shout at: [snazzyjess@hotmail.com](mailto:snazzyjess@hotmail.com).

## Storytelling events planned throughout Saskatchewan

By John Lagimodiere  
Of Eagle Feather News

For Aboriginal people, storytelling is both a gift, and a very old custom sanctioned by the people to teach, entertain, and remember. Throughout February, First Nations and Métis storytelling events are going to be held to celebrate in schools, libraries and community organizations throughout Saskatchewan.

To kick it off, SIAST hosted Ernestine and Alphonse Pilon (also known as Maureen Belanger and Duane Favel) at their Saskatoon campus. The comedy and storytelling duo from Île-à-la-Crosse had staff and students entertained and chuckling for an afternoon.

The Saskatchewan Indian Cultural Centre will be telling stories on February 4, 11, 13, 27, 28 at the White Buffalo Youth Lodge and the Frances Morrison Library in Saskatoon and are targeting school age children from kindergarten to Grade 12. The SICC Library plays a leading role in the SICC Storytelling Month activities held each February. Elementary and secondary students, teachers, parents and others will attend this year's Storytelling Month activities.

A couple of other events to note include the Saskatchewan Writers Guild hosting at Wanuskewin on February 16 with a great lineup including Erroll Kinistino, Simon Moccasin, Nina Wilson, Jason Chamakese and Robert Gladue. In Regina on February 26 you will find Cadmus Delorme, Dennis Omeasoo and Carol Daniels with Richard Van Camp at the Albert-Scott Community centre.

Do yourself and your children a favour this month and attend one of these events, or any of the several others that are happening at libraries and community centres across Saskatchewan. Check the web to see what is happening in your community. Pull up a pillow, sit and enjoy.



Alphonse and Ernestine Pilon (aka Maureen Belanger and Duane Favel) helped SIAST celebrate Aboriginal Storytelling week at the SIAST Kelsey Campus, E.A. Davies Building in Saskatoon. (Photo SIAST)

# Mesmerized in Saskatoon

By Darren Brulé  
For Eagle Feather News

Walking up the street or driving in downtown Saskatoon, one usually notices the event billboard out front of the well-known Odeon Event Centre.

Shawn Desman, Nelly Furtado, even veteran U.S. rapper Method Man adorn the upcoming events calendar for all to see. But this time around, there is a face you don't usually see beside such big-name acts. Aboriginal Hypnotist Scott Ward was featuring his own show at the Odeon. And he has earned that spot beside them.

A renowned Aboriginal performer, Ward hosted his first major concert hypnosis show at the Odeon Event Center in Saskatoon to a crowd of over 300 intrigued guests in December. Having travelled across North America since 2005 with his show, Ward is no stranger to Saskatoon or the province for that matter.

He is a regular guest in many First Nations and Aboriginal events throughout the year but it was this night in particular that saw one of his long-time goals come to light; to have a professionally-produced stage performance at a major venue.

It was lights, camera, and definitely a lot of action as Ward took to the stage that night. As the lasers danced around the

room, hypnotic music blaring through the sound system, one would think they were at a rock concert. The energy was intense and the crowd was clearly taken by surprise.

Ward is a natural on stage and it showed. From cracking one-liners to his handshakes and high-fives with the crowd, he made everyone feel relaxed with ease.

One should realize that it's imperative to make the crowd feel comfortable at a hypnosis show, considering they are the show.

And given that there are enough carefree souls willing to take that a leap of faith and experience first-hand of what it is like to be hypnotized on stage, there was no shortage of people willing to take a seat on stage that night. The audience came to have some fun.

As the show went on, the room was constantly filled with roaring laughter as he took 20 participants from the Odeon Event Center through a raging blizzard, to being in a camel race in Africa, to performing hilarious dance routines "Gangnam-Style" among other fantastically funny routines. The camera-phones were out in full force as audience members wanted to preserve the hilarious and off-the-wall antics for their soon-to-be bewildered friends to see.

All in all, the audience and partici-



Versatile performer Scott Ward isn't your regular hypnotist.

pants had the time of their lives, again, Ward isn't your regular hypnotist. something perhaps even they didn't really Find Scott Ward online at: expect of a hypnotist show. But then <http://www.scottward.ca>.

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On Family Day, February 18, do something outside with the family. We bet you can't make a snowman as good as this one!

## Physical activity good for life

The Family Day holiday on February 18 has once again been declared Family in Motion Day. Celebrate this holiday by being physically active with your family, friends and neighbours. It is a wonderful chance to spend quality time playing together and building family traditions of being "in motion".

Times have changed. We are not as "in motion" during our busy daily routine and this means we need to fit physical activity back into our lives. So why not take a break from your hectic schedule and spend some quality time as a family being active? Families are encouraged to turn off their screens and get "in motion" on Feb 18!

Adults can be healthy role models and show the kids in your family and neighbourhood how you had "in motion" fun during the winter months as a child. It will give everyone a chance to connect with each other while staying healthy. Physical activity can help build children's confidence, and don't forget; physically active kids turn into physically active adults!

Is being "in motion" already a part of your Family Day tradition? If so, keep up the good work! Haven't began the tradition yet? Then start this year on February 18. There is a lot happening in and around the province for you to take part in:

- visit your neighbourhood park, find a hill and slide!
- skate at the community rink
- hit the hills for some tobogganing or go curling!
- try snowshoeing, skiing or build a gigantic snowman
- play some of your favourite summer activities and sports in the snow for a fun twist

Invite friends and neighbours to join you and end the day with a celebratory healthy meal. Holidays are a great time to start traditions, but physical activity is important all year round. Make physical activity a fun family priority on a regular basis for health, happiness and good habits! Physical activity – do it for life!



Hmmm, what to do on Family Day ... curling! What a great mix ... hurry hard!

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# Indigenous players both budding stars in the WHL

By Fraser Needham  
For Eagle Feather News

Eric Roy and Michael Ferland are amongst a handful of indigenous players in the Western Hockey League but that is where the similarities between the two players mostly ends.

The 18-year-old Roy is a smooth skating finesse defenceman who can be found anchoring the blueline for the Brandon Wheat Kings on most nights as one of the team's top players.

Ferland, 20, is a robust and rugged winger who is just as adept at using his fists in a fight as he is scoring goals. For three-and-a-half year he also suited up with the Wheat Kings but a WHL deadline trade brought the overager to the Saskatoon



Eric Roy is a skilled defenceman for the Brandon Wheat Kings.

(Photo courtesy of Brandon Wheat Kings Hockey Club)

Blades a few weeks ago.

Playing alongside each other for two-and-a-half seasons, both players are fully aware of what the other brings to the table.

Roy says he can fully understand why the Blades gave up a 2013 first round draft choice to get the 6'2" and 215 pound winger as part of their bid to win the Canadian Hockey League title as this year's Memorial Cup hosts.

"He's a physical player and he can score goals too," he says. "It has been strange to play against him."

Ferland adds he can see why the 6'3" and 190 pound Roy is one of the top prospects in this year's National Hockey League draft.

"Roysie a very young and very skilled defenceman," he says. "He's got soft hands and he reads the play real well – he's just a great defenceman."

For Roy, being one of the top prospects in the 2013 NHL draft can be both a blessing and a burden. It can certainly add a lot of additional attention and pressure to someone who only turned 18 a few months ago. And, in particular, especially since player rankings change on an almost weekly basis – Roy has been ranked anywhere from ninth to 39th amongst North American skaters in this year's draft.

Nevertheless, for now, Roy says he has just been trying to play the best hockey he can as a struggling Brandon team tries to make



Michael Ferland is a bruising forward with the Saskatoon Blades.

(Photo courtesy of Steve Hiscock and the Saskatoon Blades Hockey Club)

the playoffs and the draft will take care of itself in good time.

"I just try and ignore it (the draft)," he says. "The day will come and that's when the teams, the scouts – they are the ones who matter. It's just the draft ranking and I don't let it get to my head. As the year's gone on, I try not to focus on it and just wait until the days comes."

Ferland himself is a Calgary Flames prospect. He started off the season with the American Hockey League's Abbotsford Heat but the NHL lockout saw him getting limited playing time and he decided to return to the Wheat Kings just before Christmas.

A decision, he says, he doesn't regret.

"I only played four games and I was only playing seven minutes a game. So, I kind of got sick of it."

Both players say they are proud to be part of a select group of Aboriginal players in the WHL but would like to see more.

Roy grew up in the small northwestern Saskatchewan Métis community of Beauval. He played much of his minor hockey in Meadow Lake before moving on to the Midget AAA Prince Albert Mintos and eventually the Brandon Wheat Kings.

He says if northern players have the discipline and the drive they can make it but fears there may be too many distractions these days, such as technology and home video games, keeping the younger players from spending the time they need to refine their game at the rink.

Ferland, who is also Métis, was born in Swan River, Manitoba but grew up in Brandon. A bit of a late bloomer, he didn't start



playing competitive hockey until he was 14.

He says it is great to see more indigenous players around the league each year and they definitely try to encourage one and other.

"It's nice to see the Native guys around the league. We always have good talks with them and it's nice to see that."

With limited playing time earlier in the year, Ferland started off a bit slow with the Saskatoon Blades but as of late he has begun to start racking up the points including a hat trick in a 4-1 victory over the Swift Current Broncos on Feb. 2.

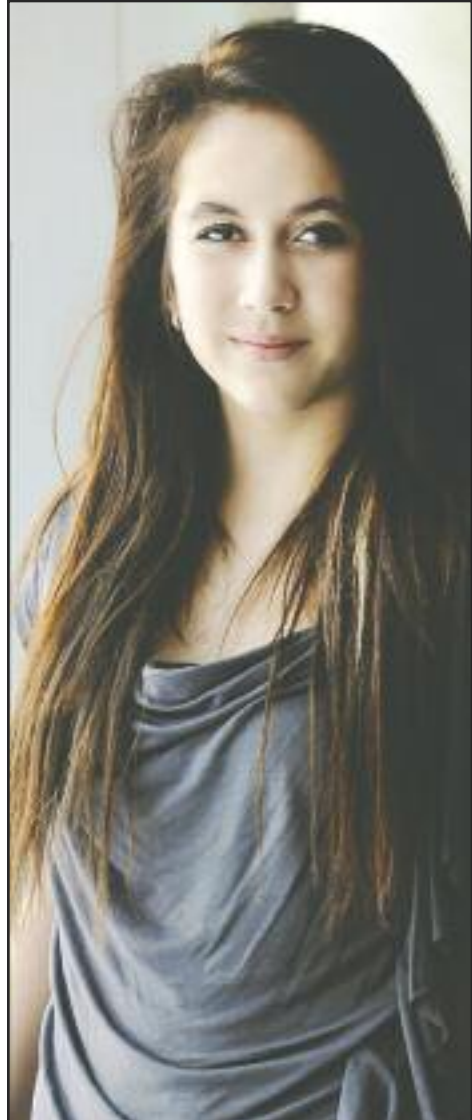
Blades coach and general manager Lorne Molleken says the rugged winger brings a unique mix to the table and is hopeful that Ferland will be one of the key pieces as Saskatoon tries to win the Memorial Cup this year.

"There are not too many guys who will take him on in this league because he is a tough competitor," he says. "But more than that, he sees the ice extremely well, he manages the puck in the different zones and he makes good decisions. It's hard to find guys like that who bring the different elements to the game and can score goals."

# Young goaltender takes life one shot at a time

**Victoria Marie Bourassa**  
**Belongs to: Regina Riel Métis Council**  
**Sport: Hockey**  
**Position: Goaltender**  
**Teams: AA Bantam Regina Ravens (age 13-14 year olds), Midget AA South Sask League (15-17 year olds), affiliated player with the AAA Midget Regina Rebels (15-17 year olds), AAA Grrrowl.**

**GOZ: What do you love about hockey?**  
 VICTORIA: I like that I get to spend time with my friends. It's a great way to meet new people. It's a fun sport and it's time consuming so it keeps you out of trouble too.  
**GOZ: Why did you start playing goalie?**  
 VICTORIA: Because my dad told me not to. I was playing defence my first year (age 5) and my dad told me not to



Bourassa would like to pursue a college scholarship in the U.S.  
 (Photo by Wayne Iverson)

volunteer for goalie – of course I did and I never played out again.  
**GOZ: How do you deal with the pressure of playing goalie?**  
 VICTORIA: When I was a little kid it used to be more pressure but now I realize it's just a game. It's a fun game and so I just let it slide. I don't normally feel the pressure. You just have to forget it's a competition. I go out there and do the best I can and realize it's a team sport. I've played some of my best games and still lost. It probably doesn't hurt that I have my Kookum praying for me all the time either!  
**GOZ: If you could go head to head with any player in the world in a shootout, who would it be? What would happen?**

VICTORIA: Jordan Eberle. I'm really good friends with his cousin and he even texted me. I'm pretty sure he'd be able to score on me! It would still be fun though!  
**GOZ: If your team needed you to play a skating position, would you do it?**  
 VICTORIA: I would love to ... I think I'd enjoy the physical part of the game. But ultimately, I love playing goal – that's where I feel the most comfortable.  
**GOZ: What kinds of sacrifices do you make to play the game you love?**  
 VICTORIA: Since I play high level hockey and I am on more than one team, I'm on the ice five to six times a week and travel far distances for games. Because of this my time for after school activities, other sports and friends are affected. I hope it will pay off in the future.  
**GOZ: What do you think it takes to be a positive role model?**  
 VICTORIA: I think it is about doing the best you can and helping the younger kids coming up. I had good support so I try to support others when I can. Probably the biggest things for young ones coming up are to have a good work ethic and good attitude.

**GOZ: Who is your role model?**  
 VICTORIA: Hayley Wickenheiser. I admire how she got so far in hockey and faced many challenges. She proved that girls can play with men and I think made it easier for us to play hockey.  
**GOZ: What are your plans for after high school? Are you hoping to pursue hockey in university and beyond? Any Olympic dreams?**  
 VICTORIA: Hahaha. I'm just thinking



Victoria Marie Bourassa has been playing hockey since the age of five and has spent most of that time between the pipes.

(Photo by Jeremy Pellerin)



about finishing Grade 8 this year! I just turned 14 in January. My goal is to get a scholarship to the United States. I went to a AAA tournament to Grand Forks a few years ago and toured their campus. I realized then that's where I want to be. I try not to get hung up on

Olympic dreams. If it happens it happens. I don't like to put pressure on myself.  
**GOZ: What do you do for fun aside from hockey?**  
 VICTORIA: I like to hang out with friends, I'm on the school Improv Team, play with my little sister (she's 3) and sneak in snowboarding when I can (even though it makes my mom nervous). My parents also take me to Hawaii when they can so I'm pretty blessed.

## Family *in motion* Day

### February 18th

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