

Eagle Feather NEWS

FREE

Ratt-Misponas ready to lead

According to his former principal at Minahik Waskahigan School in Pinehouse, Regan Ratt-Misponas was a class leader in Grade 4 already.

(Photo by John Lagimodiere)



**By Jeanelle Mandes
Of Eagle Feather News**

Regan Ratt-Misponas took on a big workload this year. Currently in his third year in the ITEP program at the University of Saskatchewan, Regan was also recently elected president of the University of Saskatchewan's Students Union (USSU). He is the fourth Indigenous person in a row to hold the post.

"I recognize that there is a need for teachers in my home (community)," he said of his home, the Northern Village of Pinehouse, a beautiful Métis community 348

km north of Prince Albert.

"The reason for me coming to school in the first place was to go back to my community and help in some sort of way. I think going back with an education degree would help my community very much especially for a lot of the kids that are there to see somebody that sat in those exact desks and roamed in those hallways and played in that exact playground.

"They too, if they have big dreams, they can reach them."

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EXONERATED

In a moving ceremony Chief Poundmaker was officially exonerated of any crimes by Prime Minister Trudeau.. - Page 6



ROCK YOUR ROOTS

Here's hoping you're up for a walk to Rock Your Roots on National Indigenous Peoples Day June 21. - Page 9



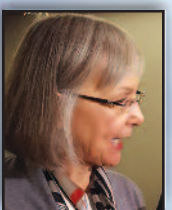
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Acclaimed Saskatchewan writer Louise Halfe will soon be honoured with a doctorate from the U of S. - Page 11



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Celystin Moosomin was awarded the Spirit Award at this year's SaskTel Indigenous Youth Awards. - Page 15



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Ratt-Misponas did not expect to win the president's position.

"I didn't know that I was going to run until the last minute. Within the last hour of the nomination polls closing, I decided to put my name forward," he said.

"It wasn't an easy decision; it was something I was considering for some time. I didn't think that's where my heart was. My heart and my focus were trying to advance our Indigenous community here at the U of S.

"But I thought there was definitely room for the same type of passion that I have, being in a position like this. I thought it was a good chance to reach an audience of people that are very much willing to listen."

His role as the president of the union is to be a spokesperson and to look at issues that range from accessibility and affordability of education, and increase the engagement of students and community. These were his reasons for running.

"I wanted to make sure there's an Indigenous person in these roles so that our organization was reflective of our student body and our growing number of Indigenous students on campus," he said.

His role as a leader stems back to growing up in Pinehouse.

Ratt-Misponas grew up with strong family ties. His mother obtained a post-secondary education from the First Nations University of Canada. His father didn't finish high school but he is rich with knowledge of learning off the land

where he's a hunter, a fisherman, a trapper and a wild rice harvester.

"That will always play a big role in how I grew up and Pinehouse Lake has a big part to do with that," he said.

"I was able to learn the importance of community and a sense of belonging."

Ratt-Misponas graduated high school in 2013 and said his grad class was the biggest graduating class from his community where he graduated with 36 people.

Rosalina Smith is the school principal in Pinehouse Lake. She watched Ratt-Misponas grow up to be the leader he is today.

"He was always a very responsible student even from kindergarten," she said. "I became a principal and he became a leader within the school. He was either in Grade 3 or 4 and he started a little anti-bullying club. They monitored the playground and kids going to school. He was always a leader."

Smith said she is very proud of Ratt-Misponas.

"He grew up here and for him to go into the city and to be able to take a leadership role, I'm extremely proud of him," she said. "It takes a lot for us (northerners) to adapt to the southern communities and he's adapted to the city life very well and he has done even more

than adapt, he is making an influence as an Indigenous person."

Ratt-Misponas has always had his eye on the U of S. He gained an interest in the politics of university after watching many past influential leaders.

"People like Jared Brown, Jack Saddleback, Max FineDay and Terri Favel were developing their leadership skills by running for offices like this. That is what inspired me and drew me to wanting to be a part of this community on campus.

"Here was this little northern Indigenous kid from Pinehouse Lake that became interested in school politics at the University of Saskatchewan," he said.

Ratt-Misponas encourages others to get involved in leadership roles and not to be afraid to seek new opportunities.

"Jump right into it. We have to see that value within ourselves and that value within our skills. And everybody has a set of skills that we practice every single day," he said.

"Believe that you are capable to help people and make a difference. You have so much to offer as a northerner or somebody who is Indigenous that is coming from their First Nation. Everybody has the ability and capability to be a strong leader."



USSU President Regan Ratt-Misponas and University of Saskatchewan President Peter Stoicheff at the 2019 U of S Graduation Powwow.



Sheri Benson

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Archie Weenie uses teachings to change lives

**By Kaitlynn Nordal
For Eagle Feather News**

In the film Pay It Forward, Trevor McKinney does his class project for seventh grade social studies on the premise of doing a good deed for someone for no altruistic reason with the hope they pass on the kindness.

This is the philosophy Archie Weenie of Open Sky Retreat lives by.

He founded Open Sky Retreat in 2007 on the simple premise of helping people.

“We realized that a lot of people needed help,” said Weenie. “When your identity is taken away you are more or less trying to adapt to something that you weren’t born with.”

The Open Sky Retreat, which is open to everyone, provides guidance and healing medicines according to traditional First Nations teachings.

“I work with all nationalities that have come for help, and it’s a blessing. I feel blessed when I see that,” he said.

“When people seek help the problem stems from somewhere, so we look at those people who are willing to deal with those to free themselves of burdens like that to become a better person.”

Weenie has lived through abuse himself is a certified addictions counsellor so he has a unique way of helping those who come to Open Sky Retreat in need.

“I know how it feels when you are hurting so when someone is seeking help I’m here. Sometimes they can’t find that out there because you have to be clean before you are accepted,” he said.

Open Sky Retreat offers traditional teachings such as smudging, sweat lodge teachings, sharing/healing

circle, story-telling/oral history, and self-care/self-respect among others.

“There is so many teachings we lost, and I try to provide that,” said Weenie.



Elder Archie Weenie formed and operates the Open Sky Retreat to help people who need cultural guidance in their lives. (Photo by Jeanelle Mandes)

Counselling services can be provided in a one-on-one, family, or crisis counselling session among others.

Weenie also works at Wascana Centre, a halfway house for those integrating back into society.

“It’s sad how the system is. I’m not trying to put anything down because I work for the system but my work is for the residents. So, they know there is hope, that they can be free,” said Weenie.

It’s been four years since Dale Henderson has met Weenie. He said if it wasn’t for the elder’s cultural guidance, he wouldn’t know where he would be.

“He’s helping me to become more aware of my cultural background,” said Henderson from Manitoba.

“Knowing that there’s something more divine than our human life. What the elder has taught me is to use my gift to be a helper.”

Henderson helps Weenie prepare various cultural ceremonies around the city. Even when Weenie is not in need of assistance, Henderson is often visiting the elder at his home in Regina.

It’s the same feeling that John Anderson has towards Weenie. Anderson has been attending Weenie’s sweats for five years now. He owes the current stability in his life to the elder who has been very influential.

“He has helped me a lot. The (sweats) ease down my anger,” said Anderson. “I was a very angry man before but after going to his sweats, I felt like I needed something to look up to. That’s why I go and I will always continue going.”

At this time Weenie is unsure exactly how many people have gone through the program as he worked all over Canada. But he continues to open his doors for those who need help.

Stacy Sutherland
Muskeg Lake Cree Nation
Treaty 6, Saskatchewan

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Quitting isn't in the cards

Thank heaven for May and June. They saved me.

I almost quit the paper world last month. Was feeling old and tired and hating deadlines with no down time.

Then I saw a fellow community paper, the Saskatoon Express, shut its doors. They cited the poor market for newspaper advertising, the move of media to the web with little revenue to support it and a community that wanted news faster and cheaper.

They bit the bullet and shut it down. I understood.

The exact same issues have been facing our little outlet for the past three years and it is getting harder each year to stay afloat. So, after awhile you wonder if all the work, worry and running around is worth it, when you are working for free some months.

At the end of last issue, my wife and I had the talk. We agreed to drop the paper and run. Sell it. Donate it. Just get out. Freedom 2020. December and done. No more deadlines. A weight was lifted.

Well darn. If the month of May didn't see me in Winnipeg delivering a seminar at the St. Boniface Museum and hangin' with family in the homeland.

It was grounding. Had some copies of the Eagle Feather News that I shared with the folks in the seminar. "Oh," they said. "We have nothing like this in Manitoba." Jealous they were.

Then the darn SaskTel Indigenous Youth Awards happened. If you ever need inspiration, just go to these awards. Triumph, leadership, resilience, brilliance. I missed this year for work

travel but my wife came home and said we can't sell the paper. We have to tell those stories. We are different from the mainstream papers.

At the Awards she also met a dad of a nominee. When he found out she was with the paper, he told her his son had been in the paper when he was a young hockey player and wore pink laces to support his friend's mom who had cancer. The pink laces kid! I remembered taking his photo at Harold

about Colten Boushie and his family. Flying Dust First Nation hosted the FSIN Assembly and had the prime minister and the leader of the NDP as guests ... all while they gear up to hoist the Tony Cote First Nation Summer Games in July for the second time.

And then I finally had a day off and was able to attend a community event. My favourite part of the newspaper business. It was the flag raising for Reconciliation Month at City Hall in



WWII Veteran Virginia Pechawis throws out a world class grin in response from teasing from MC Eugene Arcand as MN-S President Glen McCallum looks on. People were gathered in the Saskatoon City square to raise the Reconciliation flag for the month of June.

(Photo by John Lagimodiere)

Latrace and interviewing him.

And May and June are about news folks ... every school has a powwow or cultural event. Treaty medals and flags and Métis flags are being installed all over. The YWCA honoured so many deserving women at their Distinction Awards.

Tasha Hubbard released her film nîpawistamâsowin: We Will Stand Up,

Saskatoon, an event packed with survivors, Elders, dignitaries and old friends.

The photography opportunities were endless. And then I saw Veteran and Elder Virginia Pechawis was getting teased by MC Eugene Arcand. She learned forward and gave a big smile. It was beautiful. We told her story a while ago. Canadas oldest surviving woman



First Nation Second World War veteran.

Shortly after, we held a moment of silence for the survivors. They matter.

Then I got an email from an old University friend who went on to be a PhD in Sociology. She now teaches at the University of Saskatchewan. Métis no less. Super smart. She has a Masters student who is doing a project about news media, Eagle Feather News and Indigenous peoples' representation in the media and she wanted to interview me.

And then she said this: "The Sociological thinking is that a paper like Eagle Feather News somehow represents Indigenous resilience and resistance to dominant narratives in other Canadian news sources (or even just Saskatchewan)."

I always just said good news stories when I described our paper, but never heard it academically like that. Blew my mind. Damn.

Now there is no way we can quit when someone says that. It sounds important. We just need to sell some advertising. Tell your

bosses to support Indigenous media.

It also makes us feel good to tell those awesome stories or get that amazing image. Lost that for a bit. Glad I got it back.

Now go enjoy our Annual National Indigenous History and Trivia Quiz and I hope I will see you Rock Your Roots on National Indigenous Peoples Day down by the river. We'll be there taking pictures.

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Honouring the memory of a wonderful poppa

As Father's day approaches, I remember again that I've bought my last card, struggled with wondering if my dad would like the funny one or the sentimental one? (Neither – he preferred being taken for breakfast. My dad could eat breakfast three times a day – he was the original baconater.)

Like any nerd encountering “feelings”, I've been researching grief. On special days, instead of pretending that the day is not happening, it is healthier to find ways to honour our loved ones. So here is a list of activities I'll engage in on Father's Day in memory of mine:

1. Defend golfer Tiger Woods at all costs. Yes he's a cheater; yes he had a DUI that involved painkillers, but dammit he's still the best golfer the world has ever seen. You can focus on the infidelities and the DUI's, I'll focus on that backswing. Or whatever it's called. I honestly know nothing about golf except that Tiger Woods looks pretty good in pair of fitted khakis.

2. When Obama was in office, my dad and I used to watch every speech and every press conference with pure joy. It was such a thrill seeing a proud person of colour occupying one of the highest offices in the world. And so talented, his diction was always perfect, and his voice was as smooth as Nutella. Then we'd get mad at CNN for being critical of anything that handsome audacious orator said. Things were a little different with President Trump. Although my dad was sick and his mobility very limited, he still managed a frown whenever the rancid

marmalade POTUS spoke. (Does it really qualify as speaking though – when it's just slurring out random alt-right terms like a racist robot being sprayed with water?) On my visits to the hospital, I would regale my dad with Jon Oliver, Michelle Wolf and Seth Meyers takedowns on Trump. So, for my dad, I'll spend some time slamming the orange slime monster to the south. Perhaps I'll think up some places I'd like to put that stupid wall of his.



3. Every Native girl thinks that her dad looks like Elvis Presley. But my dad actually did. And to accentuate this resemblance, my dad's hair was always combed back in an Elvis pompadour. Like Elvis, he also inspired some crushes. When my mom was engaged to him, other women actually approached her to tell her: “you're marrying him? You're so lucky!” which my mom wryly observes, “didn't say much about what they thought about me.” So, it will definitely be a blue suede shoes kind of day for me.

4. There was something about Asian food restaurants and my dad. He was always looking

for the perfect one. He had found it once in Regina and we went there frequently throughout my childhood. Whenever we stopped in, my dad would befriend the owner. Within minutes, the two of them would be calling each other “cousin” and exchanging some rather racist jokes. Father's Day sounds like the perfect time for some fried chicken rice while being uncomfortably familiar with the owner.

5. My dad loved the casino. I don't even know if “love” is the right word – what do you call an all-encompassing feeling to be connected to the smell of dusty carpet, the blurred spin of slot machines and the collective murmur of prayers and swears? My dad visited the casino regularly no matter the weather. He once drove to the casino in minus 30 with his window down because it had frozen like that. While a fan of all the gambling arts, his favourite game was poker. I wish I could have shared this hobby with him. I do have a great poker face – my friends call me “the robot” – but, alas, I have never figured out what a flush is and does it beat a pair? But I'll give it a try for the old man – or even better, I'll sponsor my mom who shared his passion for diving off the cliff of fate into the ambivalent arms of luck.

Whatever I end up doing, I know that it will involve remembering a fun-loving man with a laugh that could be heard for blocks. It will involve honouring his memory and keeping it alive by always reminding my son about what a wonderful poppa he had.

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Poundmaker exoneration an unforgettable ceremony

By NC Raine
For Eagle Feather News

Prime Minister Justin Trudeau was met with enthusiastic cheers and applause as he delivered his statement of exoneration for Chief Poundmaker.

“I am here on behalf of the Government of Canada to confirm without reservation that Chief Poundmaker is fully exonerated of any crime or wrongdoing,” said Trudeau at Poundmaker Cree Nation on May 23.

“It is my hope that these words can mark a new beginning. And that this day will lead us to a brighter future as we continue to walk together on the path of reconciliation – the path that Chief Poundmaker chartered for us all so many years ago,” Trudeau continued.

The prime minister was joined by delegates and officials, First Nations leadership from across the province, descendants of Chief Poundmaker, and thousands of other attendees to witness an exoneration that was 134 years in the making.

“In 1885, Chief Poundmaker was treated as a criminal and traitor. In 2019, we recognize the truth in his words, that he as a leader, a statesman, and a peace-maker, did everything he could to ensure lives were not needlessly lost,” said Trudeau.

Chief Poundmaker was wrongfully convicted of treason and imprisoned in 1885. He served three years in prison, and died just four months after his release.

Prime Minister Trudeau also extended an apology to all members of Poundmaker Cree Nation, past and present, for the hardships they endured due to this injustice. Poundmaker Cree Nation has long sought exoneration for Chief Poundmaker.

Trudeau also took time to share the history of Chief Poundmaker, as well as a famous quote from the Chief:



Poundmaker Chief Duane Antoine welcomed Prime Minister Trudeau to their territory for the exoneration ceremony. (Photo by Arvid Kuhnle)

“We all know the story of the man who sat by the trail too long. Then it grew over and he could never find his way again.”

• Continued on Page 7

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Prime Minister Justin Trudeau laid tobacco at Chief Poundmaker's grave site during the exoneration ceremony. (Photo by Arvid Kuhnle)

It's the next 150 years that we're going to build on: Bellegarde

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"We could never forget what has happened, but we could never go back nor can we just sit beside the trail."

"Well, the Government of Canada has been sitting by the trail for far too long," said Trudeau.

"It is my sincere hope that by coming together today and taking this important step together as equal partners, we can continue the important work of reconciling the past and renewing our relationships."

Several of the leaders in attendance shared their thoughts on the historic day.

"All Canadians must know that Chief Poundmaker was a leader and a peacemaker who wanted a better future for his people. He fought for peace, not for war. He used his pipe, not a gun," said Assembly of First Nations National Chief Perry Bellegarde.

"We say that the last 150 years weren't very good for First Nations people," Bellegarde continued. "But now it's the next 150 years that we're going to build upon."

Chief of Poundmaker Cree Nation, Duane Antoine, also spoke, after a historic handshake and trading gifts with Prime Minister Trudeau, on the impact Poundmaker has had on his people.

"Poundmaker was a diplomat, a peacemaker, and was practicing reconciliation already in the 19th century. The truth is now known, and he will be remembered in history as a national hero," said Antoine.

"What happened today here, we will never forget. The youth will never forget this."

 The advertisement features a close-up portrait of a young woman with long dark hair, wearing a green jacket, looking thoughtfully at the camera. The background is a blurred indoor setting. Text is overlaid on the image in white and teal.

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Province getting ready for huge NIPD celebration

**By Kaitlynn Nordal
For Eagle Feather News**

When asked, most Canadians would say Canada Day is the most important day of the summer.

However, National Indigenous Peoples Day (NIPD), which takes place on June 21, is a day marked on people's calendar to celebrate the First Nations, Métis, and Inuit people, their culture and achievements.

National Indigenous Month has history going back 12 years. In 2007, Aboriginal History Month was initiated by a non-profit grassroots organization called Regina Aboriginal Professionals Association After being put forward by Member of Parliament Jean Crowder, Nanaimo-Cowichan, in the House of Commons in 2009, it received a unanimous vote.

"I think that recognizing the past and showing that the spirit of Indigenous culture is still alive and thriving in a multicultural community is very important," said Brad Bellegarde Regina's Cultural Diversity & Indigenous Relations Advisor.

When we talk about First (Nations) peoples, it's very important to recognize that it's not something of the past, it's something of the present."

For NIPD this year, Regina has many events going on in Victoria Park starting at 10 a.m. where a grand entry

and opening prayers will be held. Various dance groups will be performing throughout the day. And Indigenous female rappers Ekwol and T-Rhyme have two 15-



minute sets throughout the day. There will be a free barbecue for lunch and the day will then end with a round dance.

NIPD is also being celebrated across the province in much the same way.

In North Battleford, there will be

similar activities. Sandra Favel Rewerts, Director of Health Promotion and Planning at Battle River Treaty 6 Health Centre, said the day will kick off with a pan-

presentation for the health centre.

"National Indigenous Peoples Day pancake breakfast is important to us as it provides an opportunity for the community to come together and celebrate First Nations culture and talent as well as visit old friends. The entire community is invited fostering positive relationships as we move closer toward reconciliation," said Rewerts.

Prince Albert will hold their NIPD festivities in Kinsmen Park. There will be a teepee raising and pipe ceremony in the morning at 9 a.m. Opening ceremonies will start at 2 p.m. with entertainment such as square dancing, powwow demonstrations and fiddle music. Artisan booths such as beading, moccasin making, sash making, and bannock making will be held. The children's area will host various games, face painting, beading, and crafts. These events will go on until closing ceremonies starting at 8:00 p.m.

Saskatoon will also be hosting its Indigenous Peoples Day celebrations in Victoria Park hosted by the Saskatoon Indian and Métis Friendship Centre.

The day will kick off with the annual and popular Rock Your Roots Reconciliation Walk to honour the residential school survivors which thousands of people share a beautiful walk by the river. Dignitary speeches will follow at 11:30 with a lunch and entertainment.

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Are you ready to Rock your Roots?

By NC Raine

For Eagle Feather News

Of many Reconciliation themed events and initiatives that have taken place in Saskatchewan over the years, very few are as popular as the annual Rock Your Roots Walk.

Taking place on June 21, National Indigenous Peoples (NIP) Day, Rock Your Roots is a day for people to recognize and celebrate heritage, culture, and the contributions of First Nations and Metis people.

Every year, thousands gather for the Rock Your Roots Walk to march and dance in the spirit of reconciliation.

“It’s a chance to come together to educate ourselves and celebrate the strengths of some of the Indigenous voices in our community, as well as celebrate all cultures,” said Rhett Sangster, Director of Reconciliation and Community Partnerships at the Office of the Treaty Commissioner.

The theme of the 4th annual walk is ‘Re-igniting the Fire’, a reminder to that reconciliation is not to be assigned on to others but committed to as individuals, businesses, and communities.

“Reconciliation is a long-term process. So, we’re asking people if they can re-ignite the fire of Reconciliation in their lives,” said Sangster.

“It’s this idea that you can’t delegate reconciliation – it’s a personal journey.”

Event organizers report that last year’s walk drew over 5,000 people, including nearly 2,500 students, faith-based groups, businesses, and residential school survivors.

During the walk, businesses are encouraged to close for a couple hours to allow their staff to join the walk. Everyone attending is encouraged to wear traditional clothing, be it regalia or any other clothing symbols that represent their culture.

“It has a major impact on our city. There are people coming together that may have not met each other under any other circumstances,” said Shirley Isbister, President of the Central Urban Metis Federation (CUMFI).

“It’s just amazing to see everyone out there together. That’s what Rock Your Roots is all about. We have so much racism in the city, and this is a way of fighting back to that racism,” she said.

The walk also marks an occasion to recognize residential school survivors, missing and murdered Indigenous women and girls, and Sixties Scoop survivors. Along the walk will be music, speakers, performances, and of course, food!

“It brings Indigenous and non-Indigenous people together. It paves the way for our shared future,” said Isbister.

“It’s showing our children and grandchildren that this is how we’re going to move forward.”



This proud young woman rocked her roots in 2016. Are you going to rock yours in 2019?
(Photo by John Lagimodiere)

CELEBRATE National Indigenous Peoples Day

JUNE 21

For us, reconciliation is part of who we are – guided by our value Miyo-wîcêhtowin, ‘getting along with others,’ we work to develop positive relationships and build community, so all people can thrive, side by side.



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YWCA honours Dyck, Hansen-Gardiner, Burnouf

By NC Raine
For Eagle Feather News

Every year, a group of outstanding women are recognized at the YWCA Women of Distinction Awards for their achievements across industry, culture, and public service. Eagle Feather News spoke with three of the award recipients to find out how they're making a difference in their community, province, and country.

Senator Lillian Dyck Lifetime Achievement Award

Senator Dyck, member of the George Gordon First Nation in Saskatchewan, is undoubtedly a trail-



blazer. Dyck is the first female First Nations senator and first Canadian-born senator of Chinese descent. She is the Chair of the Standing Senate Committee on Aboriginal Peoples and has long advocated for equity in the education and employment of women, Indigenous people, and Chinese-Canadians.

"It was really humbling to be recognized for the work over the years," said Dyck. "It was really gratifying that I have made that kind of impact on people. People's eyes are being opened to the issues."

Dyck has given over 100 speeches about her work in the senate over the last 14 years, many of which being about Missing and Murdered Indigenous Women and Girls. Dyck proposed a bill which would require judges to pass harsher sentences to offenders of crimes against women and girls.

"My work has been to amend the Criminal Code to put in better laws," she said. "Laws that don't diminish the impact of violence against Indigenous women."

Fighting for those discriminated against is something she's been compelled to do her entire career.

"I'm a Cree and Chinese senator, It's really important to me as an individual because both of my parents suffered a lot of discrimination," she said.

"I knew I had to speak up about it and try to make things better."

Dyck, who worked as a professor of neuropsychiatry prior to being appointed to the senate, has also long been an advocate for women and Indigenous people in science.

"Women in science bring a different perspective. People from different backgrounds ask different questions," said Dyck.

"Same thing for Indigenous health – we need people there that are pushing what the impacts are going to be for Indigenous people."

Terri Hansen-Gardiner Saskatchewan Spirit Award

Terri Hansen-Gardiner's tireless spirit and dedication to her community is undeniable. Hansen-Gardiner is a cancer survivor who travels around the province to provide assistance, information and support to Indigenous patients who are trying to access and navigate the cancer care system.



A former provincial and federal government employee, Hansen-Gardiner started working with the Saskatoon Health Region as an Aboriginal Client Advocate shortly before she was

diagnosed with cancer. It was while going through the cancer care system on her own that she saw a great need to be filled.

"When I was going through the Saskatchewan Cancer Centre for my treatment, I saw a lot of Indigenous people, especially elders. They don't speak the language, they're crying, they feel like no one understand them. There's a language barrier," said Hansen-Gardiner.

"I thought 'God gave me a second chance for a reason. I'm going to help these people.'"

What is amazing about Hansen-Gardiner is that she does this work (traveling the province supporting cancer patients) without an employer. She receives funding from organizations including the Saskatchewan Cancer Agency to cover expenses, but her work is largely volunteer.

From May to August, she talks to around 3,000 people across the province, and sometimes visits as many as seven communities in a week.

"A lot of people come up to me when they learn I'm a cancer survivor. I get treated so specially when I go to communities because I speak the language," she said.

"I tell people that cancer can be beat. You have to keep a positive attitude."

Hansen-Gardiner said she loves what she does, and regardless of if she was getting paid or not, would still be out there helping people.

"Somebody has to be there for them," she said. "If I didn't have this, if I didn't have something to look forward to, that's what's going to kill me. Not cancer."

Jordyn Burnouf 29 and Under Award

In a short time, Jordyn Burnouf has had a significant impact on several communities across the province. Burnouf, a member of the Black Lake First Nation, was working for Northlands College while the suicide crisis hit in northern

Saskatchewan. She co-founded a girls' group in response to the crisis in order to give girls a positive outlet and improve mental health.



"We wanted to give them the opportunity to experience different and new things, develop some of their interests, and just have fun," said Burnouf.

The groups would incorporate activities that would stimulate both their confidence and culture, involving anything from powwows to classes on hygiene.

"The effects in the community as a

whole were big. Seeing girls around town, they were more confident and outgoing. There wasn't such a divide between ages or class of people," said Burnouf.

Burnouf also co-founded Saskatchewan Aboriginal Track & Field, which not only hosts the Saskatchewan Aboriginal Track and Field Championships yearly, but trains young athletes with university-level athletes, and provides coaching and training development clinics to ensure sport in communities is sustainable.

"I think there's so much potential in youth. It's important to empower them and create spaces where they can grow," said Burnouf.

"I get so much fulfillment seeing these kids grow and become incredible human beings."

(Photos by Danielle Stasiuk Photography)

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Canada THE READY COMMITMENT

Honourary doctorate for Halfe

By NC Raine
For Eagle Feather News

Saskatchewan-based poet and writer Louise Halfe started journaling as a teenager, but never imagined herself as an award-winning poet.

A little later in life, though, an interesting thing happened that change the course of her career.

“I had a prophetic dream when I was in my twenties. And when I went into ceremony with my elders, they confirmed those prophetic dreams. I didn’t realize before (that I was meant to write),” said Halfe.

“I was journaling and writing, but didn’t realize I was following those prophetic dreams. I guess it sunk in after my second book was published.”

Halfe, who was born in Two Hills, Alberta and now lives and works in Saskatoon, has become one of Saskatchewan’s most accomplished poets. She has four books of her poetry published, and has won numerous awards recognizing her for her work, including the prestigious Latner Writers’ Trust Award, the Hnatyshyn Foundation Reveal Award, and finalist for the Governor General’s Award for Poetry.

She is also the first Indigenous poet to have her work included in a standard Canadian poetry anthology, and served as Saskatchewan’s Poet Laureate in 2005.

What means the most to

Halfe is having her work resonate with others.

“A lot of people don’t have the language to articulate what it is they need to express, all they know it is that they are hurting,” she said.

A lot of people have experienced a lot of shame for how they are feeling. So, my work allows them to let them know they’re not alone.”

When Halfe was six-years-old, she was taken to Blue Quills residential school in Alberta. As a young adult, she moved to Meadow Lake, Saskatchewan with her husband, where she began studying social work at the University of Saskatchewan, with the desire to help people overcome their afflictions.

“There’s a lot of addiction in our community, and different kinds of trauma. A lot of people don’t have the tools they need to deal with those situations,” said Halfe.

Her poetry uses code-switching, alternating between English and Cree. She often writes about the importance of women and their stories, and incorporates Cree intellectual traditions in her poetry. Her work is the product of her experiences and her creativity.

“It’s always fuelled by personal experience. However, the creative process and the imagination kicks in when I’m creating as well. There’s always truth in the story, but

the imagination is there,” she said.

Halfe said she wakes up between 4:30 and 6 a.m. to write, when distractions are absent. She lets a piece of work breathe after finishing it, so she’s able to see it with new eyes.

“You know when you fall in love with a person and you’re madly in love for a while? Then you sort of wake up to the reality of the relationship, and you sit back and let it grow. I’ll let a poem sit for several weeks, even months, before going back to it,” she said.

“I’m too romantically in love with it, so I need to filter through those feelings before editing.”

This May, the University of Saskatchewan announced that they will be honouring Halfe with an Honorary Doctor of Letters for her contributions to poetry and Canadian culture.

“I was tickled when I found out. I am very honoured. I never expected anything like that,” she said.

Halfe has recently completed her fifth book, a humour-inspired book, titled *Awasis: Kinky and Disheveled*. It likely won’t be published for a couple years, but surely will continue to make waves in the Canadian literature scene.

“Humour inspires me right now,” she said. “It’s the healing medicine. I’ve gone a long way in my last four books of poetry, and I’m trying to make each book very different from the other.”



Poet and Honourary Doctorate recipient Louise Halfe cuts a jig at the Reconciliation flag raising ceremony in Saskatoon in May. (Photo by John Lagimodiere)

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National Indigenous Peoples Day Celebrations hosted by Saskatoon Indian & Métis Friendship Centre

National Indigenous Peoples Day

Time to once again test your knowledge of Indigenous history and trivia in this territory. The quiz is a bit tough in places and screamingly easy in others. Grab a friend and a pencil and take some time and see who is the real trivia master in your house.

If you get more than 15 correct, you are a Jedi level Indigenous trivia master. 10-15 correct means you have been listening in school and to the old people. 5-10 correct shows you can compete, but like the Riders offence, you have some work to do. Less than 5 should send you to the library for answers. If you get zero correct answers, you are no better than a lowly Bomber fan and it is time for you to rethink your place. Best of luck and Happy National Indigenous Peoples Day!!

1. This Métis leader was stoned and killed by Orangeman soldiers in Winnipeg in 1870 for his role in the execution of Thomas Scott.

- a. Louis Riel
- b. Elzear Lagimodiere
- c. Elzear Goulet
- d. Frank Nolin

2. This recent recipient of the Order of Canada is Canadas longest serving Chief.

- a. Chief Marie North-Wilson
- b. Chief Marie-Anne Day Walker-Pelletier
- c. Chief Perry Bellegarde
- d. Chief Dan George

3. Lawyer, Hereditary Chief and contributor to UN-DRIP and the TRC, he was referred to as Number 56 in residential school instead of his name.

- a. Chief Willie Littlechild
- b. Senator Murray Sinclair
- c. Patrick Brazeau
- d. Elijah Harper

4. The pride of Ochapowace First Nation, this defenceman is the only hope for the Edmonton Oilers.

- a. Courage Bear
- b. Shelley Bear
- c. John Bear
- d. Ethan Bear

5. This actor was one of the founders of the Gordon Tootoosis Nikaniwin Theatre Company and recently starred in Falls Around Her, her first starring role.

- a. Tina Keeper
- b. Tantoo Cardinal
- c. Dakota Hebert
- d. Kristin Friday

6. Why were buffalo bones such a hot commodity in the 1860's?

- a. Cool to put skulls in your garden
- b. Sold at gift shops in Banff
- c. Fertilizer
- d. Used as clubs

7. Under the Indian Act prior to 1951 you could lose your Indian status if you....

- a. Became a priest or Missionary
- b. Wanted to go to university
- c. Wanted to own land
- d. If the Indian Agent deemed you civilized enough
- e. All of the above

8. Eagle Feather News is how many years old?

- a. Ten years
- b. Twenty-one years
- c. Fifteen years
- d. Old as dirt

9. What Métis residential school was torn down and now there is negotiation for compensation for its former students?

- a. Beauval
- b. St. Agatha
- c. Ile-a-la-Crosse
- d. Mother Theresa

10. If the Treaty Annuity of \$5 was indexed for inflation, what would it be worth today?

- a. \$116
- b. \$50
- c. \$3000
- d. \$440

11. This NDP Member of Parliament said in the House of Commons that Prime Minister Trudeau "Doesn't give a fk about Indigenous rights."**

- a. Erin Weir



Our past, present and future

Contributions from Indigenous students, faculty and staff have shaped the University of Saskatchewan for generations, and our relationships and partnerships with Indigenous communities continue to form our path forward. Indigenization, and embracing different ways of knowing, is woven throughout the fabric of our University Plan: *nikānītān manāchitowinihk* | *ni manachitooaan* (The University the World Needs).

Our plan sets forth our intention to prioritize transformative decolonization leading to reconciliation, and sets the stage for all of us to make tangible progress toward a brighter future, enriched by a deeper understanding of our shared history and present opportunities.

Visit plan.usask.ca to read more.



UNIVERSITY OF
SASKATCHEWAN



Annual History & Trivia Quiz 2019

- b. Sheri Benson
- c. Georgina Jolibois
- d. Romeo Saganash

12. This Member of Parliament from BC stood up to interference from the Prime Minister and was recently ejected from the Liberal Caucus.

- a. Jane Philpot
- b. Maxime Bernier
- c. Jody Wilson-Raybold
- d. Catherine McKenna

13. This NDP Member of Parliament's Private Member Bill was recently passed declaring September 28th as a Federal Holiday and Orange Shirt Day to honour survivors of Residential School.

- a. Georgina Jolibois
- b. Erin Weir
- c. Ralph Goodale
- d. Romeo Saganash



14. What province has the largest Indigenous population hosting 8 of 10 Indigenous folks in Canada?

- a. Saskatchewan
- b. Manitoba
- c. Quebec
- d. Ontario

15. The Indian Act gave the Federal Government sweeping powers and allowed officials to determine rights and benefits for Status Indians based on....

- a. Their religion
- b. Darkness of their skin
- c. Good moral character
- d. Their height

16. An Indian Act amendment in 1914 outlawed dancing powwow off reserve. When did the Government ban dancing outright?

- a. 1925
- b. 1920
- c. Never, that's crazy
- d. Once the Macarena was invented

17. There are over 50 now, but how many urban reserves were in Saskatchewan prior to TLE in 1992?

- a. None
- b. 2
- c. 12
- d. 1

18. What is the name of the Belle of Batoche?

- a. Steve
- b. Billy Joe's baby
- c. Marie Antoinette
- d. Michelle Louise

19. What Chief was charged with treason against Canada after the 1885 Northwest Resistance?

- a. One Arrow
- b. Big Bear
- c. Poundmaker
- d. All of the above

20. Who fired the first shot on behalf of Canada in what would become known as the Duck Lake Battle that led to the war in Batoche in 1885?

- a. Gentleman Joe McKay a mixed blood interpreter for the North West Mounted Police
- b. General Middleton
- c. Joe Orangeman, Canadian Soldier
- d. John A. Macdonald, Prime Minister and jerk



The answers!

Joe McKay
 Antoinette 19. D all of the above 20. A Gentleman
 C 2 urban reserves Kylemore and PA 18. C Marie
 D Ontario 15. C good moral character 16. A 1925 17.
 C Jodi Wilson-Raybold 13. A Georgina Jolibois 14.
 a-la-Crosse 10. A \$116 11. D Romeo Saganash 12.
 the above 8. B 21 years can you believe it? 9. C He-
 Bear 5. b Tantoo Cardinal 6. C fertilizer 7. E all of
 Walker-Pelletier 3. A. Willie Littlechild 4. D Ethan
 1. C Elzear Goulet 2. B Chief Marie-Anne Day

National Indigenous Peoples Day

On June 21 we will celebrate, learn and discover the joy and history of First Nations, Metis and Inuit culture.

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City of Regina | REGINA Infinite Horizons



Alyssa Woodrow



Logan Cook



Dylan Bauman



Liam Scramstad



Jenaya Johns

SaskTel Indigenous Youth Awards h



Cole Sanderson

**By Jeanelle Mandes
Of Eagle Feather News**

One student didn't realize his story of living a hard life surrounded by alcoholism, homelessness and abuse would inspire others and lead to him winning a prestigious award.

Celystin Moosomin, a Grade 12 student at Centennial Collegiate in Saskatoon, won the Spirit Award at the 21st annual SaskTel Indigenous Youth Awards.

When he found out he was nominated, Moosomin didn't feel he deserved to win as he lived a life of hardships.

Ms. Kelly, an educational assistant at Centennial Collegiate, learned of Moosomin's story after he started to confide in her at the school's Spirit of the Youth room. This room is dedicated to Indigenous culture and a space to offer support to students.

"She nominated me because she felt that

I been through a lot and I deserve a chance to get acknowledged," he said.

Reopening old wounds, Moosomin became emotional as he shared his story. He felt it was time to spill the truth of the kind of life he lived.

Moosomin grew up with a family of alcoholics. He endured physical abuse when he was younger which he said diminished his self-esteem. He recalled a traumatic event in his life when his father was stabbed five times when Moosomin was 9-years-old. When he moved to Saskatoon with his mom, there was a period of almost two years when they were homeless.

"We were always couch surfing and trying to find somewhere to eat," he said. "At the same time, my mom and my stepdad were abusing drugs while we couch surfed."

Growing up, Moosomin would hide his younger brother in the bedroom to conceal the

constant yelling and fighting in the environment they were in. It's a chapter of his life that he closed behind. His younger and older brothers were in placed in different foster care homes and Moosomin now resides in a male group home in Saskatoon.

He hopes people can see there's a life after violence and abuse.

"That is the goal, is to help others feel better (with) my story," he said. "I feel I need to talk about my story because if I don't talk about it, it's just sheltering it inside and there's no point of sheltering the truth."

When Moosomin heard his name being called as the recipient of the Spirit Award, he was shocked and excited to be acknowledged.

SaskTel and the Wicahitowin Foundation presented the awards to recognize Indigenous youth who have demonstrated exceptional ability, skills and cultural spirit in the areas of outstanding achievement, leadership, education,



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N'Tanis Wuttunee



Elizabeth Gagne



Joseph Desjarlais



Celystin Moosomin



Jaira Cross Child

honour 12 outstanding young people

community service, culture, sports and recreation, fine and performing arts, technology and science, and spirit and innovation. There was a total of 12 awards that recognized outstanding achievement in each category.

“We received a record number of applications with 164 nominees this year and the momentum leading up to gala each year is growing,” said committee chair Colleen Cameron.

“These awards have become so important to not just the youth, but their families and communities for the inspiration the awards

and recipients generate.”

The SaskTel Indigenous Youth Awards seek to recognize today’s Indigenous youth who are excelling or are becoming a strong role model in their community such as Moosomin.

Moosomin will be graduating high school this month and is already looking to a possible career path as a professional photographer and hopes to open up his own business or become a social worker helping kids who are in the same situation he once was in.

“I really want to give back to the kids and I feel they deserve more,” he said.

Other 2019 SaskTel Indigenous Youth Award Winners:

- Community Service - Allysa Woodrow**
- Culture - Logan Cook**
- Education - Dylan Bauman**
- Fine/ Performing Arts - Liam Scramstad**
- Innovation - Jenaya Johns**
- Leadership - N'Tanis Wuttunee**
- Outstanding Achievement, Female - Elizabeth Gagne**
- Outstanding Achievement, Male - Joseph Desjarlais**
- Sports/ Recreation, Female - Jaira Cross Child**
- Sports/ Recreation, Male - Cole Sanderson**
- Technology/ Science - Naomi Pete-Baptiste**



Naomi Pete-Baptiste

21ST ANNUAL SASKTEL INDIGENOUS YOUTH AWARDS OF EXCELLENCE 2019

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Annual powwow honours Treaty Four graduates

By Kaitlynn Nordal
For Eagle Feather News

The end of Grade 12 is an exciting time. It means the end of high school and a life full of possibilities for those graduating and moving on with their life.

For the fourth year in a row the Prairie Valley School Division, Regina Public School Division, Regina Catholic School Division, and First Nations University of Canada (FNUiv) partnered together to hold a graduation powwow to honor the year's graduates.

"Today is a day to honor graduates from Treaty Four Territory. It's a celebration where they can come together with their family friends and community members and be proud of what they have accomplished," said Reila Bird the First Nations and Metis education coordinator for Prairie Valley School Division.

"It's to celebrate their academic achievements and to send them off in a good way after they graduate whether it's to post-secondary, the work force, or whatever they choose to do."

"My hope is that the Indigenous graduates that come here today feel a sense of accomplishment in their academic success and they feel honored and proud of who they are in their First Na-

Alysha Pashe, a graduate from O'Neil Catholic High school participated in the day's events as a dancer at the First Nations University of Canada.

tions identity," said Bird.

"I really wanted to send them off in a good way for the future on their journey and know they are supported by many of us from the school divisions and the community."

Alysha Pashe, a graduate from O'Neil Catholic High School, participated in the day's events as a dancer.

Pashe has been dancing for roughly four years after signing up for a program, along with her sister, that would teach them.

She decided to dance in this year's powwow as a way to represent her school.

"I danced here a couple years ago and thought it would be cool. I'm pretty much the only one who dances powwow from my school," she said.

Pashe thinks having something like this every year is a good way to bring people together who might otherwise never have met.

"I think it's pretty cool. I think it's good that so many schools come together and powwow. It doesn't happen that much in Saskatchewan different schools coming together in celebration of the graduates," she said.

Laura Downey a graduate from St. Luke School in Regina had never been to a powwow until the one held on May 30.

(Photo by Kaitlynn Nordal)

beautiful, all of the ceremonial regalia," she said. "I didn't realize there was so many people that were aware of this because I had never heard of this before."



Reila Bird, the First Nations and Metis education coordinator for Prairie Valley School Division believes this event is a good way to bring people together and send the years graduates off in a good way. (Photo by Kaitlynn Nordal)

"I think it's important to be more aware and more culturally aware of what's going on around Regina," Downey said.

"It's nice seeing younger children here too, experiencing it and really enjoying the powwow and all the music and all the other things that are going on."

Downey hopes to attend more events like this in the future once she has officially started at the First Nations University of Canada to study Indigenous social work.



LET'S CELEBRATE

We are committed to building sustainable relationships with Indigenous people, businesses and communities. Happy National Indigenous Peoples Day from everyone at K+ S Potash Canada.



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Life's not easy, but the vision has never been clearer

I'm just going to say it like it is. This is my own perspective.

I'm tired of being torn down and especially by men like it's normal or acceptable or for some reason women have to tolerate it.

I grew up not knowing who I was and it has taken me my whole life to find myself, to love myself, to respect myself and not take anything less than I deserve. I am still learning, growing and becoming better every day and that will never stop.

Boundaries and standards are so necessary to learn and teach our children. Respect is so detrimental, yet it seems so lost and foreign in this world today.

Indigenous laws are rooted in respect. Respect for each other, respect for the natural world but that is clearly not being practiced anymore.

I question everything all the time, whether things are getting better or worse? Sometimes I have so much hope and sometimes I feel like I have none. That is just life, I guess? Everything cannot be wonderful all the time and we're only human.

There is no such thing as perfect. I wouldn't wish for anyone to learn life the hard way. Life is a struggle, I wish

it was easier, but "You are allowed to be both a masterpiece and work in progress simultaneously."

I've been through hell and I'm still trying my hardest. I want to make a difference, a good and positive impact even if it's just for my daughters. At the end of the day, every day it's my girls who keep me strong, and motivated.

I didn't plan on being a single mom, going face first through a windshield, or writing this article.

That's life, things happen we can't control, but what we can control is how we allow our experiences to shape us.

I've learned to make the best of life's curveballs and instead of dwelling on the pain using it to create a better life.

I am doing my best to end dysfunctional cycles, revitalize my culture and pave a positive path for my daughters with a drug and alcohol-free environment.

It is hard when I am the only one providing and I am working overtime and we only have so much time.

I wouldn't wish the pain I've been

through on anyone. Those long nights wishing I wasn't alive after I could not literally recognize my own reflection in the mirror after my first accident.

I know people feel that way sometimes and it's OK it doesn't make you any less. I also know a lot

of people who have been there, and we need to be real about it.

We don't have to open up and tell everyone everything, we all learn and heal differently, so do what is best for you and your healing.

Even though I long for culture, ceremony and my language, I did not have the privilege to be raised traditionally and it's so hard to get that back especially when the path I am on keeps me so busy.

I also grew up urban so I was never brought up in it but that is not an excuse anymore. Excuses will only lead you to dead end cycles, excuses for yourself and other people to treat you a certain way.

That is why I will say again, hav-

ing boundaries and standards are so important.

Let's end cycles of destruction, if we don't want our children to be mistreated, we must do our best to avoid those harmful situations that cause them in the first place.

I also stress being mindful, we need to treat others how we would like to be treated. Being mindful, reflective and thankful, I now realize I do not have the time to keep going backwards for others. I am climbing a mountain with two little bear cubs on my back and it is them who deserve all good things.

I know now I need to take care of me if I want to take care of them and not allow anyone to attempt to tear me down.

I realize I was once on an unconscious path, one of self-destruction and not caring about anything, that was never me!

Today, I feel closer to my spirit and to who I was born to be. Sometimes you need to let go to grow. It's not about what could have been it's about facing reality and saying no to things you know are not good for you which can be a lot harder then it seems.

On July 1 I'll be six years sober and the vision has never been clearer.



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saskatoon.bigbrothersbigsisters.ca/thecircle

Happy youngsters riding away on their new bikes

By Kaitlynn Nordal
For Eagle Feather News

Many kids dream of nothing more than a shiny new bike, but sometimes for financial reasons parents are unable to buy a new one.

Those at the Indigenous Christian Fellowship in Regina want to change this with their Bicycle Distribution Day.

The initiative started in 1999 when they noticed a need for it, said Bert Adema Executive Director of Indigenous Christian Fellowship.

"It was apparent kids could use bikes and we had a volunteer who liked working on bikes," he said.

"So, it was putting the need of the kids in the community who needed bikes, volunteers with bike repair capacity, and people with bikes willing to give them away. Our job was just putting those pieces together and we've carried on ever since."

Adema is thankful to the volunteers and to those who donate their old bikes.

"It means that people who might not otherwise have a bike are going to get a bike. Children are getting a basic lock and a helmet, and they are riding away," said Adema.

"They have wheels for the summer and have fun riding around because of the generosity of donors and volunteers who are volunteering their time to fix bikes. So, it's a major blessing."

Adema also believes it is important to keep the day going simply to help the community.

"I think it's good to bless the community. People are called to be good to each other, that's what the Creator asked us to do," he said.

"Some of these bikes would be in landfill sites so it's much better somebody is using the bike than be stuck in someone backyard or be dumped in a landfill or just recycled for metal. It's a good way to continue recycling resources through recycling bikes."



For Florance Vivier, Cassandra Outhwaite, Karalynn Outhwaite and Sage Kequahtoway Bicycle Distribution Day was a way for the family to get new bikes when they would otherwise not have been able to.

(Photo by Kaitlynn Nordal)

This is such an important event that Bicycle Distribution Day usually happens a few times a year. Before it started at 4:00 p.m. people were lined up around the corner and down the street.

Single mother Cassandra Outhwaite, who was there with her auntie Florence Vivier and daughters Sage Kequahtoway and Karalynn Outhwaite, was happy a day like this exists.

"My kids needed a bike. I also needed one for myself to get back and forth for my medication," said Outhwaite, who is thankful they were in line on time.

"It means the world now that I got a bike for my kids. My kids are happy because they have bikes."

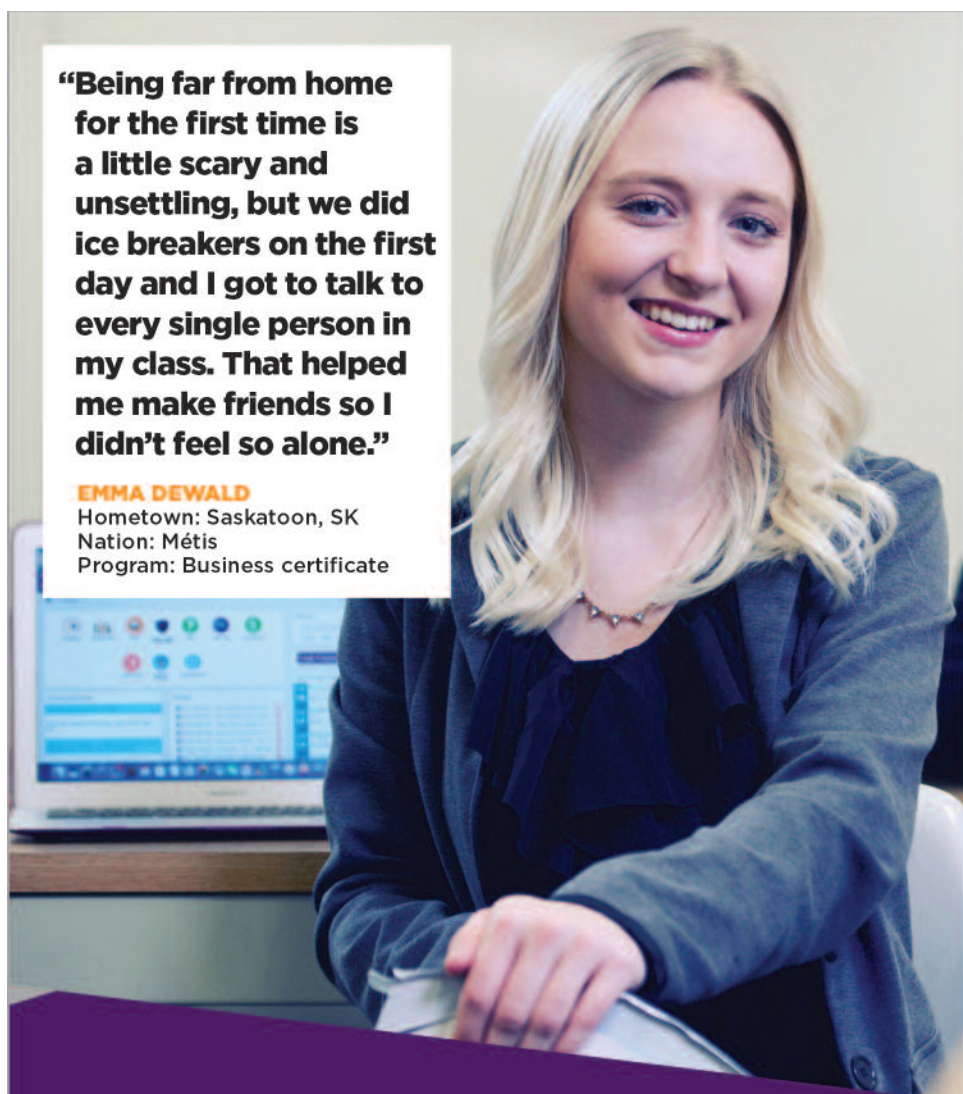
Her daughter Sage was happy and thankful to have a new bike since the tire on her other one broke and she was unable to ride it. She is now looking forward to ride her bike to Candy Cane Park.

The Indigenous Christian Fellowship usually waits until there are around 75 to 100 bikes to give away and then they organize a distribution day once all the bikes are fixed up.

Since starting in 1999, the Indigenous Christian Fellowship had officially given away 4,184 bikes as of August 2018. You can add another 51 that were given away on May 24.

"Being far from home for the first time is a little scary and unsettling, but we did ice breakers on the first day and I got to talk to every single person in my class. That helped me make friends so I didn't feel so alone."

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Mark Docherty, MLA
Regina Coronation Park

"We are all Treaty People"



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Board members of Waskesiu Friends of the park. (Photo submitted)



Friends determined to tell Park's true stories

By Jeanelle Mandes
Of Eagle Feather News

A well-known Indigenous artist is helping Prince Albert National Park become more inclusive to Indigenous culture.

Ernie Scoles, president of Friends of the Park, has been with the organization for five years, starting off as a member of the board, then moving to the vice-president and now the position of president.

"We are bringing back that culture alive into the park that's been there for 6,000 years," he said.

"We have a museum out there now, but it (did) not showcase the Métis or Indigenous culture that has existed there for thousands of years. It's our job to bring this out and celebrate it and to let people know the story behind the Waskesiu Lake in Treaty 6 territory."

Friends of the Park is a non-profit organization going on 37 years old. This is a multicultural group where they bring in different kinds of entertainment, programming and workshops to the park.

Scoles specializes in the Indigenous culture for the park and has helped rewrite the bylaws to put more Indigenous content into those bylaws based on a five-year plan.

"We are putting together an Indigenous ensemble where we have dancers coming, traditional games for kids and we have the Strong Sisters coming to perform and Raven Reid coming to perform," said Scoles.

"We want to make this a regular thing with the Lakeside Music Festival. We are on Treaty 6 territory and we should have that representation."

Scoles added bringing a cultural centre to Waskesiu will be informative to all visitors of the park.

"The cultural centre not only brings out the truth, the bad and also the good. All of it needs to be told," he said.

"It's the only way to let the public know the inception of the park of how it was and how it came to be. It wasn't a great start to it for the Indigenous people. Stories like that need to be told, to make

sure that history is told properly."

The bookstore will be opening up on the third week of June which is basically the Friends of the Park's main headquarters where the events happen out of.

They will start with a seven-week music series starting on June 29, every Saturday afternoon from 1 p.m. to 3 p.m. where Indigenous, Métis and non-Indigenous performers will come in. Friends of the Park will be putting on a cabaret on the Canada Day long weekend to kick off the summer festivities.

Scoles plans on bringing in a Métis fiddler and dancers as well. The Friends of the Park are working with a few groups in Waskesiu to get the street closed down to have a street fair in August.

He added the Friends of the Park are talking about bringing in a mini-powwow for the Labour Day long weekend. To bring in such cultural programming, collaborated ideas come from Carol Crowe who is on the board of directors with the Friends of the Park and has been involved for six years.

Crowe got involved with Friends of the Park as she is a direct descendent of Grey Owl's wife Anahareo who was her aunt. She said this year the Friends of the Park wants to focus on Indigenous languages as 2019 is proclaimed the year of the Indigenous languages.

"I've done a lot of research, the stories and the history of the past has to be acknowledged," she said.

"This is the year for Truth and Reconciliation as well. So, what we want to do in the bookstore, there's a little room and we want to change it to a storytelling room of the past of the people who once lived in the area."

Crowe wants to highlight overlooked stories such as the efforts made by her aunty Anahareo who stopped inhumane trapping of beavers in Canada and received an Order of Canada for that.

"Stories like that are essential for visitors and tourists coming to the park."

Shananigan's owner serves up homestyle eats and a passion for cooking

By Naomi Zurevinski



For owner and head chef Jeannette Kindzerski of Shananigan's Coffee & Dessert Bar in Prince Albert, her passion for cooking has turned into a 40 year career. Originally from Saskatoon, Kindzerski began working at the age of 15 in hotel kitchens and for small restaurants.

"I have the passion for cooking and I still love it after 40 years. I've had a really huge drive," Kindzerski said. "I jumped around from smaller restaurants and then back to hotels. My next move was to lease a restaurant, and I did that for five years. When my lease was up and I could renew, it got me thinking to look for something where I could actually buy the building. It was my drive to buy the building and my passion to cook all in one."

Kindzerski opened Shananigan's in 2011, with the help of the Clarence Campeau Development Fund, which was established in 1997 by the Government of Saskatchewan and the Métis Nation of Saskatchewan. The CCDF works to assist economic development activities of Métis people in the province, and has over 10 programs for business development.

Kindzerski went through the CCDF's Business Plan and Business Development programs, and said that the CCDF was incredibly helpful.

"I wouldn't have been able to do it without them. They're knowledgeable, they know their stuff. They always come in town and eat in my restaurant now, and even when they stop in, they

say, 'Anything you need Jen, let us know.' If I have any questions I can phone anytime. They're really, really good people, and they definitely know their job, that's for sure."

Shananigan's now has two locations; the first one is larger and where they do all their meals and catering. Last year, the CCDF helped Kindzerski to open a second smaller location, which offers coffee and desserts.

Kindzerski prides herself on making everything from scratch and customers love her homestyle food. One of the things she's most proud of is how her business has grown over the years.

"When I bought this place, I put about \$250,000 worth of equipment in here, cleaned it up, painted it, made it look great, everything like that. I started off with a little board out front on my first day of opening, and I had six people that day. Now, I have 200 per day. For me to stand at my office door, on a Sunday [during brunch], and see my place packed, when it never used to even be open on a Sunday, that's one of my proudest moments."

Although Kindzerski said it's hard work and long hours, she loves what she does. Her advice to anyone starting out with the CCDF is to persevere, because it's worth it.

"For any restaurant or small business person, take pride in what you do and it will pay off."

For information on Shananigan's, www.shananiganscoffee.com. For more information on the CCDF, visit www.clarencecampeau.com.

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Art therapy touted as means of dealing with mental health issues

By NC Raine
For Eagle Feather News

Kirsty Sutherland began creating art at a young age simply a way to escape. Years later, when talking to a therapist about her anxiety and depression, Sutherland learned she had been looking to art as a means of self-therapy.



Kirsty Sutherland sharing her experience with students.

“I used art from as early as 11 or 12 years old to express myself when things were too hard to talk about,” said Sutherland. “It was a natural thing. I’ve been using art as therapy my entire life.”

Sutherland, a 23-year old with roots in Peepeekisis Cree Nation and Beardy's and Okemasis' Cree Nation, is bringing art therapy to students in Saskatoon in hopes that others may receive the same benefits that art brought to her.

“Lately, there’s so many people who are struggling in their mental health and choosing to commit suicide. I know that if more people knew how to get out or express their feelings, particularly in the Native community, it would benefit a lot of people in their mental health,” said Sutherland.

Art therapy uses creative techniques, such a drawing, painting, sculpting, or other artistic mediums, to help people express themselves, as well as discover some emotional and psychological matters through art. It is used with people of any age, often to explore emotions, improve self-esteem, manage addiction, or improve symptoms of anxiety or depression.

Sutherland will be teaching art therapy to students at Oskayak High School in Saskatoon. She will be talking to students about her own experience with art therapy, and encouraging students to use art as an outlet for their emotions.

“You don’t need the best art skills to benefit from art therapy. You just need to



Kirsty Sutherland teaching art-therapy to a group of high school students at Oskayak High School.

want to help yourself,” she said.

Like all therapy, art therapy does not purport to be an all-in-all cure for resolving mental health needs. It requires patience and persistence, but studies have shown that art therapy has been used quite successfully in a number of areas, including helping children communicate, improve concentration and moods for people of all ages, and decrease disruptive behaviours.

“For me, it can really calm your nerves when you have an anxiety attack. It helps you focus on one thing so you’re able to relieve your stress,” said Sutherland.

She said she plans on sharing with students some of her own insights she’s gathered via using art therapy to work

through her own personal struggles. She said that painting, or even wearing certain colours, can help improve one’s mental state.

“A healer I spoke with on my reserve said that certain colours, such as maroon or dark green, can help with anxiety and depression,” said Sutherland.

It’s the non-verbal expressions that make art-therapy unique. While talk-therapy offers an enables verbal communication, art-therapy is capable of looking at both verbal and non-verbal spectrums of one’s life.

“I’ve been using art as therapy for a long time,” said Sutherland. “It really does work for me.”

Check out Sutherland’s art at [kstutherlandarts](https://www.facebook.com/kstutherlandarts) on Facebook.

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U of S Powwow

The University of Saskatchewan hosted a graduation powwow to honour the institution's Métis, First Nations and Inuit students on achieving a huge milestone in their lives. The event took place at Merlis Belsher Place and was organized in partnership with Affinity Credit Union. This is the largest annual Indigenous event held by the U of S which attracts over a couple thousand participants each year.



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Cowesses addressing autism

The Cowessess First Nation and Regina’s Autism Resource Centre (ARC) have formed a partnership to start ground-breaking research on exploring autism in Indigenous communities – a first of its kind in Canada.

On May 22, the Chief of Cowessess First Nation, Cadmus Delorme, was joined with ARC Executive Director Keely Wight at the community’s urban office to make the announcement.

“Autism is a growing disorder in First Nation communities across the province. Studies prove that early intervention is key, however, waitlists for diagnosis are long,” said Chief Delorme.

“There is a need for equitable access to supports and services for Indigenous children with autism but the problem is a lack of resources, research and funding. This partnership will assist the direction we want to go in terms of addressing what is needed to help families who suffer without the proper supports in place.”

This partnership is made possible by a multi-year funding contract from the Public Health Agency of Canada (PHAC) Autism Spectrum Disorder Fund. The three-year project, called the Building Block Program: Transition Services for Indigenous Youth with Autism Spectrum Disorder, is focused on researching autism within First Nations communities and improving participation of Indigenous youth with autism that are transitioning from high school to paid employment.

“Through the development of autism resources, increased awareness of autism within the Indigenous community and specialized services such as supported employment, cultural identity, mental health and transition planning, together with Cowessess First Nation, we can ensure our Indigenous young people with autism have the skills to become employed in a career of their choice, and that employers understand the value employees with unique abilities can bring to their workplace,” said Wight.

ARC, Cowessess First Nation, other community-based partners such as the Fetal Alcohol Spectrum Disorder (FASD) Network, Street Culture Project, and academic partners from the University of Regina and Simon Fraser University, will be embarking on this project which is one of the first in North America focused on autism through an Indigenous perspective and worldview.

“We also greatly appreciate the willingness of Chief Cadmus Delorme and his team to teach ARC the traditional and cultural perspectives needed to make this programming successful for years to come,” said Wight.



June Draude, Keely Wight and Cowessess First Nation Chief Cadmus Delorme will embark on a new partnership to research autism on First Nation communities which will last for three years. (Photo by Rhoda Twumasi)

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Regina's Mosaic now includes Indigenous presence

By Kaitlynn Nordal
For Eagle Feather News

Forget going around the world in 80 days, this year Regina residents can do it in three days at Mosaic – a popular event held annually.

This year, Mosaic, which ran from May 30 to June 1, had an Indigenous Pavilion with Piapot First Nation co-hosting the pavilion with Buffalo People Arts Institute.

This is the first time since 2015 that Mosaic has had an Indigenous Pavilion.

“We are super excited to be part of Mosaic this year,” said Rebecca BigEagle, one of two youth ambassadors.

“We’ve had a lot of people tell us how excited they are to have us back at Mosaic this year.”

BigEagle was nominated to be a youth ambassador for the event by the committee after being involved with Buffalo People Arts Institute teaching beading workshops.

“It just seemed like a really good opportunity and a good way to meet new people,” she said.

“I haven’t worked or been to Mosaic before, so I figured this would be a really awesome way to see Mosaic for the first time.”

“As Indigenous people we have a lot to show and there’s so many different tribes even in our own communities,” said BigEagle.

“We have a few diverse groups within just our own little pavilion. I think it’s important to show we’re not just a big group. There’s lots of different tribes. It’s good to come together and show off our culture,” she added.

“There’s many times we come together for sad events. There’s not many events where we come together just to celebrate ourselves and so for me this an opportunity to gather people to have them sit around, talk, and eat some good food,” said Joely BigEagle-Kequahtoway, who was an organizer for the pavilion.

“I think in the time we are in right now we are see-



A traditional Tee Pee was set up in front of the First Nations pavilion for Mosaic at Lutheran Trinity Church on May 30. (Photo by Kaitlynn Nordal)



Irene Mosquito (left) and Jayda Delorme do a powwow regalia demonstration and dance at the Indigenous Pavilion for Mosaic located at Lutheran Trinity Church on May 30. (Photo by Kaitlynn Nordal)

ing a rise of bold racist statements, events, or happenings in the community,” said BigEagle-Kequahtoway who is also a board member and co-founder of Buffalo People Arts Institute.

“We need to have a presence

especially at something like Mosaic which is supposed to be a celebration of diversity and celebration of cultures.”

BigEagle-Kequahtoway said she will consider the pavilion a success if it can bring the community together to sit, tell stories, visit, and watch their relatives in their performances as an old tradition.

For entertainment, the booth not only held a mini powwow but had various kinds of music from different people. Organizers served foods such as bannock burgers, Indian tacos, buffalo soup, wild rice and corn among others.

The Indigenous Peoples Pavilion was held at the Lutheran Trinity Church.

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Carolyn Bennett, the Minister of Crown-Indigenous Relations, announced funding for the MLTC Bioenergy Centre which will start being built next month for the next two years.

(Photo provided by MLTC Chief Richard Ben)

MLTC signs clean energy deal

The Meadow Lake Tribal Council (MLTC) has announced a Biomass centre was approved to be built starting next month.

This centre, which will take two years to construct, is an investment in infrastructure to promote clean energy solutions and creating a strong low-carbon economy and sustainable future for Canadians.

On May 22, Carolyn Bennett, Minister of Crown-Indigenous Relations, on behalf of Francois-Philippe Champagne, Minister of Infrastructure and Communities, and Saskatchewan Trade and Export Development Minister/Meadow Lake MLA Jeremy Harrison announced funding for a major green energy project in Meadow Lake.

“Transitioning to cleaner power is essential to protecting the environment, creating more sustainable communities and building a clean future for our kids and grandkids,” said Bennett.

“This important Indigenous-owned project will create good middle-class jobs, boost regional economic growth and serve as a model for communities across Saskatchewan looking to transition to renewable energy and promote a greener way of life for all Canadians.”

The Government of Canada is contributing \$52.5 million to this project through the Green Infrastructure Stream of the Canada-Saskatchewan Integrated Bilateral Agreement under the Investing in Canada Infrastructure Program.

“The Meadow Lake Bioenergy Project is a first of its kind biomass green energy project for Saskatchewan, and (this) announcement is an exciting step in making this new bioenergy power plant a reality,” Harrison said.

“Congratulations to Meadow Lake Tribal Council and MLTC Resource Development on being one step closer to green energy production that will support improved economic outcomes for their member nations, the community of Meadow Lake and our region.”

The First Nations-owned Meadow Lake Tribal Council Bioenergy Centre will generate carbon-neutral green power using sawmill biomass residuals. It will be the first plant of its kind in Saskatchewan and is expected to produce 6.6 megawatts of baseload electricity to power approximately 5,000 homes with greener energy.

“Through this kind of affirmative action, Canada and Saskatchewan demonstrate their commitment to ensuring ongoing and sustained participation of Indigenous communities in green energy infrastructure development, climate change mitigation, improving environmental outcomes and supporting our local forestry-based economy in the Meadow Lake area,” said Meadow Lake Tribal Council Tribal Chief Richard Ben.

“Investment such as this makes good sense as it enables MLTC and the Meadow Lake First Nations to create ongoing economic opportunity and hope for our people.”

The project is expected to decrease greenhouse gas emissions by more than one million tonnes over 25 years, and reduce smoke and other harmful matter to significantly improve air quality for residents.

Revenues from the plant will also support essential programs and services including child and family services, education, and health and youth development for the nine-member First Nations comprising the Meadow Lake Tribal Council.

The City of Meadow Lake applauds this federal funding announcement for the MLTC Bioenergy Centre,” Meadow Lake mayor Gary Vidal said.

The Meadow Lake Tribal Council has a significant role in the local economy of Meadow Lake. This project will serve to strengthen MLTC’s continuing growth and its ongoing support of economic development in the area.”

In addition to the Government of Canada contribution of \$52.5 million for this project, a further \$250,000 is being provided by the Indigenous Services Canada and Crown-Indigenous Relations and Northern Affairs’ Community Opportunities Readiness Program.



June 21 is National Indigenous Peoples Day

This is a day to celebrate the diversity and strength of Indigenous peoples, languages and cultures. It’s a day for all Canadians to learn more about our shared history, recognize the many contributions of Indigenous peoples, and make a commitment to respect and reconciliation.

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In strength and solidarity, the AFN wishes everyone a festive National Indigenous Peoples Day!

The Assembly of First Nations is the national organization representing First Nations in Canada.

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MMIWG report condemns Canadian 'genocide'

By NC Raine
For Eagle Feather News

The final report from the Missing and Murdered Indigenous Women and Girls called what has been taking place in Canadian "genocide" and a crisis "centuries in the making."

Marion Buller, Chief Commissioner of the MMIWG inquiry, presented the final report from a national inquiry into Missing and Murdered Indigenous Women and Girls (MMIWG) to Prime Minister Justin Trudeau at a ceremony in Gatineau, Quebec on June 3.

The report is a 1,200-page document that includes many recommendations to government, police, and the Canadian public to help address the levels of violence directed at Indigenous women and girls. In total, there are 231 Calls for Justice in the report.

"This report is about deliberate race, identity, and gender-based genocide," Buller said.

"As a nation, we face a crisis. Regardless of which number of missing and murdered Indigenous women and girls is cited, the number is too great. The continuing murders, disappearances and violence prove that this crisis has escalated to national emergency that calls for timely and effective responses," said Buller.

"This is not what Canada is supposed to be about."

According to the report, Indigenous women and girls are 12 times more likely

to be murdered or go missing than members of any other demographic in Canada. The report encompasses testimony from more than 2,300 people over two years of public hearings across Canada.

Trudeau said at the ceremony that the justice system has failed Indigenous women and girls, and said that Canada must take action.

"We will conduct a thorough review of this report, and we will develop and implement a national action plan to address violence against Indigenous women, girls, and LGBRQ and two-spirit people," Trudeau said.

"We have heard of their human rights being consistently and systematically violated," he said. "It is absolutely unacceptable. And it must end."

Among the many recommendations in the report, the inquiry recommends Ottawa establish a "robust and well-funded Indigenous civilian police oversight" and harsher penalties for men who carry out domestic abuse.

Buller said that the Calls for Justice are not just recommendations but are "legal imperatives."

The Métis National Council (MNC) expressed their disappointment in the final report, stating the report "falls short" on addressing the interests of the Métis people, saying the report "lumps the Métis Nation in a catch-all basket of 'Métis and non-status Indians.'"

The MNC criticized the report for



MMIWG inquiry Chief Commission Chair Marion Buller says that the Calls for Justice in their report are not just recommendations but are "legal imperatives."
(EFN file photo)

not recognizing Métis people as a "distinct Indigenous people."

"It is no wonder that I was not invited to the release of the report," said Clement Chartier, MNC President.

"There is virtually nothing that addresses the Métis Nation and its citizens,"

The Assembly of First Nations (AFN) called for immediate and sus-

tained action coordinated with First Nations in response to the report.

"Lives are at stake. We cannot wait any longer for real action and real results to ensure the respect, safety, and security of all First Nations at risk, and these efforts must be in coordination with survivors and families," said AFN National Chief Perry Bellegarde.

• Continued on Page 27

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At this time, we expect that the program will take place from June 10, 2019 to July 31, 2019.

Visit www.cn.ca/vegetation to see the list of cities as well as the updated schedule.

For more information, you may contact the CN Public Inquiry Line at 1-888-888-5909.

Trudeau promises to implement national action plan



Delores Stevenson testified at the inquiry in Saskatoon about a negative experience with police and how officials lacked accountability at every level of the investigation into her niece Nadine Machiskinic's fatal 10-storey fall from a laundry chute at Regina's Delta Hotel in early 2015. (EFN file photo)

• Continued from Page 26

"There's no reason we shouldn't be acting right now and AFN is already working in many of the areas identified for action."

The Federation of Indigenous Sovereign Nations (FSIN) stated their support of the inquiry's call for many levels of institutional change.

"The final report marks a point in history where the commitment of many parties is necessary to end the violence against our women and girls," said FSIN Chief

Bobby Cameron.

"On a daily basis our people are victims of the genocide because of the structural forces that have created a path that limits their choices."

FSIN Vice-Chief Heather Bear echoed her support of the inquiry and the Calls for Justice.

"The Calls for Justice are legal imperatives because it gives weight on how we must proceed," said Bear.

"Implementing the Calls for Justice will provide

certainty and will require inter-jurisdictional cooperation with all levels of government."

The Saskatchewan Association of Chiefs of Police (SACP) thanked the inquiry for their insights in the report and pledged to change.

"The National Inquiry has, yet again, demonstrated that we have failed to build the necessary trust with Indigenous, Métis, and Inuit peoples, especially women," said SACP President Marlo Pritchard.

"We have much work to do. We have to do better."

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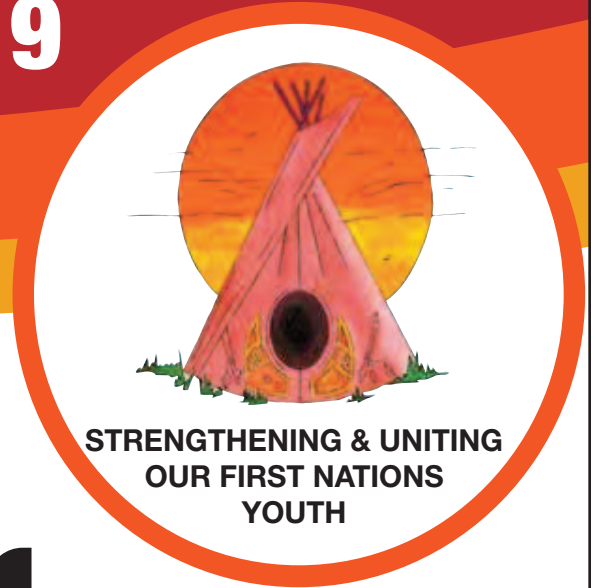
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JULY 5, 6 & 7, 2019

MAILING INFORMATION POW WOW 2019, C/O WHITE BEAR FIRST NATIONS, P.O. BOX 700, CARLYLE SK S0C 0R0 COMMITTEE CHAIR AND INQUIRIES: WANDA @ 306 575 7180 VENDORS & CRAFT BOOTHS: PATTI @ 306 575 8559 SPONSORSHIP OPPORTUNITIES: NATHAN @ 306 575 820 FINANCE & ACCOUNTS: NADINE @ 306 577 2461 SPECIALS & FEASTS: JASON @ 306 575 9876

WHITEBEARPOWWOW.CA

Saskatchewan (Tony Cote) First Nation Summer Games 2019

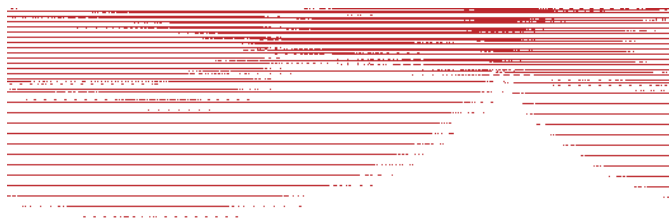


Golf Tournament Fundraiser



Friday, June 21, 2019

MEADOW LAKE GOLF COURSE
Meadow Lake, SK • Shotgun Start: 11:00 am



ENTRY FEE:

\$1,000 (team of 4)

Includes:

- 18 Holes of Golf
- Golf Cart • Steak Supper
- 2 CPs, 2 LDs (Men's & Women's)
- **TWO \$10,000 Holes-in-One**

Please make cheque payable to:

FDFN Summer Games 2019

3 FLIGHTS

(based on full entry)

Championship Flight – \$3,000

1st Flight – \$2,000

2nd Flight – \$1,000

Top 2 placings paid in each flight

FOR MORE INFORMATION:

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Albert Derocher (306) 240-6955 • albert.derocher@flyingdust.net

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