

Eagle Feather NEWS

FREE

Muskeg Lake fueling success

Muskeg Lake Cree Nation Chief Cliff Tawpisin, CreeWay Manager Norm Ledoux and MLCN Investment Management Corporation Manager Paul Ledoux stand in front of the new reserve status CreeWay on 22nd Street West in Saskatoon. (Photo by John Lagimodiere)



Business ventures driving Reserve closer to self-sufficiency

By Darla Read
For Eagle Feather News

Muskeg Lake Cree Nation recently took two more steps toward its ultimate goal of self-sufficiency.

The reserve's second Cree-Way Gas opened its doors on 22nd Street West in Saskatoon. It's another business venture meant to generate revenues and 50 per cent of profits will go back to the community to help pay for programming and services. The gas station also recently achieved reserve status.

This is in addition to a Cree-Way Gas on Muskeg Lake's urban reserve in the city. As well as Muskeg Lake Property Management, the reserve says that between the two, \$1.8 million is generated each year to fund areas such as housing, sports, recreation, culture, and education.

"We know for a fact that INAC funding is not enough," explains Muskeg Lake Chief Cliff Tawpisin.

He says ideally, Muskeg Lake would one day like to be completely self-sufficient and is always looking at ways to get there.

Muskeg Lake's urban reserve in Saskatoon was the

first of its kind in Canada and was developed in 1988. Nearly 20 of the 35 acres have been developed, including commercial and light industrial developments managed by Muskeg Lake Property Management.

The first major building on the site was the McKnight Commercial Centre, which recently celebrated a 20-year anniversary. It houses the FSIN, SIGA, Peace Hills Trust, and independent businesses.

The Cattail Mall, which faces 105th Street East, opened in 1999 and includes Phoenix Dry Cleaning and Scoles Fine Arts. The urban reserve also features law offices, a dental clinic, and a medical clinic.

Tawpisin has nothing but praise for the working relationship Muskeg Lake has with the City of Saskatoon. He says the city has always been supportive, with an "open door policy."

To manage and set direction for these and future business developments, the First Nation has created the Muskeg Lake Cree Nation Investment Management Corporation.

It is an umbrella corporation to manage all their corporate holdings.

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LIVING LIFE TO FULLEST
Colette Bourgonje has had an incredible career in sports. Now she would like to share her knowledge. - Page 19

Coming In February:
Health & Wellness Issue

CPMA #40027204

Traditional Dance Performances

The Wanuskewin International Dance Troupe is available to enhance your meeting, retreat, or event with an authentic First Nations cultural experience.

The Wanuskewin International Dance Troupe focuses on the professional and artistic development of its members by empowering them to explore their individuality in traditional and specialty dance styles. Some of the dance categories represented and performed by the Wanuskewin International Dance Troupe include:

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Ladie's Original Style / Ladie's Southern Style

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- Educational Programs
- Tipi Sleepovers

Weekend Programming

- Interpretive Trail Walk @ 11:00am - Sat. & Sun.
- Dance Performance @ 2:00pm - Sat. & Sun.
- Cultural Programming @ 3:00pm - Sat. & Sun.



photo by Branimir Gjetvaj

- Guided trail walks
- Bannock baking
- Tipi raising

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- First Nations' crafts
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Late Howard Anderson's headdress, eagle staff donated to First Nations University



Second from left, Wilfred Anderson wore his cousin Howard Anderson's headdress into a ceremony at the First Nations University of Canada.

By Diane Adams
For Eagle Feather News

Some very special and sacred items will soon be on display at the First Nations University of Canada. In a November ceremony, the family of Howard Anderson donated his headdress and eagle staff to the First Nations University of Canada.

Anderson was a renowned Second World War veteran. He was from Gordon First Nation. He died in November.

The headdress and staff were danced into the First Nations University by Howard's cousin, Korean War veteran Wilfred Anderson.

"It's the first time in my life that I ever wore a headdress, so, it's something I will carry for the rest of my days now," Anderson said.

Howard Anderson brought the headdress and eagle staff to Europe several times. In 2005, he took the items back to Normandy, France and it was there Anderson performed ceremonies to call the spirits of fallen soldiers home.

Anderson's wife, Denise, says she remembers helping him take the items from ceremony to ceremony over the years.

"They were pretty special to him. Very well worn, used a lot, travelled a lot," she said.

Howard's daughter, Paula, says Anderson was instrumental in ensuring the construction of the Memorial Glass tipi there. She says it was a natural choice to put them on display for students.

"When he said he was gone, he wanted it here so all of the children could see it," Paula said.

"I guess it's a bit bittersweet knowing they're not coming back to our family, but it's good this is where he wanted them," she said. "It would be nice to keep them in our house but no one is going to see them there," she added.

Paula says she and her family will be excited when the items are finally on display.

"It will be good to be able to come here whenever we want and be able to see them and know that students are seeing them as well," she said.

Anderson's headdress and eagle staff are not the only items that will soon be on display at the First Nations University in Regina. On the same day, the university received two headdresses from the family of Dr. Lloyd Barber.

Dr. Barber was a former president of the University of Regina. He was an honorary chief and instrumental in the creation of the Saskatchewan Indian Federated College in the 1970s.

The university will build separate glass cases for the gifts from the Anderson and Barber families. They will be on public display in the university's glass tipi.



Judith Silverthorne the Executive Director of the Saskatchewan Writers Guild presents 3rd place in the John V Hicks Awards to Andrea Ledding for her work "In the Pockets of our Hearts" which is Ledding's poetic take on the 125th anniversary of Batoche and the Resistance. Ledding is a regular contributor to Eagle Feather News....good job Andrea!

Climate for Success

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Things to look forward to on the 2012 political scene

Gratefully, there is now stability for Métis people through the Métis affiliates that serve them. Their now-independent boards and strong governance models have served Métis people well and with the province prospering, opportunities are there and 2012 looks good for Métis people.

But we are in a fresh new year and only five months away from a pivotal election for the Métis Nation-Saskatchewan. There has been no political progress at the MN-S for a long time. The Métis Nation Legislative Assembly in December was turned into an Annual General Assembly because several Area Directors and Local Presidents did not show up to do their jobs and there was no quorum.

The MNLA/AGA did manage to set an election date for May 30. But who knows if it will happen or not. The Métis registry has just over 5,000 citizens, so how will we decide who will vote? What about the other 60,000 or so out there? There have been no provincial Métis Council meetings on anything, so is any business that has been done even official? Is someone going to be suing someone soon? Should we just quit?

Should be interesting and remember, no yelling.

...

The Federation of Saskatchewan Indian Nations is also going to have an interesting year. The gaming agreement with the province will be negotiated. It will be interesting to see how the trouble in 2011 will impact negotiations for this important industry for First Nations.

The Chiefs in Assembly will also be tasked with electing a Chief for the organization. The election Assembly is in October which gives them plenty of time to discuss the vision of the organization. Interest in this position will be high and we predict a record number of quality candidates.

We can also expect more attention on the duty to consult and resource revenue sharing discussions and or law suits.

...

Speaking of law suits, just before deadline we found out that the George Gordon First Nation has launched a \$10 billion action against the federal and provincial governments for being cheated out of access to land and of potash and potassium developments.

This case will be front and centre of many conversations in 2012 and will take years to flush out, but times are changing in this province. Premier Brad Wall and his team will have to come to the duty to consult table with some sincerity this year as the Chiefs and Métis leaders have insisted on being included in resource development.

With the number of jobs available in Saskatchewan, we should all win. The past practice of the Wall government to invest in post secondary education and training for employability has started to pay off in higher Aboriginal employment lately, but we have a ways to go.

Premier Wall and Prime Minister Stephen Harper are also tasked this year with naming a new lieutenant-governor for Saskatchewan.

Maybe it's time for a First Nations person. Wouldn't that make 2012 memorable?

There's lots to see on CBC network in January

Blind Spot is a one-hour television documentary filmed in North Central Regina by Geoff Leo of CBC Saskatchewan. The documentary sheds light on the largely unknown and unstudied issue of fatherlessness in Aboriginal communities ... the BLIND SPOT.

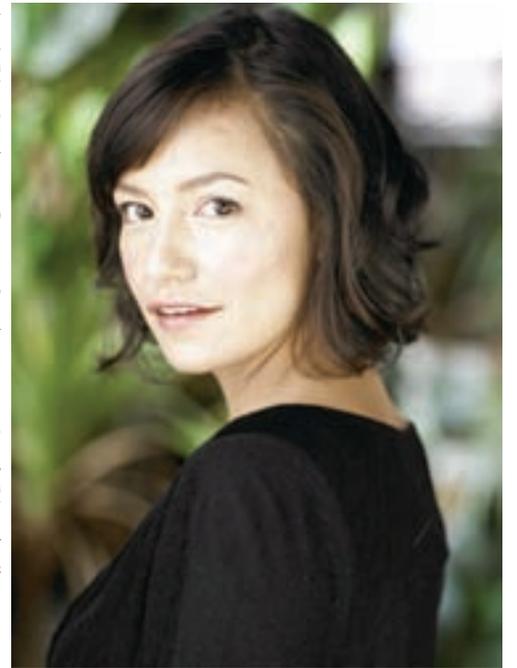
It follows three First Nations men as they face their own personal demons on their quest to become better fathers ... even if the odds are against them.

The air date for Blind Spot is Saturday, Jan. 14 at 9 p.m. and 12 p.m. Saskatchewan time. It will air on CBC NewsNetwork on The Passionate Eye and will be viewable online for some time after that on CBC.ca/passionateeye

Also, you have to tune into CBC Thursday January 12, 19, 26 and February 2 to catch 8TH FIRE a provocative, high-energy journey through Aboriginal country showing you why we urgently need to fix Canada's 500-year-old relationship with Indigenous peoples, now mired in colonialism, conflict and denial.

Connie Walker, formerly of Regina and a CBC journalist for over a decade helped produce the four hour documentary series and she is excited about it. She talked to reporter Shinoah Young for a story on page 10.

Lots of local faces to be seen in the documentary and they are telling a story that should have been told ages ago. We won't be missing it. Tune in Thursdays.



Former Saskatchewan journalist and CBC veteran reporter Connie Walker played a key role in the production of 8th Fire, an ambitious documentary that will air in January and February on CBC.

Letter to the Editor

Dear Editor

The November issue of Eagle Feather News, page 7 story, with a full colour photo of Jim Sinclair, completely missed the much greater and vastly more important story that tells of the collective wisdom of the majority of the Métis Nation of Saskatchewan in regards to the storage and transport of high level toxic nuclear waste!

In the event you choose to give credence to Jim Sinclair, in that he felt badly for his friend the Mayor of Pinehouse due to the passing of the reso-

lution for Métis Nation to oppose nuclear waste storage.

For your information, a majority of the residents of Pinehouse have signed the Committee For Future Generations petition that respectfully asks the government of Saskatchewan to legislate a ban on the storage and transportation of high level toxic radioactive waste anywhere in Saskatchewan!

**Bryan Lee,
President of MN-S Local 108
Fish Lake**

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We need to be part of global warming solution

It's hard not to enjoy the gentle weather we have had over the past few weeks especially when the sun comes out and offers more spring-like warmth.

The +9 in Saskatoon on Jan. 9 has got to be record-breaking. While we enjoy it, we all know that it's just not right, there is something very wrong about warm temperatures at this time of year. The weather folks tell us that it's due to warm winds coming across the Rocky Mountains.

But deep down, we're all thinking that its gotta be global warming at work here. If this is an indication of what's coming in the future we have good reason to be worried. Global warming is going to wreak havoc on the natural order and many living species are going to struggle or aren't going to survive.

Global warming happens when greenhouse gases trap heat and light from the sun in the Earth's atmosphere which increases temperatures. It's like what happens inside our cars in the summer-time when we leave the windows closed.

Light and heat from the sun is captured inside the car by going through the windows but has no way to get back out so the inside of the car gets very hot. This is called the greenhouse effect.

The greenhouse effect comes from pollution, or greenhouse gases, that traps heat and light from the sun. These include carbon dioxide emissions from burning fossil fuels (gas and coal) used to run our vehicles, factories, and to generate electricity; methane gas from garbage dumps and livestock; nitrous oxide gas from fertilizers, and gases used in refrigeration.

Mother Nature is quickly losing her ability to clean the air because our forests are disappearing due to logging and pollution. Trees and other plants capture and trap carbon dioxide and produce the oxygen all living things need to breathe. So by logging out our forests we are killing the oxygen needed to keep all living things alive.

Every time we throw out garbage, drive our vehicles, turn on lights or use any other electrical gadget we are using energy and polluting the air. All the resource extraction industries (oil, gas, coal, lumber, uranium etc.) produce huge amounts of greenhouse gases to process these natural resources so we can use them. It boils down to the reality that most

of the pollution is created because we enjoy time saving conveniences and entertainment. As we heat up the world with our pollution we are changing the ecosystems that support life as we know it.

Animals, insects, birds, reptiles, fish,

plant life, live in a delicate balance, when one is impacted all are impacted in some way. For example, rising temperatures

in our oceans are slowly killing algae which are the primary food source for small fish, crabs, some whales and other animals.

Fewer algae in the oceans mean less food for these living things, and as they die off, less food for us.

There are many other examples of how global warming is slowly killing life as we know it that we cannot ignore it anymore.

Back in our grandparents' time people did not have all the conveniences and luxuries that we have now. Life was simpler and the ecosystems were healthy.

Many Old People remember those days when everyone worked hard and worked together to create a good life for

their families. And they have watched as we slowly became hooked on modern conveniences and became willing or complacent about killing the land in order to keep what we had and acquire even more.

People think they are poor today if they don't have a colour TV and cable, or a cell phone, or a house full of material things and a couple of vehicles. Our ancestors had none of these things and they were healthy, strong, hard working, proud, and were not so easily seduced by greedy corporations to buy things they didn't need.

When I see all the posters and writings about how Indigenous peoples are one with the land and respect Mother Earth and all living things, I look around for evidence and find very little, even in my own backyard. We can reduce our garbage with recycling centres, we can re-use building and other materials, buy less and grow more, support and use alternative energy sources like solar or wind powered generators.

There is much we can do right now to treat the earth with respect and protect her from exploitation and ruin. We need to choose if we are part of the problem or part of the solution.



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Whitecap feeling good about new health care centre

By John Lagimodiere
Of Eagle Feather News

The Whitecap Dakota First Nation is growing rapidly. People are moving into new housing developments and hundreds of people flock to the little community 20 minutes out of Saskatoon for jobs and good times.

The success creates pressure on the community for infrastructure services. Relief has arrived for health providers in the region.

The newly opened Whitecap Dakota Health Centre is expected to help better the health of the community and provide care to the region around it. This modern 5,340 square foot health facility will offer Health Canada programs such as the Canada Pre-Natal Nutrition Program, and the Fetal Alcohol Spectrum Disorder Program. It will also offer community health nursing services, such as immunization clinics and home care, as well as programs that focus on controlling communicable diseases, including HIV/AIDS.

"This new health centre is another very significant achievement in a series of infrastructure developments at our First Nation," said Chief Darcy Bear at a press conference to officially open the Centre.

"As Whitecap continues to attract population because of our increasing

employment opportunities, it is incumbent on us to ensure that our offering of services matches, or exceeds, that pace of

growth. Thanks to this partnership with Health Canada, Whitecap can provide vital services for our residents as well as

for those in our region. This important initiative is indicative of our continuous commitment to improving the quality of life for the citizens of Whitecap," Bear said.

"This new Whitecap Dakota Health Centre will pull a range of community health programs and services into one location," said Minister Lynne Yelich on behalf of federal health minister Leona Aglukkaq.

"The facility will become the new community hub for programs that focus on youth and families and serve the growing needs of this community for many years to come."



Provincial Justice Minister Don Morgan, Whitecap Dakota Councillor Gary Eagle, MP Minister Lynne Yelich, Whitecap Dakota Chief Darcy Bear, Saskatoon Tribal Council Chief Fleix Thomas and Senator Melvin Littlecrow helped cut the ribbon to open the new Whitecap Dakota Health Centre (right).

(Photo by John Lagimodiere)



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By Adam Martin



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Conference will address rights issues

By Darla Read
For Eagle Feather News

An upcoming legal conference about the United Nations Declaration on the Rights of Indigenous Peoples is about much more than just law.

"This is trying to make sure law can make a difference in people's lives – that human rights actually get up off the page and mean something," explains Mary Eberts, the Ariel F. Sallows Chair in Human Rights at the University of Saskatchewan's College of Law.

Eberts is known world-wide for her work on behalf of women's equality, Aboriginal rights, and the Charter. She is one of the main influences behind this upcoming conference.

Eberts says the idea evolved from conversations she had with Trish Monture, with whom she was friends for years. They had planned to collaborate on such a conference until Monture passed away last year. It forced Eberts to reconsider the path of the conference, when she remembered something Monture's daughter, Kate, had asked Trish.

"Kate had asked her once, not long before Kate herself had passed away, 'Mom, why do we have to just work for the right to be safe? Why can't we have the right to be ourselves? And why can't we have the right to celebrate who we are?'"

Eberts wanted to involve youth in the conference and include her own interests of First Peoples' law-making before colonizers arrived and even after colonizers arrived.

"I wanted to do it in a way that would emphasize Kate's questions."

Eberts involved the Native Law Centre to determine the program, which will feature a panel with some of the major architects of how the declaration was put together and won; various aspects of what rights are guaranteed in the declaration and how they can be furthered.

"That will include the role of women in community leadership and law-making, the role of Elders, the role of youth, and we will look at some of the attempts that have been made in the past to embed Indigenous law-making in Canada and how those have come to grief and why."

Audrey Dreaver, conference coordinator, plays a major role in how the youth are involved. Right now, there is a call for art to youth 25 years of age and under, to answer the question "What does doing it 'our way' mean for me?"

The question can be answered in any medium such as video, music, dance, writing, poetry, film or graphic art, and is meant for youth to think about what it would mean to them if the promise of the UN Declaration on the Rights of Indige-

nous Peoples were realized in full.

Oskayak High School Native Studies students are videotaping themselves reading an article of the declaration that is meaningful to them and what it would mean to them if realized fully.

As well, other Oskayak students are currently working on art projects that could be a gift to someone who has survived residential schools.

"Their task is to create something that will send a message to the person ... that they're loved and cared for and these students recognize that it wasn't just them who survived. It's the students that are coming through school now that are also survivors."



Audrey Dreaver and Mary Eberts are bringing the conference "our way" to the University of Saskatchewan. (Photo by Darla Read)

The messages will be videotaped and screened at the conference. These messages will be paired with the Truth and Reconciliation Commission's involvement in the conference. The TRU will also be live broadcasting the event, which is March 22-24 in Saskatoon.

Call for Youth Art!

e-tōtamasoyahk – Our Way – A conference on The United Nations Declaration on the Rights of Indigenous Peoples and Indigenous Law-Making
University of Saskatchewan, Saskatoon, SK
March 22-24, 2012

Kate Montour once asked her mother Trish, why do we have to just worry about being safe? Why can't we be ourselves? And why can't we have a right to celebrate? In recognition of Kate's questions, the conference **invites youth** age 25 and under to **create artwork** that answers the question: "What does doing things **"OUR WAY"** mean for me?"

What would it **MEAN** if the promise of The U.N. Declaration on the Rights of Indigenous Peoples were realized?

How would it **CHANGE** your life if the *Declaration's* articles were put into everyday practice?

Interested youth contact Audrey at ourway.conference@usask.ca or 306-966-7661

~ All mediums will be accepted ~
~ Can be individual, group, or class projects ~

Entry Forms must be received by **FRIDAY, FEBRUARY 24, 2012**



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Conference Co-chairs
Mary Eberts
and
Sa'k'ej Henderson, IPC

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e-tōtamasoyahk – OUR WAY

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Photo Image © m.pet productions, All rights reserved.



What's with additives in our food?

By Flo Lavallie
Of Eagle Feather News

Many of our processed foods are made today so they last longer on the shelf and are tastier.

At one time we thought they were healthier. These foods are being read by the body as carbohydrates. Many of these food additives do not agree with our body chemistry, and blood sugar. You might as well eat a handful of cookies. These foods stimulate the pancreas to release a flood of insulin that triggers powerful food cravings and encourage the body to turn calories into fat.

MSG (monosodium glutamate): Within three minutes of ingesting any foods with glutamates it craves, the body releases high levels of insulin that send your brain signals to eat even more of these foods. They're in nearly everything: crackers, soup, salad dressing and gravy. The body is constantly getting these messages.

Check your food labels for the following: autolyzed yeast, glutamic acids, calcium, and yeast food or extract caseinate and of course the word glutamate.

Artificial sweeteners contain toxins that can irritate eye nerves and cause dryness. By reducing artificial sweeteners

people's eyes felt moist in just one week.

Weight gain, increased insulin and headaches and rashes are also some of the symptoms experienced by most people.

A multivitamin can reverse toxin-induced deficiencies.

Consume a good probiotic that fortifies the body against germs and secretes antibodies that protect against microbes such as salmonella and e coli. Yogurt is a good source of probiotic as well.

Common spices like nutmeg, cinnamon, tumeric, cloves, cayenne, cumin, curry, oregano, rosemary, basil and sage possess powerful antimicrobial and anti-inflammatory properties. They also restore the liver's ability to flush toxins.

Eating more beans, cabbage salad, vegetables, chicken, turkey, fish, lean red meat such as moose, deer elk, and beef is also suggested to assist people in losing weight.

Eat carbohydrates for one meal a day. Cooking with olive oil does not stimulate insulin and reduces the risk of heart disease. We need to ensure our family's health is our community's concern. We need to request that affordable healthy organic foods are available in our grocery stores without additives. Remember if you can't pronounce it don't eat it.

good food bites

KNOW YOUR DRINKS

Sometimes we think so much about what we are eating that we forget to consider the impact beverages are having on our bodies.

Did you know that ...

- Both white milk and chocolate milk are a great source of calcium, protein and vitamin D. White milk is great to have every day.
- Sports drinks are not for every day, they are meant for drinking during hard exercise.
- Drinks with fruit punch, cocktail, drink and beverage on the label are full of sugar. Look for 100% fruit juice.
- Children should not have energy drinks. The caffeine and other added ingredients are not good for them.
- We should all drink more water and less pop. A Double Gulp has 52 teaspoons of sugar and no nutritional value.



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January a good month to think about choices

January is a time for reflection. I think about the year gone by and then I start thinking of the past and some of the decisions I have made.

My parents used to tell me that life is a series of choices, some good and some pretty stupid. Many of us remember making some of the toughest choices before we were old enough to vote or drive.

Some quit school – not the smartest choice. Some, like me, eventually went back to school. As I look back on my life I see that my friends had more influence on many of those early choices I made, even some of the gifts I bought. If I could do it over I would make different choices (everything is clearer when we are looking back).

I don't envy the youth of today, well, maybe I envy their youth, for the world has changed. They have way more information available at their fingertips; computers, Internet, and television. Good advice, but should we be getting advice from television?

Don't get me wrong. I am not saying that you should make your choices based on television programs, Internet advice

and radio programs. Consider using all of the information you can get your hands on to make the really important decisions in your life. Chances are if it doesn't feel like the right choice,

it probably isn't. Marrying someone you just met is probably not a good choice.

Remember that some choices will affect the rest of your life. So choose wisely and in the case of marrying someone you just met, make sober choices. We have to find a balance between what our minds tells us and what

our hearts want us to do. Somewhere in between the two is the right choice.

In this world of choices, I will share what I have found helpful in my life – laughter! Take time to laugh and enjoy



life because it truly is a gift. There are other parts of your life that are more deserving of your energy and attention, right here, right now. Personally, I have

found laughter to be the best medicine.

Humour is a universal language. It's a contagious emotion and a natural diversion. Best of all it is free and has no known side effects. So tune into your favourite sitcom on television. Read a funny book. Call a friend and chuckle for a few minutes. It even helps to force a

laugh once in a while. You'll find your stress melting away almost instantly.

Laughter is one of the easiest ways to free you from the mind's constant thought process and find inner peace. It

will make you more alive, healthier, and more creative. Just relax. You will discover you have a natural talent for loving life. Remember to laugh a lot every day.

In our ever changing world there will always be choices put before you. Spend some time thinking about what you want from your life and find the path to get you there. I heard that life is like eating a jar of jalepenos, what we do today, can burn our butts tomorrow. Your friends and family may not always like the choices you make. You may not like the choices you made. Know that you are not alone; we all are in the same situation when it comes to choices and at the end of the day we are the ones that will have to live with the choices we made.

It is my hope that all of you reading will choose to take care of your health, go for a check-up with your doctor and dentist. Let 2012 be the year of no hickies.

I enjoy reading your emails and letters. Contact me at Sandee Sez c/o Eagle Feather News, P.O. Box 924 Station Main, Saskatoon, SK S7K 3M4. You can also email me at sandra.ahenakew@gmail.com

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CBC documentary will explore nation's Aboriginal community

By Shinoah Young
For Eagle Feather News

Saskatchewan journalist Connie Walker is working on a four-part series that will forever change the viewpoint of First Nations peoples.

Walker was reporting for the local news at the CBC Toronto when she was approached to join the CBC Documentary Production Unit.

"I jumped at the chance, I felt it would be a great project to work on," says Walker.

The 8th Fire, airing Jan. 12 at 9 p.m. on CBC, is examining the relationship between Aboriginals and non-Aboriginal people across the country.

"I think this is an incredible project to work on for any journalist," says the member of Okanese First Nation.

"It's the first time CBC has ever done a series of this magnitude on Aboriginal people in Canada. The main goal of the series is not necessarily to look at it from a historical perspective, but to try to come up with new ways to improve, move forward and convince people to want to become engaged with one another," Walker says.

"I think the 8th Fire is a reflection of the changing landscape in today's media and as a female Aboriginal journalist I offer a unique point of view on stories," says Walker.

"I've been at CBC for 11 years now and unfortunately there's been times when there hasn't been an appetite to tell

Aboriginal stories, but now there is an appetite for these stories and Canadians realize that, this isn't just an Aboriginal story. It's a Canadian story and we all need to be engaged," says Walker.

There are many perks to Walker's job being a producer for the 8th Fire. One of them is traveling across the country to meet inspiring aboriginal people.

"It's been incredibly satisfying," says Walker. "Four hours of stories seemed like so much time coming from the news where a minute-forty-five is considered long, but we had to be inclusive of English and French, First Nations, Metis, Inuit and non-Aboriginal populations as well as regional representation."

Featured in the second episode of the four-part series on Jan. 19 are Vanessa Peigan, a University of Regina Business student and single mother of six from the Pasqua First Nation and Métis Consultant John Lagimodiere, owner of Eagle Feather News and Aboriginal Consulting Services.

Peigan and Lagimodiere are two people that defy stereotypes often projected onto Aboriginal and Métis people and they both represent the rapidly changing demographics in Saskatchewan.

"It was really important to include Saskatchewan stories that are examining the relationship between Aboriginal and non-Aboriginal people," says Walker.

"Here in Saskatchewan Aboriginals are so much more visible in society," she adds.



Wabs Kinew is the host of CBC's 8th Fire. The four part series starts January 12 and runs for the next three Thursdays.

Walker did an Aboriginal Awareness course at Wanuskewin Heritage Park with Lagimodiere. It airs in the second episode of the 8th Fire called "It's Time." Their audience was mainly non-Aboriginal and Walker and Lagimodiere told the audience some basic facts about Aboriginal people. Afterward the stereotypes came out.

"We were setting the record straight and confronting some of the misconceptions some of the people have about First Nations, Inuit and Métis and particularly people in Saskatchewan," Walker says.

Walker sees the demand for Aboriginal stories and storytellers in mainstream media starting to take shape.

"Personally I think it's more beneficial if all programs, series and stories that exist continue to feed this growing appetite for Aboriginal representation because I think that our voice is really strong and it will continue to be heard not just in Aboriginal programs but in all

programs," says Walker.

"That's one of the reasons I wanted to become a journalist, was to help change the perspective of how Aboriginal people were viewed in the media," says Walker.

"I really hope the 8th Fire is just the beginning of the discussion, it's a great jumping off point. What I discovered in working on the series is that we still have a lot to learn about each other which is surprising considering how long our two societies have been co-existing," says Walker.

"I've definitely enjoyed my time working in documentary film making but I may be returning to the local news in Toronto again and that would be great too," says Walker.

"I think it's a great time to be doing this documentary and talking about these issues and the 8th Fire has a lot to offer in terms of helping to stimulate that discussion and hopefully leading the way to a new relationship," Walker says.

Acting helped Justin Rain grow as a healthy person

By Andréa Ledding
For Eagle Feather News

Actor Justin Rain is Vancouver-based now, but has roots in Sakimay First Nation and grew up in Prince Albert. Rain plays the character Alan Frase, a kind and good-hearted student with a scheming father, in the Gemini Award winning drama series Blackstone.

"I love what Blackstone represents," Rain said, describing it as a message and inspiration to Indigenous people to stand up and make change for the better.

"It's been called "North of 60 on Adrenaline" – it's raw and rugged."

Rain promises excitement for new and returning fans in season two, which begins January 11. He appreciates playing the clean-living Alan, particularly since Rain's own adolescence involved near-death experiences with drugs and alcohol.

"I was lying in a hospital bed not knowing if I was ever going to leave it," Rain said.

After gaining sobriety he moved to Vancouver to pursue architecture but was drawn to acting. He began formal study after three years with the East Vancouver Urban Native Theatre Company. In the past five years he's had lead, supporting, and recurring film and television roles, including a part in the widely popular third installment of The Twilight Saga; Twilight Eclipse (2010).

Not only was he in the Quileute Legend scenes, but he

was also "Jacob" (Taylor Lautner's) stand-in.

"For the audition I had to transform into a wolf in front of a roomful of strangers," he recalls.

The casting crew remembered him, and from there he also later got a non-Twilight role at the prestigious Mark Taper Forum Theatre, in the acclaimed play Palestine, New Mexico where his father was played by a childhood hero, actor Russell Means. Rain's performance in the film Two Indians Talking won the Rogers Peoples Choice Award at the 2010 Vancouver International Film Festival, Best Actor at the 2010 Winnipeg Aboriginal Film Festival, and nominations for Best Supporting Actor at the 2010 American Indian Film Festival in San Francisco, and a Leo Award.

Rain has initiated a youth program called Artist Inside, delivered to reserves and schools. His slogan is "Speak with your heart, speak through your art", and he hopes to inspire youth to explore their gifts and express themselves rather than turning to substances. He is available on Facebook for bookings and industry advice.

"Acting has helped me find my voice, and grow as a person. I'm allowed to speak out loud and express myself," Rain explained. "I want to share that with the youth. I haven't touched substances in 11 years, and we didn't have those substances before first contact.

"We need to eliminate those influences to be ourselves spiritually and physically, or we lose a part of ourselves and grow further away from our spirit and our strength."



JUSTIN RAIN

New Year's resolutions for the artists

Happy New Year! Time for resolutions! Artists and entertainers can definitely benefit from this time of year. It's a great time to consider your artistic goals.

Plans must start somewhere, and resolutions are a perfect way to initiate positive changes in your life.

To help jumpstart your resolutions, I've created a list of suggestions.

Artist Resolution #1: Allow and Even Encourage Constructive Criticism. Who wants to be criticized? I know, right?

But to grow as an artist, criticism is necessary. I once took a drawing class with a very unorthodox professor. She liked us to post all our work together and then we would sit back and compare everyone's drawings.

I would be curled up at the back of the class, cringing inside with sombre music ringing in my ears. The same professor also encouraged people to occasionally walk around and observe their classmates at work.

All of this peeved me to no end. It made me very uncomfortable because I was accustomed to working privately and then presenting my work only when it was completely finished.

To have people compare my work with others and to study me while drawing was, at the time, scarring to my artist's soul.

Yet she was such a brilliant professor, I was compelled to stay, after enduring weeks of agonizing criticism.

Now I am grateful for her class and the change it inspired within me. It was freeing, even liberating, to show the unfinished product.

I gained a newfound confidence by listening to others' opinions and consid-

ering how their ideas could improve my work. They were often right, even though many took the art class as an elective.

So, this year, put your sensitivity aside and brave the world of critics. Remember that most people prefer to give positive reinforcement anyway, but the occasional honest (nasty) critique can help you become a better artist/entertainer.

Artist Resolution #2: Copy the Masters. This tactic can help you develop your creative side, as contrary as it might seem.

Find your creativity through other healthier means like meditation, diet, exercise and even prayer.

However, it does work. By copying, I don't mean paint a picture or write a story in the style of a master. I mean actually copy it, step by step. Musicians and dancers definitely have an advantage here, because many learn exactly by imitation.

Eventually though, after memorizing the work of another, the brain begins to develop creatively, and new ideas spring forth, possibly offering you a new edge.

I love to sit in galleries and



museums and study art with worshipful zeal. I mentally take apart artwork and imagine the steps an artist took to develop the piece from beginning to end. It has helped me gain insight into many artists and their signature styles. I often do the same with writers.

I sincerely believe this technique could apply to any type of artist/entertainer. Just be sure that you keep your duplications private, as learning exercises for your reference only.

No need to attract a lawsuit for copying!

now, if not better, when I'm completely sober.

Obviously a few too many drinks and cigarettes only helped rattle my steady hand, leaving botched messes that I had to fix later when I had slept and sobered up.

Even now, as a writer, I couldn't write a coherent sentence without being completely clear in mind, body and spirit. If you think you need drugs or alcohol to create or perform, you're only kidding yourself and paving the road to addiction.

Under the influence, you're more likely to be overly emotional and your craft could take on an unintentional, darker slant.

And if you're a performer, stumbling around only makes you look like a fool.

Find your creativity through other healthier means like meditation, diet, exercise and even prayer.

Find your confidence through the enjoyment of practicing your craft, over and over again, and have faith in yourself.

This year, whenever you create or perform, vow to refrain from polluting your creativity or clouding your vision with toxins.

Don't rely on toxins, and instead rely on yourself. Respect your talent and your abilities by keeping yourself clear and receptive to the creative energies of the universe.

Good luck with all that you do this year.

Take care and let me know if there's an artist, entertainer or event that you think could be featured in Eagle Feather News. snazzyjess@hotmail.com

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U-Pass a plus for students

By John Lagimodiere
Of Eagle Feather News

The universal bus pass or U-Pass, which was first introduced to University of Saskatchewan students in September 2007, will now be offered to students at the First Nations University and the Saskatchewan Indian Institute of Technology.

U-Pass will provide students unlimited, city-wide bus access each semester. The students will pay a mandatory fee of \$96.62 per semester at the start of each school year beginning in January 2012.

"The U-Pass system will help remove barriers to First Nations and Métis education," says Randell Morris, SIIT President. "It's an important step forward along the road toward higher education and a better quality of life."

Robyn Scott is a student who will certainly benefit from this program.

"This means I will be saving a lot of money. I am a single parent to three boys and saving over \$200 is a lot and it goes a long way," said the Kinistin member and educational assistant student who is also an avid bus rider.

"I am glad this went through. It is breaking ground for us," says Scott.

"Not only will students attending these institutions find it less costly to get to class, but also ridership on City buses will

increase," says Gilles Dorval, Aboriginal Relations Advisor for the City. "Many of these students also have families to care for and every penny counts to a student on a tight budget."

That thought was reiterated by Margaret Bear with the First Nations University Student Association.

"This means my students and fellow classmates will have less stress so they can focus on their studies. They don't have to worry about parking. They can get to school and get it done," said Bear.

"It was \$3 for me to get here this morning. These savings will go toward food for their children, extracurricular for their kids or some extra spending dollars in their pocket."

A student survey revealed that of the transit riders a monthly pass is most common. So, students will save just over \$200 per semester on their transportation costs throughout the school year. Students attending the two post secondary schools would have had to pay \$75 for a monthly adult pass or \$300 for every four-month semester or \$900 for a full year. The U-Pass will reduce that price to \$289.86 for a full year for a savings of \$610.14.

Post secondary schools are among the most popular destinations for Saskatoon Transit riders and all of the participating institutes are served by well-used transit routes.



Robyn Scott from Kinistin First Nation welcomes the U-Pass as a way to save on her transport costs. (Photo by John Lagimodiere)



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Petition asks to make Indigenous Studies mandatory

By Braden Dupuis
For Eagle Feather News

Meaningful, long-lasting change is not always something that will happen naturally over time. Sometimes, in order to facilitate real change in our lives, we've got to go out and fight for it.

Julianne Beaudin-Herney, a third-year student at the University of Regina, is more than willing to fight for her cause. She is currently spearheading a petition to make Indigenous Studies a mandatory course for any and all degrees, diplomas, or certificate programs at the U of R.

"If we make Indigenous studies mandatory then we're taking a huge step for change," she said, on her reasoning behind the petition.

"One of the things that I believe is that our children are going to be living in the world that we create for them. They're going to be walking in our footsteps, and if we keep treating each other this way and thinking that there is not a problem with racism then they're going to grow up the same way."

Beaudin-Herney started the petition in the hopes of raising awareness around aboriginal issues and concerns after witnessing some discouraging things on campus.

"I found that lateral violence and ignorance was more than just a little problem, and I wanted to emphasize it, and get it out to the public and to the student body that it's not okay to say some things in a conversation, just like it's not okay to swear around your parents," she said.

To date, the petition has nearly 300 signatures, and is gaining more support every day from students and faculty alike.

And while some students at the University may disagree with her method, Beaudin-Herney wants to point out that including these courses would not be an unnecessary extra class, but rather a substitute for one elective.

"This movement is ensuring that it won't be a nuisance, it won't be extra time, and really, in your four years here, what's an hour? What's one hour



Julianne Beaudin-Herney is aiming for 2,000 names on her petition at the University of Regina.

during the day that's interesting, and interactive?" she said.

While she hasn't quite reached her ultimate goal

of 2,000 signatures and full implementation of Indigenous Studies programs, the issue is starting to get attention around campus, which Beaudin-Herney says is a good start.

"There is talk at the dinner table, and that's all I want. It's small steps. This is the first foot in the door and we're going to open it up to a whole lot of issues, and we're going to work at it," she said.

"If non-aboriginal people have access to this information then they're able to have good conversations. They're able to begin a discourse on their own. That's what I want."

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Nathan Baker shares his thoughts about competing in a prestigious competition.

**By Nathan Baker
For Eagle Feather News**

If you ask a fiddler what they hope to do with their music, you will hear a variety of different things, from recording their first CD, to travelling the world with a band.

Every fiddler will have a different goal and dream in mind. For a long time my dream was to compete in the Canadian Grand Masters Fiddling Competition and this year, I did.

When I first got the invitation from Patti Lamoureux, I felt a wave of excitement. I knew there was more importance in attending the contest than just to compete. This was my chance to represent Saskatchewan on a national level. I had never competed against the calibre of playing that the contestants of the Grand Masters have to offer. As nervous as I was, I was able to enter the competition with a stress free and relaxed attitude because I knew that all I had to do was try my best and most of all, have fun.

Aside from practicing, a huge part in preparing for the competition was fundraising. My mother, who accompanied me to the Grand Masters, was extremely supportive and helped in organizing a dance for myself and also for Saskatchewan Junior Showcase performer, Celine Hounjet.

We were able to successfully raise enough money and in turn were able to offer a night of great entertainment featuring Karnell Sawitzky, Daniel Koulack, Cathy Sproule, Louis-Charles Vigneau, Dean Bernier and his son, Wyatt, Kim de Laforest, myself, and Celine. Without my mother's support, I wouldn't have been able to attend. I wouldn't even be playing the fiddle, if it weren't for her.

The competition itself was very similar to any other competition I'd been to. It started off with a round of preliminaries, then on to the finals, finishing off with a contestant jam and the announcement of the winners.

The order in which we were to play was chosen by random draw. Fortunately, I drew to play second. I wouldn't have any chance to get psyched out.

A fiddler's first experience at the Canadian Grand Masters

After all was said and done, I, unfortunately did not make it into the finals. Of course I was saddened by this, but I chose to look at the situation optimistically. The competition was over, and the stress was gone. I could spend the rest of my time in Ottawa and just sit back and relax.

Now I knew what to expect for next year, and I could go in with a better idea of what needed to be done to claim the prize. The final round of the contest was a display of incredible style, groove, and technicality. These players deserved to be there and you could feel that every single one of them was focused to reach for their goal. It was a remarkable experience to see how far these players have gone with their music.

In the end, the winner of the 2011 Canadian Grand Master Fiddling Competition was an Alberta-based fiddler by the name of Daniel Gervais. After he had played his set, it was clear that he more than deserved to claim the title.

After the competition was over, the real fun began. Everyone came together at a nearby pub to jam, drink, and dance the night away. The thing I enjoy most about being involved in the fiddle world is the extremely strong sense of community that is created instantly upon joining with other fiddlers, even those you have just met. The pub was packed. Tables were pushed aside to make room for the gigantic circle jam.

Even a number of dancers entered the center of the circle. Guitarists, pianists, and spoon players alike sat on the outskirts to play along to the tunes.

I had never seen a jam of this size. It was absolutely incredible. I found the unique style of each player very interesting. Every province had a different variation and feel for the music for each tune.

I find that the different energies I deliver on stage during a contest and during a gig are like night and day. During a gig, you are given a lot more freedom to do as you please and are able to interact with the crowd on a much more personal level. In turn, they offer you a lot more of their energy and the environment is one of relaxation and fun.

In a competition, the performance usually tends to lean towards a more focused energy. You are being

evaluated and judged based on your skill as a fiddle player and your time on stage is more focused on delivering a flawless set of tunes.

I will admit, I do let the stress of a contest get to me and I know that it affects my playing. However, at the Grand Masters I decided to try a different approach. I decided that I would let all my worries fall away. Most importantly, I would try my best but I would also treat it as a show and I would just have fun, regardless of the results.

I knew that my skills in competing were a lot lower than the rest of the players who had a lot more experience with the contest cycle. I had entered the competition expecting to not make it into the finals, not because I doubted my playing, but because I knew that there were going to be players there who had been competing in this contest in previous years.

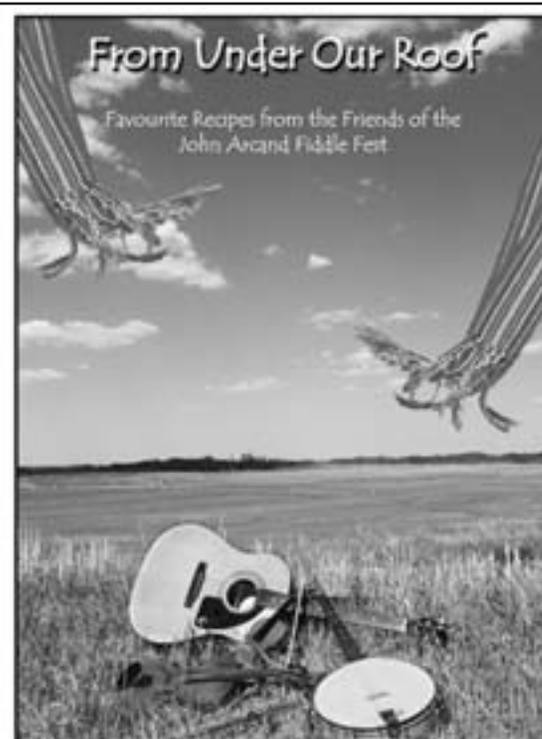
There will be many more years of the Canadian Grand Masters and I can say that I tried my best, both at competing and representing the style and attitude to playing music that Saskatchewan has taught me.

Although I didn't leave the competition with a placement in the finals, I did end up leaving with something which is more valuable to me at this point in my musical career. Yamaha had donated one of their brand new, electric violins to the Grand Masters to give away in a draw to one of the contestants. Can you guess the winner? I am a lot more excited now that I have a high quality, electric instrument to add to my tool box of toys to play with to help advance myself as an artist.

Even more exciting than winning the violin was the chance to show it off on stage in front of the entire audience. Everyone got a chance to see my style, my groove, and the energy I bring to the stage. I played a medley of tunes I wrote and was more than thrilled to share it with everyone.

To me, this was better than winning the competition. Now, everyone knew what I could do as an artist. There will be plenty of chances to compete at the Canadian Grand Masters and I am thankful that I realize it.

I will keep practicing and working towards that goal. Don't be surprised if somewhere down the road, you see my name on that first prize plaque.



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Traditional Métis Christmas and New Year's celebrations

The Métis have long placed a great emphasis on maintaining strong relationships among families, extended families and communities, particularly when work was hard and the future uncertain.

Nowhere were these bonds of kinship and friendship better renewed than during Christmas and New Year's celebrations.

While Christmas Day was largely a religious event for most Métis communities in the late nineteenth and early twentieth centuries, it still remained festive.

For instance, at Batoche, in the 1880s and 1890s, from Christmas to Epiphany (Jan. 6), Métis families held ballroom dances by "oil light" (bals à l'huile). A Prince Albert newspaper reported in 1889 "at Batoche, during the holidays, balls are the order of the day. Two were held last night, one at Pilon's and the other at D(aniel) Charette's and youngsters had all the chances they wanted of shaking themselves up."

Métis Elders have recounted that families spent Christmas Eve by attending Midnight Mass, occasionally singing hymns in Cree or French, and then having a large supper and party known as réveillon.

However, most celebrating during the holiday season was reserved for New Year's Day. As one Batoche Elder told historian Diane Payment: "On Christmas Eve, we went to Midnight Mass, and when we got home, we ate a little, drank some tea and went to bed. The presents were for New Year's Day."

Early on the morning of Christmas Day, families traveled by horse and sleigh to loved ones' homes, and stayed until late in the evening. Prior to this gathering, mothers and daughters prepared food for days to ensure everyone would be well fed.

A typical meal served at Christmas and New Year's included beignes (fried bannock), boulettes (meat balls), rubaboo (stew), chokecherries or saskatoon berries served with cream and sugar, puddings, pemmican, wild game, as well as tea, home-made beer, or wine.

Unlike the commercialism, which permeates our holiday season, traditional Métis Christmas celebrations were modest. One Elder recounts that "we did not have Christmas gifts, only candies, apples and pastry."

While Christmas was a religious event for the Métis, New Year's was a grand social celebration. It was not uncommon for several households in a community to hold a feast and dance on different nights so that people could visit and celebrate for many evenings in succession around New Year's Day.

In the 1860s, at Round Plain, now commonly known as Round Prairie, in what is now the area around Dundurn, Saskatchewan, a New Year's celebration lasted ten days! Manitoba Métis Elder Joe Venne had this to say about the Métis' festive spirit during the Christmas/New

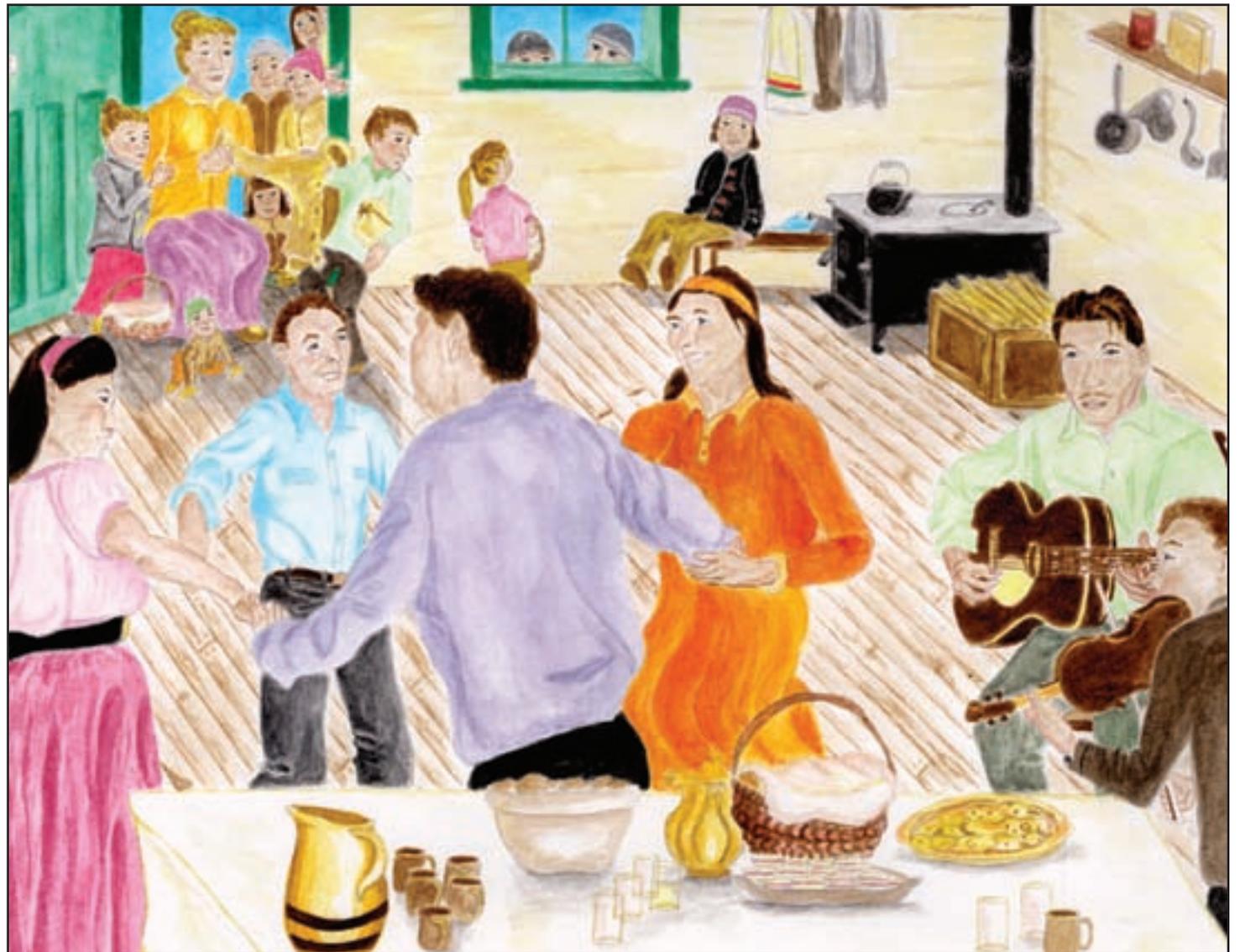


Illustration by Joanne Panas from *The Story of the Rabbit Dance*.

Years' holiday season:

"When it came to the holidays, Christmas and New Year's, we used to go for two, three weeks at a time, dancing every night, partying every night. Other people didn't have that style."

Children were an integral part of New Year's celebrations. On New Year's Eve, children received presents from their parents, usually small gifts of food. One Elder related that: "On New Year's Eve children hung stockings at the foot of their bed and would wake up to find all sorts of treats."

After receiving their presents, on the morning of New Year's Day, children thanked and blessed their parents, and families hugged and kissed one another.

New Year's Day was usually held at the grandparents' home and was a special time for families as cousins, aunts, and uncles attended. It was an occasion for social drinking, and the eating of all sorts of food with people traveling from house to house, dining, dancing, and visiting. While visiting house-to-house, everybody would shake hands and kiss, a carry-over of French-Canadian tradition.

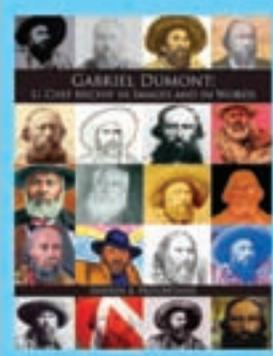
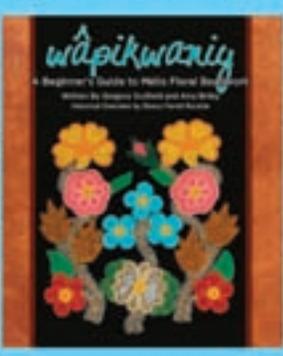
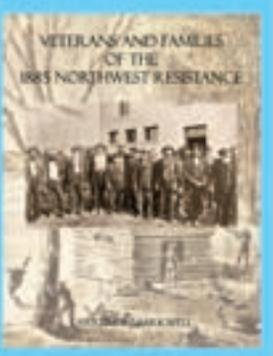
As a result, some Métis called New Year's Day "ochetookeskaw" or "kissing day." Michif expert Norman Fleury says "La Bonn Aanii" is Michif for Happy New Year.

(Adapted from "Traditional Métis Socialization and Entertainment" by Todd Paquin, Darren R. Préfontaine, and Patrick Young



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In this timely monograph, Lawrence J. Barkwell documents the Métis resistance in 1885 and the South Branch Métis Settlement's military and political structures. Besides methodically listing all the Métis participants in the 1885 Resistance, this useful genealogical resource also documents the Métis heroines of Batoche as well as the First Nations and Euro-Canadians who rallied to the Métis cause. Perhaps most importantly, this monograph provides a tangible link between contemporary Métis community people and their ancestors who desperately fought to preserve their way of life so long ago.

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Namerind Housing prospering in wake of challenges

By Diane Adams
For Eagle Feather News



ROBERT BYERS

It was a setback turned opportunity. Six years ago, Namerind Housing Corporation lost its government funding. Today, Namerind is expanding and creating jobs entirely on its own profits.

Namerind has provided affordable housing for aboriginal people in Saskatchewan since 1977. Owning nearly 300 homes, Namerind contracts about 60 aboriginal contractors for maintenance, and employs almost 20 office staff. Most are aboriginal.

Namerind has seen its fair share of challenges. Six years ago, government funding ran out. So Robert Byers, Namerind's CEO, decided to start running this non-profit corporation more like a for-profit business.

"We just felt for us to be successful, we really had to change our focus. We couldn't rely on government funding," said Byers.

"If we were gonna be successful (we had to) surround ourselves with successful people," he added.

Namerind purchased a pharmacy and mini-mall to generate revenue for their operations. They also opened short-term rental homes for people visiting Regina's general hospital. Byers says those purchases help keep their housing operations on track.

"At the start it was a social enterprise. In time (it) became our sustainability," said Byers.

Byers says that's also when they started looking to create jobs.

"(We decided) to start using aboriginal contractors. We did head hunting, found trades people," Byers said.

"(We told them), 'why don't you start a company, and we'll talk about work.'"

Byers estimates Namerind now

uses more than 60 contractors to maintain their properties.

Keith Desjarlais is one of those contractors. He co-owns Bald Eagle construction – and worked in maintenance for Namerind in the 1980s.

"It's a good opportunity. They treat us very well, and everything runs smooth," he said.

Desjarlais says Namerind's numerous properties leave plenty of work but it's the company's attitude that makes the work enjoyable.

"If something has to be done – like if a joist is missing or rotted or something we don't have to run to the office," Desjarlais said.

"They just let us do whatever we have to do as long as it's structurally sound," he added.

Namerind also owns a garage, where they lease space to Desjarlais.

"I worked out of my garage before. (There was) not enough room," Desjarlais said. "So it's really good that we have that now thanks to Namerind."

Mannie Amyotte has been a project coordinator in the Namerind office for six years. He says providing safe and reliable housing is necessary ... and rewarding.

"I think the biggest thing is believing that I'm making a difference every day when I come to work," Amyotte said.

They're making a difference for people and for the environment. Namerind's latest investment is solar panels for six of its buildings. The project cost nearly half a million dollars, all paid for by Namerind's business ventures.

Namerind's website shows in real time how much energy their buildings consume.

Byers says energy-efficiency pays off when you're dealing with so many

properties and they can show it.

"When we started it we thought if the interest rates and the energy rates stay the same we're looking at a seven to ten year payback," Byers said. "(Now it looks like it) would be around six year payback," he added.

Byers says other groups and companies often tour their properties, hoping to model their success. He says the key is looking outside the box for new opportunities.

"We've done just under a million dollars in new revenue to replace what we don't receive anymore. And that's still about \$400,000 less than what we used to receive," Byers said.

He hopes that business mindset will help Namerind provide housing to aboriginal people in Saskatchewan for years to come.



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Muskeg Lake taking cautious approach to future expansion on urban reserve in Saskatoon

• Continued from Page One

Paul Ledoux is the general manager and it is guided by an independent board of directors chaired by Frank Proto.

Proto has an extensive resume, including serving as Board Chair of the Nelson Group Inc., an investment company, and Agrium, director of First Calgary Petroleum Ltd., former Chair of the Petroleum Technology Research Centre at the University of Regina as well as SaskEnergy, Inc. and he is a former chief executive officer of Wascana Energy Inc.

Tawpisin says the business board is meant to separate politics and business and is another way for the band to

He says a decision will be made on what kind of development will fill that space after the board goes over market data and studies what Saskatoon really needs. He says the board has set up risk profiles to determine how much risk Muskeg Lake can take to make sure it's spread amongst different businesses and different terms of leases.

For example, it has been recommended the reserve take a balanced risk development profile, which would include developing 20 per cent of the land to be leased, considered low risk; conventional construction and rental spaces might account for 50 per cent at medium risk; owned businesses, similar to Cree-Way Gas, would account for 10 per cent, and a coffee shop might be an option for this. Finally, 20 per cent would remain for high risk ventures, such as a 'built to suit' building like a retail store.



CHIEF CLIFF TAWPISIN



FRANK PROTO

be accountable and transparent. The nine-member board of directors, chosen by the Chief and Council and which features people with varied business and governance backgrounds, is tasked with setting goals and objectives for the reserve's commercial ventures in the hopes of not just sustaining but also growing revenues.

Muskeg Lake's urban reserve consistently has a 100 per cent occupancy rate, so it says there is pressure for additional development to accommodate new and growing businesses.

"We've got 16 or 17 acres of serviced but undeveloped land at the centre, and we've had lots of inquiries on what people would like to do, but we want to make sure we're maximizing the value," explains Proto.

"We want to make sure that we have a good plan for development. We want to make sure it's good and complementary to the businesses that are already there."

Proto says the advantage to being an independent board that just focuses on the business side of things means it can move quickly when it wants to.

"That board will be able to make decisions very quickly, which I think you have to do to be competitive in the corporate world."

"We will be acting just like the board of directors of a PotashCorp or a Cameco. We've been delegated the job to maximize the value of the commercial assets that Muskeg Lake hold and operate in accordance with the best business practices out there," explains Proto.

"Certainly at this time in Saskatchewan's history, it's great to have the resource that they (Muskeg Lake) do have in the east end of Saskatoon, which is the one of the highest growth cities in the country."

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- The workers operate out of camps set up along the power line. This helps them get the work done safely and efficiently.
- There will be more highway and road traffic in and around the Key Lake and Lindsay Lake areas as workers arrive and equipment and supplies are delivered.

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To our crews and everyone involved in this project, thank you and stay safe.

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Predictions for 2012

John: Happy New Year, Dirk! How was your Christmas?

Dirk: Christmas was awesome, John. Despite my record and assorted vices, Santa was good. I made out like a bandit. And so did those towering mental giants known as Dirk's Dangerous Posse. The Christmas wish list for men worked great, and the boys even got their wishes.

John: That's great news, Dirk. Why don't we get on with your predictions for 2012.

Dirk: Suits me, John. Now, as any fortune teller, mechanic or self-important, know-nothing-know-it-all will tell you, to look forward we have to look back, which means polishing our crystal balls furiously. And we start with Indian politics.

John: The FSIN had a rough year in 2011. Controversy around Chief Lonechild, upheaval over the SIGA chair, and rumblings about bands and tribal councils pulling away from the FSIN. Will the FSIN survive?

Dirk: Like you, and me, and the huge members of the Posse, the FSIN can survive on its good looks, buff bottoms and rugged fashion sense, but for it to thrive relevance and effectiveness are going to be the key issues going forward. It means getting the people what they want or they'll shop elsewhere.

John: That sounds a lot like a business-type of model. You know, that can make for a difficult transition, especially for those can't handle change.

Dirk: The good news is the FSIN has a wealth of great talent and experience to draw upon. It accomplished great things in the past and is capable of more. I predict we will start to see the plans roll out in the spring. And the next Chief will have been a Chief at her reserve!

By the way, John, despite the difficult year, I saw proof the FSIN is still a force to be reckoned with. I was at the FSIN's 65th anniversary celebration and was awestruck at the power it had to command one of the music industry's elite for the event.

John: Yes, I was there. And yes, Buffy St. Marie did a fabulous job.

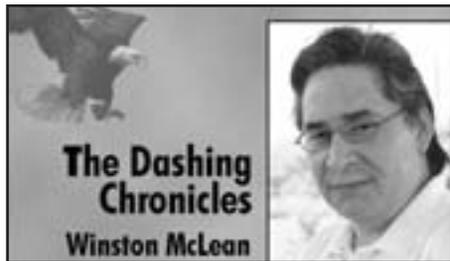
Dirk: Who?

John: Buffy St. Marie. She was the entertainment at the 65th anniversary.

Dirk: Not her, ya daft monkey. I'm talking about the FSIN getting KC from KC and the Sunshine Band to host the celebration. He still looks good for 112 years old!

John: KC. Of the Sunshine Band. Right. The host of the event was Eugene Arcand. Dirk? I see you've lost interest so why don't we move on. A lot of people are talking about the Mayan calendar predicting the end of the world on December 21, 2012. What's up with that?

Dirk: I wouldn't put a lot of stock in the whole End-of-the-World-Mayan-Calendar-thingy, for three reasons. For starters, if the Mayans were so accurate how come they couldn't predict their own demise?



Second, in the seventh century the Mayan King, a dude called Pakal the Great, cooked the books so he could be recast as a divine entity by future generations, just like the ancient Roman emperor, Caesar Augustus, fondled the facts to give himself mythical ancestry. So, when you re-do the math, the Mayan calendar should have ended in 2006, the same year I bought that snazzy swimsuit I saw in that movie Borat. And finally, archaeologists believe the schmuck responsible for painting the calendar got high from the herbs-and-berry dye he was using, said, "to hell with this", left to bother some unfortunate and innocent goats, and never came back to finish the job having been stoned by local villagers because he curdled their goats' milk.

John: Archaeologists. Innocent goats. OK. Well, that's a relief. Disturbing, but a relief.

Dirk: Sadly, John, I predict a First Nation or two will deploy budgets for a fiscal year ending December, 21, 2012, only to discover Indian Affairs still exists a day later and has now put them in third party management.

John: Alright, we're very near the end. Any final predictions?

Dirk: Well, the studs in Dirk's Posse foresee they will lose enough weight so their guts don't jiggle when they brush their teeth, the Philadelphia Flyers will win the Cup, and you, Mr. Larunswitthoenailclippers, you get a try-out with the Riders to play deep third left bench.

John: Deep left bench, eh. As usual, Dirk, you have been interesting and breathing. What's up next month?

Dirk: Next month you will have Mr. Answer Guy taking my place, answering letters concerning Valentine's Day and what guys should do and not do. In the meantime, I encourage everyone to check out Dirk's Facebook page-thingy at <http://facebook.com/dirk.dashing> where I am told very average things are going on.

Dirk says: If something is neither here nor there, where the hell is it?

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Colette Bourgonje

Nickname: 'C'

Sport: Cross-Country Skiing

Hometown: Métis from Porcupine Plain, SK

Accolades: 9-time Paralympian (3 summer, 6 winter), 10 Paralympic medals (2 silver, 8 bronze)

Goz: First off, Happy New Year. Any resolutions?

Collette: This year I have not made any New Year Resolutions, I usually just try to be the best I can be throughout the year...

Goz: You recently moved from Saskatoon to Prince Albert. How could you? And why?

Collette: We live about 30 km from Prince Albert on 160 acres and can ski from the door.

Goz: Enough said ... If you were offered a million dollar contract to play either sledge hockey or wheelchair rugby, which would you choose?

Collette: I would definitely play hockey. It is an awesome game to play but I am not a great fan of watching it unless it is the Olympic or Paralympic series which do not go all year loooong.

Goz: You won a silver medal (and Canada's first) at the 2010 Paralympic Games in

Vancouver with a time of 31 minutes 49.80 seconds. Tell me, how do the arms feel after a race?

Collette: After that race I felt great getting on the podium. We have never had the Paralympic Games on Canadian soil so to have gotten the first medal was awesome. I was also pretty happy to get a bronze in the 5K, it is not easy to medal twice in a big games...

Goz: Noticed you have a dog named Muskwa. Any reason you chose that name?

Collette: When I moved to Canmore to train about a year and a half before the Games, my little dog named Brisco had to be put down. So my partner, George, and I went to Cochrane and found this cute little shephard/collie mutt that came from the Morley area. George found the name Muskwa which seemed to fit.

Goz: How important is it to you to have a canine training partner?

Collette: Muskwa has been very important because she not only motivates me to get out but she is always excited and ready to go. She is the only one that never complains and can keep up easily.

Goz: You were a Grade 4 teacher here in Saskatoon. What are you up to now?

Collette: I am working for SaskSport-Skiing For Disabled as a Para Coordinator. I am trying to find physically disabled people with visual impair-

ments/blind, amputees, wheelchair users who are interested in either alpine or cross country skiing.

Goz: You've competed in six Paralympic Games. Can we expect six more?

Collette: At the moment I am having problems with a rotator cuff injury from a World Cup race in Norway just before Christmas. It is not looking good. I would like to teach cross country skiing so keeping my arms healthy and working well for everyday life is definitely a priority right now.

Goz: You competed in summer games before winter.

Was it a difficult transition?

Collette: I had been wheelchair racing as well and had completed many marathons so the transition to winter, which I had loved

Sports Chat with Mike



as an able-bodied person, was not difficult at all.

Goz: Any advice for people struggling with spinal cord injuries?

Collette: Live life to the fullest, try all the sports/activities you can find and have fun with them. If you find one you love and want to take it to the Paralympic level-go for it. When you really enjoy what you are doing is not work and your quality of life is vastly improved.



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