

Eagle Feather NEWS

FREE

Contest inspired young entrepreneurs

Contestants Devin Fiddler, Jamie Lerat, 1st place Jana Ross, 2nd place Brandy-Lee Maxi and daughter Valyncia, and 3rd place Stephanie Cappo. Back row: judge John Lagimodiere, contestant Bill Stevenson, judge Brett Wilson, contestant Chris Ross and judge Darryl Stann.



Meadow Lake clothier takes top prize

By John Lagimodiere
Of Eagle Feather News

“Love, Peace, Bannock Grease!” A simple and catchy slogan that helped Métis entrepreneur Jana Ross beat out six other competitors to win the second edition of CBC’s Aboriginal business plan competition, Boom Box.

Ross is a teacher from Meadow Lake who has launched a clothing line called Bannock Republic Clothing. Her energy, business idea and popular clothing earned her the \$4,000 top prize and loads of advice from business experts after impressing the three judge’s entrepreneur Brett Wilson, PotashCorp’s Darryl Stann and Eagle Feather News publisher John Lagimodiere.

“I was completely shocked when Brett Wilson announced I was the winner,” said Ross. “All of the finalists were so well prepared and articulated their business ideas clearly, so I really had no idea who the judges were going to choose.”

“I was ecstatic when they said I won, because I have so many ideas for ways to expand my business, and now I have the financial freedom to pursue some of those ideas.”

The second-place winner was Brandy-Lee Maxi with her AB-Original Health and Fitness, followed by third place winner, Stephanie Cappo for Steph’s cakes. Other contestants included Devin Fiddler and her handbag business, photographer Bill Stevenson, publisher Chris Ross and business woman Jamie Lerat.

CBC provided the promotion and organization for the event while Brett Wilson and PotashCorp supplied the prize money. Each competitor also gets access to the judges for advice and support of their business ideas.

“There is nothing more important than stimulating business and entrepreneurs in the Aboriginal community in Canada,” said Saskatchewan born multi-millionaire and former Dragon Den panelist Brett Wilson.

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Paul Martin was in Saskatoon recently to add his support to the Aboriginal Youth Entrepreneurship Program. - Page 3



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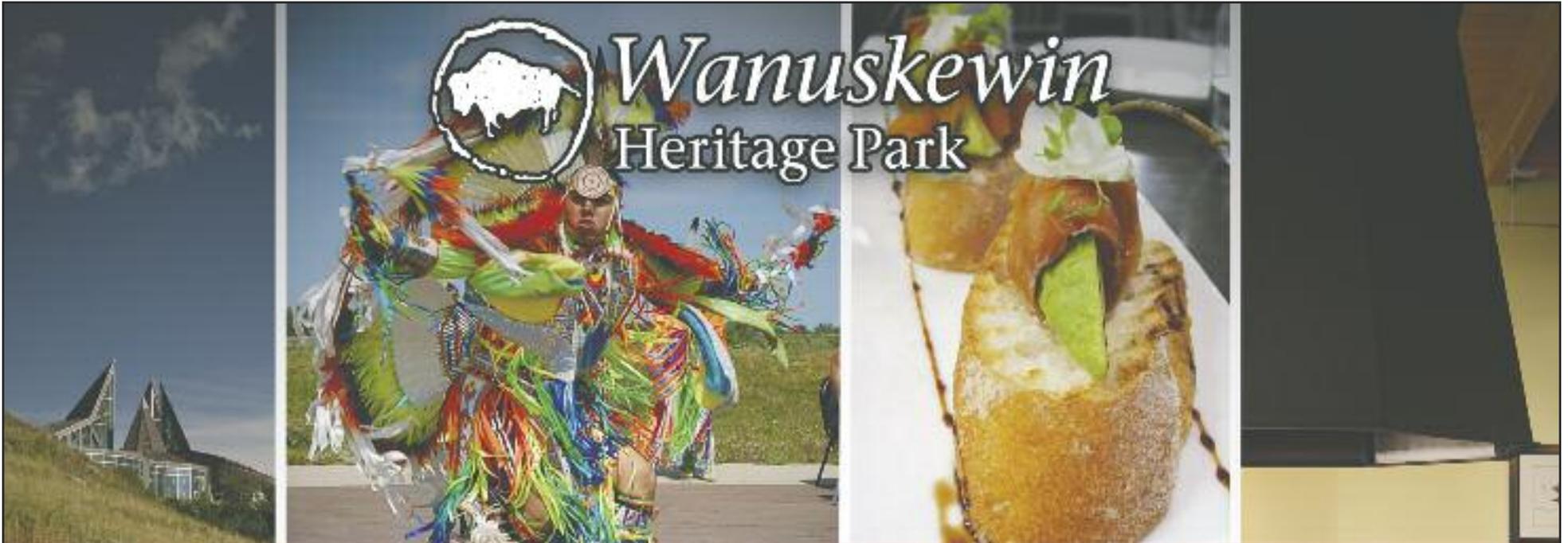


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Stacey Swampy spent more than three decades behind bars. Now he’s doing his bit to help others avoid the gang lifestyle - Page 25

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Role Model Edition

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Aboriginal Canadians will be key drivers of economy: Martin

By John Lagimodiere
Of Eagle Feather News

A unique business training program for Aboriginal students is being made available to several schools across Saskatchewan, including two on-reserve and in Ile a la Crosse.

The Aboriginal Youth Entrepreneurship Program (AYEP) is intended to close the gap between the business world and First Nation and Métis students in Saskatchewan so they can actively participate in the economy. The program uses Indigenous specific curriculum and is also endorsed by former Prime Minister Paul Martin who was on hand for the big announcement at Oskayak High School in Saskatoon.

“Aboriginal Canadians are the fastest-growing segment of our population and will be key drivers of Canada’s economy,” said Martin.

“The Aboriginal Youth Entrepreneurship Program is dedicated to ensuring that Aboriginal students are empowered with the background necessary to pursue an interest in business and entrepreneurship. We are particularly proud that our program’s textbooks are the first to be set within an Indigenous context.”



Dignitaries and partners participated in the singing ceremony. From left Leanne Bellegarde, PotashCorp, Anna Fontaine AANDC, Janet Foord Saskatchewan School Boards, FSIN Vice Chief Bobby Cameron, MN-S President Robert Doucette and the Right Honourable Paul Martin. (Photo by John Lagimodiere)

“We want to train more First Nation and Métis people into business and we want them to have careers with us or go into business and become suppliers. Either way, this investment in training will give great returns to the province and we encourage other businesses to come to the table so it can grow even more.”



Aboriginal Youth Entrepreneur student Kelsey Sugar got to meet and photograph former Prime Minister Paul Martin. (Photo by John Lagimodiere)

Oskayak ran the program last year and saw increased attendance and participation by the students involved. After a meeting in Ottawa last year, the Saskatchewan School Boards Association worked hard to expand the program from Oskayak and Scott Collegiate in Regina to 17 schools across the province including on-reserve schools at Onion Lake and Ahtahkakoop.

“This initiative started as a challenge in Saskatchewan education, it became an opportunity and now it’s become reality,” said School Boards President Janet Foord. “However, we will continue to work with boards of education to grow this program across Saskatchewan to further engage Aboriginal youth in education and future employment opportunities.”

To help with the expanded offerings, funding had to be found and Aboriginal Affairs and Northern Development Canada stepped up from government and PotashCorp from industry.

“Our business is here for the long haul,” said Leanne Bellegarde, Director Aboriginal Strategy for PotashCorp.

Kelsey Sugar is an Oskayak student who participated in the program last year and her interest was in a photography business. Eagle Feather News was fortunate to be partnered with her and Kelsey did some photography assignments for the paper. It was then when she realized she had the talent and that the business had potential. She was recently featured on the cover of the Saskatoon StarPhoenix with former Prime Minister Martin.

Martin was gracious in his words and was available to the students after the event as he went and spent time in the classrooms and talked to the young people.

“This is for the youth, but it is the teachers and administrators that make this program come alive for the students,” said Martin. “And I can’t stress enough how important it is to engage the Aboriginal community in Canada.

“My grandchildren’s future and the future of Canada depend on how we move forward from here. And I want the young people who take this course to remain faithful to who they are and what they believe because now the world is coming to them.”



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Sometimes the stars just line up properly

Sometimes things just happen to work out. Here we are with our October role model edition that also has features for Education Week and for Small Business week.

How convenient then that our cover story was on the CBC Boom Box and a group of role model entrepreneurs. And how fitting that Jana Ross, a hard working teacher from Meadow Lake, won the big prize in the Boom Box.

A role model who happens to be a teacher and entrepreneur. The stars have aligned it seemed.

Interestingly as well, the idea and drive behind Boom Box and the producer of the entire thing was our old friend, CBC's Merelda Fiddler.

She tracked down the sponsors and judges (Conflict alert! I was a judge) worked the airwaves and social media to motivate people to get their entries in and put together a beautiful half hour TV show hosted by the always impressive entrepreneur and role model Jacob Pratt.

The show is well shot and seven entrepreneurs were able to showcase their ideas, energy and passion to the province and it was inspiring.

Fittingly, Merelda was honoured for her lifetime body of work with the Journalism Award by the Wiichihwayshinaw (We Are Helpers) Foundation at the Métis Awards two days after the show ran in September.

The lady has produced lots of news over the years and has been very strong on covering and including First Nation and Métis people in the content for any project she is on at CBC.

That inclusion makes CBC listeners well informed on Aboriginal issues and it sure helps in the big picture.

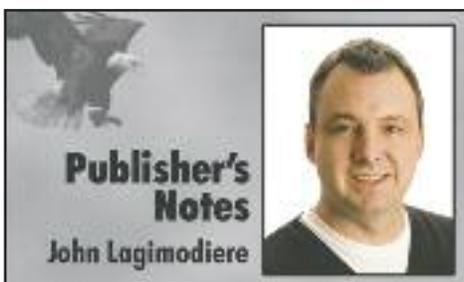
The Boom Box prize money was funded this year by Saskatchewan born multi-millionaire business guy and former Dragon Denner Brett Wilson and PotashCorp who sent Vice President of Procurement Darryl Stann to invest their money as a judge.

Having these guys on your side is

always helpful as their business wisdom and ability to write checks, are a necessity in a business plan competition.

All of the entrepreneurs were awesome and the judges learned something from each one. Highlights of the event for me included the line "Nice bum where you from" by Jana Ross. Stephanie Cappo's cup cakes. Brandy-Lee Maxi and her daughter Valyncia dancing to the drum beat. The second cup cake. Jamie Lerat and the amazing display her company made. Devon Fiddlers passion, perseverance and potential hand bag empire. The ideas I am going to borrow/steal from publisher Chris Ross!

But mostly Bill Stevenson posing with duck lips as he defended profes-



sional photography by describing the tragedy that would be if such fine art as the Mona Lisa was actually a duck lipped selfie. Classic.

34 land-related limitations of the Indian Act in order to take control of their land and resources.

This bodes well for future business opportunities in the Saskatoon area for the Tribal Council and when that happens, everyone wins.

Bit of a stink eye

There is a fair bit of justifiable outrage in the community over the most recent SaskParty attack ad on NDP Leader Cam Broten.

The province had been making some strides on the First Nation and Métis portfolio.

The Joint Task Force on Education and Employment chaired by Gary Merasty gave the province several ways to improve the lot of Aboriginal people and they had actually started to implement some of the recommendations including funding driver's license training on reserve.

The rocking economy is certainly helping as well as more Aboriginal people are working or going to school than ever. Despite the many challenges, gains are being made.

Imagine the surprise when First Nation leaders saw the ad that tries to drive voters away from Cam Broten by playing on the contentious and by no means resolved issue of resource revenue sharing with First Nations.

The resource issue is near and dear and causes much fear. It is also an issue that is almost impossible to understand without a four hour seminar.

With the 250th anniversary of the Royal Proclamation, maybe it is time to up the conversation behind doors between leaders to determine a happy ground.

Attack political foes all you want, but to insert a wedge issue that turns resentment towards First Nation people is highly irresponsible in this day and age.

Everybody play nice. We must do better.

Big thumbs up

There is some interesting news out of the Saskatoon Tribal Council. With Mistawasis and Yellow Quill First Nations recently signing onto the First Nations Land Management Act, all seven members of the Saskatoon Tribal Council will now be signatories to the Framework Agreement.

The Act enables First Nations to manage their own land, resources and environment according their own land codes, laws and policies.

It also helps them get out from under



Jana Ross once bought a table at Back to Batoche to sell some clothes that she had designed. She sold out on the first day. Two years later her business is thriving and she just won first prize in CBC's the Boom Box.

(Photo by John Lagimodiere)

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We were not given children to be throw away babies

When I was a little girl I overheard my great grandmother talking to a young woman who had come to visit her.

"Minikwe ooma noosim. Moya ooma awasisak aki me ikosiyak kah waypin iy ahkok. Drink this grandchild. We were not given children to throw away."

Both my grandmother and great grandmother were midwives. My great-grandmother no longer practiced when I was growing up as she was too old but people often came to her for help or advice and although I rarely paid attention to these discussions I remember this one because when I was older she had the same discussion with me.

She said children were a sacred gift and that we should never have more than we could "carry in battle." I never forgot that partly because it sounded so odd, "not more than I could carry in battle," but I was translating what she said literally.

I realized when I got older that battle does not necessarily mean war. Non-native and some native people called her an "old witch" and maybe she was, but it was a good witch for sure, because she, unlike the witches in the books I read, loved children and for her that is what

"pimatisowin," life, was all about.

She would be appalled if she were alive to see the complete disregard, disrespect and lack of love for children that has become our norm.

The medicine she offered the young woman was birth control, something many people say was not practiced in our communities. But it was, according to the old women and midwives I have interviewed over the years. It was not practiced by everybody but by some until the 1950s which is about the time that everything completely fell apart for our families, displacing and dispossessing our children forever.

Children being abandoned, battered, sexually abused, tortured, confined, starved, murdered and humiliated is so prevalent not only in our community, but throughout our "civilized society" that it hardly causes a ripple of interest. Abandoned dogs and cats get more attention than a child. And although we pay lip service when the abuse is in our face and we can't avoid it, we do nothing of any consequence to change it.

At some point we are going to have to finish this "healing journey" we have been on for all these many years and start making a better life for our kids. Yes, I know colonization is to blame, I have blamed it often over the years.

I often wonder what we would do if some white guy hadn't coined that word a few years back. A word that allows, no rather, encourages us to whine, cry and be sick instead of making us angry enough to kick ass and change the world that is so dehumanizing us.

Kicking ass can mean something as simple as getting up in the morning and cooking a pot of porridge for our kids. Sitting down and eating it with them, letting them know we love them and that we will protect and be there for them forever. That's all they need, just us being there for them. If we can't do that then we need to seriously ask ourselves why we are having babies.

Part of kicking ass should also mean not just pressuring, but forcing governments by armed revolution if necessary

to make serious changes in all areas that effect children. From poverty, housing, education and health, to being serious about punishing abusers and by abusers I also mean all the people who are supposed to protect them.

Cut off the abuser's hand, a whole arm and if that doesn't work castrate them or put them away forever. If people are incapable of looking after their children, sterilize them. If government workers or anyone else whose job it is to protect children don't do their work, then boil them in Alberta oil.

And for goodness sakes forget about their Human Rights! Think about Baby Rights, Children's Rights instead. Forget about being good Christians, good Socialists, good Liberals, good Conservatives and just plain good people, because to date those things have offered children little protection or love.

And now that I have totally outraged you and have your attention, know that I don't mean any of those things but we do have to do something really drastic and we have to do it yesterday, last week, and last year because if we don't we will deserve everything that happens to us and the law of reciprocity tells us it will.

Our babies need us to be okay. They need us to be courageous and noble.



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Our role models

In the memories of the old ones and in the pages of the history books lie many stories. If Hollywood is looking for good stories for a movie, the historical Western Plains region is a good place to look.

It is also a good place to look for the role models that the editor has chosen to focus upon this month.

There has been widespread

local and national attention paid to the 250th anniversary of the Royal Proclamation issued on October 7, 1763. It was issued by King George III to claim British North America after the defeat of the French regime but it is also remembered and is important because of the procedures that it set out for negotiating Treaties.

However, things are never as simple as they might appear to be at first blush, and as I stated in an address in Winnipeg recently the Royal Proclamation of 1763 must also be recognized as part of the legal witchcraft by which the British stole the Indian lands over which Canada now asserts de facto authority. In the story of the Royal Proclamation we meet Pontiac, one of the many indigenous role models from history. It was the political and military action of Pontiac (Obwandiyag) and his allies that compelled the British to seek peace, and from which actions came the Royal Proclamation. The lesson is that political action is what leads to legal action and which is more important in the long run.

Turning to the Western Plains, the stories of Gabriel Dumont and Louis Riel are well-known on account of their roles in the troubles of 1885 along the Saskatchewan River, but a closer look at our history reveals other leaders who surely are candidates as role models for today. Neil McLeod, the Saskatchewan Cree philosopher, author and humorist, has done a great job in revealing the story of Mistahi Musqua, commonly known as Big Bear, whose resistance to the enclosure of the Cree into small reserves by the government deserves to buy him a place in the annals of heroes of the region.

Role models who resist the assertion of unconscionable power sometimes end up in jail, and along with Poundmaker, another Treaty Six leader, Big Bear spent time in Stony Mountain penitentiary, a true political prisoner in the foreboding federal prison which sits on a rise in the plains

just north of Winnipeg. In the context of the 1885 events, Fine Day also stands out as the military leader who beat British-Canadian forces.

There is a rich store of role model stories in what is now Saskatchewan, including the resistance to the imposition of the Indian Act and the reserve system it imposed. We can only touch upon a few examples in this commentary

and without intending to exclude any one of the many, we can name Pia Pot (Payepot) a contemporary of Big Bear who is one of the first and foremost defenders of the Treaties. In his story one also finds, incidentally, instances of what Ron Merasty has called the 'overdeveloped funny bone' or wonderful sense of humour of the Plains indigenous people. In the Treaty Four region there is a rich history of resistance by leaders such as Louis O'Soup and Joe Cote and others from Cowessess, Pasquah and Moscowpetung.

We have a rich store of more recent role models as well in our local history, including the author the Rev. Edward Ahenakew whose book documents the story of Chief Thunderchild and the Plains Cree. In Manitoba, Chief Dave Courchene of Sagkeeng was a leader in the evolution of modern First Nation politics, as was Ahab Spence, an old friend from Split Lake in northern Manitoba, the President of the Manitoba Indian Brotherhood who spent much time in Saskatchewan. The Rev. Ahab was a member of the National Forum on Secondary Education and of the Standing Committee on Native Languages in Canada who was awarded the Centennial Medal in 1967 and the Order of Canada in 1982.

A people sets its own destiny in part by making its own history. Thereby it affirms its sense of identity and identifies the values and things it holds dear. Its history inspires future generations.

What is the role of the schools and of the education system in remembering this history of role models and their contributions? How much of the stories of our local heroes is known and honoured in the schools, whether on reserves or in the public schools system?

Must not the system of education and the telling of the stories of local role models operate together? Or should we be waiting for Hollywood to discover our true stories of inspiration?

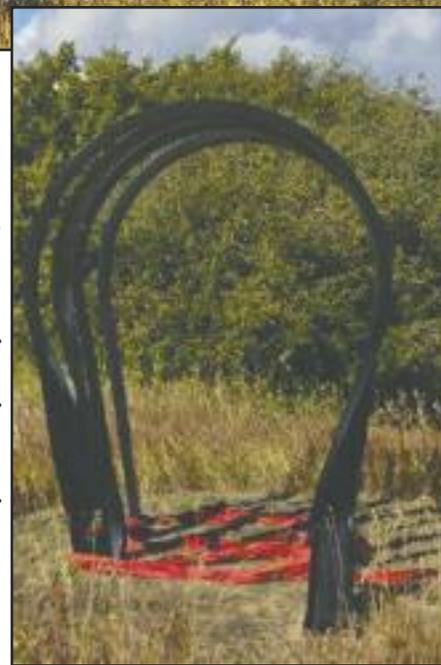


Comment
Paul Chartrand



MOOSE JAW TRAIL

The Moose Jaw Trail Public Art Sculpture in Saskatoon's Patricia Roe and Mark Thompson Parks in Stonebridge is a collaborative steel creation by Vancouver Public Artist, Jill Anholt, and Susan Mayor. The importance of the Moose Jaw Trail Sculpture is to highlight the route used by First Nations, Métis and other settlers who reached and created the Temperance Colony of Saskatoon by 1883 and 1890. The sculpture and narrative panels commemorate the heritage of the site and represent a trail remnant that emerges from out of the grasslands to become a series of arched forms that recall a procession of wagon trains travelling along the trail before disappearing into the brush beyond. Mayor Donald Atchison joined Saskatoon Tribal Council Vice Chief Geraldine Arcand, President of the Métis Nation-Saskatchewan, Robert Doucette, SaskCulture Board Member, James Winkel, and artist Jill Anholt, to kick off Culture Days 2013 with Sum Theatre's 'Walk the Trail' performance and the unveiling of the new Moose Jaw Trail Public Art Sculpture.



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Joanna Potyondi was presented the Most Honourable Métis Woman by organizer Ashley Norton. Merelda Fiddler received the Journalism Award from Eagle Feather News' very own Sandra Ahenakew.

Wiichiwayshinawn Foundation honours ten Métis achievers

By Judy Bird
For Eagle Feather News

Ten people in the Métis community have been recognized and honoured for their varied and lengthy achievements.

The honours were part of the 2013 Metis Awards, the second year for the awards, presented in Regina by the Wiichiwayshinawn Foundation.

Wiichiwayshinawn (pronounced wee-chee-way-sha-nan) is the Foundation's Michif name which means 'we are helpers'. The Foundation began in 2011 to promote achievements of Métis people, empower Métis women and to preserve culture and tradition. Current board members include Ashley Norton, Samatha Racette, Gina Angelski and Elder Geraldine Harris.

Organizers added music to this year's event. Métis musicians Phil and Dallas Boyer kept toes tapping with their fiddle and guitar tunes before the program began and during intermission. The official program began with a grand entry, then an honour song performed by the Rainwater Singers. The women's drum group, led by Elder Betty McKenna, drum for the purpose of healing and connection.

Hosts Keon Francis and Sean Dean, of The Bionic Bannock Boys, entertained the guests with their comedic banter, which was sometimes in song, and with a bit of teasing.

Keynote speaker Roger Ross, of CreeRunner Communications, touched on the Awards' night theme, Strong Metis Women. He reminisced about the strong women in his life, including his grandmother and aunts, and how wonderful it was growing up with them.

"They taught me how to be strong," he said. He reflected on growing up in north central Regina, being in school, and the impact these women had on his life.

"Being tough will get you through school, but being strong will get you through life."

The main attraction was the awards program, with categories of Social Justice, Community and Social Development, Education, Youth, Arts, Journalism, Entrepreneur, Science and Wellness, Most Honourable Metis Woman and Portrait of Honour and Lifetime Achievement.

Calvin Racette was presented with the Gabriel Dumont Award in the Education category. A teacher, writer, and historian, Racette has worked in First Nation and Métis education for 33 years, and holds strong his belief about the importance of education to help his community succeed.

"Being recognized by the community is pretty special. I feel that they validated me tonight and I feel good about that," said Racette.

He also had a chance meeting with some parents of former students at the event, and learned of the impact he had.

"I had a couple of parents come up to me here tonight and say, 'you know we have a couple of girls who are teachers, and they said they are teachers because of you, and we want to thank you for encouraging them and supporting them when they were in school.' They were my students when they were in Grade 7."

Merelda Fiddler won the Journalism Award, presented by Eagle Feather News. Fiddler is used to being behind the scenes, but was honoured to be put front and center at the event.

"It's a little awkward," she said. "As I said (in my acceptance speech), if you're doing journalism well, you shouldn't be the focus, everybody else should be and you should just be putting their stories out there, but I'd have to say it is great to share (receiving this award) with family."

The Most Honourable Métis Woman award went to Joanna Potyondi for her life-long dedication to proudly promoting and sharing her culture.

"It's a huge honour," she said. "There are so many women who should have an honour like this, so many Métis women who are educated and have done so much with their life."

Potyondi is proud of her Métis roots which trace back to Métis leader Cuthbert Grant, and eagerly shares her knowledge of Métis history. She inspires and motivates Métis women to be the best they can be and to rise above challenges.

Her skills and contributions are varied. She taught upholstery for 22 years, makes capotes, vests and bags, sat on numerous boards and committees, including a provincial justice committee, a traditional elders Ministerial Advisory Committee, has been

involved in education as an advisor on the Dumont Institute board and as a teacher's aide with the Catholic Schools in Yorkton. Most recently, was crowned Mrs. Batoche 2013.

The Portrait of Honour and Lifetime Achievement award was given posthumously to Harry Daniels, and was accepted by his daughter Chigal Wightman Daniels. Harry Daniels was a founding member of the Métis Society of Saskatchewan and an active leader in politics and business, working for improved social conditions for aboriginal people in Canada. One of his most notable roles as a leader was during the national Constitutional negotiations in the 1970s and '80s, when he fought for the

inclusion of Métis People and their rights in the constitution.

The Wiichiwayshinawn Foundation board members are already thinking ahead to next year's awards show, and are working on taking the event to a different community so it is more accessible to people in rural areas.

Other award winners included:
Social Justice - The Louis Riel Award: Richard Charette
Community & Social Development: Wayne McKenzie
Youth Award: Victoria Bourassa
Arts Award: David Garneau
Entrepreneur: Jean Gray
Science & Wellness: Karen LaRocque



Wiichiwayshinawn Foundation Inc. would like to thank our generous sponsors, contributors and volunteers for making this year's Métis Awards a success!



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There is help for victims of domestic abuse

There are a lot of angry people walking the streets in Saskatchewan and not just crazy Rider fans either. There are mean, nasty, proud "wife beater shirt" wearing knuckleheads walking the streets in a community near you.

Why do we allow men and society for that matter, to call these undershirts wife beaters? I have heard jokes about women using their rolling pins as husband hitters but the name isn't as widely accepted as a wife beater shirt.

We can joke and attempt to minimize the hidden truth about domestic violence, but abuse is abuse and this is an epidemic in our communities which has to stop.

According to Statistics Canada: "Provincially, Saskatchewan and Manitoba, have consistently recorded provincial rates of police reported violent crimes, had the rates of violence against women in 2011 that were double the national rate. The rate of violent crime against women in Nunavut was nearly 13 times higher than the rate for Canada."

Men who assault their partners rarely assault their friends, neighbors, bosses or strangers. If we don't witness the abuse does that mean it isn't happening? I've heard people say, "He's such a great guy; he would never do that to his spouse."

Although some people don't see violence against women as a serious matter, or is a private matter, we have to change these attitudes. Abuse thrives in secrecy so let's make a collective effort to bring the issue into the open where it belongs; no human being deserves to be living in terror.

There are shelters for victims of domestic violence that are filled to capacity and women and children waiting for a safe place to stay.

Let your Chief and Council and other elected representatives know that violence against women in Canada and in your community is a huge problem. Ask them what they are doing to end violence against women. Ask yourself, "If not you, who? If not now, when?"

So why do women stay in an abusive relationship? Some women stay because they have a strong belief in keeping the family together; sometimes relatives or in-laws blame the woman for the abuse and insist that she stay. Some women even think that the abuse is normal and if her man doesn't hit her then he doesn't love her.

We all need to change the way we perceive violence. Don't turn your head or pretend you didn't hear it – call the police if you witness violence and listen to the victim if they choose to share their experience with you. We all need someone who will listen.

Now fellas, don't get your sleeveless undershirt in a knot, I know that not all women are victims; sometimes they are the abuser. Either way let us all recognize that we must stop being abusive to the people we love and begin to take that first step towards healing. There are domestic violence prevention programs out there to help.

If you are experiencing violence in your life remember there are people who care and are ready to listen. If you have painful memories of past abuse, reach out for help, now. It's okay to talk about it.

In Saskatchewan contact Circle Project Association Inc, Regina, Kanawayimik Child and Family Services, Battleford, Saskatoon Indian and Métis Friendship Centre, Prince Albert and Sign Inc. in Yorkton.

If you are living on a First Nations contact your Band Office or Health Centre and find out if there is an Aboriginal Family Violence Prevention Program in your community.

"There comes a time in your life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh. Forget the bad, and focus on the good. Love the people who treat you right, pray for the ones who don't.

Life is too short to be anything but happy. Falling down is a part of life, getting back up is living."

Keep your letters and emails coming? Send your questions or comments to: Sandee Sez c/o Eagle Feather News P.O. Box 924 ST Main Saskatoon, SKK 3M4 or email sandra.ahenakew@gmail.com



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Dr. Castillo will be speaking and giving information on progressive and terminal illnesses and alternative therapies.

LECTURE LOCATIONS & DATES

At all locations the doors open at 6:30 pm and the lecture starts at 7:00 pm.

No advanced tickets are necessary as the lectures are free.

OCTOBER 22 - SASKATOON, SK
Travelodge Hotel & Convention Center
 106 Circle Drive, Saskatoon, SK

OCTOBER 24 - REGINA, SK
Delta Hotel & Convention Center
 1919 Saskatchewan Drive, Regina, SK

Healthy menus and weight control: Wisdom about Dietary Practices

Agricultural use of antibiotics results in drug residue and antibiotic-resistance bacteria in the foods we eat. The effect of this low-grade, long-term exposure on children or adults is unclear.

What is clear is that our use of antibiotics in medicine must take this additional



exposure into account. You as a consumer of food should demand, through your purchasing power, that only antibiotic-free milk and meat be made available. As a consumer of healthcare, you should use antibiotics with a physician who is open to holistic ways and is open to dietary, nutrition's options.

- Too much fruit juice is a carbohydrate, in other words sugar

- Treat raw honey as you would any other sugar, use it sparingly

- A study by Cherasken and Ringsdorf has shown that when sugar is ingested, the ability of white blood cells to destroy bacteria can fall by as much as 60 per cent. Excessive sugar inhibits fatty acid metabolism because it is high in calories but lacks the nutrients needed to make enzymes work properly. High intakes of sugar also decreases the need for magnesium and increases the amount of magnesium excreted in the urine. I suggest you read the labels carefully. Any time sugar appears among the top five or six ingredients, don't buy the product.

- Food sensitivity can be induced by over-consuming a given food every day for a long period. The average soft drink contains nine teaspoons of sugar. Cola drinks contain high amounts of phosphoric acid, which binds with magnesium and pulls it out of the body.

- Lead and mercury are other factors that may interfere with proper metabolism and contribute to the development of food allergies. When lead and mercury bind with digestive enzymes, the enzymes become inactivated. In this state, the enzyme cannot carry out their task of breaking down food properly. The result is impaired digestion, impaired absorption and the development of food allergies.

- When dietary fiber intake is low, the transit of food resides in the intestine for much longer than normal. This creates an environment in which intestinal bacteria can begin to ferment in the intestine. The diet must be carefully evaluated to detect any significant imbalances in nutrient intake.

- This is why we look towards guidance from doctors of all backgrounds for good health.

www.companionhealthoasis.com



A SPECIAL DAY

Métis Nation-Saskatchewan Secretary May Henderson and President Robert Doucette presented former Prime Minister Paul Martin with a framed historic political cartoon. It was a special day for Henderson who was at Oskayak High School for an announcement just one day after finding out that she was going to be a recipient of the Saskatchewan Order of Merit. The Saskatchewan Order of Merit is a prestigious recognition of excellence, achievement and contributions to the social, cultural and economic well-being of the province and its residents. May is certainly deserving and will join six others to be inducted in early November in Regina.

(Photo by John Lagimodiere)

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Passion and prejudices: Reflections of a female writer

David Gilmour, a writer, University of Toronto instructor and heterosexual guys-guy, says that he only teaches courses about writers that he is truly passionate about and “(u)nfortunately none of those happen to be Chinese, or women.”

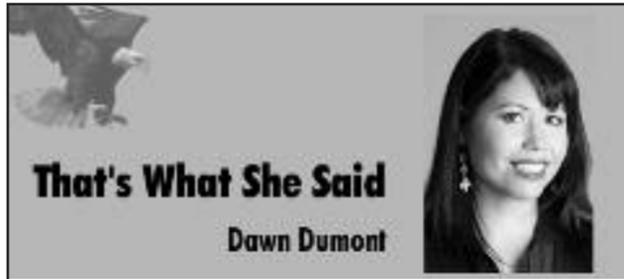
As a female writer who only writes with Chinese food on her breath, I can't help but feel a bit perturbed.

Gilmore says this isn't because women or Chinese writers aren't good writers but rather because “he's a middle aged man and he's interested in middle-aged writers.” I hadn't realized until this point that neither women nor Chinese people could become middle-aged. I guess we just leap from youth to elderly in a single bound.

But Gilmour deserves neither censure nor praise – dude wants to teach what he wants to teach and if you don't like it, then you don't have to spend your tuition money on it. Although the name of his class, “Love, Sex and Death in Short Fiction,” should be renamed, “What Old White Guys Think about Love, Sex and Death in Short Fiction.”

Teaching a university course ranks third on my list of ideal jobs (right behind “International Jewel Thief” and “Person Who Pets Horses”), and if I got my wish, the items below would be on the required reading list for my course, tentatively titled, “All That is Best in Life”:

1. Jane Austen's *Pride and Prejudice*: We wouldn't read the entire book, just the juicy parts like where Mr. Darcy tells Elizabeth Bennett that – against his better judgment – he's decided to ask her



That's What She Said
Dawn Dumont

to marry him. And then Elizabeth delivers the verbal bitch slap of the century: “From the very beginning – from the first moment, I may almost say – of my acquaintance with you, your manners, impressing me with the fullest belief of your arrogance, your conceit, and your selfish disdain of the feelings of others, were such as to form the groundwork of disapprobation on which succeeding events have built so immovable a dislike; and I had not known you a month before I felt that you were the last man in the world whom I could ever be prevailed on to marry.” Ooh, snap. Hey Darcy – your jaw just called – it's on the floor and you need to pick it up!

2. Dairy Queen Blizzards: Technically a food, not a book, but you are required to bring this dessert treat to every class and – this is the tough part – it has to be an interesting concoction because you will be marked on inventiveness and courage, i.e. a skor bar/banana/black liquorice combo will get you only a “C.”

3. *Naked* by David Sedaris: Sedaris is a memoirist who writes short stories about stuff that happens to him. None of it is self-aggrandizing, it's brutally honest and weird and so funny that you will

pee your pants (note: bring extra pants to class.) My favourite essay is when he has to ride a bus standing up because someone stole his seat and he's too timid to ask for it back. The description of him standing and watching the countryside fly by, feeling everyone's eyes on him and pretending that he doesn't care, makes the horrific experience of going to the movies alone and pretending to answer texts on my phone, pale in comparison.

4. Facebook Statuses: In this part of the class we will read aloud absurd Facebook posts, such as: “I'm not racist, I have many coloured friends,” or the merely inexplicable “at the hospital with my grandma, tongue ring is healing well.” I don't believe in laughing at others' misfortunes but if people are determined to expose themselves and their bad grammar on the Internet, then we should – nay we must – take advantage of their attention-whoring ways.

5. *After Dark* by Haruki Murakami: This otherworldly author will make wonder if you are alive or dead, asleep or awake. While reading his work, I've found myself standing in traffic in my PJ's – it's that mind-addling! (Or maybe, I need to cut back on the super-juice.) I don't even know if you can learn what Murakami has to say, I think you can only experience it.

So there you go, a syllabus that reflects my personal passions and as such will only be attended by my most patient and or drunk friends.

I'll email the U of T and see if they're interested in running it.

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The Ripple Effect

Eagle Feather News writer Dawn Dumont interviews writer/actor PJ Prudat about her upcoming writing project with SaskNative Theatre's Circle of Voices group. Dawn: So, what is the Circle of Voices? Explain it to me as if I were a three-year-old, but a bright three-year-old, like that kid in that movie Little Man Tate with Jodie Foster.

PJ: It's the youth theatre program at SNTC. It can be a range of different ages of young actors and writers. Circle of Voices is about collaboration. I come up with the storyline but once we get into workshop mode, the COV group influences it from their perspective.

Dawn: The play focusses on Hugh Richardson's sentencing of Louis Riel – why did you choose this time in history?

PJ: It's just a jumping off point. As much as I love history, this play isn't going to be a history piece. The thing that happened to Louis Riel was such a massive punishment for the Métis people. It was like a ripple effect that radiated outwards from that execution.

Dawn: I thought you said nipple for a second. Ripple makes more sense.

PJ: I'm interested in examining the impact on families. People in the same family can have different stories, different perspectives. I'm also interested in tall stories and I want the actors to play with and gamble with these exaggerated stories. I chose Richardson as a subject because of a story that I heard about him. The story was about his household from the eyes of housekeepers. We don't tend to hear from that point of view when it comes to history.

Dawn: Because you're writing about something that actually happened do you feel a different responsibility than if you just made it all up – like when I'm writing an online dating profile for myself?

PJ: I feel like I am making it up. There'll be specific historical documents to tell the story so I'm writing from an informed point of view but I'm also interested in the story telling aspect.

Dawn: What do you feel is the thing that is most misun-

derstood about Métis people in Saskatchewan? Like, for instance, is it true that they can see in the dark?

PJ: I still get people asking "how Métis are you?" And it happens everywhere I go. It opens up this dialogue and I have to explain because our history isn't well-known. That question relates back to the play. People don't realize how massive in time this was in history not just for Métis people but for all of Canada. The events still impact us today, especially for Metis people fighting to be acknowledged by history and by government. At least now, there doesn't have to have such a horrific outcome – the death of Riel – but I feel that there is that same fight for survival and for fairness and equality.

Dawn: What kind of education do you have and does it help you in your work as an actress and writer?

PJ: I have a BA in Drama with a minor in Anthropology. I tried to get into a theatre conservatory program for years – but in hindsight, I was glad I didn't. Because the program I got into allowed me to look at many different aspects of the arts like visual arts and music. It's made me more open – for whatever reason I was meant to have a more generalized education. I didn't know what I was doing until half way through and now I know that there is nothing else I would have loved more or given so much of myself over to – than story-telling.

Dawn: Movies are in theatres and plays are in theatres – but movies have popcorn and theatres don't – can you explain why this travesty exists?

PJ: As a child, I never ate popcorn so I never

thought about it.

Dawn: (Gasp)

PJ: I'll talk to the theatre community and we can fix that. I remember working on a play in Edmonton and all these students showed up for the show with their chocolate bars and popcorn – and I was like these guys are ready to go!

Dawn: So we have a precedent – that's all I needed to hear.

The COV program runs from October to March. The new group of participants start the second week of October. Their show, Reunir by PJ Prudat – inspired by the sentencing of Louis Riel by Hugh Richardson – will premiere in the spring of 2014 at STUDIO 914 (home of SNTC).



PJ Prudat is collaborating with Circle of Voices at SaskNative Theatre.



**ABORIGINAL COMMUNITY
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The purpose of the Aboriginal Community Sport Development Grant Program (ACSDGP) is to provide greater sport participation and development opportunities for Aboriginal youth in Saskatchewan. The program will assist and support the implementation of organized community sport programs to increase sport opportunities for youth in the Aboriginal community.

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- Applicants must have appropriate levels of participants' insurance covering projects, events and activities that fall under its sanction.
- Ineligible communities or organizations may partner with eligible communities or organizations to apply for support and deliver activities that meet the objectives of the program.
- Individuals and provincial organizations may not apply for funding assistance through this program.

For more information or to receive your application form/ workbook, please contact:
Saskatoon District Sports Council
Phone: 306-975-0830 Email: saskateensportscouncil@shaw.ca

BECOME PART OF THE VOICE FOR SPORT!

The Saskatoon Sports Council is looking for Aboriginal Community Members to join our Aboriginal Community Sport Grant Adjudication Committee. The Committee meets 2-3 times per year, orientation included, great group of sport minded individuals. If interested contact Shene Carter at 306-975-0830 or saskateensportscouncil@shaw.ca

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Exhibit honours Indigenous Group of 7 artists

By Jessica Laplante
For Eagle Feather News

A new exhibit at Regina's MacKenzie Art Gallery will honour the achievements of a historical and ground breaking Indigenous artists' alliance.

The exhibition, 7: Professional Native Indian Artists Inc., is the accomplishment of six years of research and development by MacKenzie associate curator, Michelle LaVallee. Visitors to the gallery will have the opportunity to view over 120 works, including recently uncovered masterworks which have not been accessible to the public for many years.

Artists Norval Morrisseau, Daphne Odjig, Alex Janvier, Carl Ray, Joseph Sanchez, Jackson Beardy and Eddy CobiNESS came together to fight for the recognition of Indigenous artists during a time when they were being excluded from contemporary Canadian Art institutions. The group began to meet in the 1970s and officially incorporated in 1974, becoming the first self-organized and legally incorporated First Nations artists' organization in Canada.

"It is our conviction that people should have the opportunity to know these artists and appreciate their work, individually and in collective exhibitions such as 7," said Jeremy Morgan, Executive Director of The MacKenzie Art Gallery.

"We believe this exposure contributes to the development of a healthier, more equitable community."

The retrospective allows gallery visitors to engage with each artist's distinctive style and also appreciate their collective artistic impact. And 7 offers insight into the vibrant vision that was not hindered by the marginalization and challenges each artist experienced within mainstream Canadian society.

Two of the three surviving artists, Alex Janvier and Joseph Sanchez, were in attendance during the opening events for the exhibition.

Janvier, of Dene and Saulteaux heritage, became interested in art at a young age on the Cold Lake First Nation.

"After the rain, the ground is nice and smooth. I would have a long stick and I would be drawing pictures.



Artists Alex Janvier and Joseph Sanchez look on at the opening of 7:Native Indian Artists Inc. at the MacKenzie Art Gallery in Regina.

That was my humble start," said Janvier.

He continued to develop his craft while attending residential school.

"Every Friday, from about two o'clock until four we would do art. That was the only time in that whole school that I was feeling myself ... deeply feeling that I was reaching myself. Those were precious moments."

Following residential school, Janvier was accepted into The Art College of Ontario. However, due to the legislation of a pass and permit system imposed on First Nations, he was restricted to pursue his education in

Alberta. Janvier completed his Fine Arts diploma with Honours at the Alberta College of Art in Calgary.

The exhibition is a powerful testament to the resilience of the Indigenous spirit.

"We are caring people, we are intelligent people. That's why we are still alive. And these paintings here pretty well tell that story," says Janvier.

7 will be at the MacKenzie Art Gallery until January and will tour Canada from 2014-2016.

Additional information is available at www.mackenzieartgallery.ca

Seeking Three Volunteer Commissioners for MN-S Boundaries Commission

Commissioners will be required to:

- Prepare an interim report on the boundaries reform process and outcomes;
- Visit Métis communities to provide all Métis citizens with the chance to contribute to the boundaries reform;
- Provide recommendations to the MNLA regarding the MN-S Regional Boundaries.

Selected Commissioners may be required to travel on consecutive days. Commissioners will receive an honorarium, as well as compensation for travel and required accommodation.

Applicants must be citizens of MN-S and not sit as a member of the Senate, PMC, or MNLA.

Contact Tyler Fetch at 306-343-8285 for more information. Application forms can be found at www.mn-s.ca. The application deadline is no later than October 14, 2013.



PROFESSIONAL NATIVE INDIAN ARTISTS INC.
GROUP OF SEVEN:
JANVIER RAY
MORRISSEAU
ODJIG
SANCHEZ
BEARDY
COBI
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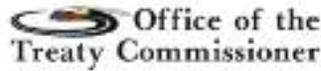
"We acknowledged and supported each other as artists when the world of fine art refused us entry."
- Daphne Odjig

mackenzieartgallery.ca
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The MacKenzie receives ongoing support from the Canada Council for the Arts, the Saskatchewan Arts Board, SaskCulture, the City of Regina, and the University of Regina.



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Summit: Tue, Oct 22, 2013 7:30 am – 4:30pm. 5521 49th Ave, Prairie Room, Exhibition Grounds

Student Price:
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Contact Information

General Information

Office of the Treaty Commissioner
 Milt Tootoosis (306) 229-5221
 mtotoosis@otc.ca
 www.otc.ca

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Register online or download the form on our website (www.ieps.ca). Fax the completed form to (780) 875-0755. Attention Kevin Tootoosis.

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Forum stresses importance of building on-reserve economies

By John Lagimodiere
Of Eagle Feather News

“We need to go get it,” said Gary ‘Litefoot’ Davis in a keynote address to eager economic development proponents.

“We spend too much energy pointing fingers at everyone else than figuring out what we can do to help ourselves.”

Davis, the President and CEO of the National Center for American Indian Enterprise Development spoke some inspiring words at the Building Blocks for Economic Development Forum held in September.

“Being an entrepreneur is not new to us, but we have to open up to the world and start with our strengths and core values. There is not one Tribe in the United States that has an economy. By that I mean we can’t keep a dollar in our community that touches seven hands.

“We need to attract new money and keep it in our communities.”

Gary Merasty agrees with Davis. Merasty is the President and COO of Des Nedhe, the highly successful business arm of English River First Nation and he opened the forum with some realities of business or lack thereof on many reserve communities.

“In my home community we have to



Gary Davis, Gilles Dorval of the City of Saskatoon, FHQTC Tribal Representative Edmund Bellegarde, Leanne Bellegarde of PotashCorp, Bernie Ness of SREDA and Milton Tootoosis from the Office of the Treaty Commissioner gathered for a photo at the First Nations Economic Development Forum.

(Photo by John Lagimodiere)

leave for everything,” said Merasty. “If we need a haircut, to get our car fixed, to do our taxes we always have to go to the nearby town. Small and medium businesses are the backbone of the economy and we have to build that.”

The Forum was hosted by the Saskatchewan First Nations Economic Development Network, a service-oriented

initiative housed at the Office of the Treaty Commissioner with strategic priorities to assist in promoting and development opportunities including Aboriginal entrepreneurship and First Nation economic development.

Milton Tootoosis is the Director of Livelihood and Economic Independence for the Office of the Treaty Commission-

er and is Chair of the Committee. He promotes business at every turn.

“We use events like this to elevate the conversation on business. We have some of the leaders of some of the most successful joint ventures and business in the Aboriginal community of Saskatchewan. The information they shared was invaluable,” said Tootoosis.

Panel participants included notable business minds such as Vern Biachu, Paul Favel, FHQTC Tribal President Edmund Bellegarde, Geoff Gay CEO of Athabasca Basin Development and Brad Darbyshire CEO of Points Athabasca.

Panel discussions focused on their success and how they achieved it. With many big businesses owned by First Nation groups employing on-reserve citizens, money is starting to flow into communities.

The opportunity is now to make sure that money can circulate in that community, thereby spreading the wealth and eventually creating an economy. But it takes time and patience.

“Everyone has to take their own path to success,” said Vern Biachu who is the manager of the BRIDG Program.

“Don’t expect to hit too many home runs. Long term success is a real grind.”

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Eagle Feather NEWS

For more information on the network, go to: www.sfnedn.com. You can also follow us on twitter @SFNEDN or join us on Facebook



Brandy-Lee Maxi and her daughter Valyncia were interviewed by CBC after their PowFit demonstration to the Boom Box judges.

Boom Box winner plans to invest in her business

• Continued from Page One

“I often get emotional about this topic but it is something I truly believe in.”

Brandy-Lee Maxi took second with her powwow based fitness program that aims to get people moving and healthy based on culture and tradition. Steph’s Cakes incorporates traditional Aboriginal designs on cakes that turn out like works of art that are as tasty as they are beautiful.



JANA ROSS

Ross has become somewhat of a hometown sensation in Meadow Lake.

“I have been getting a ton of attention around home. It seems like everyone knows who I am now and I feel like I have the whole city rooting for me,” she added including that her mom was very proud of her.

Like any good entrepreneur, she intends to get some business training and invest the money right back into her business.

“I want to expand my inventory and add V-neck T-shirts and hats and try out some new designs and slogans, invest a fair bit of money into advertising and much more. I have a lot of plans for this money!”



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Entrepreneur launches website for Indigenous artisans

By Fraser Needham
For Eagle Feather News

When Heather Abbey got tired of trying to find authentic Indigenous merchandise on the web, she decided to take matters into

her own hands.

The Saskatoon-based First Nation entrepreneur launched ShopIndigenous.ca last month, a website that has 24 categories and sub-categories of merchandise including jewelry, music, fine art and much more.

Abbey says the idea behind the site is to link Aboriginal artisans with potential buyers in a low-cost and effective way.

"I saw a need definitely as there are dozens and hundreds of Aboriginal artisans, they had nowhere to sell their stuff, they couldn't access the markets, they didn't have the knowledge or ability to access a global market for sure," she says.

"It's just a matter of convenience and accessibility for them."

Abbey adds that although the website is still in its early stages, interest seems high so far.

"We seem to be reaching about 12 to 17 additional users every hour," she says.

"We had about 350 items on the website at launch and right now that's hit almost 500 items and the users are coming in from everywhere."

She says if you are interested in something by an Aboriginal artisan, chances are you can find it on this site.

"There are accessories such as star blankets, music, household items – basically anything you can think of from beaded earrings all the way to mukluks and moccasins."

Abbey has already won various awards for her business acumen. She was selected as "Wilson's Wild Card" on CBC's 2012 Aboriginal Boom Box competition and ended up taking home third place.

Abbey was also awarded capital for placing in the top 10 in the SK Progress2Capital Business Competition, placed in top three in the Mino-Bimaadiziwin Youth Business Plan Competition and first in the 2013 Aboriginal Youth Idea Challenge.

All of this is quite a long way from being a single mother on social assistance just a few short years ago.

"I always was driven, it's just the circumstances that surrounded me, I wasn't able to access the credit and I didn't have the completed business plan," she explains.

"It was just a matter of growing more as an entrepreneur, as a woman and a mother and combining all those into creating a blueprint and following it to a successful launch of this website."

Abbey is a member of the Little Pine First Nation. She recently moved from Regina to Saskatoon to launch the ShopIndigenous.ca website.



Heather Abbey recognized an opportunity to help Indigenous artisans and put her business plan into action.

(Photo by John Lagimodiere)

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Interested in Policing,
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The Saskatchewan Police Aboriginal Recruiting Committee (SPARC) was initiated by the Provincial Government in 2005 in response to the Commission on First Nations and Métis Peoples and Justice Reform.

The Commission determined there was a lack of Aboriginal police officers within the police services in the province. The Ministry of Justice identified the need for the development of an Aboriginal recruiting strategy that would assist Saskatchewan police services in the recruitment of Aboriginal police officers.

SPARC's main goal is to ensure candidates are provided with the required support systems to achieve career success.

SPARC has developed a recruiting website that will provide information for anyone interested in a career in Policing, Justice, or Security. The website contains relevant programs available to potential candidates to assist them in meeting the recruiting standards for policing and has quick links to all of the police and partner agencies involved.

The SPARC website will be launched on October 21st, 2013. Please visit us at www.sparconline.ca.



During the trip to mark the Royal Proclamation Canadian Indigenous Chiefs and delegation took part in a Wreath-laying and Pipe Ceremony honouring First Nations loyalty and defence of the Crown. From left: Col. M. Makulowich, Army Adviser at the High Commission, Grand Chief Ray Sanderson (Master Corporal) Saskatchewan First Nations Veterans Association, Chief Perry Bellegarde (Federation of Saskatchewan Indian Nations), Mr. Philip Favel (World War II, D-Day Veteran), Mr. Edward Baldhead (World War II Veteran), Lt. Col. Rev. Dr. William Beaver (Chaplain). (Photo courtesy of Valerie Galley)

Chiefs travel to England to mark 250th anniversary of 1763 Royal Proclamation

The Federation of Saskatchewan Indian Nations delegation marked the 250th anniversary of the Royal Proclamation of 1763 with a ceremony at the Canada Memorial in Green Park, London. A brief reception was held at Canada House in Trafalgar Square followed by the Pipe Ceremony.

“As indigenous peoples, it is very important for us to be here because the Royal Proclamation of 1763 represents the first time that the Crown recognized indigenous peoples’ title to lands and territories,” stated FSIN Chief Perry Bellegarde.

“The Royal Proclamation is fundamental to the legal framework for First Nations in Canada and is referenced in Canada’s Constitution. The Proclamation also laid the foundation for the Crown to enter into Treaties with First Nations as they did in the late 1800s. Being here to maintain that relationship with the Crown is essential for maintaining and recognizing our inherent and treaty rights.

“We are here to demonstrate that Treaties are still alive and that the terms have yet to be honoured according to their spirit and intent,” added Bellegarde.

A delegation of more than 30 First Nations Chiefs, Veterans, Elders and Leaders, representing indigenous peoples

from Canada took part in a ceremony to recognize the relationship with the Crown in Green Park at the Canada Memorial in London, England. Spearheaded by Chief Bellegarde, this trip and the members of this delegation, especially elders, remind us that Treaties entered into in the 18th and 19th centuries are international and living agreements, and that they merit being honoured today.

“The Royal Proclamation recognizes our right to self-determination as it recognizes indigenous peoples as nations and tribes,” said Willie Littlechild who is the Treaty Six (Alberta) International Spokesperson, a Truth and Reconciliation Commissioner and the North American Representative to the UN Expert Mechanism on the Rights of Indigenous Peoples.

“The UN Declaration on the Rights of Indigenous Peoples, adopted by the UN General Assembly in 2007 and by Canada in 2010, calls upon us to collectively work with our Treaty partners to resolve our issues, differences and our rights.

“The relationship from the indigenous perspective is about peace, friendship and respect. This is how our relationship was viewed with the Crown,” Littlechild concluded.



Indigenous leaders from across Canada ventured to Britain to celebrate the 250th Anniversary of the Royal Proclamation.

Ask the
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NUCLEAR WASTE MANAGEMENT ORGANIZATION SOCIÉTÉ DE GESTION DES DÉCHETS NUCLÉAIRES

The Multiple-Barrier System

The long-term management of Canada's used nuclear fuel involves the development of a deep geological repository (DGR). The DGR is a multiple-barrier system designed to safely contain and isolate used nuclear fuel over the long term. The design is based on the use of multiple durable barriers, including hundreds of metres of rock. This long-term management plan emerged from more than 30 years of scientific and technical studies conducted in Canada and internationally. Most countries with nuclear power programs have selected the DGR as their preferred approach for managing used fuel; two countries (Sweden and Finland) have identified sites and are in the early stages of licensing.

Q What is the multiple-barrier system?

A. A series of engineered and natural barriers will work together to contain and isolate used nuclear fuel from people and the environment. Each of these barriers provides a unique level of protection.

- **Barrier 1: The Used Nuclear Fuel Pellet** – Used nuclear fuel is in the form of a ceramic pellet. It does not readily dissolve in water.
- **Barrier 2: The Fuel Element and the Fuel Bundle** – Sealed tubes contain the fuel pellets; these are called fuel elements. The tubes are made of a corrosion-resistant metal called Zircaloy.
- **Barrier 3: The Used Nuclear Fuel Container** – Used fuel bundles will be placed into large specially designed containers to contain and isolate the fuel for 100,000 years or more. The container is made from thick steel, which provides the mechanical strength to withstand the pressures of the overlying rock and future glaciations. The outermost layer of the container is copper, which is resistant to corrosion in the deep underground environment.
- **Barrier 4: Bentonite Clay, Backfill and Seals** – In the repository, each container will be surrounded by bentonite clay, a natural material proven to be an effective sealing material. As placement rooms are filled with containers, they will be backfilled and sealed. The access tunnels and shafts will be backfilled and sealed only when the community, the NWMO and regulators agree that it is appropriate, and postclosure monitoring will then be implemented.
- **Barrier 5: The Geosphere** – The repository will be approximately 500 metres underground. It will be excavated within a suitable sedimentary or crystalline rock formation. The geosphere forms a natural barrier of rock, which will protect the repository from disruptive natural events and human intrusion. It will also maintain favourable conditions for the container and seals, as well as limit movement of radionuclides in the event that engineered barriers fail.

Q Is there evidence from nature to indicate that this approach can work over very long times?

A. The most important evidence will be from the site itself. Detailed field investigations involving geophysical surveys, characterization of the existing environment, drilling and sampling of boreholes, field and laboratory testing, and monitoring activities will be conducted during site characterization to affirm the suitability of the site. In particular, evidence will be sought that conditions at the site have been stable with little to no groundwater movement for millions of years at repository depth.

There are also several locations where high levels of natural radioactivity have been contained for millions of years by the surrounding geology. These natural systems provide strong evidence supporting the concept of a DGR.

One location is the Cigar Lake uranium deposit in Saskatchewan. This deposit is one billion years old and is buried 450 metres below the surface, surrounded by a layer of naturally occurring clay. This clay layer has effectively contained the radioactive components from the uranium deposit.



Dr. Paul Gierszewski is the Director of Repository Safety at the Nuclear Waste Management Organization. Prior to joining the NWMO, he was with Ontario Power Generation, where he was responsible for maintaining and improving safety assessment system models for deep geological repositories. Dr. Gierszewski has a bachelor's degree in Engineering Science from the University of Toronto and doctorate in Nuclear Engineering from the Massachusetts Institute of Technology in Boston. He is a registered Professional Engineer in the Province of Ontario.

Ask the NWMO is an advertising feature published regularly in this and other community newspapers to respond to readers' questions about Canada's plan for managing used nuclear fuel over the long term and its implementation. The Nuclear Waste Management Organization welcomes your questions. Please forward your questions to askthenwmo@nwmo.ca.

For more information, please visit:
www.nwmo.ca/backgrounders



www.nwmo.ca

First Nations University celebrates 10 years

By Judy Bird
For Eagle Feather News

The First Nations University of Canada marked its 10th anniversary with a celebration at the Regina Campus on September 12. The event began with a pipe ceremony in the morning, and the official program opened with prayer, led by Elder Audrey Cochrane.

Joining the celebration were Lt.-Gov. Vaughn Solomon Schofield, federal, provincial and municipal governments representatives, First Nations chiefs, past FNU presidents Eber Hampton and Shauneen Pete, University of Regina and other dignitaries, past and present students, staff and faculty.

FSIN Chief Perry Bellegarde reminisced about the event in 2003, having been present when Prince Edward, official representative of Queen Elizabeth II, officially opened the university. In his speech, Bellegarde noted that the event was occurring at the same time as the Treaty 4 celebrations in Fort Qu'Appelle, and that both served as a reminder of the agreement made between the Crown and First Nations people when the treaty was signed in 1874.

The 10-year journey hasn't been smooth for the First Nations University of Canada. It began with celebration and growth, but experienced disruption, loss, struggle and change. Years of accusations about financial mismanagement, funding cuts and threats of losing accreditation took a toll on student enrollment, programming and faculty and staff jobs. Through all the challenges, the university has triumphed, and it continues to be a beacon for students seeking advanced education from an Indigenous perspective.

Students were thanked for choosing the university, and faculty and staff were recognized for their years of service and contributions to the success of the institution.

Jacqueline Anaquod, president of the FNU Student Association and a fourth year student in Health Studies, spoke of her experience as a student and single parent, noting that along with the uncertainty of the university's future, students also faced personal challenges, such as life pressures and identity struggles. With the support of faculty, staff, resident Elders, and each other, students were able to overcome these challenges.

"To me, the university is a symbol of all the struggles and everything we have fought for," said Anaquod.

"To see it come up from the ground to what it is today is a very beautiful thing. I think it's a really great reflection of where we're going to go in the future. This university is a role model of who I want to be in today's world.

"I want to be able to walk and carry the attributes of the tradition, innovation and leadership wherever I go when I leave here, and I'm excited."

While the struggles for accreditation and funding are no longer at the forefront, the challenge remains for increasing enrollment. During troubled times, students rallied and campaigned vigorously to save and promote their university. Their efforts contributed to the institution's survival and improved enrollment. In 2010, 750 students were enrolled, but the numbers dropped the following year. Through recruitment efforts, this fall, FNU has 755 students enrolled and reaches 4,000 students on campus through its classes.



Jacqueline Anaquod is the President of the First Nations University of Canada Student Association and sees the University as a role model. (Photo by Judy Bird)

"I am so proud of this institution," said Vianne Timmons, University of Regina President.

In 2010, Timmons played an integral role in creating a financial and administrative partnership between the U of R and FNU to ensure FNU would be able to continue functioning as a university.

"It's got strong governance, it's got a strong financial foundation now, it is working on enrollment increases, outreach to the community. I feel nothing but absolute pride and immense optimism."

She praised the First Nations University for its unique focus and courses, and looks forward to the future with optimism and hope. She acknowledged the late Elders Isador Pelletier and Velma Goodfeather and how they would be proud to see the university celebrate this milestone.

Timmons shared a quote from Goodfeather as a reminder of the university's important role and the key for students' success.

"In order to achieve your goal in

education, one has to make it a way of life, as education is a life-long process."

Chief Bellegarde later echoed that sentiment in a private interview.

"Our old people always say you're going to need two systems of education if you're going to survive in this world: K-12, maths and sciences, go on to university, but do not ever forget your languages and ceremonies, traditions and customs. That's what this place offers.

"Everybody can come to this institution and get a really good bicultural education," said Bellegarde.

"The First Nations University of Canada is a gem. It's the only place in the world where you have indigenous knowledge preserved and kept, from the languages, to the worldview and ceremonies, to teaching science from an Indigenous perspective."

After the official program, the celebration continued with a mix and mingle lunch with students, faculty and staff, followed by a mini powwow.



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To see the full description please go to www.clarencecampeau.com and to apply please email resumes to: rolandd@clarencecampeau.com or mail to 2158 Airport Drive, Saskatoon Saskatchewan, S7L 6M6

Couple supported each other in pursuit of MBAs



University of Saskatchewan students Trista Pewapisconias and Jason Smith will be convocating with MBAs in October.

By Jessica Iron Joseph
For Eagle Feather News

If you take a business-like approach to life, things just might fall easily into place, and with a little more finesse. Just ask Jason (Jay) Smith and Trista Pewapisconias, a couple who have managed to juggle a relationship, family, and work while they were simultaneously enrolled in the Master of Business Administration program through Edwards School of Business at the University of Saskatchewan.

It all started with a five-year plan, where they both dared to dream of pursuing a higher education. It wasn't easy, there were financial challenges and conflicting schedules, but the biggest barrier was initially finding the courage to apply.

"I was always intimidated by people who have a Master's degree," confessed Pewapisconias. "But I decided if I could do it, then everyone is capable of continuing their education."

"Also networking and getting out of your comfort zone is crucial to business. I'm a shy person and it's something I work at on a daily basis."

Smith echoed his partner's sentiments.

"It is very scary to try something new and get involved in higher education," he said. "A lot of the time it's stressful to do something you are unsure of, but there comes a time when you have to get out there and accomplish something."

"No one can do it for you. You have to do it for yourself."

Both had trouble accessing funding, but they didn't let that stop them. They believe their bands simply prioritized funding for undergraduate students, so they accepted that they would have to find other means to continue in their programs. They received

scholarships and applied for student loans and student lines of credit. Smith also worked full-time at Saskatchewan Indian Equity Foundation (SIEF).

But perhaps what most got them through was being each other's biggest supporters. That and alternating classes with child care and family obligations – quintessential teamwork at its best.

They both believe that programs like the MBA program are not only advantageous to First Nations people, but necessary.

"Any program that puts First Nations business people on a level playing field in any industry is a positive step," said Pewapisconias.

"There is such a disparity between

First Nations people and the rest of the Canadian population in terms of quality of education. I believe that business skill and understanding of good business is the next step in evolving First Nations business effectiveness," said Smith.

"Remaining humble is also very important in doing business. Every time you treat someone with disrespect you lose them as a potential resource in the future."

They just returned from China, a mandatory component of their program, and are now looking forward to convocation in October.

"It is so exciting and I cannot wait for it. It will be so surreal. During the ceremony I know that the feeling will be multiplied by a million," said Smith.

Smith just accepted a position as First Nations Account Manager for Affinity Credit Union for southern Saskatchewan. Pewapisconias is still waiting for the right opportunity to present itself.

"I would love to work for an organization where I could make a difference," said Pewapisconias.

"No one can do it for you. You have to do it for yourself."



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Posting No. 541(59)

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- Provides consultative services to community based groups pertaining to the identification of community and designated population needs. Assists with the planning and delivery of programs and services to meet those needs.
- Gathers public input related to programs and initiatives by maintaining an appropriate professional network, including other cities, government departments and community organizations.
- Identifies opportunities and facilitates partnerships with community based organizations and other agencies in the community.
- Represents the Department to the community, other departments and outside agencies regarding the implementation and interpretation of departmental policies and procedures.

Candidates should have a degree in a related field and six years' progressive experience, including two years in a supervisory capacity, working in community development with Aboriginal and other designated populations.

Salary: \$5,329.62 to \$5,875.88 per month (2012 rates).

Please forward your resume in confidence by 5:00 p.m. on Friday, October 18th to: Human Resources, City Hall, 222 Third Avenue North, Saskatoon SK S7K 0J5; Fax: (306) 975-3073; Email: careers@saskatoon.ca



For complete employment details, go to www.saskatoon.ca, visit us at Human Resources - City Hall (222 Third Avenue N), or call 975-3261.



While the City of Saskatoon sincerely appreciates the interest of all applicants, only those candidates selected for an interview will be contacted.

Cree language students eagerly tackle new language

By Roberta Cross
For Eagle Feather News

Understanding stretched far beyond words in July during a four-day accelerated Cree immersion course. Teachers Belinda Daniels and Randy Morin created a Nehiyaw (Cree) learning space for a full class of adults.

Daniels developed the course over ten years, based on Stephen Greymorning's model. With a Masters in language methodologies and having learned Cree as a second language, she knows students' challenges. Daniels believes in language revitalization and in teaching excellence.

"Language development isn't just delivering content, it's knowing how the brain works, and how to stimulate memory cognition," says Daniels.

Morin's first language is Cree, and he has taught with Daniels for five years. He holds degrees in both Arts and Education.

"I am most happy with teaching stories that come from learning a language," Morin says. "Stories stick with students."

Two native Cree speakers assisted. Bill Cook offered songs, games and taught syllabics and Delvin Kanēwiyakin shared cultural and spiritual teachings.

Students repeated words together, then individuals went to the board to speak and point to images.

"A communal way, an embodied way, keeps people awake," Daniels says.

"Making sign language, looking at pictures, speaking and listening to the words created a fully engaged experience," said Omeasoo Butt, a PhD candidate.

Through this method, students start speaking right away.

"I know many were surprised by how fast they were learning," says Morin.

"There was no time to be bored," says David Kim-Cragg, a United Church Minister, "but there was time to be frustrated!"

Many students found it painful not to grab a pen. Some had anxious faces saying unfamiliar words in front of others. While uncomfortable, this indigenous way of learning was powerful.

"I have overcome some of my fears," said Bob Pringle, the Saskatchewan Advocate for Children and Youth, with pride.

The teachers were inclusive, enthusiastic and caring.

"I never felt I was struggling on my own," adds Kim-Cragg. "If everyone was messing up, you could laugh and ask your friend for help."

Alison Kakish travelled from Alberta to participate, preparing for her new Meadow Lake teaching job.

"I'm amazed at how much has stuck," she says. "I just remember the words. It's pretty crazy."

While most students were non-Cree, Kakish observes that "all of us really wanted to be there, and it made all the difference."

Kim-Cragg is committed to do something about Canada's racial divisions and the negative effects of colonialism after experiencing the TRC event in Saskatoon.

"I didn't think it would be language learning," he says, "but it's a good fit."

Now he has more confidence talking to others about reconciliation.

"Personally, it's made me happier. I feel rich, even just having scratched the surface," says Pringle.

"I respect First Nations tradition and culture. This class is the piece I've been missing. I have felt insincere by not understanding the language, because language is how you understand culture."

Sigrid Wagner, an engineer from Switzerland, was energized by the holistic teaching and "depth of meaning in between the sentences, letters and syllabics."

There was meaning for the teachers, too.

"When I teach the Nehiyaw language to willing students, it fills my heart with pride because it tells me that there are people out there who are willing to fight for the survival of the language for future generations," says Morin.

Daniels believes "learning language is the key to unlocking misconceptions and ignorance." She sees more Cree and non-Cree people coming to classes, making possible a new era of collaboration.



Students from three countries and two provinces compose Cree sentences with encouragement from teacher Belinda Daniels.

"Randy and Belinda brought themselves, and touched people here with language," says Butt. "That multiplies, like when trees blossom and pollen goes everywhere. Everyone breathes it in."

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Cree language teacher Randy Morin teaches the group new words.



Program Facilitator

Greater Saskatoon Catholic Schools is accepting applications for the 7.25 hours/day, 10 month continuing position of Program Facilitator. The position will collaborate with Grade 12 teachers, Student Support team, and Career Guidance teacher to develop programs and interventions that address student attendance and other guiding support as required.

Preference will be extended to candidates with the following qualifications:

- > Post secondary education or certificate in a related field an asset.
- > Familiarity with First Nations culture, traditions, and ceremony
- > Ability to speak Cree an asset.
- > Technologically literate, including familiarity with the use of social media.
- > Commitment to the ideals and principles of Catholic education.

For a complete description and requirements of this position, visit our website.

Written applications should be directed to the address below no later than 4:30 p.m. on October 18, 2013.

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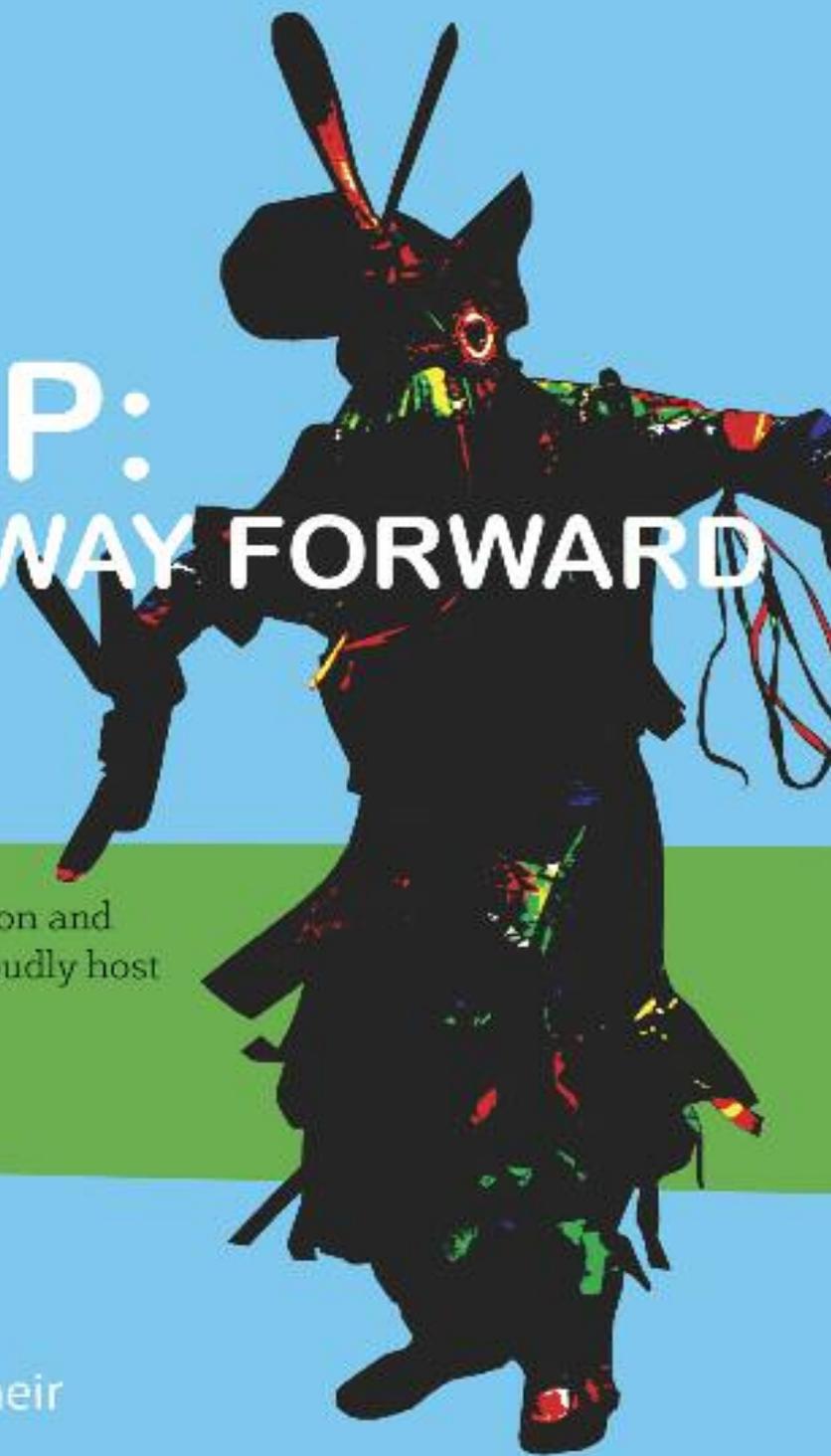


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Fax form to (306) 665-1317



U of S Aboriginal scholars elected to prestigious academic society

By Fraser Needham
For Eagle Feather News

Two University of Saskatchewan academics are the first Aboriginal scholars from the institution to be elected to the Royal Society of Canada.

Sakej Henderson is the director of the Native Law Centre and Marie Battiste teaches in the College of Education. Henderson is a member of the Chickasaw Nation and Battiste a Mi'kmaw member. The two are also married.

Battiste, who is also only the fourth woman from the U of S to be elected to the RSC, says their selection to the prestigious academic society is proof that Aboriginal scholarship is starting to get the recognition it deserves within the Canadian university system.

"The Social Sciences and Research Council, through their Aboriginal program, has opened up those doors wide," she says.

"And there has been for quite some years funding that has gone into doing a lot of research with Indigenous communities, not on Indigenous communities, but with Indigenous communities and with Indigenous scholars."

Henderson adds the selection does appear to show some broadening in terms of what universities are now deeming to be mainstream research.

"Since most of my work is always against the Crown and has always been conceptualized by the Crown as some radical project, it brings Aboriginal and treaty rights into the mainstream and not

seen to be such a peripheral topic," he says.

Henderson's academic work focuses on looking at ways to challenge the Crown to honour treaties. He has also been involved in various constitutional negotiations including the Charlottetown Accord and the drafting of the United Nations Declaration on the Rights of Indigenous People.

Battiste's research has examined ways to improve educational outcomes of Aboriginal youth and developing and creating the Indigenous humanities.

Because of the nature of his work, Henderson admits he was initially a little bit reluctant to accept an award from what some might see as an academic society representing the colonial order. However, he says he later reconsidered.

"For myself, I had a lot of hesitations about it at first but was convinced that since treaties are with the Crown and the royals, then I have an obligation to bring that spirit into the Royal Society again."

Overall, Battiste says their election to the RSC can only be viewed as a positive thing in terms of Indigenous scholarship.

"It's a growing area and I think that this recognition is really that they are beginning to see that this work is now something that can be brought to not only to our institutions, as in the University of Saskatchewan, but to large institutions like the Royal Society."

The Royal Society of Canada was first established in 1882 to recognize achievements by scholars in the arts, humanities and sciences.



Sakej Henderson and Marie Battiste are now members of the Royal Society of Canada. (Photo by Victor Hamm)

National Foster Families Week in October

By Kristine Scarrow
For Eagle Feather News

Each year, in the third week of October, Canadians honour the contributions of approximately 35,000 foster families across the country for their ongoing commitment to providing care to foster children, the most vulnerable children in our society. In 2013, National Foster Family Week will be celebrated Oct. 21-27.

Events will be held around the province, with the kick-off event taking place on Monday, Oct. 21 in Regina.

"We are celebrating those who have opened their hearts and homes to children who need a safe, nurturing place to live," Saskatchewan Foster Families Association (SFFA) executive director Deb Davies says.

"As an organization, we are proud to support dedicated and caring foster families in Saskatchewan in the important work that they do. It is because of their incredible contributions that a

difference is being made in the lives of our province's children and youth."

In addition to celebrating foster families as part of National Foster Family Week, the SFFA is looking to feature individual foster care success stories. The organization has put out a call for

personal stories from former foster children of how being in foster care has helped them to succeed.

Despite incredible challenges, children in foster care go on to become successful adults, and the SFFA would like to highlight these inspirational stories:



"Examples of success stories might be how you overcame the challenges you faced. Perhaps you went back to school, earned a degree, started a business, helped others in your community or became a remarkable parent to a child of your own. Select stories will be featured

in future issues of the SFFA foster parent newsletter. The Advisor, and one winner will receive a \$100 pre-paid VISA card. Contest details can be found on the Saskatchewan Foster Families Association website at www.sffa.sk.ca or on the

SFFA Facebook page."

"Despite our successes, there continues to be a real need for more foster families across this province," Davies says.

With 66 per cent of children in foster care Aboriginal (Status, Non-status and Métis), the recent partnership between the SFFA and Fox Valley Counselling Services Inc. in Regina, along with the Ministry of Social Services have focused on increasing the number of First Nations foster homes.

"We encourage caring and committed families willing to open their hearts and homes to vulnerable children to call our foster parent recruitment line at 1-888-276-2880 for more information."

For more information about becoming a foster parent, please visit the Social Services website at www.socialservices.gov.sk.ca or the Saskatchewan Foster Families Association website at www.sffa.sk.ca.



Ted Whitecalf and Marilyn Poitras have combined their considerable talents for a project that pays tribute to First Nations and Métis elders. (Photo by Jackie Gabriel)

Honouring their Elders

By Jackie Gabriel
For Eagle Feather News

A Saskatchewan husband and wife duo is honouring the wisdom of the Elders through words and photography.

Ted Whitecalf is the owner/producer of Sweet Grass Records in Saskatoon and grew up on the Sweet Grass First Nation. His wife, Marilyn Poitras, a law professor at the University of Saskatchewan, grew up in Indian Head, a small town near the Qu'Appelle Valley.

Both remember with fondness the influences of the Elders in their communities and felt that these Elders had a lot of wisdom and life experiences to offer their communities. They were a resource to be shared. Through the Sweet Grass Records team of professionals with Poitras as editor and Whitecalf as interviewer/photographer and with the help of the FSIN, they were able to bring some of that Elder wisdom to the forefront in a style that involves preserving the culture through word and photographic mediums, and presented in a book format.

"Beardy's was the first one and we've done three or four books there. It was word of mouth after that because it started to show people some of the stuff that we'd done.

"It's a passion for me to show everyone what we have done as a people and they get amazed by seeing it in this format," said Whitecalf.

He feels that when you are hired to do something, you should try to find a different way of presenting the material and he believes that is what they have accomplished with the Elders books. Whitecalf tries to challenge himself on what he can do with it, not to change it in any way but to see the naturalness of what it is and who they are, and the beauty of these Elders that

we have here. That's what he really strives for in his photography. He found a way in the books to preserve culture through word, song and visualization and by capturing it in different mediums.

There have been 13 books to date: Beardy's I which was done in 2001 followed by Beardy's II and III as well as a calendar in 2005/2006 in addition to another book; Kahkewistahaw I and II, Montreal Lake, Carry the Kettle, Ochapowace, Starblanket and Kawakatoose I and II. A lot of the titles of the books have a strong message such as Pasikohk (Kahkewistahaw Elders Vol. II) meaning 'time to get up now' and Atahkamohk meaning 'listen up'.

Poitras says the stories in the books give her the same type of feel as being connected to her Grandma with whom she was particularly close, and the stories that come out of the books are just incredible.

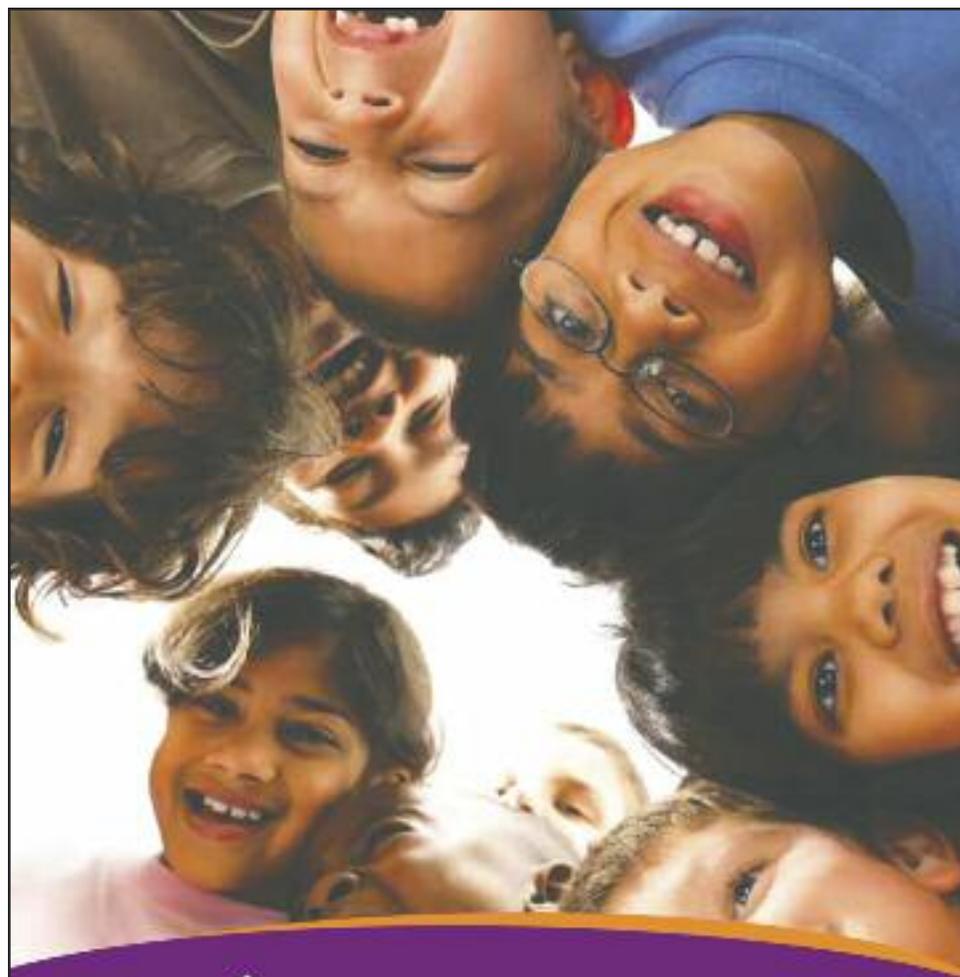
"The resilience of human nature blows me away with those books. It makes me proud to be Métis and proud of that history. They are so accomplished and so full of wisdom from life experience that you just can't get in any other place.

"I am always humbled by the stories," said Poitras. "The more we do it seems the more cultural knowledge comes out of them and there is a shift happening in that we generally don't teach cultural things through print and it is shifting so that more teachings are being made accessible through that."

Whitecalf and Poitras are currently working on a veteran's calendar for the Battleford's Tribal Council and a veteran's book for Kahkewistahaw as well as a book which highlights their Elders living off reserve.

All books are available at the First Nation and McNally Robinson. You can contact Ted Whitecalf at:

info@sweetgrassrecords.com




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Group behind Sisters in Spirit earns Peace Award

By **Andréa Ledding**
For Eagle Feather News

Iskwewuk E-Wichiwitochik (Cree for “Women Walking Together”) was the winner of the very first “Joanna Miller Peace Award” which was presented at Saskatoon City Hall.

Along with friends and supporters from all walks of life, the core group includes Darlene Okemaysim-Sicotte, Myrna Laplante, Priscilla Settee, Mary Anne Assailly, Helen Smith McIntyre, Marlee Ritchie, Val Arnault-Pelletier, Rita Bouvier, Lorraine Pura, Rachel Fiddler, Senator Lillian Dyck, Christine Smillie, and Kathie Pruden-Nansel.

The award, named for a community activist who worked tirelessly to improve conditions in the area of social justice, is funded by the City of Saskatoon’s Cultural Diversity and Race Relations Committee and by Joanna Miller’s family and was adjudicated by a committee of representatives from the following: Cultural Diversity and Race Relations Committee of the City of Saskatoon; the Saskatoon Peace Coalition; Project Ploughshares; Multifaith Saskatoon; Saskatoon Tribal Council; Saskatoon City Police, United Nations Association of Canada, Saskatoon branch; and the Miller family.

The well-deserved award acknowledges Iskwewuk E-Wichiwitochik’s importance and dedication, raises their community profile and gives them funds

for their crucial advocacy work such as the Sisters in Spirit community walk for the disappeared, missing and murdered Aboriginal women, and a December event for families of those who have disappeared.

The advocacy group provides grassroots support to families, educates and lobbies at all levels, promotes awareness and prevention, and networks with other organizations. Earlier this year when the Tears4Justice walkers passed through town, they held a potluck community event, and Friday, Oct. 4 was their 8th annual “Sisters in Spirit” march.

This year it was held at Saskatoon Indian and Métis Friendship Centre, followed by soup, bannock, and a program of heartfelt speakers and family sharing their individual grief and their shared hope for healing and change.



Darlene Okemaysim-Sicotte is one of the Women Walking Together group that received the Joanna Miller Peace Award this year. Below, people prepare to march for missing and murdered Aboriginal women.



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Ex-gang member turns back on dead end way of life

By Larissa Burnouf
For Eagle Feather News

“You’re not a man if you cry.” Stacey Swampy recalls early life lessons and memories of a childhood with an abusive alcoholic father in Hobbema, Alberta. He says his father taught him that crying and showing emotions made you weak and growing up in a reserve riddled with gangs and violence, weakness wasn’t allowed if you wanted to survive.

“Both my parents were alcoholics. My dad was a boot-legger so I seen people come to my house 24 hours a day, seven days a week. I seen people get beat up. I seen people get shot. I seen people get stabbed.”

Swampy’s hard home life and constant, relentless bullying at school took him down a path that would eventually lead him to a life behind bars.

He began to follow other gang members and by the time he was in his teens he was behind bars. Swampy remembers being in and out of jail for breaching release conditions and running from the police many times. He was always returning to Hobbema and the same gangs, parties and fighting ways that put him behind bars in the first place.

Swampy’s life drastically changed after a night of drinking and drugs led to a fight. He says from what people told him, a man was pushing around a female cousin and after calling him on they took the fight outside where he picked up a piece of lumber. Swampy grabbed a knife.

“He was starting to swing at me and I was going to start swinging at him and at the same time, my best friend come walking” struggling to find words, Swampy tearfully recalls, “At the same time I swung ... I stabbed my best friend in



STACEY SWAMPY

the heart. I don’t remember. I killed my best friend,” cried Swampy.

Swampy spent over 35 years in provincial and federal institutions. He endured a life riddled with drugs, alcohol

and gang life both on the outside and behind bars. Swampy remembers a hard way of life in the system and after being forced by gang leaders to beat up his uncle and steal his clothing, he started to realize the measure of his actions.

Swampy was ordered to take several programs while in the federal penitentiary, which eventually sent him to the Regional Psychiatric Center in Saskatoon.

An anger management program for aboriginal offenders made him write an autobiography which forced him to relive his painful past and begin to heal from it. From there he found traditional ceremony and with the guidance of elders he began the process of changing his life. His gang wasn’t happy. He says he was ordered to be “beaten out of the gang” by several members.

That fight nearly ended his life as he now has a visible slash scar from beneath his right cheek across his upper lip to the left side of his face.

“They let me go,” remembered Swampy. He was eventually sent to the Willow Cree Healing Lodge in Duck Lake. After completing his sentence, he chose to stay in Saskatoon rather than return to his old life in Hobbema.

He was hired by the Str8 Up program that takes ex-gang members to talk to at-risk aboriginal youth about their experiences with gang life, in the hopes of saving a life.

“It’s a dead end way of life. Either you’re going to be behind bars for life or you’re going to be six feet under. There’s no future.”

Today, Swampy is in his first year Social Work program through the First Nations University of Canada. He hopes to go back into the prison system to help inmates, but this time when he returns, he’ll be on the other side of the bars.

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Technology not so good at building a tribe

The technology today is mesmerizing. In my lifetime we have gone from the typewriter to the tablet in what seems an incredibly short time. I couldn't have imagined being able to acquire an entire book in less than a minute.

But I do when I put another one on my Kindle to read when I travel. We even buy telephones in order to read. That's how much it's changed.

I watch young people. They are virtual wizards with computers and gadgets. Six-year-olds know more far about technology than I do and you can't go anywhere nowadays without seeing people connected by some sort of gadget. The days of robots and artificial intelligence can't be that far away. You get the idea that anybody can build anything to accomplish anything at any time.

There's so much techo stuff around that most of it I haven't even heard of or seen. I thought we were doing great when my wife got a new cell phone that she could send text messages with. But the sheer magnitude of technological marvels is mind boggling. It seems that every week I see another adapted, faster, bolder way of doing things. Science just keeps inventing.

But I've discovered that the one

thing they can't do is build a tribe. As much as science is able to accomplish, they can't do that. They can't bring people together in a common purpose. They can't tie people together in emotion, in spirit, in faith that we were created to be in community—or the desire to be there. They can't create harmony or cooperation.

That takes a different kind of technology. To bring complete strangers together in unity, equality, harmony and purpose takes a technology of the heart. We watched it happen recently. We were part of it and it changed us and made us more. We were honored by it. We came away from that experience understanding completely that some things will always require human spirit to accomplish.

We were part of a writers group I was hosting. It was held on the campus of Royal Roads University in Victoria. The writers who registered were all 30 years old and older and were compelled to attend because of a love of words. We all

carried the desire to become better writers. We all shared a dream and a yearning. When we met for the first time we could feel that. We sensed it in the people in that circle.

Over the course of five days, we focused only on that energy. We used it to bring us closer together. Nothing else mattered but

paying attention to the flow of it, to sharing it, to allowing it to enter us. What happened was magical. We became a tribe of people bound by something bigger than ourselves. We were part of one singular creative energy and it caused us to feel connected in a way none of us expected.

I've been leading writing workshops, seminars and classes for a few years and I have experience leading other groups. But this was the first time that I actually felt led, borne forward, perhaps. There was something far more powerful than my limited understanding guiding us together as we shared.

We became bound by the desire to be heard. We grew closer because each of us carried a story and we wanted that story to be recognized and validated. We

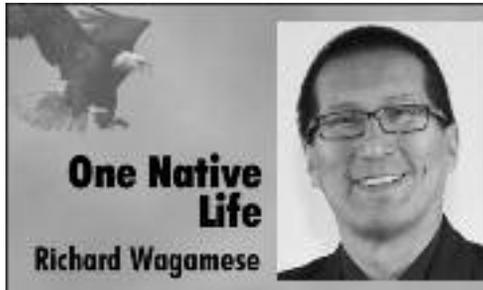
wanted our voice to matter. We wanted to be included. We wanted to be part of something. That's a desire as old as our species itself. Sometimes in our busy technology-driven lives, we forget that.

One woman shared a story about how her love of writing had been shamed by the nuns at a residential school. She spoke through tears of how that had hurt her and crippled her ability to trust herself with the words she felt inside of her. Another woman shared her trouble with her academic career and how it had robbed her of her ability to express herself freely. She let the anger over that out in the group.

One by one we shared human moments. One by one we brought ourselves closer to the others. One by one we let ourselves be completely human. We let ourselves be seen, warts and all and felt accepted. We were Ojibway, Cree, Irish, Métis, Scot and French. We were people. We were brothers and sisters. We were equals.

That's how you build a tribe. You don't need to be bound by race or culture. You don't even have to have known each other before. What matters is equality. What matters is recognizing that we all carry the same yearnings, desires, wishes.

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Ex-Huskie star savours international basketball tourney in Istanbul, Turkey

By Larissa Burnouf
For Eagle Feather News

It was a tough loss but a remarkable achievement. Michael Linklater remembers life growing up in Saskatoon's rough inner-city neighbourhoods, surrounded by drugs, alcohol and violence.

However, that life is long behind him as he's now touring Istanbul, Turkey with three other teammates from his CIS Championship winning University of Saskatchewan Huskies basketball team.

The four represented Saskatoon at the FIBA 3 on 3 World Masters Basketball Tournament, losing in the quarter finals.

"We were placed in the 'Pool of Death' dubbed by the tournament committee" says Linklater.

The October 4 and 5 tournament saw 12 teams from all over the world compete for the title of World Masters in 3 on 3 Basketball and a large cash prize.

"We came out in second place from pool play, losing a nail biter in overtime to the team that won it. Our first playoff game was an extremely physical game," Linklater recalls from Turkey.



Troy Gottselig, Michael Linklater and Trevor Nerdahl, all former Huskie Basketball players, made it to the quarter finals in the World 3 on 3 Championships in Istanbul, Turkey. Missing is Michael Lieffers.

"Almost to the point where it wasn't basketball anymore. The team that beat us in the quarter finals went on to the finals, but lost."

Linklater and his team won a spot into the Turkey tournament placing second at a tournament in Puerto Rico last month. He says they trained really hard and are grateful for the support they received along the way.

"We played solid basketball. I'm happy with our team and how well we played."

Linklater, along with teammates Trevor Nerdahl, Michael Lieffers and Troy Gotselig were sponsored by IGNITE and wanted to offer thanks to them for helping them train for the tournament. The guys will tour the country for two weeks before returning back to Saskatoon. ,

"We are extremely grateful for this opportunity. I can't really complain about being ,across the world playing a sport I love with guys who I consider family."

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	2 nd - \$400	4 th - \$200
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